



**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.

Organisation

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.

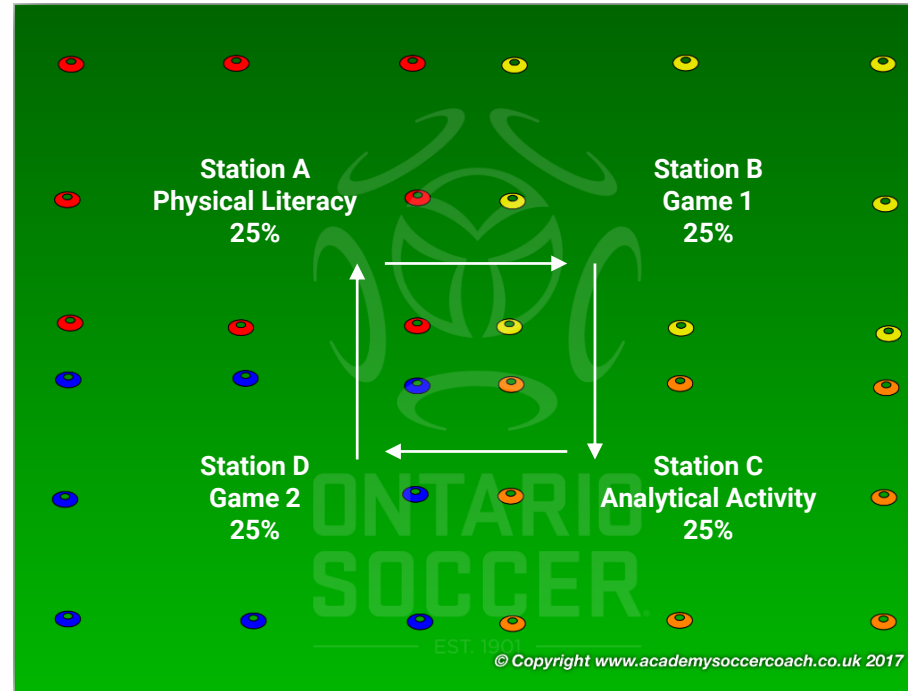
If working with a smaller group, simply move together through all 4 stations until all are complete.

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 - Connect Four



Organisation
Two teams of four. 16 grids that are 5x5 metres.
Procedure
Players must run out and look to 'connect 4'. They can connect, diagonally, horizontally or vertically. They must be next to 4 consecutive cones. They cannot connect 4 on the first line, if players arrive at the cone at the same time, the coach can instruct to move again. Award a point for each winning team.
Emphasis
Decision making, awareness and fun!
Progression
Ask the players to move by skipping, hopping, bear crawls and then progress to using a ball each so they can run with the ball to each cone.

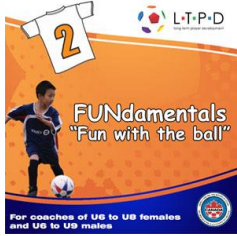


Timing	Area
9 Minutes	20 x 20 m

Technical / Tactical	Psychological
Ball mastery Running with the ball Dribbling	Fun Being safe Decision making
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

Check out the whole FUNdamentals Grassroots Curriculum at: <http://www.ontariosoccer.net/grassroots-resources>



