



**ONTARIO
SOCCER.**

EST. 1901

Learn to Train Session Plan

For coaches of
U8-11 females
and U9-U12
males





Ontario Soccer Player Development Model: The Station Concept

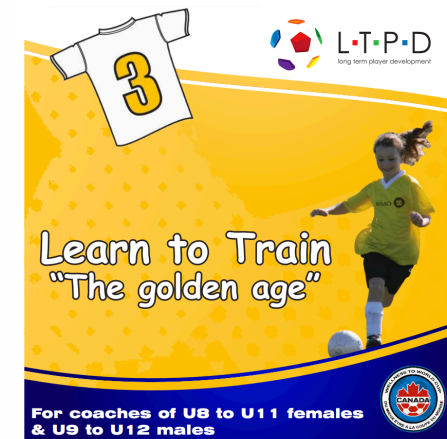


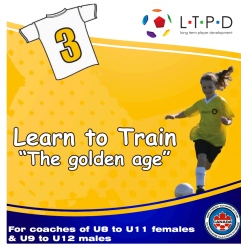
The activities provided illustrate how stations can be used during Grassroots practices.

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 45-70 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.

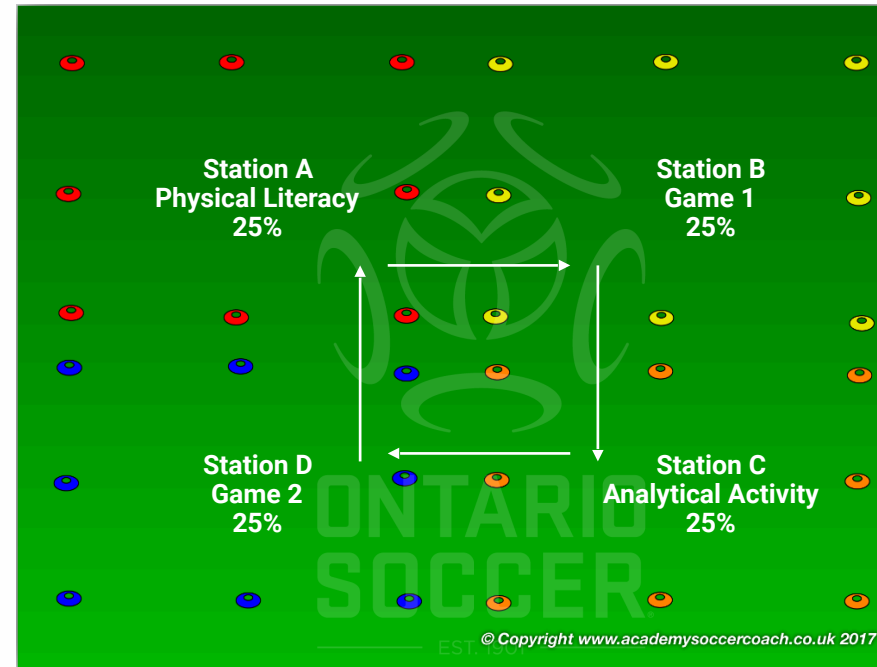
If working with a smaller group, simply move together through all 4 stations until all are complete.

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: 70 mins 4 x 10 minute Stations	20 x 20 m (x4)

