



IOWA SOCCER ASSOCIATION

Player Development: 4U Program

IOWA SOCCER PLAYER PATHWAY



U4 PROGRAM OVERVIEW

| Category | Description |
|------------------------------------|---------------------------------------------------------------------------------------------------------|
| Long-Term Player Development Phase | Active Start. |
| Chronological Age Group | 3 & 4 year olds. |
| Program Developmental Priorities | 1. Enjoyment, 2. Physical Activity, 3. Technical, 4. Social, 5. Psychological, 6. Tactical. |
| Number of sessions | 4-5 week program with one session per week. |
| Duration of Session | Session should last 25-30 minutes maximum. A recommended structure would be 4-5 fun activities. |
| Program Format | No games (i.e., 3v3) are played. Players are organized into small group activities. One ball per child. |
| Activities Priorities | Activities should be fun and promote physical movement, ball contact, and engage imagination. |
| Ratio of Coach: Players | 1:5 is the recommended ratio in order to make each activity manageable and enhance engagement. |
| Activity Duration (minutes) | Each activity should last between 4-6 minutes per activity maximum due to limited attention span. |
| Break Time (minutes) | Children recover quickly at this age. A brief (i.e., 1 minute) break to transition between activities. |
| Team Roster Size | No official teams are formed. The players who attend are grouped randomly. |
| Ball Size | Players should use a size 2 or 3 ball. |
| Coach Certificate | Coaches are encouraged to completed the Iowa Soccer Youth Coaching Certificate. |