



**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.

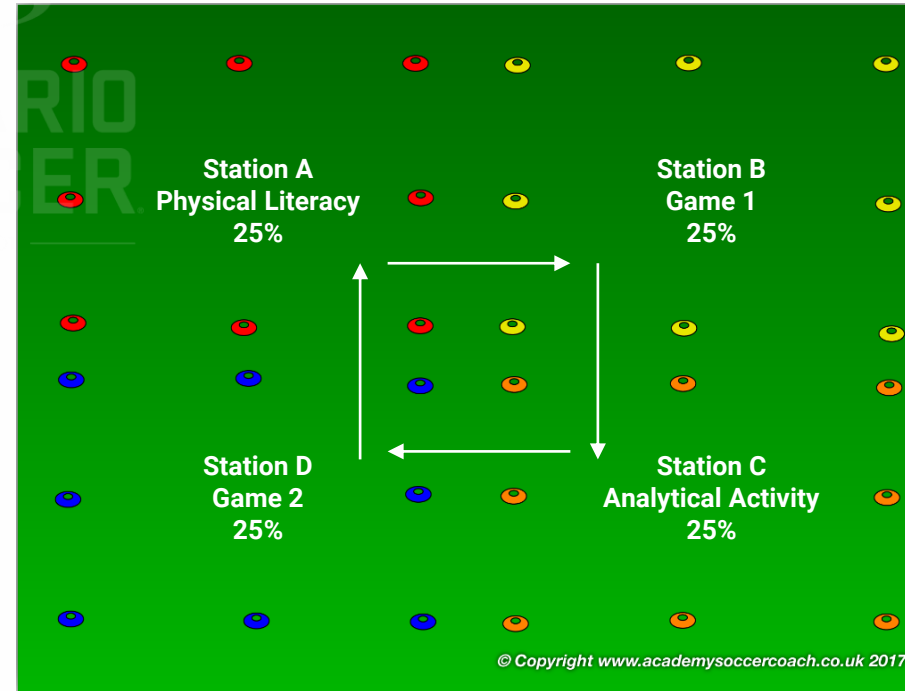
If working with a smaller group, simply move together through all 4 stations until all are complete.

## 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

### Piston Cup Qualifying



#### Organization

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

#### Procedure

It's the day before the race! Players pick a Cars character: Lightning McQueen, Sally, Mater, Doc, Chick Hicks, etc. Players begin at a coloured gate without a ball. The coach uses coloured cones in his / her hand as a visual cue – (blue cone = go!) – ALL players begin the race and the first to return to the starting point qualifies for the Piston Cup. Dribbling to each checkpoint can be done with right foot or left foot. Ask players to 'tune-up' (red cone = tune up) at each checkpoint with:

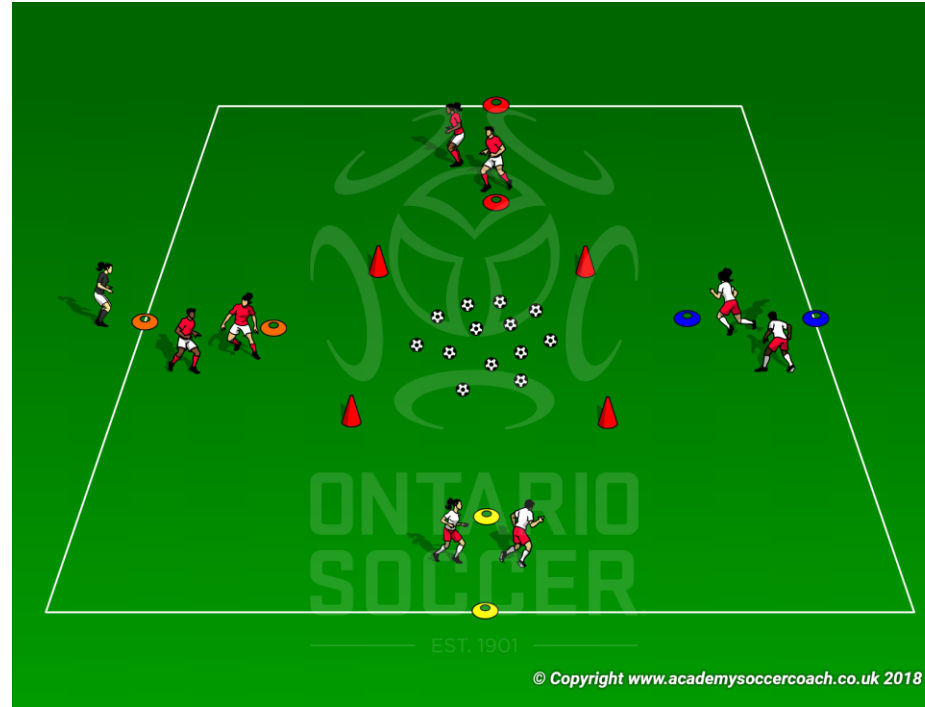
- Bear Crawl (in a figure 8)
- Rolling the ball (in a figure 8)