Technical	U9	U10	U11	U12	Physical	U9	U10	U11	U12
Dribbling	1	1	1	1	Agility	1	1	1	1
Running with the ball	1	1	1	1	Balance	1	1	1	1
Shooting	1	1	1	1	Coordination	1	1	1	1
Ball Control	2	1	1	1	Stamina	2	2	2	1
Passing	2	1	3	1	Strength	2	2	2	1
Receiving	2	1	1	1	Speed	1	1	1	1
Heading	4	4	4	3	Suppleness	2	2	2	2
Shielding	3	2	2	1	Acceleration	1	1	1	1
Crossing	3	2	2	1	Reaction	1	1	1	1
Finishing	3	2	2	1	Basic Motor Skills	1	1	1	1
1v1 Defending	3	3	2	1	Perception	1	1	1	1
1v1 Attacking	2	1	2	1	Awareness	1	1	1	1
Socio-Emotional	U9	U10	U11	U12	Psychological	U9	U10	U11	U12
Listening	2	2	1	1	Motivation	1	1	1	1
Co-operation	2	2	1	1	Self Confidence	1	1	1	1
Communication	1	1	1	1	Competitiveness	2	2	1	1
Sharing	2	1	1	1	Concentration	2	2	1	1
Problem-solving	2	2	1	1	Commitment	2	2	2	1
Decision-making	2	2	1	1	Self Control	2	2	1	1
Empathy	3	2	1	1	Determination	2	2	1	1
Patience	3	2	1	1	Tactical	U9	U10	U11	U12
Respect / Priority Key		1	1	1	Playing out from the back	2	2	2	1
High	1				Attacking Principles	3	3	3	3
Medium	2	1	1	1	Possession	2	2	2	2
Low	3				Transition	2	2	2	2
Not Applicable	4				Counter Attacking	4	4	4	4
					Switching Play	4	4	4	3
					Combination Play	2	2	2	1

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>



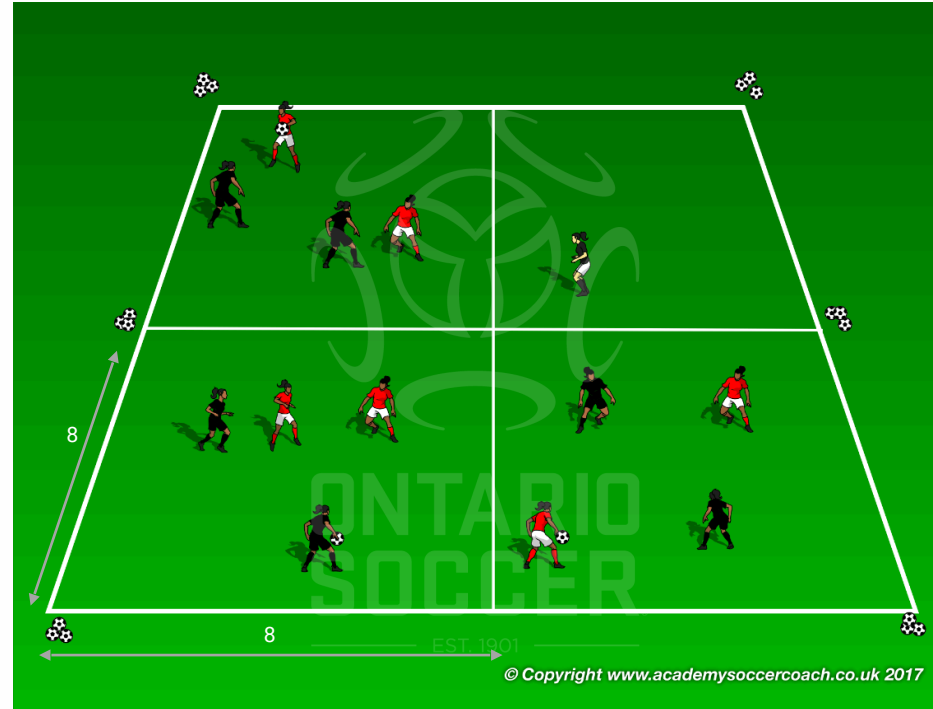
Learn to Train

Station A

Physical Literacy - Ball Tag



Organisation
2v2 in an 8mx8m area. One ball needed.
Procedure
The player in possession of the ball is the only person that is allowed to tag the opposing team. However, they cannot run with the ball. As soon as they tag the opponent they get a point, transition happens.
Note: Encourage the receiving player to receive the ball close to the opponent so they can tag them.
Emphasis
Decision making, awareness and fun!
Progression
Play with the ball on the floor and players use their feet, the player with the ball can dribble and tag.



