



**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.

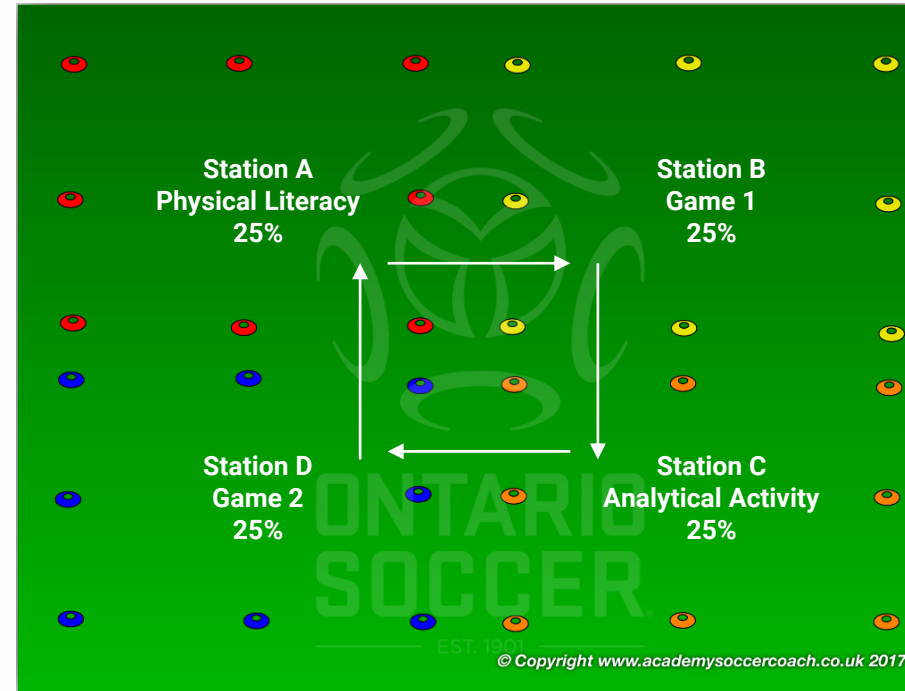
If working with a smaller group, simply move together through all 4 stations until all are complete.

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)

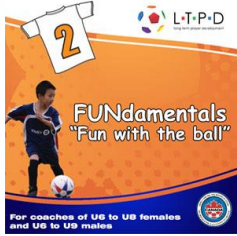
Technical / Tactical	U6	U7	U8	Physical	U6	U7	U8
Dribbling	1	1	1	Agility	2	2	1
Running with the ball	1	1	1	Balance	3	2	1
Shooting	1	1	1	Coordination	3	2	1
Ball Control	3	1	1	Stamina	4	4	3
Passing	3	3	3	Strength	3	3	3
Receiving	3	1	1	Speed	2	1	1
Heading	4	4	4	Suppleness	3	3	3
Shielding	4	4	3	Acceleration	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

Passing with a Friend



Organization

Place a different coloured gates throughout the grid

Procedure

Players should pick a partner (coach should be prepared to balance pairings after the 1st round). Ball starts in their hands and, in their pairs, players attempt to pass through as many gates as possible.

Players with the ball in hand must: skip, hop, run backwards to the next area. Players without the ball must: crawl, roll, crab-walk to next area.

