



**ONTARIO  
SOCCER.**

EST. 1901

# Learn to Train Session Plan

For coaches of  
U8-11 females  
and U9-U12  
males





# Ontario Soccer Player Development Model: The Station Concept

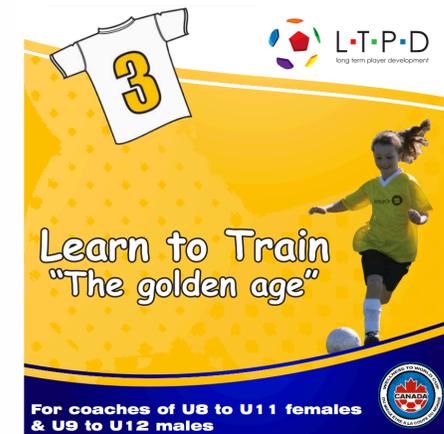


**The activities provided illustrate how stations can be used during Grassroots practices.**

**All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, psychological and technical.**

**Total practice time 45-70 minutes as per the Recreational and Development Matrix.**

**Play. Inspire. Unite.**





# Ontario Soccer Player Development Model How it works



## Introduction

During the practice players will spend an allotted time at each station having fun, developing specific skills and qualities before moving onto the next station. By using station work we create an environment where players are continually motivated and challenged.

## Organization

If working with a larger group, organize players into groups of 6 or 8. Each station has a coach who leads that specific station for the session.

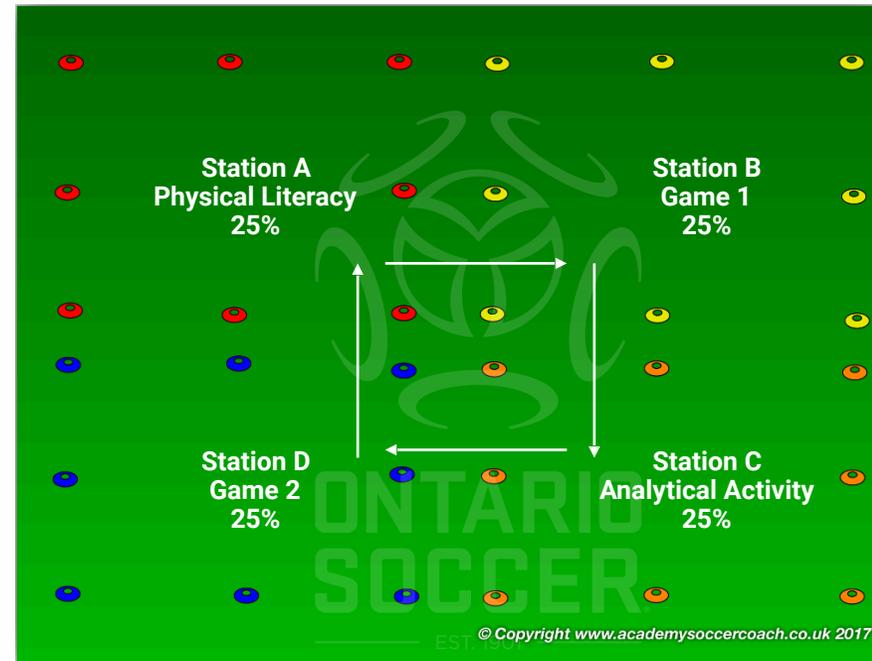
If working with a smaller group, simply move together through all 4 stations until all are complete.

## Procedure

Players rotate every 9 minutes. Provide a 2 minute break in between each station for water and to allow movement to the next station.

## Emphasis

In these examples one station focuses on Physical Literacy, two stations on movements with the ball or small sided games and the 4th station is focused around technique with decision making.