Timing	Area
10 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 Hand to eye Co-ordination Change of Speed Change of Direction

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

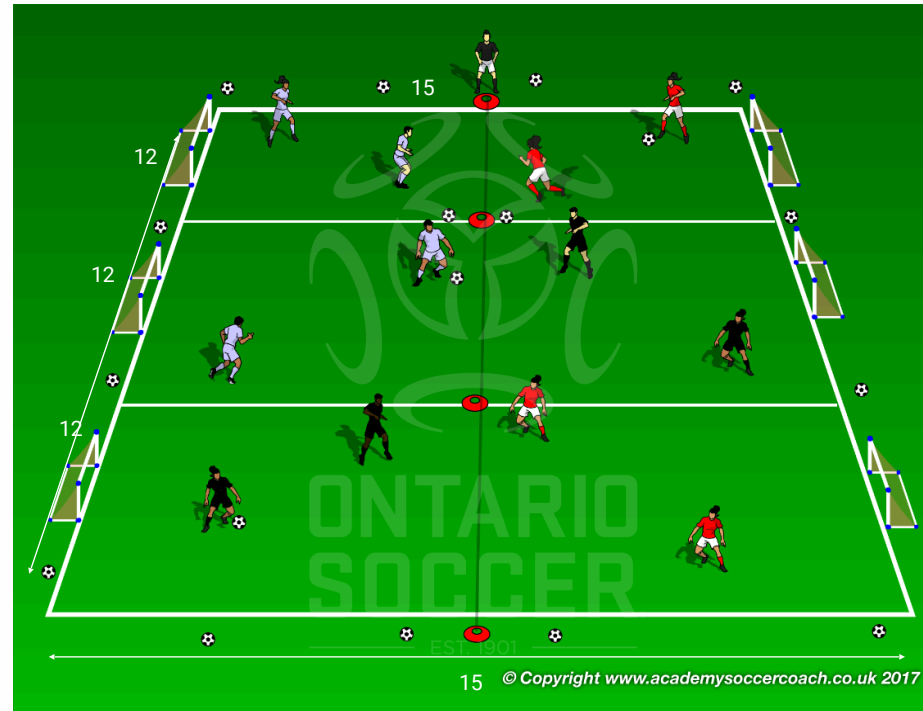




Learn to Train

Station B

Small Sided Game – 2v2 with retreat line



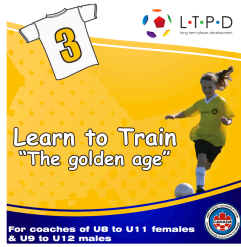
Timing	Area
10 Minutes	15 m x 12 m (Set up 3 times)

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

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.





