



**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.

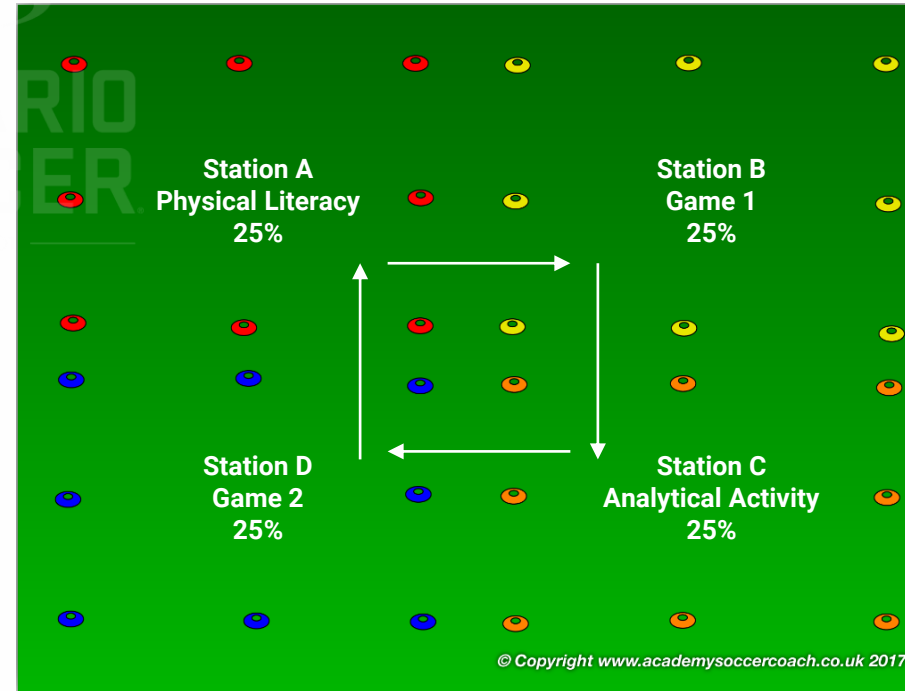
If working with a smaller group, simply move together through all 4 stations until all are complete.

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.

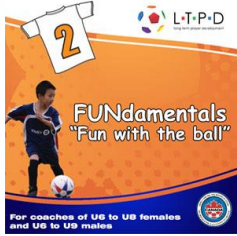


Timing	Area
Total Time: 45 mins 4 x 9 minute Stations	20 x 20 m (x4)

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	Priority Key			
Respect / discipline	2	1	1	High			1
Fair play / honesty	3	2	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



Organization

A central grid is placed in the center (5mx5m) and four different coloured gates around the perimeter.