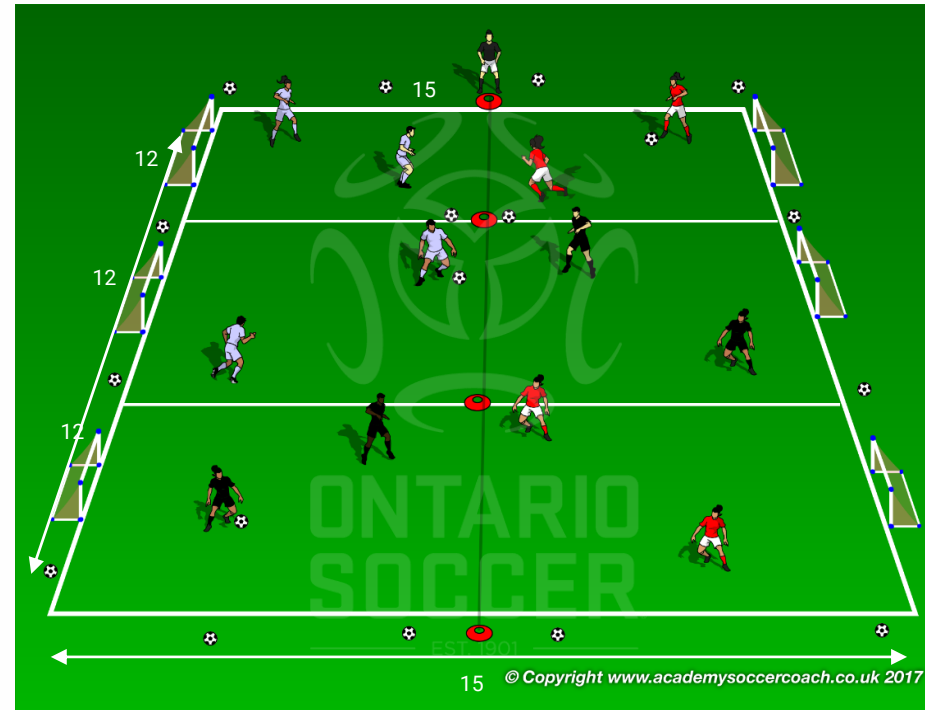
FUNdamentals

Station B

Small Sided Game – 2v2 with retreat line



Organisation
Create three mini fields, 12x15 yards. Balls around the perimeter.
Procedure
Players play 2v2. After 2 minutes. Rotate the teams. Can do a competition ladder and rock paper scissors to settle a tied game. Include celebrations with team mates, high 5's, come up with their own etc.
Emphasis
Free Play and FUN!
Progression
N/A



Timing	Area
9 Minutes	15 m x 12 m (Set up 3 times)

Technical / Tactical	Psychological
Dribbling Receiving Passing Finishing	Fun Confidence Being safe Reactions
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip Coaches in this stage have to create a learning environment that is stimulating and engaging where players learn in a fun-filled small-sized game environment.



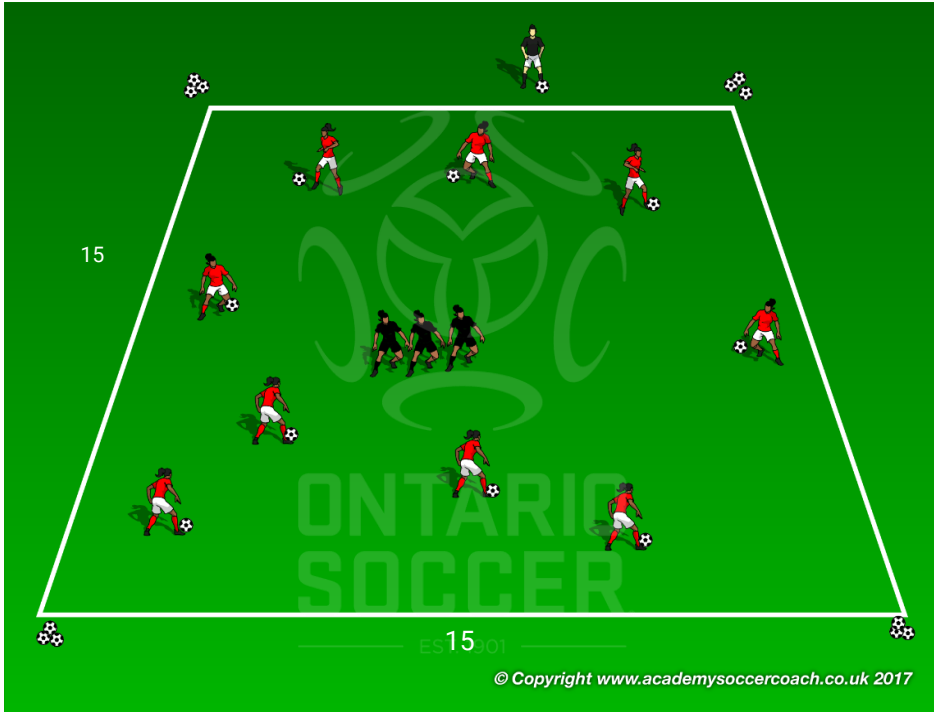
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Station C

