



**ONTARIO
SOCCER.**

EST. 1901



FUNdamentals Session Plan

For coaches of U6-U8 females
and U6-U9 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 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. Each station has a coach who leads that specific station for the session.

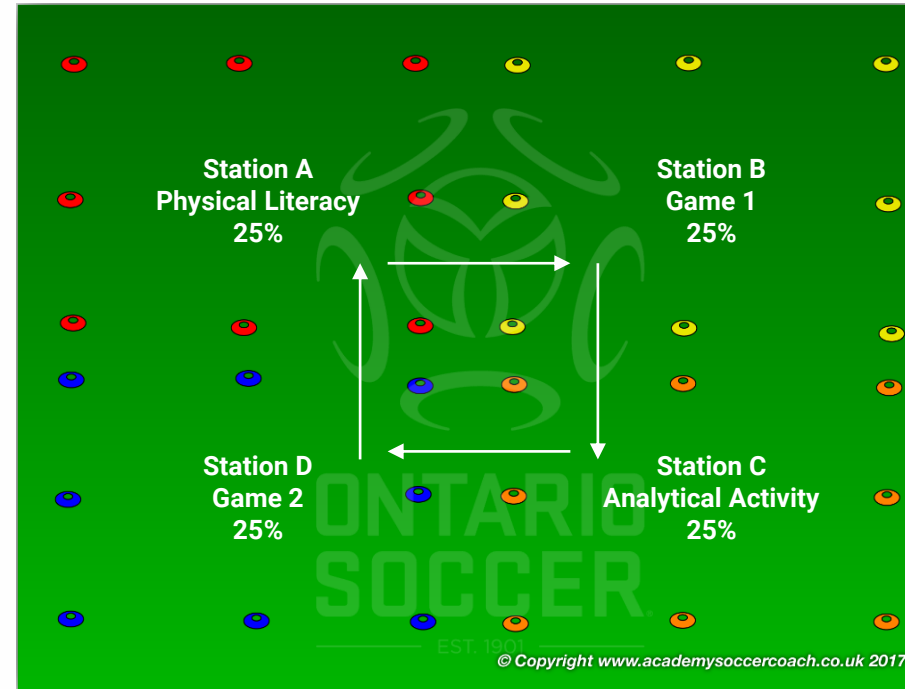
If working with a smaller group, simply move together through all 4 stations until all are complete.

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: 45 mins 4 x 9 minute Stations	20 x 20 m (x4)

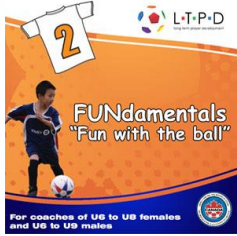
Technical / Tactical	U6	U7	U8	Physical	U6	U7	U8
Dribbling	1	1	1	Agility	2	2	1
Running with the ball	1	1	1	Balance	3	2	1
Shooting	1	1	1	Coordination	3	2	1
Ball Control	3	1	1	Stamina	4	4	3
Passing	3	3	3	Strength	3	3	3
Receiving	3	1	1	Speed	2	1	1
Heading	4	4	4	Suppleness	3	3	3
Shielding	4	4	3	Acceleration	3	2	2
Crossing	4	4	3	Reaction	3	2	2
Finishing	4	4	3	Basic Motor Skills	1	1	1
1v1 Defending	4	4	3	Perception	1	1	1
1v1 Attacking	3	3	2	Awareness	1	1	1
				Other Sports	1	1	1
Socio-Emotional	U6	U7	U8	Psychological	U6	U7	U8
Listening	2	2	1	Motivation	1	1	1
Co-operation	3	3	1	Self Confidence	1	1	1
Communication	1	1	1	Competitiveness	4	3	2
Sharing	3	2	1	Concentration	3	3	3
Problem-solving	3	2	2	Commitment	4	3	2
Decision-making	3	2	1	Self Control	3	3	2
Empathy	3	2	2	Determination	3	3	2
Patience	3	2	2				
Respect / discipline	2	1	1				
Fair play / honesty	3	2	1				

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>



FUNdamentals

Station A - Physical Literacy

Cars



Organization

Each player with a ball (car-Lightening McQueen or have players select which car they want to drive from the movie Cars).