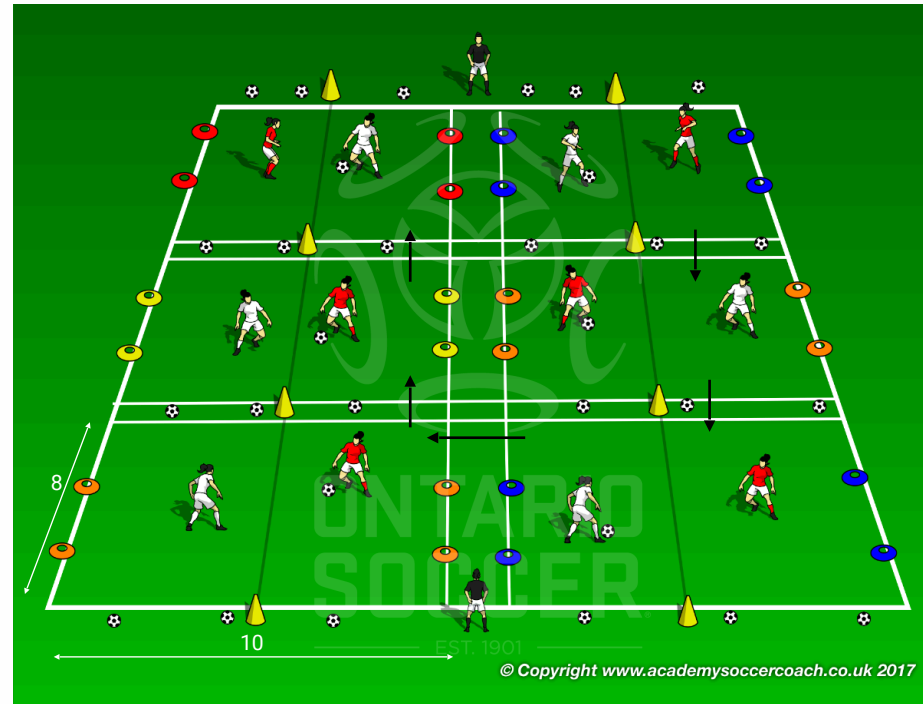
Learn to Train

Station C

Analytical - 1v1 Dribbling



Organisation
2 players are placed in a 10m x 8m area with a ball. This is set up 6 times as shown in the diagram. All spare balls are placed on the outside. Allow spaces between each field for safety.
Procedure
Players play 1v1 and try to dribble over the end line to score, once they have done that, they retreat back into their own half behind the yellow tall cones.
Play for 2 minutes. Move players on in a ladder (black arrows show rotation) to move in the MLS Final / Red Square.
Emphasis
Imagination, creativity and celebrating!
Progression
Players dribble through the goals that are placed on the end line (as shown in the diagram)



Timing	Area
10 Minutes	25x25m grid Each field is 10m x 8m

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.



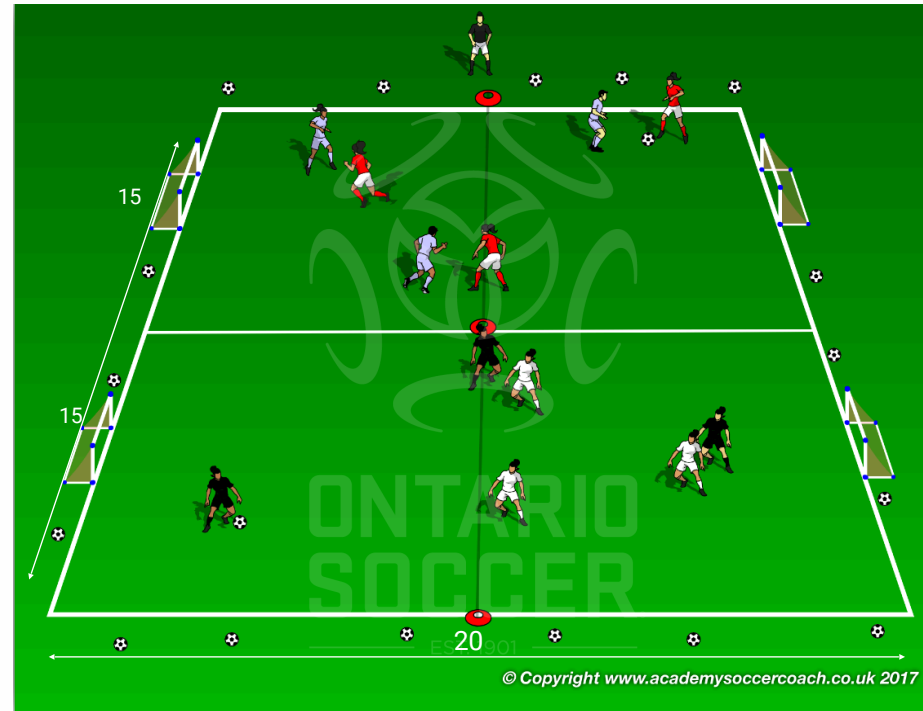
Learn to Train

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

- Learn to Train U8/U9-U11/U12 (Brochure)
- Learn to Train Workbook and Practice Plan
- Learn to Train U8/9-U11/12 (Curriculum)
- All other online Grassroots Practices