#### Emphasis

Reaction,  
Awareness,  
FUN

#### Progression

Change direction



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

### Pit Stop!



#### 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 for a "Pit Stop".  
When a point is scored, both players "get a tire change" (doing an exercise such as 5x jumping jacks).

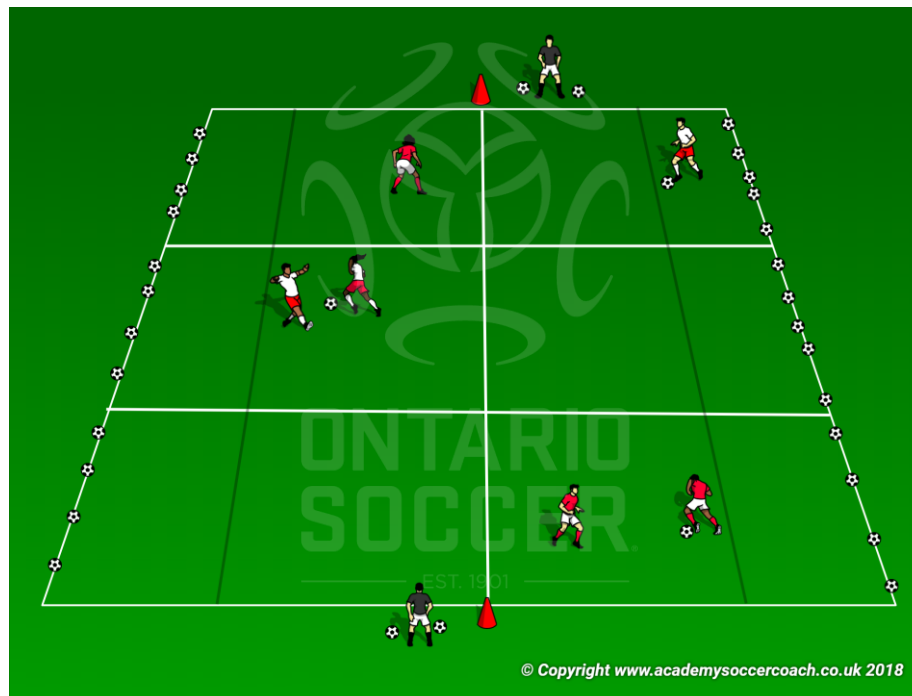
The opposition can apply pressure as soon as the other player touches the ball and regain possession of the ball to attack the opposite end zone.

#### Emphasis

Decision Making  
Awareness  
Problem-Solving  
FUN

#### Progression

Players must dribble into another end zone after each tire change.