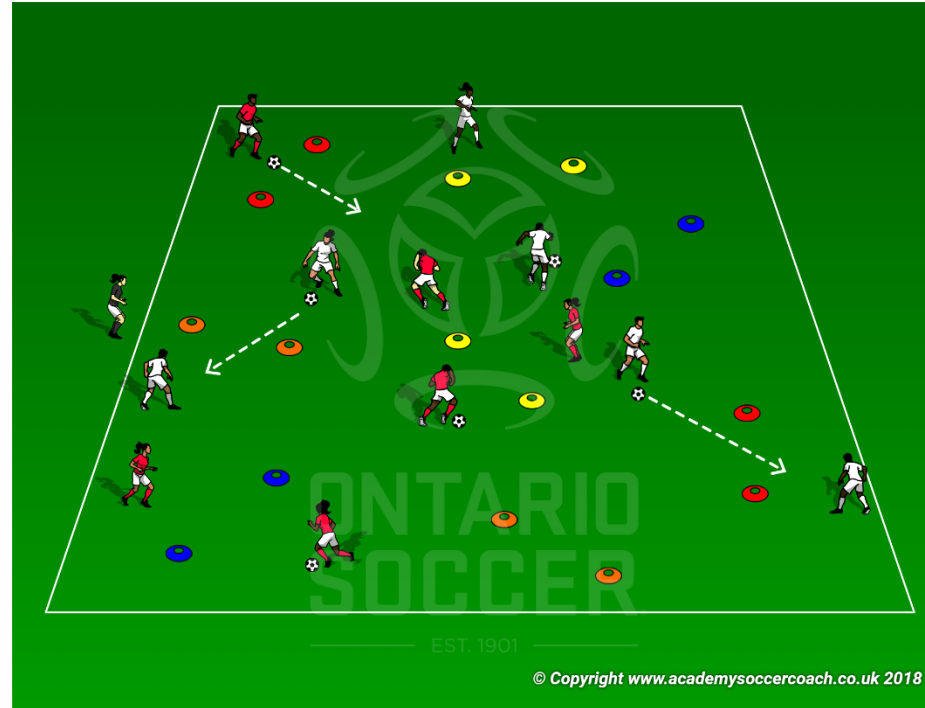
Create a competition to see who gets more in specific time frame (30-45s).

Emphasis

Decision Making, Awareness, Problem-Solving, Movements, FUN

Progression

1. Players dribble
2. Point system relative to gate colours
3. Add a defending pair



Timing	Area
9 Minutes	20m x 20m

Objective

Players are able to pass into spaces

Outcomes

All players - will be able to recognize open space and pass into it

Most players - will be able to recognize open space and pass into it with appropriate weight

Some players - will be able to recognize open space and time the pass onto a team-mate

Technical / Tactical	Psychological
Passing Dribbling Ball mastery Running with the Ball	Fun Safety Confidence Creativity
Socio – Emotional	Physical
Problem-solving Decision-making Teamwork	Balance Coordination Strength Reaction Perception Awareness

Top Tip

When attempting to balance groups within your session, try not to single players out. Use reasoning such as “I want you to try and play with everyone”.



FUNdamentals

Station B - Small Sided Game

2v2 to an End Zone



Organization

Two teams of two players. Setup playing areas as needed. Place balls outside the grid for quick restarts. 3-5m End Zones.

Procedure

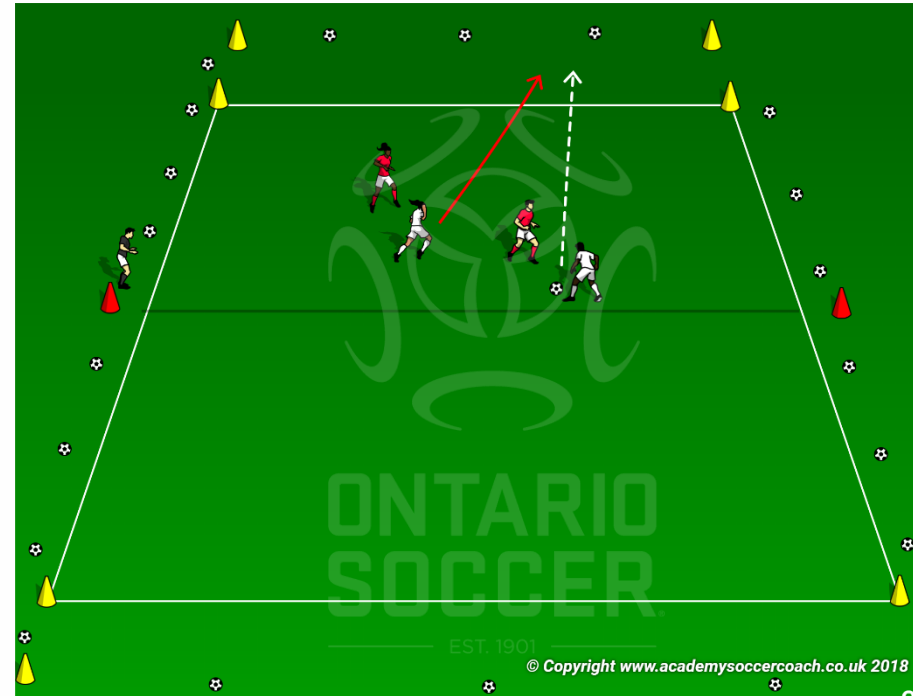
Players play in a 2v2 game. The defending team must begin behind the retreat line when play starts with a goalkick. Players can dribble into the End Zone for a point OR pass into the End Zone for 3 points. All other normal rules of the game are applied.

