



**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

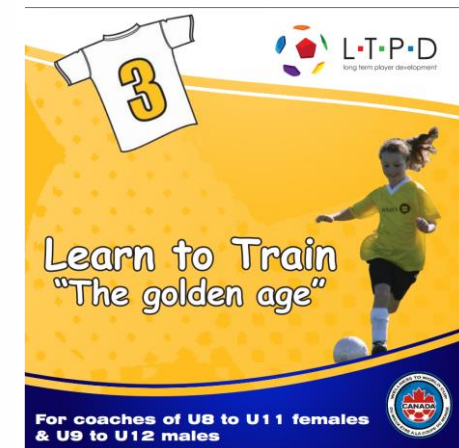


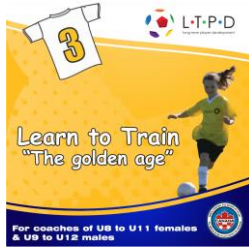
**The activities provided illustrate how stations can be used during Grassroots practices.**

**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.

## Organisation

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

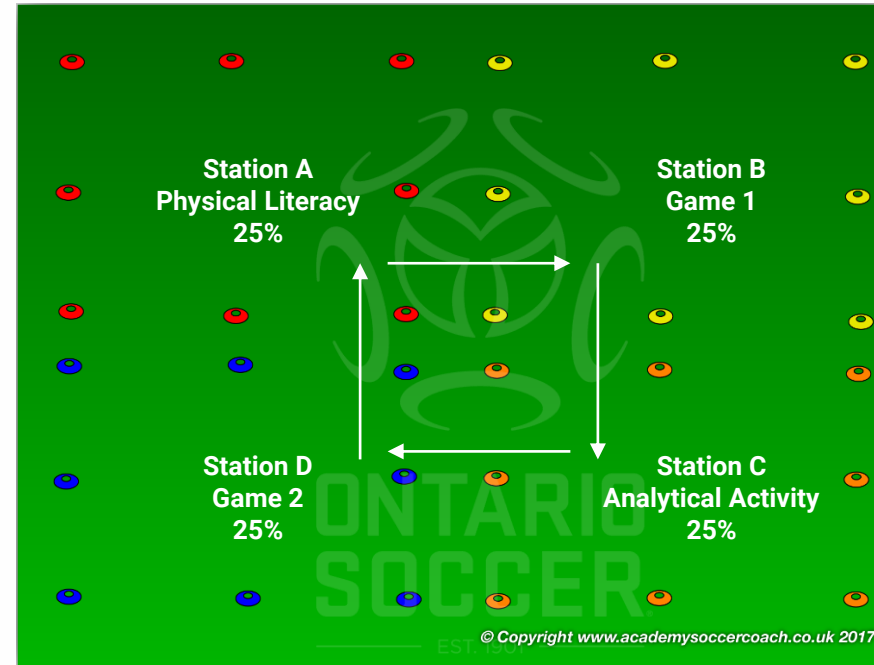
If working with a smaller group, simply move together through all 4 stations until all are complete.

## 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	20 x 20 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  
Medium  
Low  
Not Applicable

1  
2  
3  
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 – Transition Game



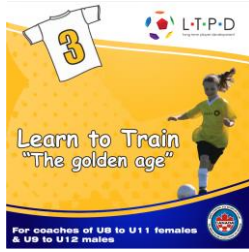
Organization
2 grids of 12 x 12 m. Each grid will have 3 teams of 2 with one ball. Balls placed around playing area.
Procedure
,Black and Red (attackers) must work together to keep the ball away from white (defenders). If white wins ball off red, then red will immediately become defenders while black and white are attackers working together now. Attacking team will start with the ball by using the hands to make the passes. Encourage players to use different movements as well e.g. hopping on their right foot or left, bounce passes etc. Coach can ask the players to come up with other ideas. Coach finishes the transition game with dribbling.
Emphasis
Teamwork, Creativity, Transition and Fun
Progression

Timing	Area
10 Minutes	12 x 12 m

Technical / Tactical	Psychological
Dribbling Passing Receiving	Fun Being safe Decision making Confidence
Socio - Emotional	Physical
Problem Solving Communicating Listening Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

The effect of the role model (Coach) is very important at this stage. Children begin to identify with famous players and successful teams, and they want to learn imaginative skills. Skill demonstration is very important and the players learn best by “doing.”



