



**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

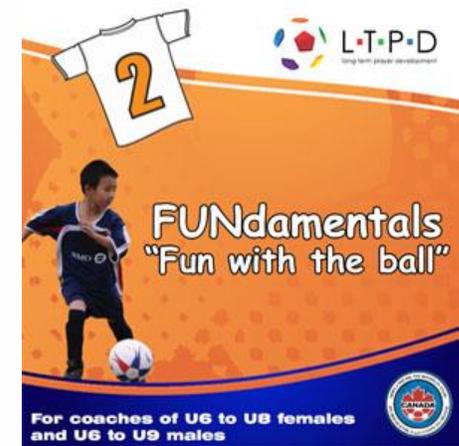


The activities provided illustrate how stations can be used during Grassroots practices.

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.

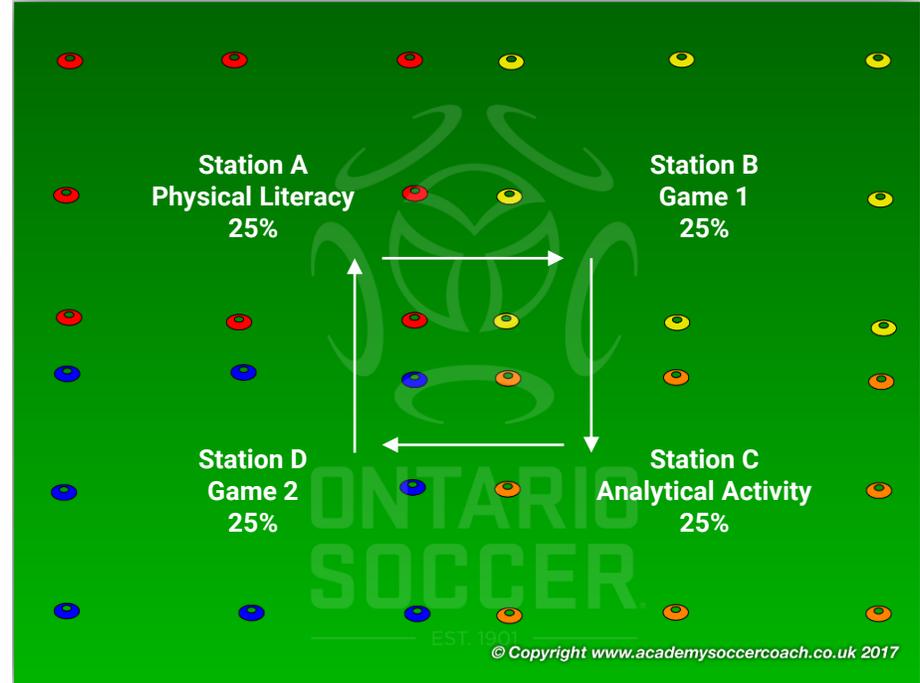
If working with a smaller group, simply move together through all 4 stations until all are complete.

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

Stop Thanos!



Organization

Place goals 6 goals around the coach in the center of the grid. Have a perimeter with coloured gates or equipment (ladder/hurdles/rings/etc.) around the grid.

Procedure

Thanos (coach) has all the Infinity Stones (a pinnie at each pug goal) but he's trapped – now's our chance! Players should pick a superhero (Spider-Man, Iron Man, Hulk, Thor, Scarlett Witch, etc.) to save the day.