Timing	Area
Total Time: 70 mins 4 x 10 minute Stations	30 x 30 m (x4)

Technical	U9	U10	U11	U12	Physical	U9	U10	U11	U12
Dribbling	1	1	1	1	Agility	1	1	1	1
Running with the ball	1	1	1	1	Balance	1	1	1	1
Shooting	1	1	1	1	Coordination	1	1	1	1
Ball Control	2	1	1	1	Stamina	2	2	2	1
Passing	2	1	3	1	Strength	2	2	2	1
Receiving	2	1	1	1	Speed	1	1	1	1
Heading	4	4	4	3	Suppleness	2	2	2	2
Shielding	3	2	2	1	Acceleration	1	1	1	1
Crossing	3	2	2	1	Reaction	1	1	1	1
Finishing	3	2	2	1	Basic Motor Skills	1	1	1	1
1v1 Defending	3	3	2	1	Perception	1	1	1	1
1v1 Attacking	2	1	2	1	Awareness	1	1	1	1
Socio-Emotional	U9	U10	U11	U12	Psychological	U9	U10	U11	U12
Listening	2	2	1	1	Motivation	1	1	1	1
Co-operation	2	2	1	1	Self Confidence	1	1	1	1
Communication	1	1	1	1	Competitiveness	2	2	1	1
Sharing	2	1	1	1	Concentration	2	2	1	1
Problem-solving	2	2	1	1	Commitment	2	2	2	1
Decision-making	2	2	1	1	Self Control	2	2	1	1
Empathy	3	2	1	1	Determination	2	2	1	1
Patience	3	2	1	1	Tactical	U9	U10	U11	U12
Respect / discipline	2	1	1	1	Playing out from the back	2	2	2	1
Fair play / honesty	2	1	1	1	Attacking Principles	3	3	3	3
					Possession	2	2	2	2
					Transition	2	2	2	2
					Counter Attacking	4	4	4	4
					Switching Play	4	4	4	3
					Combination Play	2	2	2	1
					Zonal Defending	4	4	4	4
					Pressing	3	2	2	2
					Retreat	3	3	3	3
					Recovery	3	3	3	3
					Compactness	3	3	3	2

Priority Key  
 High 1  
 Medium 2  
 Low 3  
 Not Applicable 4

## Top Tip

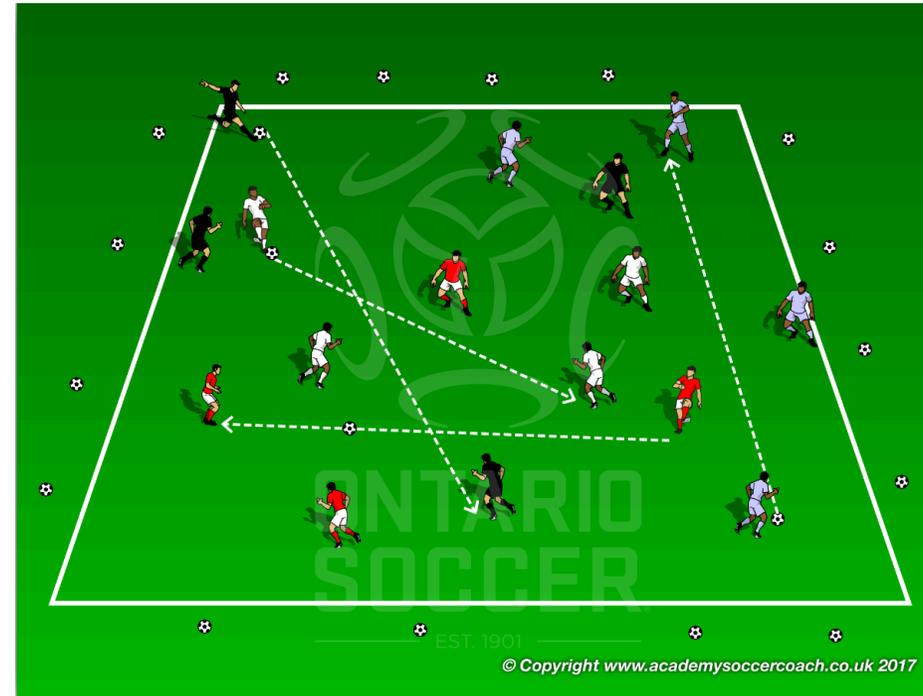
Did you know that more session plans for Active Start, Fundamentals and Learn to Train can be found at: <http://www.ontariosoccer.net/grassroots-practices>