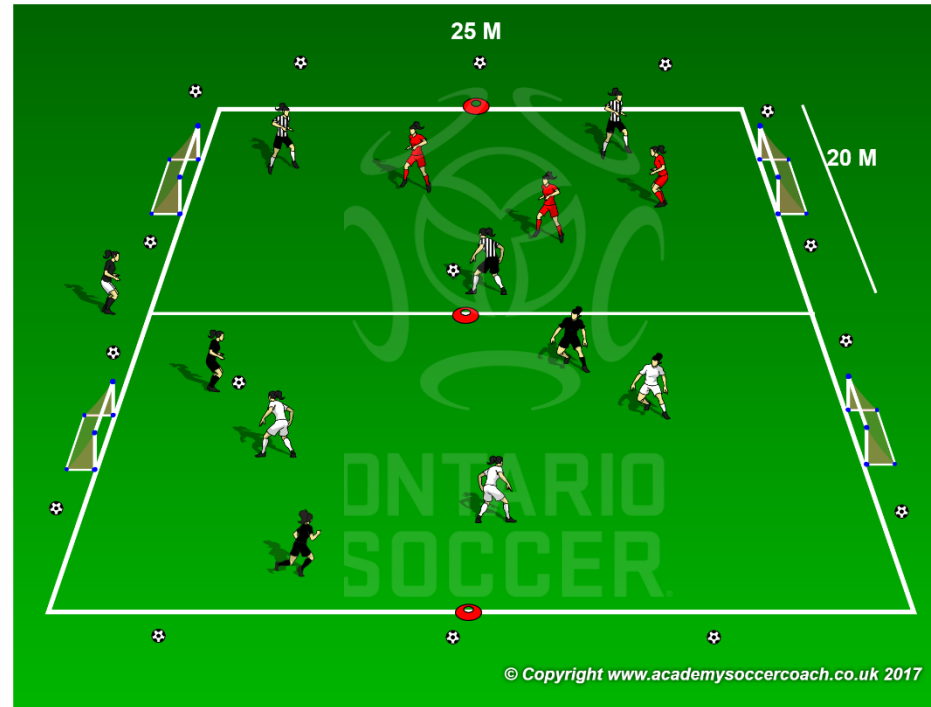
# Learn to Train

## Station B

### Small Sided Game – 3v3 with Retreat Line



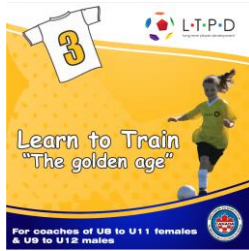
Organization
2 fields of 20 x 25 m. 4 teams of 3. Retreat line in place at half. Balls placed around playing field.
Procedure
Each team will play each other once. 3 minute games and rotate teams. Encourage teams to come up with their own team name.
Emphasis
FUN, Decision Making, Creativity, Passing and Receiving, Dribbling, Finishing.
Progression



Timing	Area
10 Minutes	20 x 25 m

Technical	Psychological
Dribbling Receiving Passing Finishing Turning with ball	Confidence Awareness Decision Making FUN
Social	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

**Top Tip** Repetitions are important to develop technical excellence, however creating a fun and challenging environment is still essential for stimulating learning.



# Learn to Train

## Station C

### Analytical – 1 v 1 Attacking



#### Organization

20 x 20 m playing field. Each goal is 3 m in width. 6 teams of 2. Balls placed beside goals.

