



**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.

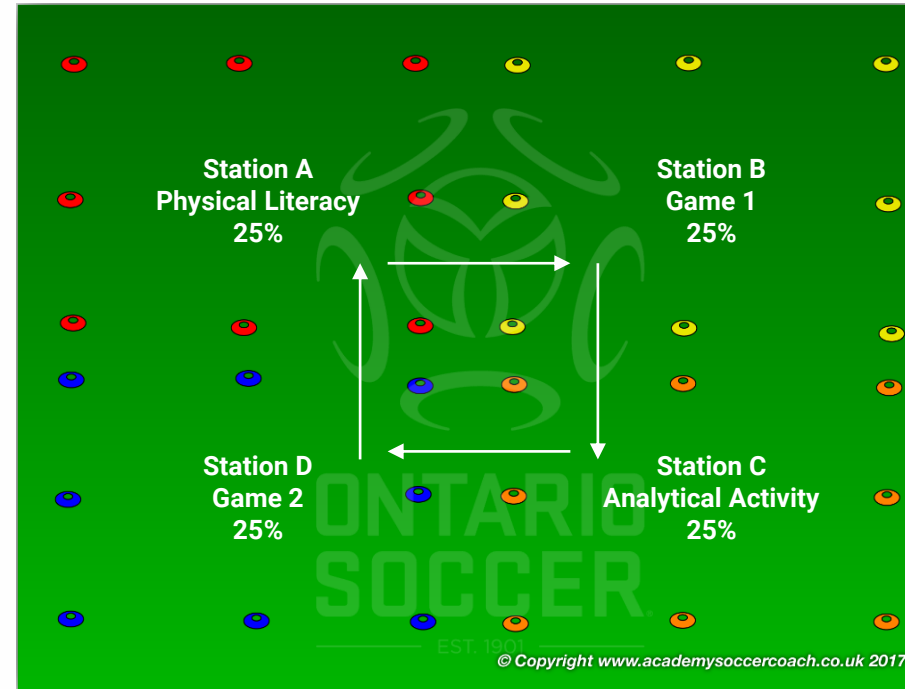
If working with a smaller group, simply move together through all 4 stations until all are complete.

## 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.



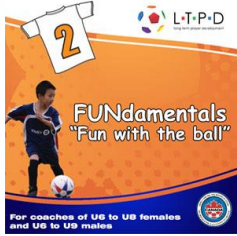
Timing	Area
Total Time: 45 mins 4 x 9 minute Stations	20 x 20 m (x4)

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	1	2	3	4
High	1	2	3	4
Medium	1	2	3	4
Low	1	2	3	4
Not Applicable	1	2	3	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 – Hand Ball Movements



Organization
15 x15 m. Three teams of 4. One ball per team. Balls placed outside playing area.
Procedure
Players move around the area using type of movement directed by coach: running, backwards running, hopping, skipping. Then allow players to decide their own individual movements. Players throw the ball to each other using a variety of techniques: overhead throw, under-arm throw, chest/bounce pass, one hand throw under opposite leg.
Emphasis
Decision making, Agility, Balance, Co-ordination, Change of Direction and FUN!
Progression
Players can only play to players in same team (red only pass to red), then progress to red, black, white and back to red again

Timing	Area
9 Minutes	15 x 15 m

Technical / Tactical	Psychological
Throwing Catching Passing	Confidence Creativity Decision Making FUN
Socio - Emotional	Physical
Problem Solving Communicating Listening Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

