



Active Start Rules (U4-U5)

(AS1) Club will provide all coaches with curriculum and session plans that are age and stage appropriate.

(AS2) Coaches will implement the curriculum and session plans given by the Club.

(AS3) All session plans will incorporate physical literacy in all sessions.

(AS4) Players will be involved in 1v1 activities that involve a player and a guardian.

(AS5) Sessions will be 45 minutes in length.

(AS6) Summer programs will be 12 weeks in length. Fall programs will be 9 weeks in length. Winter programs will be 8 or 9 weeks in length depending on the day of the program.

(AS7) Size 3 balls will be used for all players.

(AS8) All session plans provided to the coach will have session objectives and outcomes, diagrams and timings. Organization and procedures will also be explained.

(AS9) Coaches will create a welcoming and friendly environment for all players. Coaches will communicate appropriately with the players.

(AS10) The player ratio during session is one player and one adult.

(AS11) Players will be placed in situations where they are empowered to make their own decisions and come up with answers themselves.

(AS12) 4 corner approach to player development will be available for all to read.

(AS13) All coaches are encouraged to attend Active Start courses offered by WOSC or other Clubs.