



WHAT IS THE FOCUS OF U5 ACTIVE START BULLETIN

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Originator:	D. Hawkins
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ACTIVE START!

Crossfield Minor Soccer Association is committed to the long-term player development (LTPD) of youth soccer players in the community of Crossfield. Our aim at the age level is to allow players to develop to their full potential, in an ENJOYABLE, CHALLENGING, and POSTIVE environment.

Canada Soccer Association (CSA) provides a roadmap for players at all ages and their aspirations who want to play soccer at any level; whether recreational, competitive, and/ or at a high-performance level. For grassroots soccer in Canada, there are 4 main levels that are specific to age groups. In Crossfield, for the Under 5 years (U5) of age, the grassroots level is called **Active Start**.

Active Start gives young players the opportunity to be introduced to the soccer ball and develop the basic physical skills such as running, jumping, landing, kicking, throwing, and movement in a fun, non-competitive environment that focuses more on play than a conventional formalized game structure. At this level, coaches are focusing on developing the youth players' physical literacy necessary to help their development in the higher grassroots levels.

For **Active Start**, we will be focusing on the following four main categories:

Soccer Technique: Revolves around core skills such as passing, receiving, and controlling the ball through introducing youth players to fun exercises and games that help provide the players an opportunity to begin their journey on learning what the ball can do and how they can influence the movement of the ball.

General Movement: Activities that are coaches to youth players include games that help introduce agility (running, changing direction, speeding up/ slowing down, stopping, etc.), balance (hopping, jumping, and landing), and coordination (combining different movements, moving with the ball, falling, and getting up safely).

Coordination: Youth players will be starting to learn about the soccer ball through various touches and movements. Introducing players to how they contact the ball using their foot with a focus on the inside of their foot for passing and controlling.

Small-Sided Games: At this level, there are no formal games. Here we introduce players to fun small-sided games that help players gain confidence in themselves and have fun.

When players go into the next grassroots level with Under 7 years (U7) of age in Crossfield, this level is called "FUNdamentals". At this age level, the focus is expanding on what was introduced at the **Active Start** level where we develop more of the soccer-specific skills necessary to lead into how to play organized soccer. For players to be successful at this level, it is important that we focus on what is important at the U5 level, following the four main categories but also the fun of games and play.



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PARENTS ARE IMPORTANT!

At this age group, it is important for parents to be active role models for their players. Crossfield Soccer supports parents helping the assigned volunteer coaches during sessions, so the youth players see parents having fun with them. This helps encourage the players to remain in the sport, to develop their skills and game further, and more importantly have fun.

We recommend the following resources that are available to parents in the community of Crossfield through our district soccer body, Big Country Soccer Association:

U5 Coaching Program Curriculum- This document was established to provide support to coaches who are coaching in this age group with the necessary focus points to provide a positive experience for youth soccer players in the U5 age group.

[U5 Coaching Program Curriculum \(rampinteractive.com\)](http://rampinteractive.com)

Long-Term Player Development- This section of the Big Country Soccer Association website provides a general overview of long-term player development and its importance to developing and sustaining a positive soccer program and players.

[Big Country Soccer Association : Website by RAMP InterActive \(bigcountrysa.com\)](http://bigcountrysa.com)

For any questions on the **Active Start** level, please contact Duncan Hawkins, Vice-President for Crossfield Minor Soccer Association.