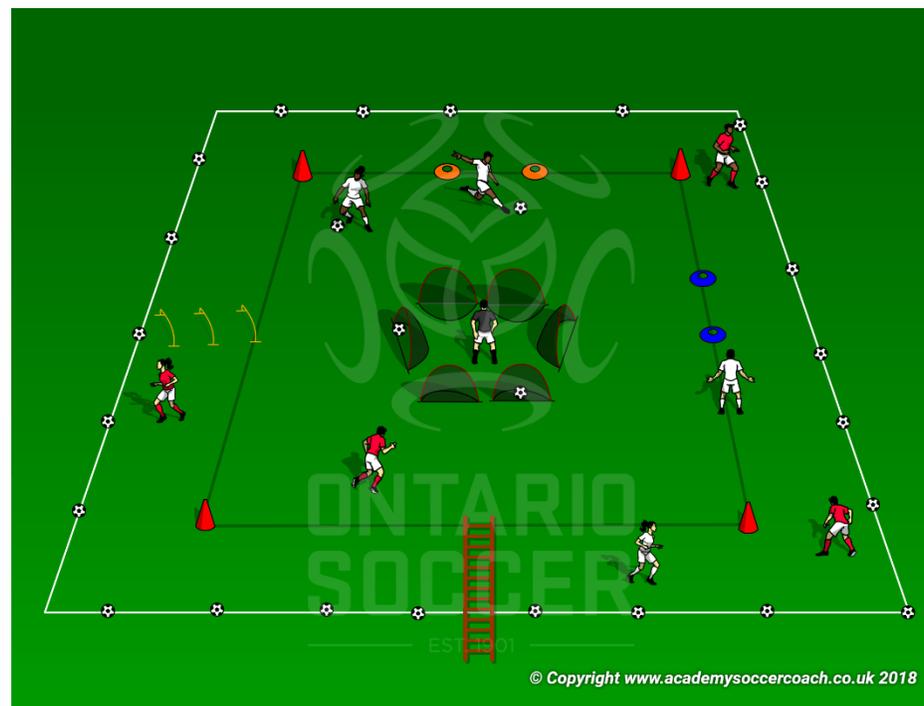
The heroes start outside the grid where they must retrieve a ball and enter the grid through one of the 4 portals (marked by a gate/hurdles/ladder/etc) by doing the assigned movements (such as jumping/crawling/rolling/etc.). Once inside the grid, players should seek to shoot the ball into the pug goals. Once a goal has two balls (or more) then the heroes can retrieve that goal's infinity stone (coloured pinnie/cone). Thanos is defeated once all stones are collected.

Emphasis

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

Progression

1. Add a time limit to destroy the gauntlet
2. Change the goal number required to take a stone
3. Players must do a movement to exit the grid also
4. Add defenders



Timing	Area
9 Minutes	20m x 20m

Objective

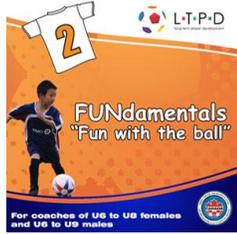
Players are able to shoot on goal

Outcomes

- All players** - will be able to shoot on goal
- Most players** - will be able to shoot on goal with power
- Some players** - will be able to shoot on goal with power using both feet

Technical / Tactical	Psychological
Dribbling Ball Mastery Running with the Ball Shooting	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

1v1 Infinity Stone Ladder



Organization

Two players per grid. Setup playing areas as needed. Place balls outside the grid for quick restarts. Use larger goals if possible.

Procedure

Players play in a 1v1 game. The defender must begin behind the retreat line when play starts with a goalkick. Players must score. All other normal rules of the game are applied.