# Learn to Train

## Station A

### Physical Literacy - Handball!



Timing	Area
10 Minutes	30m x 30 m

Organization
4 teams of 4, one ball between each team.
Procedure
Start with the ball in the hands. Players pass to their own colour. As the ball is travelling to the receiving player, they must call out the name of the person they want to pass to next before they catch it. Once the player has passed the ball, they can do a forward roll, cart wheel, bear crawl or burpee.
Emphasis
Decision making, awareness and fun!
Progression
1. Players put the ball on the ground and throw the ball backwards between their legs to a receiving player.
2. Play with the ball on the floor and players use their feet.
3. Players receiver from a different colour play to another colour.

Technical / Tactical	Psychological
Ball mastery Running with the ball Dribbling	Fun Being safe Decision making
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Strength Speed Suppleness Reaction Perception Awareness

**Top Tip** Check out the 'Incorporating Physical Literacy' Live Webinar with Billy Wilson on 10th May 2017 or find it after the event on: <http://www.ontariosoccer.net/grassroots-webinars>





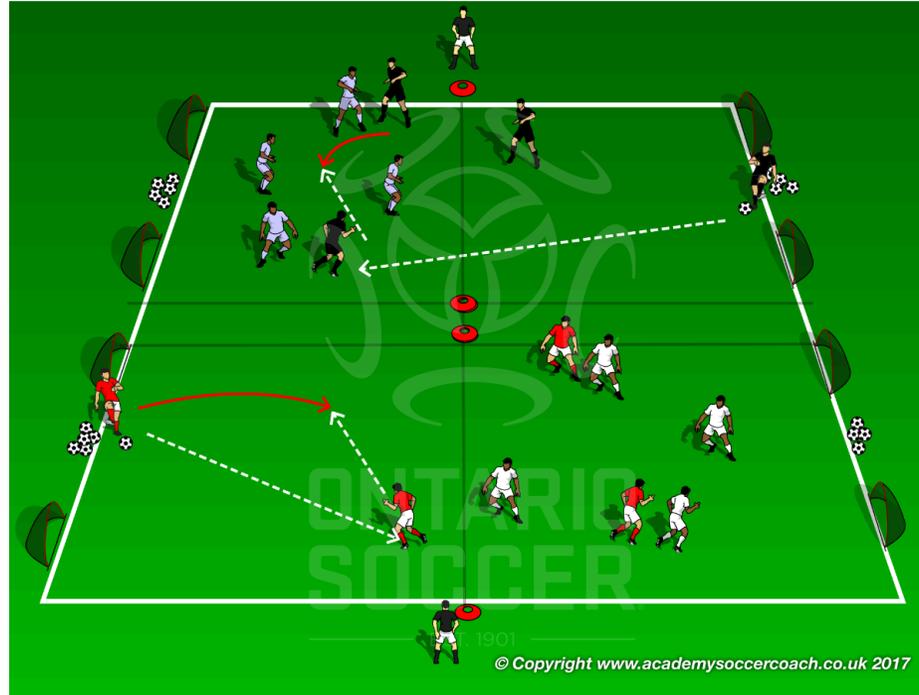
# Learn to Train

## Station B - Small Sided Game

### 4v4 with retreat line



Organisation
Create two mini fields, 30x20m. Balls between the two target goals.
Procedure
Players play 4v4. If the ball goes out of play, play is restarted from the balls in between the goals, the nearest player will go and take it and the opposition retreats. Once the player plays the ball in, they join in as normal, they are not just a serving player. Ask players to call the player they want to pass to as the ball is travelling to them.
After 2 minutes. Rotate the teams. Include celebrations with team mates, high 5's, come up with their own etc.
Emphasis
Free Play and FUN!
Progression
N/A



Timing	Area
10 Minutes	30m x 20m (set up twice)

Technical / Tactical	Psychological
Receiving Passing Finishing Use of the hips to disguise passing or receiving intentions.	Fun Confidence Being safe Reactions Competitiveness
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

**Top Tip** Coaches in this stage have to create a learning environment that is stimulating and engaging where players learn in a fun-filled small-sized game environment.



