



**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

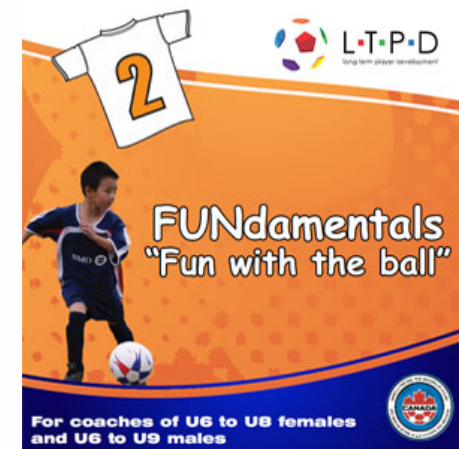


**The activities provided illustrate how stations can be used during Grassroots practices.**

**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.

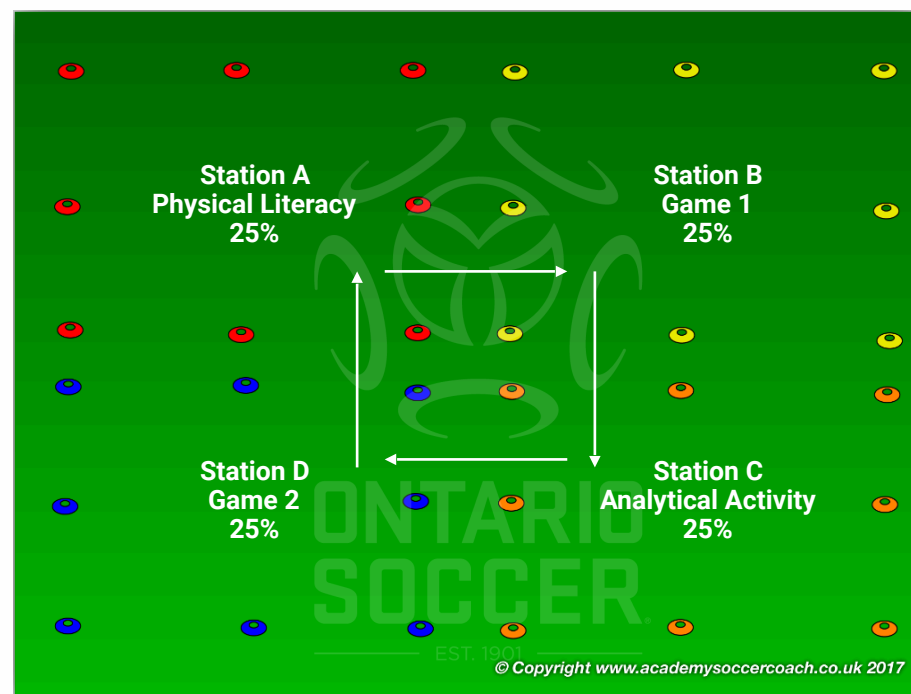
If working with a smaller group, simply move together through all 4 stations until all are complete.

## 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

### Crab Tag



#### Organisation

9 players are placed inside the area with a ball. 2 players have a pool noodle each. (long foam floats) These players are the crabs can be either Mr Krabs (SpongeBob Character) or Sebastian the Crab (Little Mermaid)

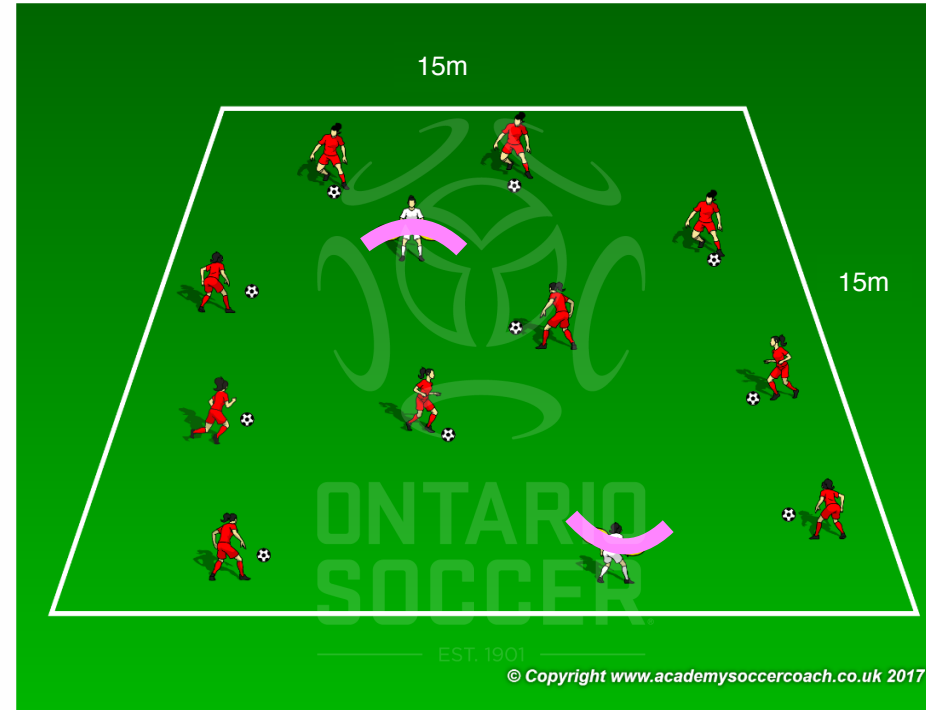
#### Procedure

The crabs must tag the players using their pincers (pool noodle). The players must move with their ball at their feet and avoid being tagged. If the Crab tags a player, they swap roles and the game is on going.