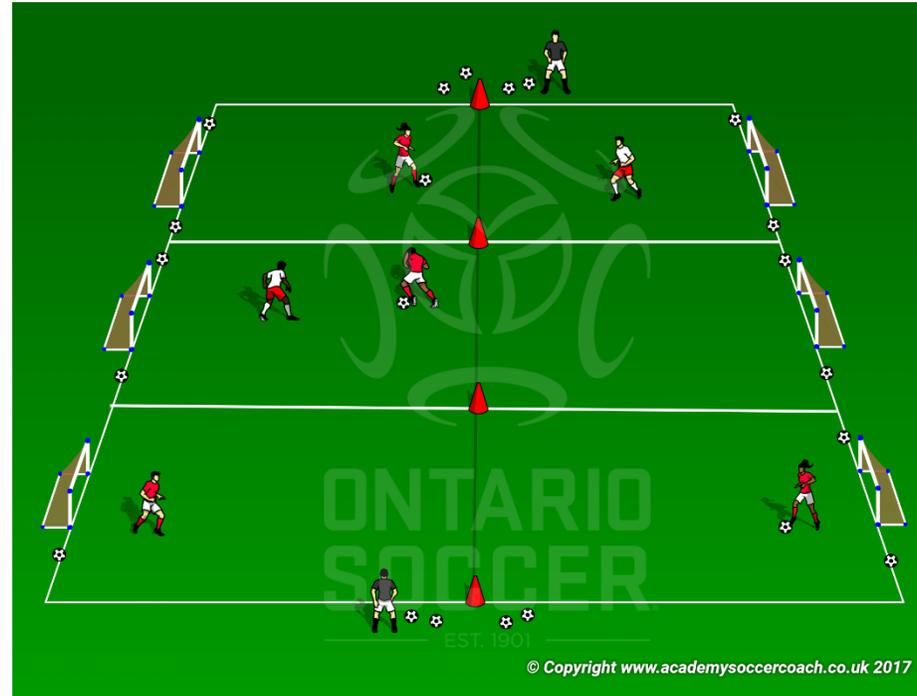
After 90s, establish a winner who collects an Infinity Stone (pinnie) by putting it on before moving to the next grid. New game then starts with new pairings.

Emphasis

Decision Making
Awareness
Problem-Solving
FUN

Progression

1. Players must drop a stone when they lose
2. Progress to 2v2's (one player can act as GK)



Timing	Area
9 Minutes	Each field 20m x 12m

Objective

Players are able to shoot on goal

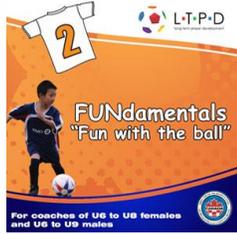
Outcomes

All players - will be able to shoot on goal
Most players - will be able to shoot on goal with power
Some players - will be able to shoot on goal with power using both feet

Technical / Tactical	Psychological
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

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.



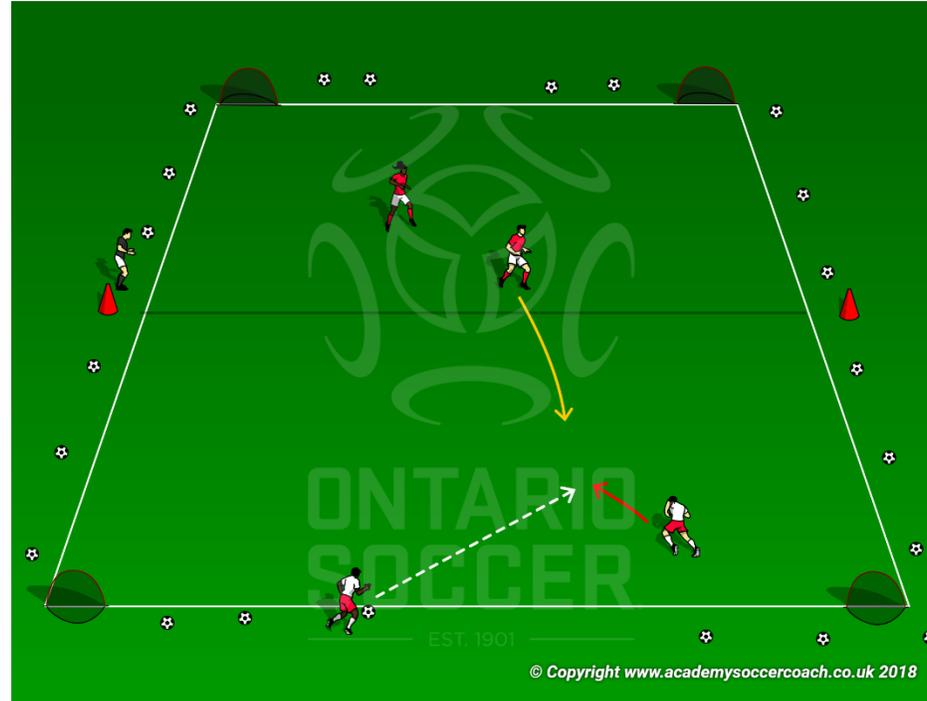
FUNdamentals

Station C - Analytical Activity

Civil War!