Emphasis

Decision Making
Awareness
Problem-Solving
FUN

Progression

1. Players only pass into the End Zone to score
2. When scored on; players can immediately start with a new ball (creating 2v1's)



Timing

9 Minutes

Area

Each field 20m x 12m

Objective

Players are able to pass into spaces

Outcomes

All players - will be able to recognize open space and pass into it

Most players - will be able to recognize open space and pass into it with appropriate weight

Some players - will be able to recognize open space and time the pass onto a team-mate

Technical / Tactical

Passing
Dribbling
Ball Mastery
Running with the ball

Socio - Emotional

Co-operation
Communication
Sharing
Problem-solving
Decision-making

Psychological

Fun
Safety
Confidence
Creativity

Physical

Perception
Awareness
Agility
Balance
Coordination

Top Tip

Don't always stop the session at this age stage to make a coaching intervention. Use 1-on-1 discussion or natural stoppages to communicate with players.



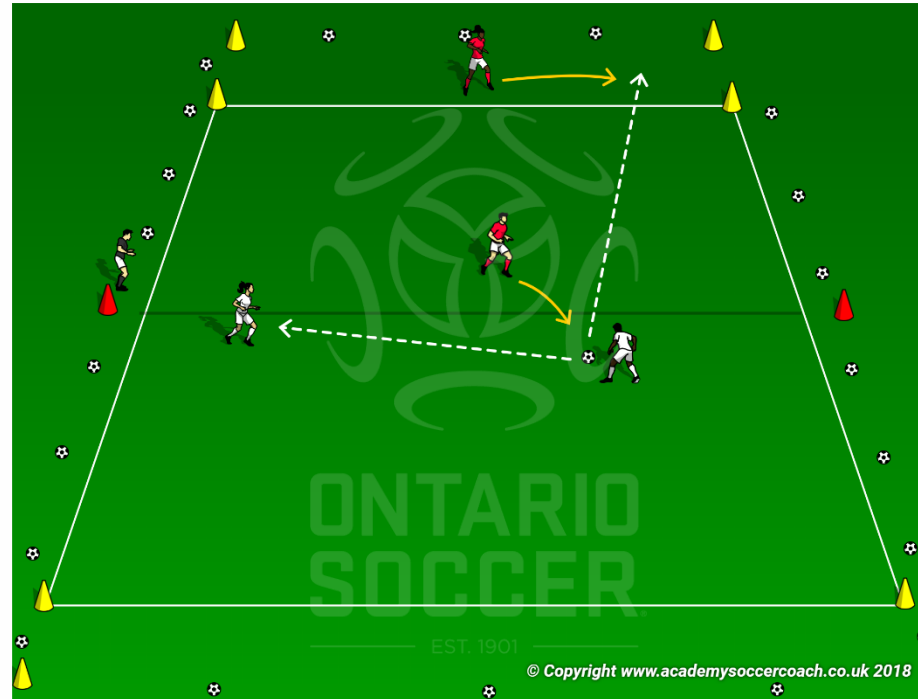
FUNdamentals

Station C - Analytical Activity

2v1+Target Player



Organization
Two teams of two players. Setup playing areas as needed. Place balls outside the grid for quick restarts. 3-5m End Zones.
Procedure
Players play in a 2v2 game. The defending team must keep one player in the end zone as a target. Attackers attempt to find the target player with a pass – who must successfully receive the ball - to score a point.
Upon receiving the ball, target player joins the game – either by dribbling or passing while one of the opposing players drops into their end zone to be the next target.
Emphasis
Decision Making, Awareness, Problem-Solving FUN
Progression
Provide incentive to play forward quickly (ex. Add small goals that attackers can score in if the defenders have yet to provide a target player).