Procedure

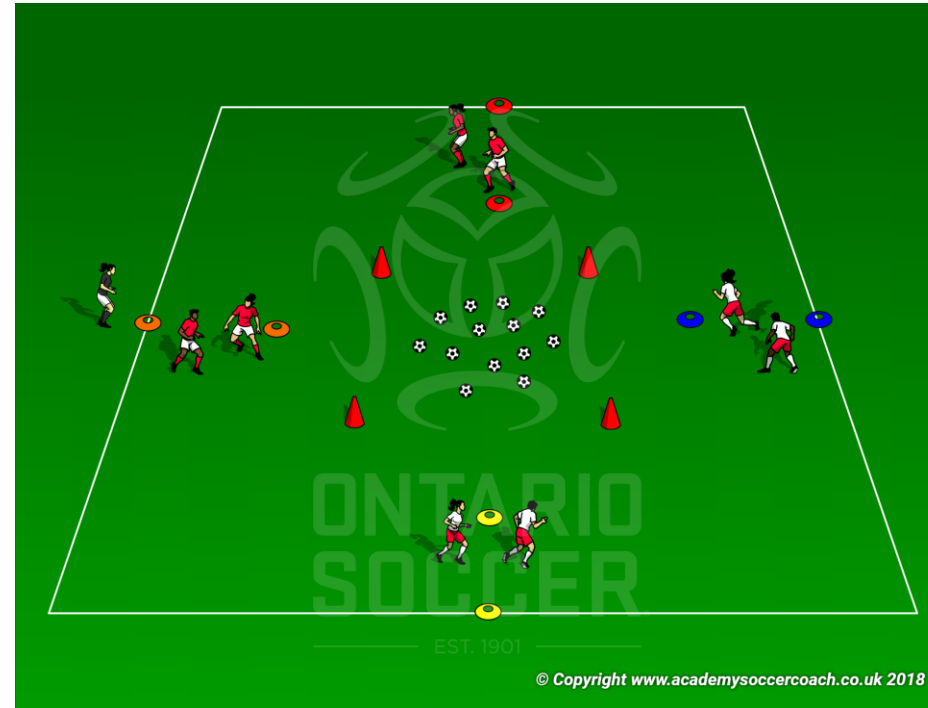
Players start at one gate and race to the centre to take one ball, they then race and dribble to the next gate bringing the ball from the centre and leaving it at the gate – players repeat the action until they are at their starting point again –If there is a ball already at the gate when a player gets there, the player should dribble it back to the centre. Players always return to the centre before going to the next gate, either with a ball at their feet or to retrieve a ball from the centre. Four players go at once, relaying their partner when they return to their starting position.

Emphasis

Reaction,
Awareness,
FUN

Progression

Have eight players go at the same time but in opposite directions to create confusion and chaos.



Timing	Area
9 Minutes	20m x 20m

Objective

Players are able to change speed with the ball

Outcomes

All players - will be able to change speed using one foot

Most players - will be able to change speed using both feet

Some players - will be able to change speed using both feet and beat an opponent

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

Top Tip

When training outdoors, be mindful of the wind and sun when setting up the activities and the direction the players would be facing. Something to also keep in mind during briefing and debriefing the players.



FUNdamentals

Station B - Small Sided Game



Organization

Two teams of two players. Small end zones (~3m) on the end of each grid.
Place balls outside the grid for quick restarts.

Procedure

Players begin at their own end zone or half. Play begins with one player getting a ball and attempting to dribble into the opposing end zone.

The opposition can apply pressure as soon as the other player touches the ball and regain possession of the ball to attack the opposite end zone.

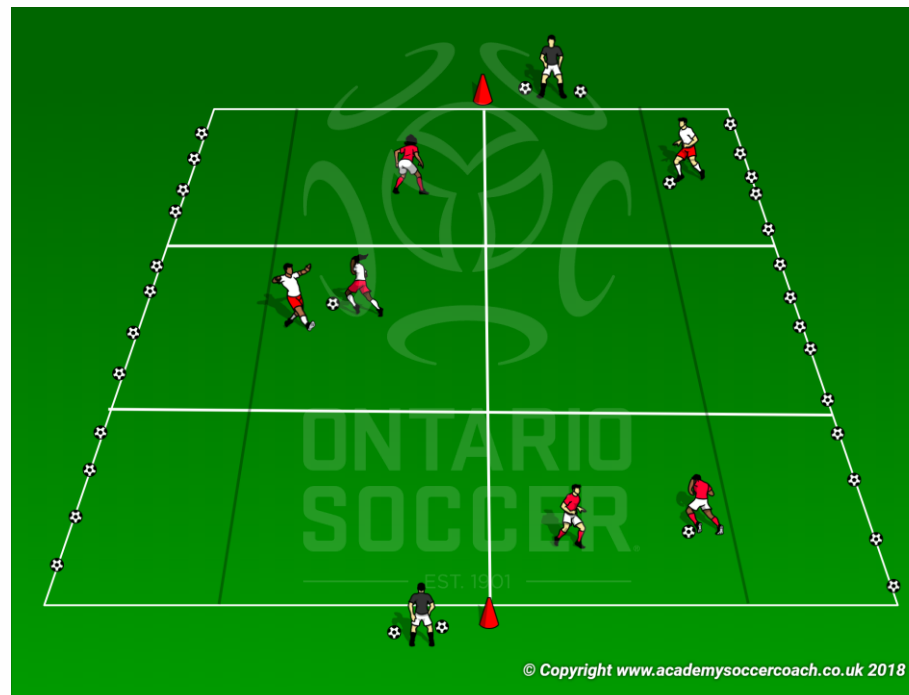
Players that reach the end zone then advance one field forward to play 2v1 with a teammate. If a player wins the 1v1 battle again, he or she can advance the field again to play 3v1. The defending player must juggle to five before entering the next grid to balance out the numbers. When you finally have a 3v3 in the last grid, play 3v3 to a 3 goals and start from the beginning.