Procedure

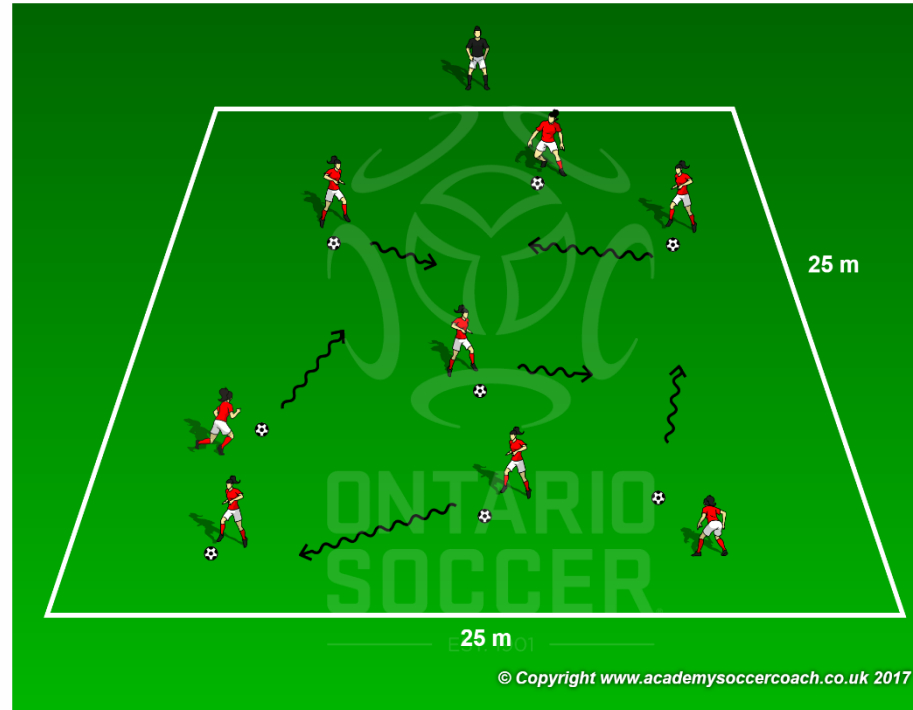
Each player will start with the ball and dribble in the playing area. Coach will wave pinnie (flag) of either Green (Go), Yellow (Slow Down), Red (Stop), Black (Get a new ball) as visual cue for players. Coach will wave Green Pinnie which means GO, players will dribble, Coach can wave yellow flag (slow down) and have player pick up the ball & hop on one leg. Coach can wave Black Pinnie which means players will have to leave their ball and look to find a new ball. Use different movements, such as running backwards, sideways etc.

Emphasis

Decision making, Agility, Balance, Co-ordination, Change of Direction and FUN!

Progression

Add one defender, if defender wins the ball the other player will become the defender.



Timing	Area
9 Minutes	25 x 25 m

Objective

Players will be able to beat a player in a 1v1 situation

Outcome

All players: can beat a player by changing their speed
Most players: can beat a player by changing their speed and direction
Some players: Can beat a player left and right by changing their speed and direction

Technical / Tactical	Psychological
Dribbling Ball Mastery Running with the ball	Confidence Creativity Decision Making FUN
Socio - Emotional	Physical
Problem Solving Communicating Listening Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

Encourage and allow players to use their imagination and come up with ideas in practices.



FUNdamentals

Station B - Small Sided Game

4v4 with 2 Goals



Organization

4v4, 2 goals placed 5 m from the corner. 2 cones placed at half. Balls placed around field for quick restarts.