<b>Top Tip</b>	Encourage and allow players to use their imagination.
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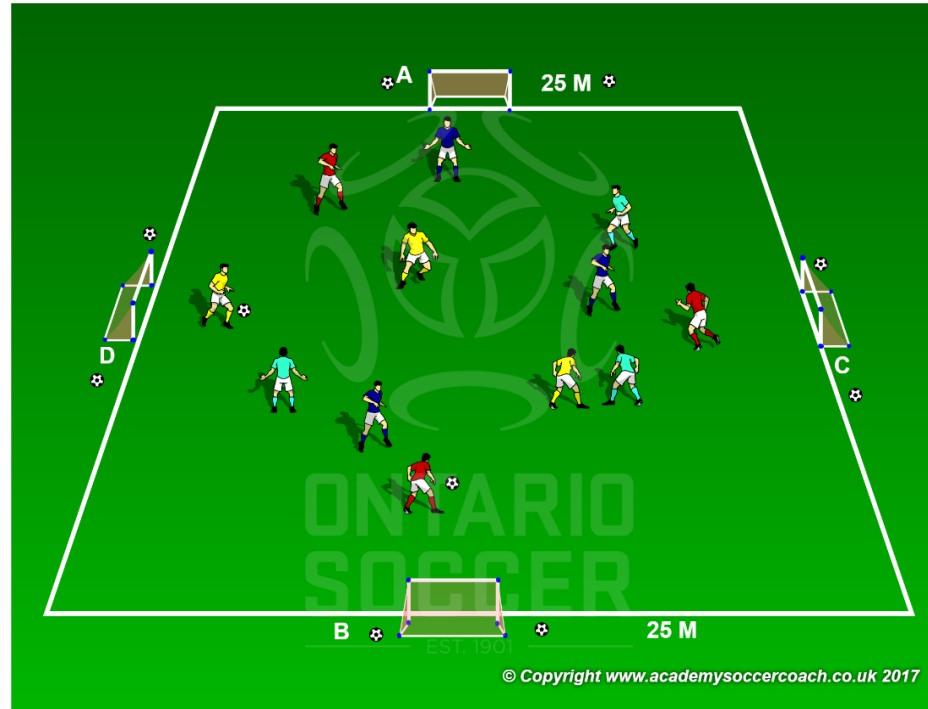


# FUNdamentals

## Station B

### Small Sided Game-School Yard Soccer 3v3 +3v3

Organization
25 x 25 m. 4 teams of 3. 3v3 play horizontal, while 3v3 play vertical during the same time on same playing field.
Procedure
Balls are placed behind each team goal for restarts if the ball goes out of play
Emphasis
Decision Making Awareness Movements Running with the Ball Problem-Solving FUN
Progression
N/A



Timing	Area
9 Minutes	25 x 25 m

Technical / Tactical	Psychological
Dribbling Receiving Passing Finishing Running with the Ball	Confidence Being safe Awareness Decision Making FUN
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