Analytical – Build Up Tag



Organisation
9 players are placed inside the area with a ball. 3 players are placed in a different colour without a ball.
Procedure
The players in black must hold hands and work together to touch an opponents ball. If they manage to do so, that player then becomes part of the defending team. Red players must stay in the area with their ball. If they go out of the area, they become part of the defending team. Last player remaining wins.
Emphasis
Imagination, creativity and celebrating!
Progression
Defending players face alternate ways. e.g:

Timing	Area
9 Minutes	15x15m grid

Technical / Tactical	Psychological
Ball mastery Running with the ball Dribbling on the safe side (the foot that is the furthest away from the defenders)	Fun Confidence Awareness
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip	The most important focus at this age is the continued development of physical literacy and the recognition that individual technique development is paramount.
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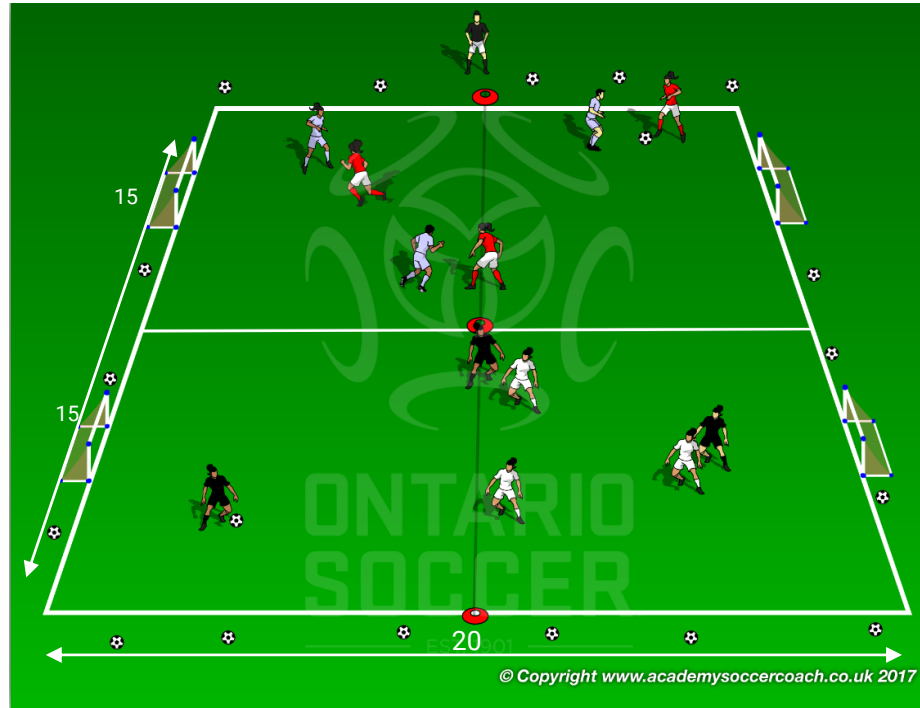
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Station D

Small Sided Game – 3v3 with retreat line



Organisation
Two teams of 3v3 are placed on to a 20x15 field with 1 or 2 goals at each end.
Procedure
Players play 3v3 for two minutes. After time is up, rotate the teams so the two winning teams face each other. Repeat.
Emphasis
Fun, creativity and celebrating!
Progression
N/A



Timing	Area
9 Minutes	15 m x 20 m (set up twice)

Technical	Psychological
Dribbling Receiving Passing Finishing	Fun Confidence Awareness
Social	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip When communicating with young players it's important to get down to their eye level rather than towering above them. This can be intimidating for young children.

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](#)