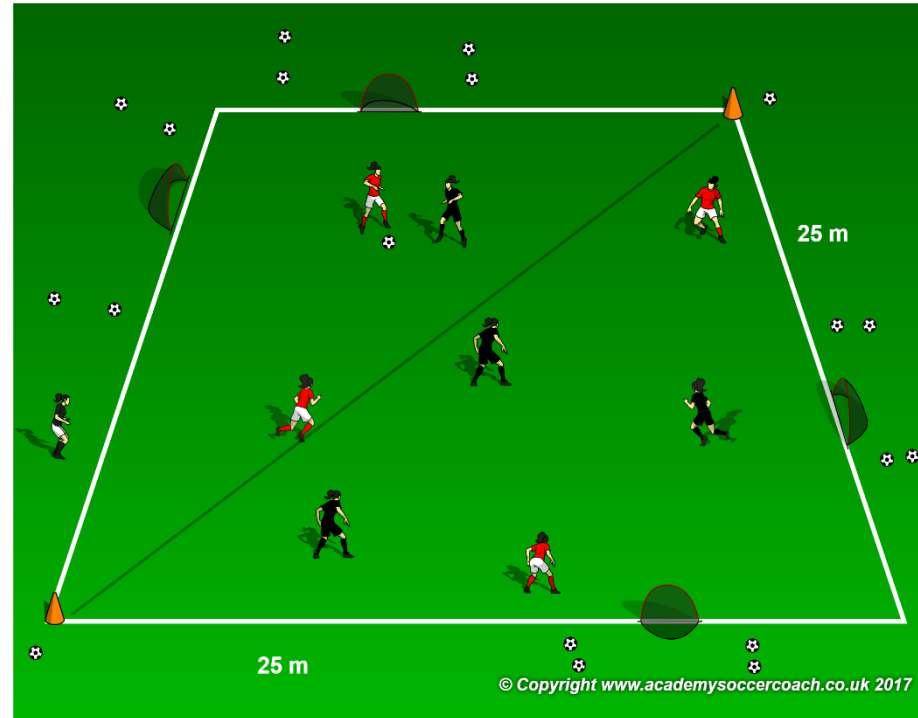
Procedure

Each team will look to dribble and try to score on either opposing teams two goals. Each team must pass half to be able to score. Should the ball go out, encourage dribble ins.

Emphasis

Decision making, Agility, Balance, Co-ordination, Change of Direction and FUN!

Progression



Timing	Area
9 Minutes	25 x 25 m

Objective

Players will be able to beat a player in a 1v1 situation

Outcome

All players: can beat a player by changing their speed
Most players: can beat a player by changing their speed and direction
Some players: Can beat a player left and right by changing their speed and direction

Technical / Tactical	Psychological
Dribbling Ball Mastery Running with the ball Passing/Finishing	Confidence Creativity Decision Making FUN
Socio - Emotional	Physical
Problem Solving Communicating Listening Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

Many benefits to providing inclusive programs to players at the grassroots stages of development. This includes health benefits, inclusion, and development of more players and an opportunity to grow programs as well as stages of psychological and social benefits.



FUNDamentals

Station C – Activity Score at the Beach



Organization

4 channels on the field that is 3m x 3m. 1v1 with a one ball. Balls can be placed outside playing field for quick restarts

Procedure

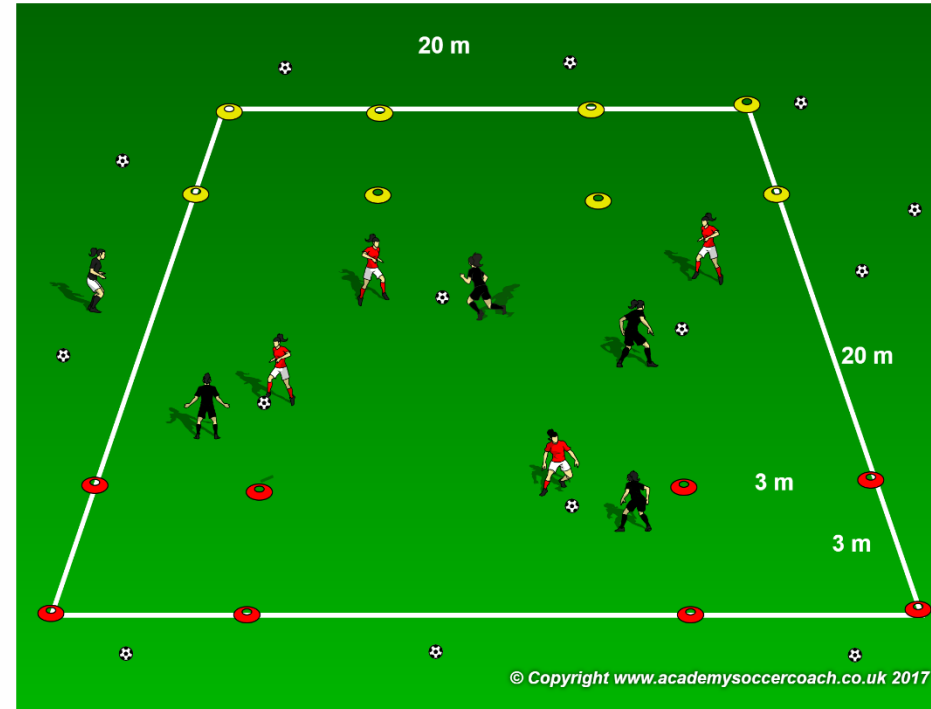
1v1 games on the field. Red players can start with a ball each. To score Red player will look to dribble in the middle zone (ocean) to the end zone (beach) which is the white line. If black player wins the ball, then black player will look to score on the opposite end zone.