Timing	Area
9 Minutes	20m x 12m

Objective	
Players are able to pass into spaces	
Outcomes	
All players - will be able to recognize open space and pass into it	
Most players - will be able to recognize open space and pass into it with appropriate weight	
Some players - will be able to recognize open space and time the pass onto a team-mate	
Technical / Tactical	Psychological
Passing Dribbling Ball Mastery Running with the ball	Fun Safety Confidence Creativity
Socio - Emotional	Physical
Co-operation Communication Sharing Problem-solving Decision-making	Balance Coordination Reaction Perception Awareness

Top Tip

If an activity is proving to be too challenging, reduce the difficulty by changing a variable. For example, in a passing activity you can enlarge the end zone.



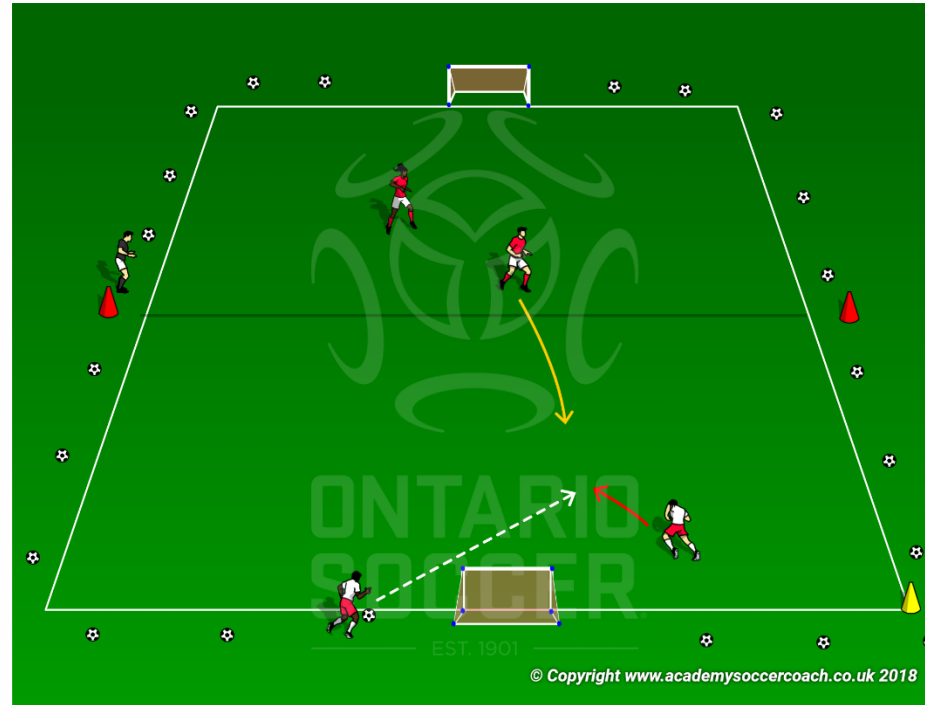
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Station D - Small Sided Game

2v2 with Retreat Line



Organization
Two teams of 2v2 (with GK's) are placed in a field with goals at each end. Create as many fields as necessary.
Procedure
Players play 2v2 for two minutes. All normal rules of the game are applied. After 2 minutes, players rotate in a ladder system.
Emphasis
Fun, creativity and celebrating!
Progression
N/A



Timing	Area
9 Minutes	20 m x 15 m

Objective	
Players are able to pass into spaces	
Outcomes	
All players - will be able to recognize open space and pass into it	
Most players - will be able to recognize open space and pass into it with appropriate weight	
Some players - will be able to recognize open space and time the pass onto a team-mate	
Technical / Tactical	Psychological
Passing Dribbling Ball Mastery Running with the ball Shooting	Fun Safety Confidence Creativity
Socio - Emotional	Physical
Co-operation Communication Sharing Problem-solving Decision-making	Perception Awareness Agility Balance Coordination

Top Tip Encourage players to make decisions. When they choose differently than you expect, ask why before guiding them to the another choice.

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

Grassroots Curriculum

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

Online Practice Videos

Online Webinars