Progression

Juggle to 5.

Top Tip

Be conscious of when a player is going through or has gone through a growth spurt – they may seem to lose of their coordination during this time and need your support and encouragement to maintain a positive mindset.



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Timing

9 Minutes

Area

18 m x 30 m
(3 mini-fields of 18m x 10m)

Objective

Players are able to change speed with the ball

Outcomes

All players - will be able to change speed using one foot

Most players - will be able to change speed using both feet

Some players - will be able to change speed using both feet and beat an opponent

Technical / Tactical

Dribbling
Ball mastery
Running with the ball

Psychological

Fun
Safety
Confidence
Creativity

Socio - Emotional

Co-operation
Communication
Sharing
Problem-solving
Decision-making

Physical

Basic Motor Skills
Perception
Awareness
Agility
Balance
Coordination



FUNdamentals

Station C - Analytical Activity



Organization

A central grid is placed in the center (5mx5m) and four different coloured gates around the perimeter.

Procedure

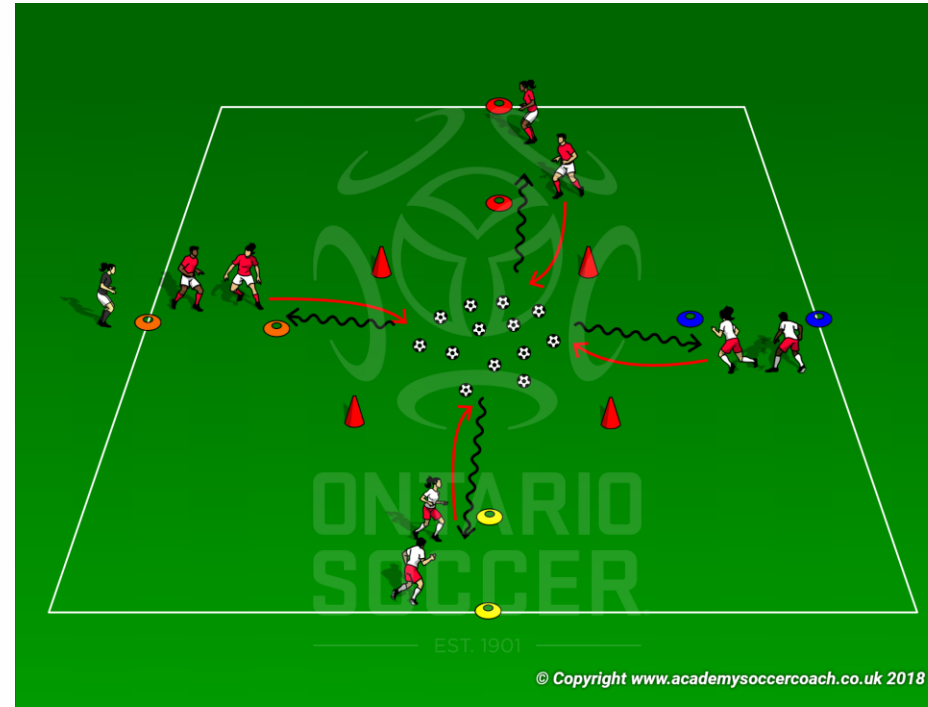
Players begin at a coloured gate without a ball. On the coaches cue – vary between visual/auditory (go!, clap, jump, etc.) – ALL players proceed to get a ball and dribble back to their gate trying to collect as many soccer balls as they can. Players from other gates can then steal from you, so station one defender and send one attacker to ultimately keep as many soccer balls as possible until the coach ends the first round.