Emphasis

Decision making, Agility, Balance, Co-ordination, Change of Direction and FUN!

Progression

Red players will look to score in the red channels (island) by dribbling in. Black player will look to dribble in the yellow channels to score. Defenders cannot defend in the channels.



Timing	Area
9 Minutes	20 x 20 m

Objective

Players will be able to beat a player in a 1v1 situation

Outcome

All players: can beat a player by changing their speed
Most players: can beat a player by changing their speed and direction
Some players: Can beat a player left and right by changing their speed and direction

Technical / Tactical	Psychological
Dribbling Ball Mastery Running with the ball	Confidence Creativity Decision Making FUN
Socio - Emotional	Physical
Problem Solving Communicating Listening Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

Encourage players to demo new creative moves in practice . This can help with their confidence building and allow teammates to try new creative moves as well.



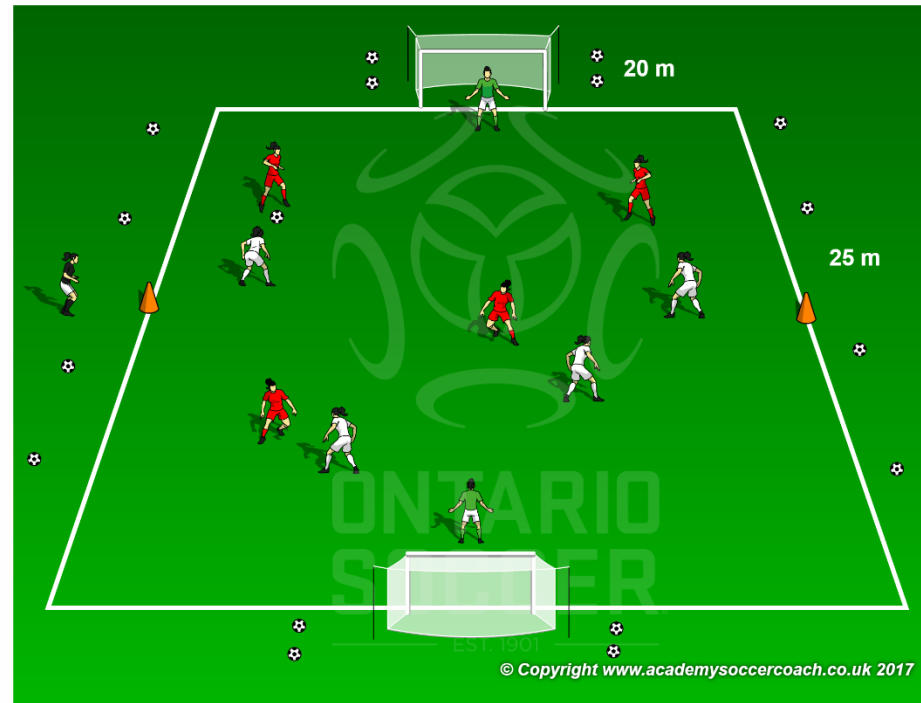
FUNDamentals

Station D - Small Sided Game

4v4 (no GK) or 5v5 with Retreat Line



Organization
Balls placed behind goals. 2 teams of 5
Procedure
Encourage players to dribble in.
Emphasis
Free Play and FUN!
Progression



Timing	Area
9 Minutes	20 x 25 m

Objective	
Players will be able to beat a player in a 1v1 situation	
Outcome	
All players: can beat a player by changing their speed Most players: can beat a player by changing their speed and direction Some players: Can beat a player left and right by changing their speed and direction	
Technical / Tactical	Psychological
Dribbling Ball Mastery Running with the ball Passing/Finishing	Confidence Creativity Decision Making FUN
Socio - Emotional	Physical
Problem Solving Communicating Listening Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip Retreat Line-When the Goalkeeper has possession, all opposition must drop to retreat line, which is placed at half. Refer to diagram above.



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

- [FUNdamentals U6-U8/9 \(Brochure\)](#)
- [FUNdamentals Start Workbook and Practice Plan](#)
- [FUNdamentals U6-U8/9 \(Curriculum\)](#)
- [All other online Grassroots Practices](#)

