

OAKVILLE SOCCER CLUB
U4/U5 ACTIVE START & U6 FUNDAMENTALS
PROGRAM INFORMATION



Thank you for your interest in the Oakville Soccer Club's U4/U5 Active Start and U6 FUNDamentals programs. The focus of these programs is to increase the physical literacy of participants while helping them to fall in love with the beautiful game. Activities in these programs are age and stage appropriate to ensure players are engaged and having fun while enjoying a [Positive Soccer Experience](#).

More Activities For Your Children

Each session is approximately 50 minutes in duration and one of the roles of OSC's Learning Facilitators is to keep the children engaged and enthusiastic about the game of soccer the entire time. With that being said, OSC is introducing more fun activities each week that will allow your children to become more active in the sessions.

You will see an increase in physical literacy activities, tag games and more individual time with the soccer ball for each player. The activities will be age and stage appropriate for your child while following the guidelines for [Long Term Player Development](#).

For Active Start players in Long Term Player Development, the technical requirements are not about teaching the techniques of soccer play. The goal is to encourage children to enjoy becoming friends with the ball through fun and imaginative games that include running with the ball, stopping and changing direction with the ball, dribbling, kicking and shooting.

More Balls in the Small Sided Game

OSC's Active Start program will finish with a 30 minute 3v3 soccer game. This game will look different than usual due to the amount of soccer balls that will be used in the game. You will still see the children playing 3v3 on the same size field with the same pug nets; however you will see the games using multiple soccer balls – for the U4 and U5 up to six per game in fact.

As parents you are all aware that children do not like to share their toys at this young age and in this case, the soccer ball is their toy. They don't want to share (pass) the ball to Billy or Sally, they just want to keep the ball to themselves. Research has found that children start to learn to share by the age of 7 or 8. Please [click here](#) to read the related research document. With that in mind, playing 3v3 with one soccer ball would mean six children fighting to play with that one ball (or toy). In that situation, only one player will develop and it's usually the biggest, strongest or fastest child. Now we have five other children not developing by not touching the soccer ball.

By introducing a maximum of six balls to a 3v3 game now we can ensure that all players get the opportunity to develop, touch the soccer ball, score goals have fun and have a positive soccer experience.

Other benefits include:

- More touches for each individual
- More opportunities for players to score goals
- Activity level of each player increases
- More game time as the balls are in play longer
- Higher intensity levels for the players
- More 1v1 situations for players
- Every player gets to be involved
- All players get to develop

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- More FUN is had by all

The benefits above ensure that all of the players within the Active Start program are having the most positive soccer experience possible. To adults, this may not be what soccer should look like but to a four/five/six year old, their soccer game is all about “me”. This approach is about seeing the game through the eyes of a four/five/six year old, and not through our own as adults.

We at OSC hope that you find the above information helpful as you start your child’s soccer journey with the Oakville Soccer Club. If you have any questions, please feel free to speak to any of the Master Learning Facilitators who are at the field the night of your Active Start Program or to OSC's Youth House League & Special Programs Coordinator, Nick Vetro (nvetro@oakvillesoccer.ca or 905-849-4436 ext. 4459).

See you on the pitch!