Organization
Two teams of two players. Setup playing areas as needed. Place balls outside the grid for quick restarts. A goal placed on each corner (2 per half).
Procedure
Players select their favourite superheroes (Captain America, Black Panther, Wasp, Dr. Strange, etc.). Play in a 2v2 game. Attackers can score in either of the two opposition goals.
Upon scoring, the team must retreat into their own half. Once 2 goals are scored in each net (minimum total of 4) then that team wins the 'battle'!. Encourage players to celebrate like their selected character.
Emphasis
Decision Making, Awareness, Problem-Solving FUN
Progression
N/A



Timing	Area
9 Minutes	20m x 12m

Objective	
Players are able to shoot on goal	
Outcomes	
All players - will be able to shoot on goal	
Most players - will be able to shoot on goal with power	
Some players - will be able to shoot on goal with power using both feet	
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	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.



FUNdamentals

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

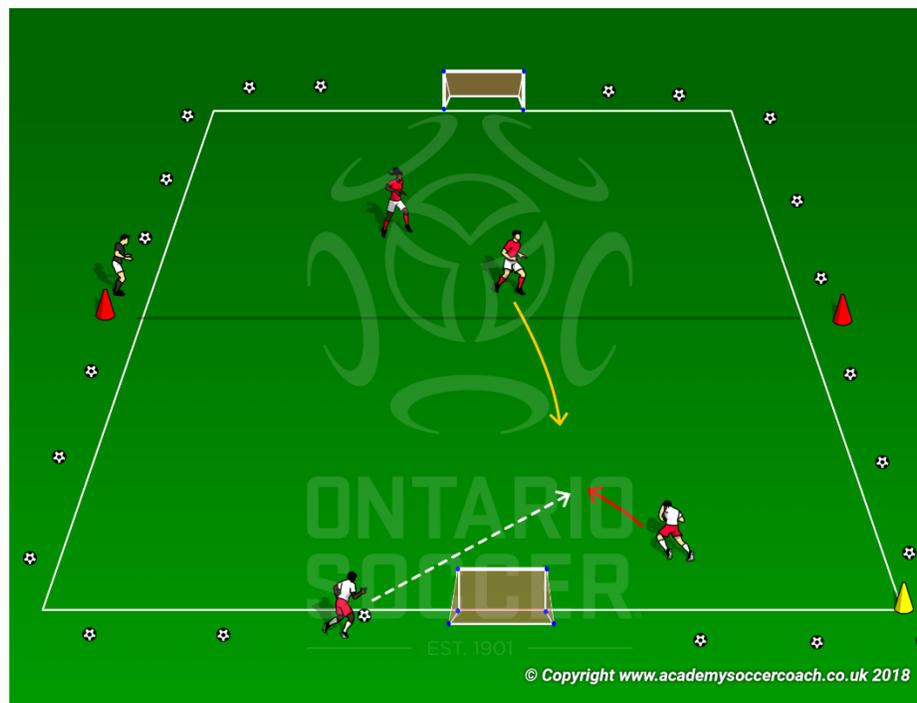
Players play 2v2 for two minutes. All normal rules of the game are applied. After 2 minutes, players rotate in a ladder system.

Emphasis

Fun, creativity and celebrating!

Progression

N/A



Timing

9 Minutes

Area

20 m x 15 m

Objective

Players are able to shoot on goal

Outcomes

All players - will be able to shoot on goal

Most players - will be able to shoot on goal with power

Some players - will be able to shoot on goal with power using both feet

Technical / Tactical

Passing
Dribbling
Ball Mastery
Running with the ball
Shooting

Psychological

Fun
Safety
Confidence
Creativity

Socio - Emotional

Co-operation
Communication
Sharing
Problem-solving
Decision-making

Physical

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

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