Emphasis

Decision Making,
Awareness,
Problem-Solving Movements
FUN

Progression

Different exercise at each gate (color coded)
Vary amount of “laps” per ball mastery skill



Timing

9 Minutes

Area

20m x 20m

Objective

Players are able to change speed with the ball

Outcomes

All players - will be able to change speed using one foot

Most players - will be able to change speed using both feet

Some players - will be able to change speed using both feet and beat an opponent

Technical / Tactical

Dribbling
Ball mastery
Running with the ball
Shooting

Socio - Emotional

Problem-solving
Decision-making

Psychological

Fun
Safety
Confidence
Creativity

Physical

Balance
Coordination
Strength
Reaction
Perception
Awareness

Top Tip

Simply changing the starting point of the ball and/or player can impact the intensity of a session. It can even change the focal topic or theme. Think about how and when is best to manipulate such variables but more importantly – why!



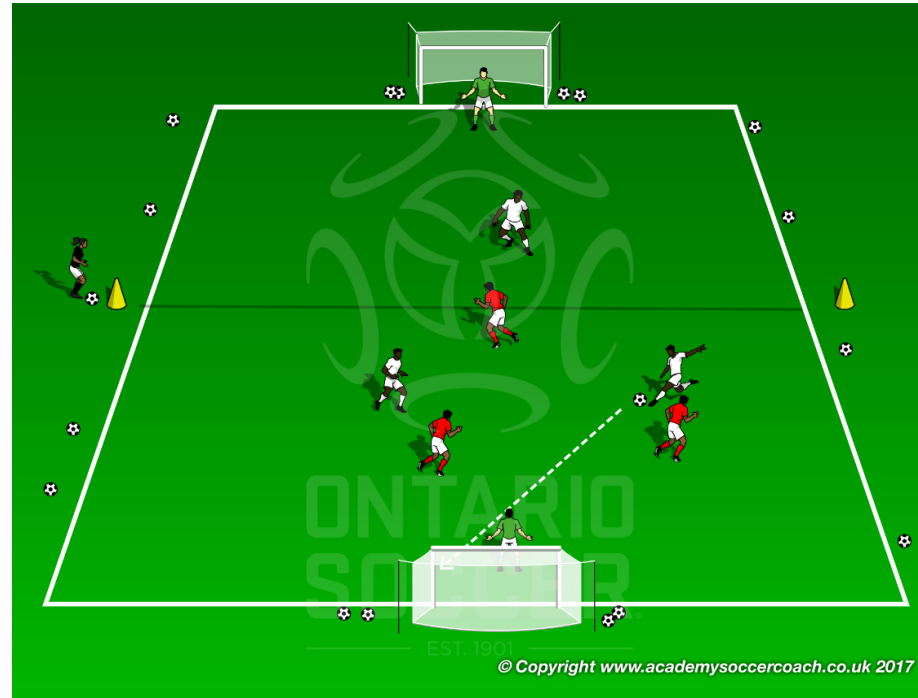
FUNdamentals

Station D - Small Sided Game

4v4 with Retreat Line



Organization
Two teams of 4v4 (with Goalkeepers) are placed in a 25m x 18m field with goals at each end.
Procedure
Players play 4v4 for three minutes. All normal rules of the game are applied. After 3 minutes, players rotate.
Emphasis
Fun, creativity and celebrating!
Progression
N/A



Timing	Area
9 Minutes	25 m x 18 m

Objective	
Players are able to change speed with the ball	
Outcomes	
All players - will be able to change speed using one foot	
Most players - will be able to change speed using both feet	
Some players - will be able to change speed using both feet and beat an opponent	
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	Basic Motor Skills Perception Awareness Agility Balance Coordination

Top Tip During stops coach more than one option. This will allow players to continue making decisions based on the environment they are in and perceive.

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