**Top Tip** Encourage and embrace creativity within the training environment.



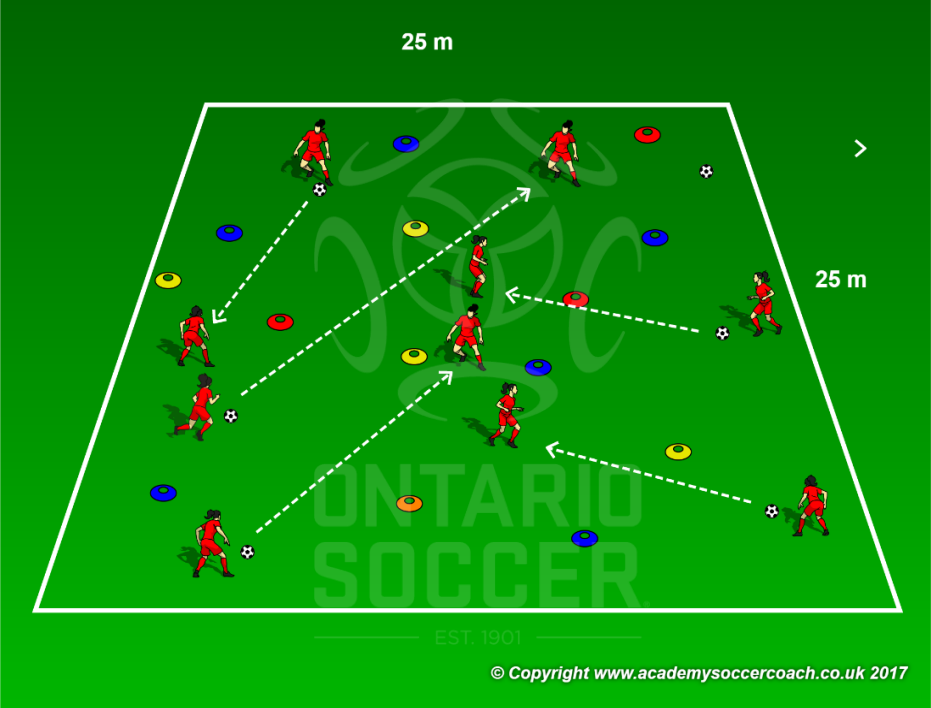
# FUNDamentals

## Station C

### Analytical-Passing Gates



Organization
25 x 25 m. Cones are placed around the field to resemble gates, half of the players have a ball, half without.
Procedure
Players pass and move inside playing area. Focus should be on how the player passes and receives the ball.
Emphasis
Fun, creativity and celebrating!
Progression
Players look to pass through the gates

	
Timing	Area
9 Minutes	25 x 25 m

Technical	Psychological
Passing Receiving Running with the ball  Various types of pass Using two feet to pass and receive	Confidence Awareness FUN
Social	Physical
Communicating Listening	Agility Balance Co-ordination Change of Speed Change of Direction

#### Top Tip

Coaches need to encourage movement on and off the ball to provide support to teammate.



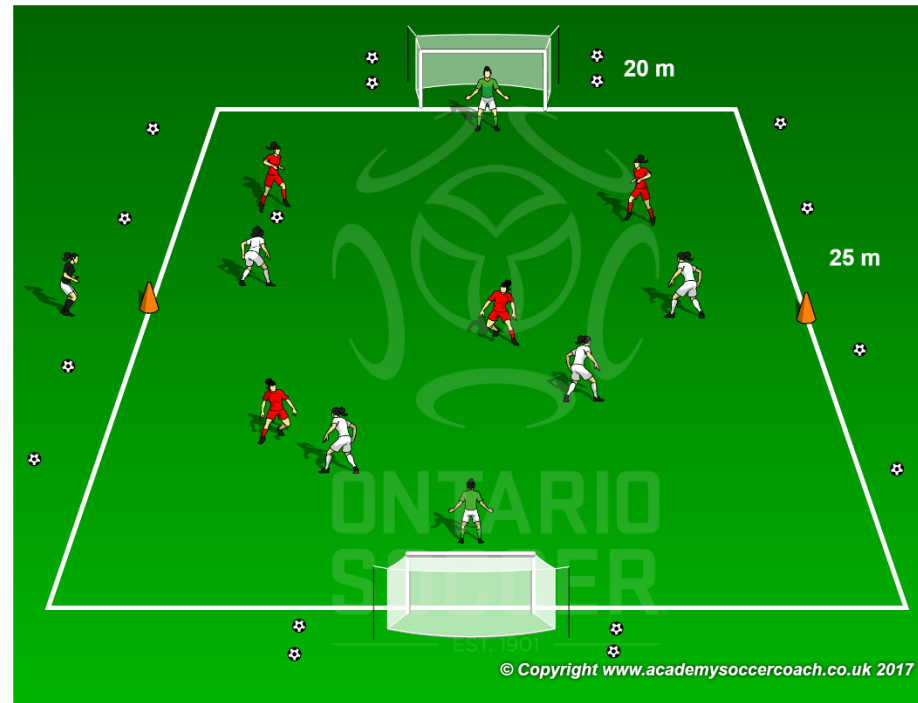
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## Station D

### Small Sided Game – 5v5



Organization
25 x 20 m playing field. Balls placed behind goals. 2 teams of 5
Procedure
Head Coach can restart play from where ball is played out to help continue game quickly. Balls can be placed around the field.
Emphasis
Free Play and FUN!
Progression
N/A



Timing	Area
9 Minutes	25 x 20 m

Technical / Tactical	Psychological
Dribbling Receiving Passing Finishing Running with the Ball	Fun Confidence Being safe Awareness Decision Making FUN
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

#### Top Tip

Create an environment where the game is constantly changing to allow players to make their own decisions.

# 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](#)