# Learn to Train

## Station C

### Analytical - 'Footbonaut'



#### Organization

2 players are placed inside the area. 2 players are placed on the outside diagonally opposite each other. All the balls are split into two between the players on the outside. Set this up 4 times for 16 players.

#### Procedure

Servers (black) play into the red player's feet (attacker) who receives and passes into the target goals for 2 points, if they cannot go forward, they can return the ball back to the server safely for one point. (Servers keep the attackers score). Defenders defend as they normally would in a game and if they steal it, they get a point for scoring in any of the 4 targets. After 30 seconds, defender and attacker switch roles. Play straight away on the transition. Once both players have attacked, they swap and become the servers. Once every player has attacked, the 2 players with the highest amount of goals play against each other. Once that is done, the winning players from each square form a group, as do the second, third and fourth placed players and play again.

#### Emphasis

Imagination, creativity and celebrating!

#### Progression

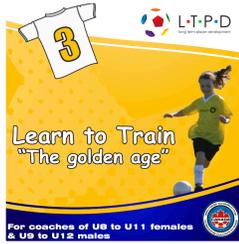
Level 2 - Servers play the ball at different heights, to simulate receiving imperfect passes like in a game bounced, rolled, spun etc



Timing	Area
Each player attacks for 30 seconds before becoming servers. 10 Minutes overall for the activity.	15x15m grid (set up 4 times)

Technical / Tactical	Psychological
Receiving on the safe side (the foot that is the furthest away from the defenders) Shielding Turning Combination Play	Fun Confidence Awareness Competitiveness Self Control Determination
Socio - Emotional	Physical
Problem Solving Communicating Listening Decision Making Teamwork	Acceleration Reaction Perception Awareness Change of Speed Change of Direction

**Top Tip** The most important focus at this age is the continued development of physical literacy and the recognition that individual technique development is paramount.



# Learn to Train

## Station D - Small Sided Game

### 7v7 (+2Neutral) with retreat line



Organisation
Two teams of 7v7 are placed on to a field with the retreat line marked at thirds. a 5 m channel is set up for the two neutral wide players. Balls are placed around the outside of the pitch for a quick restart.
Procedure
Players play a normal game but the team in possession can use the wide players to create an overload of 9v7. Wide players can come inside and play as normal but if possession changes hands, ask them to return to the channel. Swap the wide players every 3 minutes.
Emphasis
Fun, creativity and celebrating!
Progression
N/A



Timing	Area
9 Minutes	70m x 50m

Technical	Psychological
Receiving Passing Finishing	Fun Confidence Awareness
Social	Physical
Problem Solving Communicating Listening Decision Making Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

**Top Tip** Use visual aids to explain to the players the activity they are about to play. This can be as simple as sharing the session plan with the players, a whiteboard with a diagram drawn, cones to show formation and shape or any other objects that might capture a young players interest or attention.



# Ontario Soccer Resources

## Coaches' Guides

- Game Organisation Guide
- Field Organisation Guide
- Festival Guide
- 8 Ways to Develop the Grassroots Game
- How does the Inclusive Programming Model work at your Soccer Club?
- Incorporating Physical Literacy in our Practices

## Online Practice Videos

## Online Webinars

## Grassroots Curriculum

- Learn to Train U8/U9-U11/U12 (Brochure)
- Learn to Train Workbook and Practice Plan
- Learn to Train U8/9-U11/12 (Curriculum)
- All other online Grassroots Practices