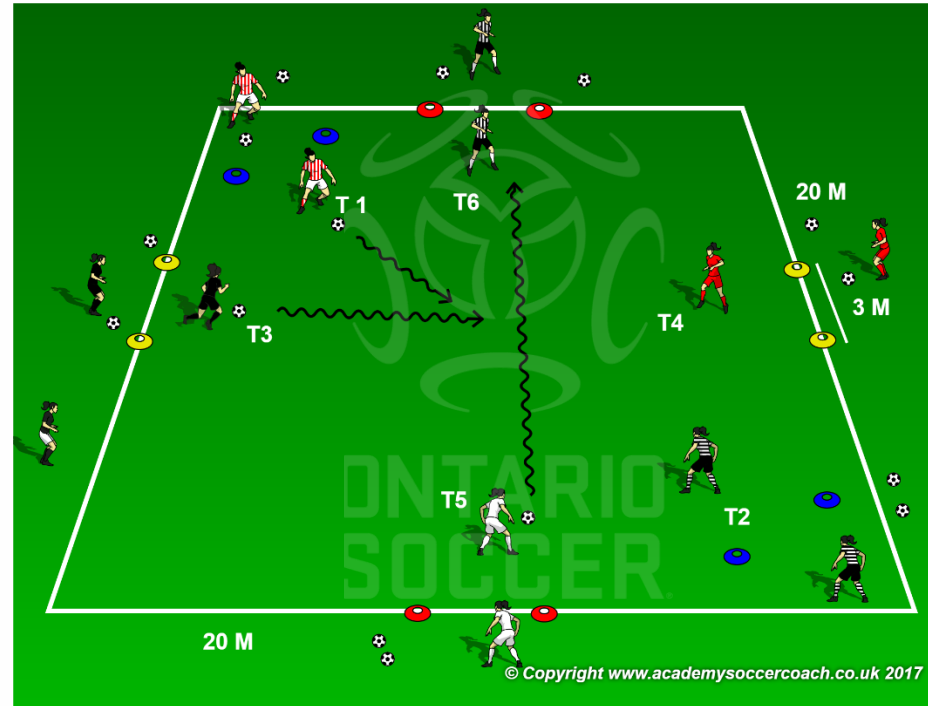
#### Procedure

3 games of 1v1 will be going on at the same time. T1 v T2, T3 v T4. T5 v T6. ODD number teams can start the game by dribbling in and to score team must dribbling with control through opposing team's goal. If EVEN number team wins the ball, then they become attackers and will look to dribble through opposing team's goal. If ball goes out of play, or other team scores, next two will go. Keep rotating the service so that all players are attackers. If player is having a hard time scoring in 1 minute, please rotate the next two. Player to rest ratio will be important. Please do not have more than two players per team.

#### Emphasis

Decision making, awareness and fun!

#### Progression



Timing

10 Minutes

Area

20 x 20 m

#### Technical / Tactical

Dribbling  
Finishing

#### Socio - Emotional

Problem Solving  
Celebrating  
Creativity

#### Psychological

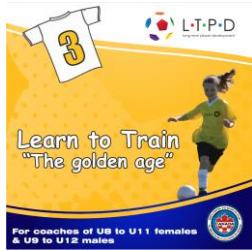
Confidence  
Decision making  
Awareness  
FUN

#### Physical

Agility  
Balance  
Co-ordination  
Change of Speed  
Change of Direction

#### Top Tip

Coaches provide stimulating activities that promote decision-making and game awareness



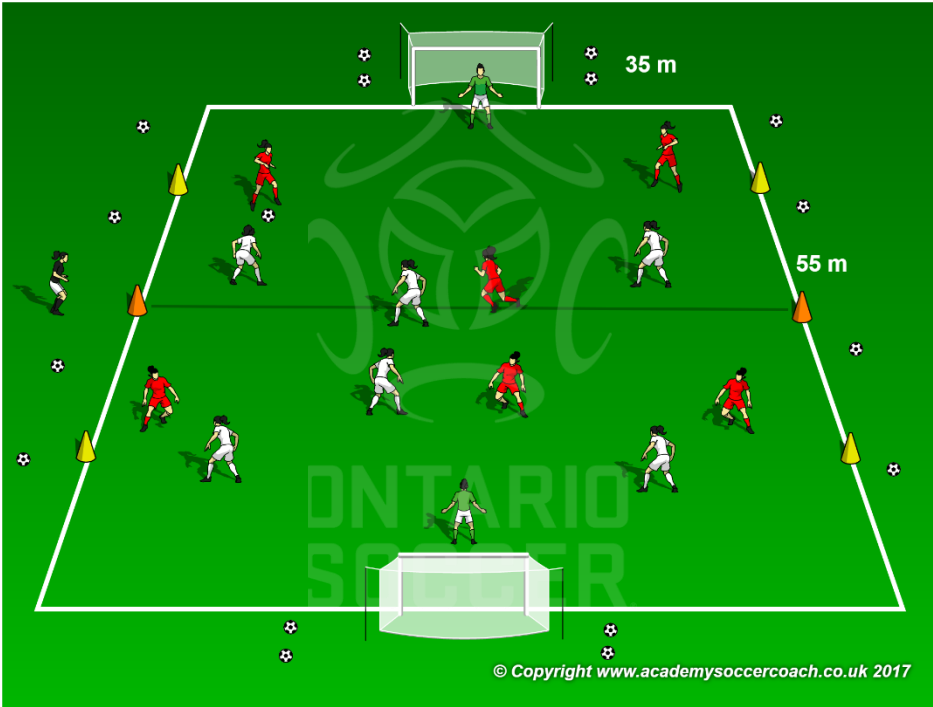
# Learn to Train

## Station D

### Small Sided Game – 7v7 with Retreat Line



Organization
35 x 55 m. Play 7v7. 6 outfield players in one colour and 6 outfield players in another. Goalkeepers wear a third colour. Balls are placed around the outside for quick re-starts. Yellow cones in place for retreat line. Please note, depending on numbers and age, coach may have to adjust to 5v5 or 9v9, therefore field dimensions may need to be adjusted
Procedure
Players play all rules of a normal 7v7 game
Emphasis
free play and fun
Progression
N/A



Timing	Area
10 Minutes	35 x 55 m

Technical / Tactical	Psychological
Dribbling Running with the ball Passing Receiving Support Penetration Mobility	Fun Being safe Decision making Attacking mind set
Socio - Emotional	Physical
Problem Solving Communicating Teamwork	Change of Speed Change of Direction

Top Tip	Provide fun, safe and enjoyable acitivities.
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# 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](#)