© Copyright www.academysoccercoach.co.uk 2018

#### 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

#### 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.



# FUNdamentals

## Station C - Analytical Activity

### The Piston Cup!



#### Organization

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

#### Procedure

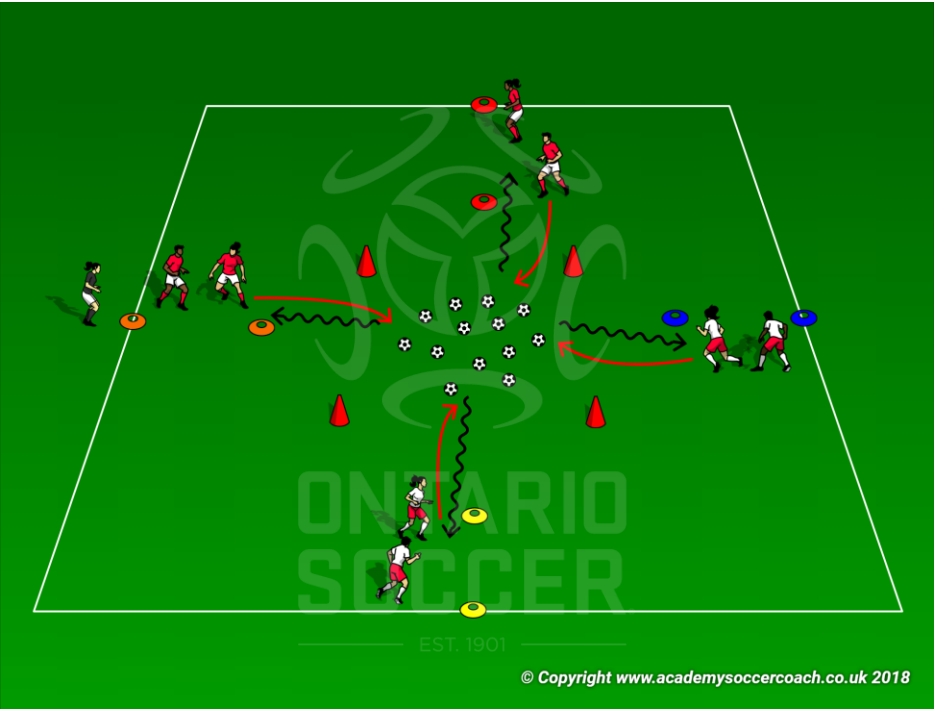
Players begin at a coloured gate without a ball. On the coaches cue – vary between visual/auditory (go!, clap, jump, etc.) – ALL players proceed to get a ball and dribble around the “track”. If players approach the gate at the same time then the first one to the gate can proceed through and the second must turn back the opposite direction. At each gate players should switch the foot they are dribbling with.

#### 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	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 Shooting	Fun Safety Confidence Creativity
Socio - Emotional	Physical
Problem-solving Decision-making	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!



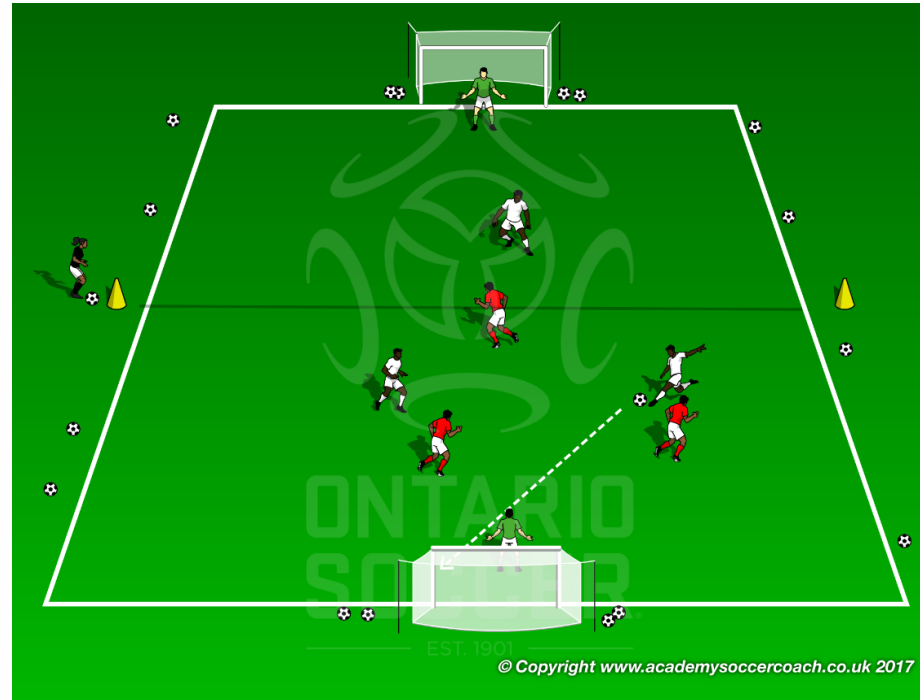
# FUNdamentals

## 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	
<b>All players</b> - will be able to change speed using one foot	
<b>Most players</b> - will be able to change speed using both feet	
<b>Some players</b> - 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