#### Emphasis

Decision Making, Awareness, Problem-Solving  
Movements, running with the ball and FUN

#### Progression



Timing	Area
9 Minutes	15m x 15m

#### Objective

Players are able to change speed and direction with the ball

#### Outcomes

**All players** - will be able to change speed and direction

**Most players** - will be able to identify when to change speed and direction to deceive a defender

**Some players** - will be able to identify when to change speed and direction to deceive a defender with both feet

Technical / Tactical	Psychological
Ball mastery Dribbling Running with the ball	Fun Safety Confidence Creativity
Socio - Emotional	Physical
Problem-solving Decision-making	Agility Balance Co-ordination Change of Direction Change of Speed

#### Top Tip

See this activity delivered online at <http://www.ontariosoccer.net/grassroots-video-practices> or directly at <http://www.ontariosoccer.net/grassroots-video-practices>



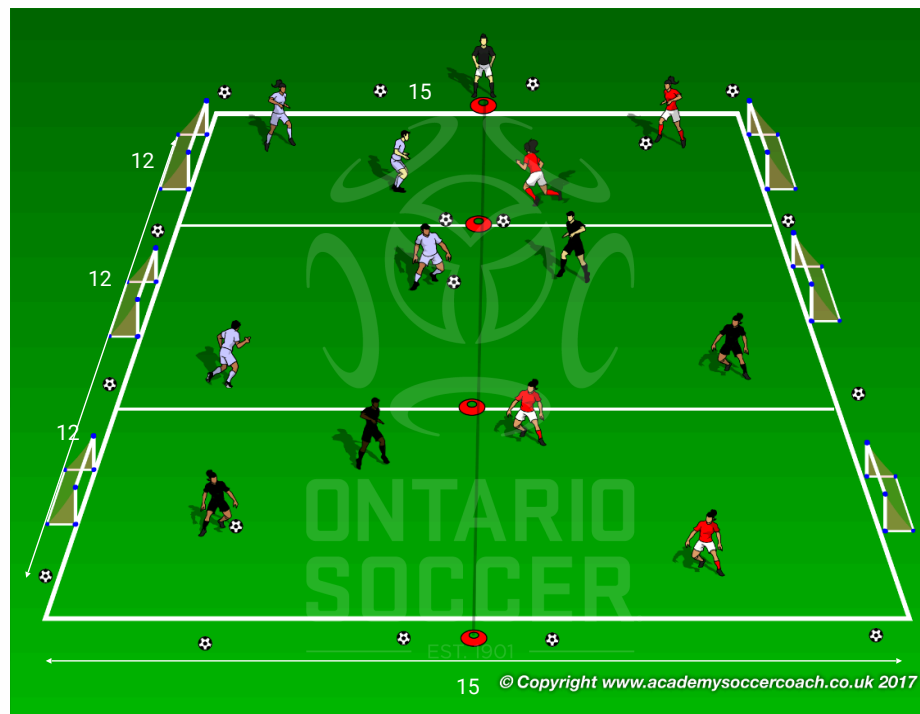
# FUNdamentals

## Station B - Small Sided Game

### 2v2 with retreat line



Organization
4 players are placed on each field, retreat line is indicated by the red cones. Spare balls around the perimeter for a quick re-start should the ball go out of play. Allow dribble in.
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)

Objective	
Players are able to change speed and direction with the ball	
Outcomes	
<b>All players</b> - will be able to change speed and direction	
<b>Most players</b> - will be able to identify when to change speed and direction to deceive a defender	
<b>Some players</b> - will be able to identify when to change speed and direction to deceive a defender with both feet	
Technical / Tactical	Psychological
Ball mastery Dribbling Running with the ball	Fun Safety Confidence Creativity
Socio - Emotional	Physical
Celebrating Problem Solving Communicating	Agility Balance Co-ordination Change of Direction Change of Speed

#### 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.



# FUNdamentals

## Station C - Activity

### Despicable Me



Organization
9 players are placed inside the area with a ball. 3 players are placed in a different colour without a ball. Create an 8m diameter circle in the centre of the playing area.
Procedure
The Minions (Black) are in Vector's lair. They have 1 minute to visit as many rooms (gates) as possible before getting back in to Gru's Rocket Car to blast off and escape. Vector (Red players) must stop the minions by either blocking access to the rooms (gates) or kicking the ball away. Players count how many rooms they have visited.
Emphasis
Imagination, creativity and celebrating!
Progression
N/A



Timing	Area
10 Minutes	8m diameter circle 20x20m grid

Objective	
Players are able to change speed and direction with the ball	
Outcomes	
<b>All players</b> - will be able to change speed and direction	
<b>Most players</b> - will be able to identify when to change speed and direction to deceive a defender	
<b>Some players</b> - will be able to identify when to change speed and direction to deceive a defender with both feet	
Technical / Tactical	Psychological
Ball mastery Dribbling Running with the ball	Fun Safety Confidence Creativity
Socio - Emotional	Physical
Celebrating Problem Solving Communicating	Agility Balance Co-ordination Change of Direction Change of Speed

Top Tip	The U6-U8 female and U6-U9 male FUNdamental age group is the second stage of soccer development that our players go through. However, we have to recognize that in this stage there are players who are participating in soccer for the first time.
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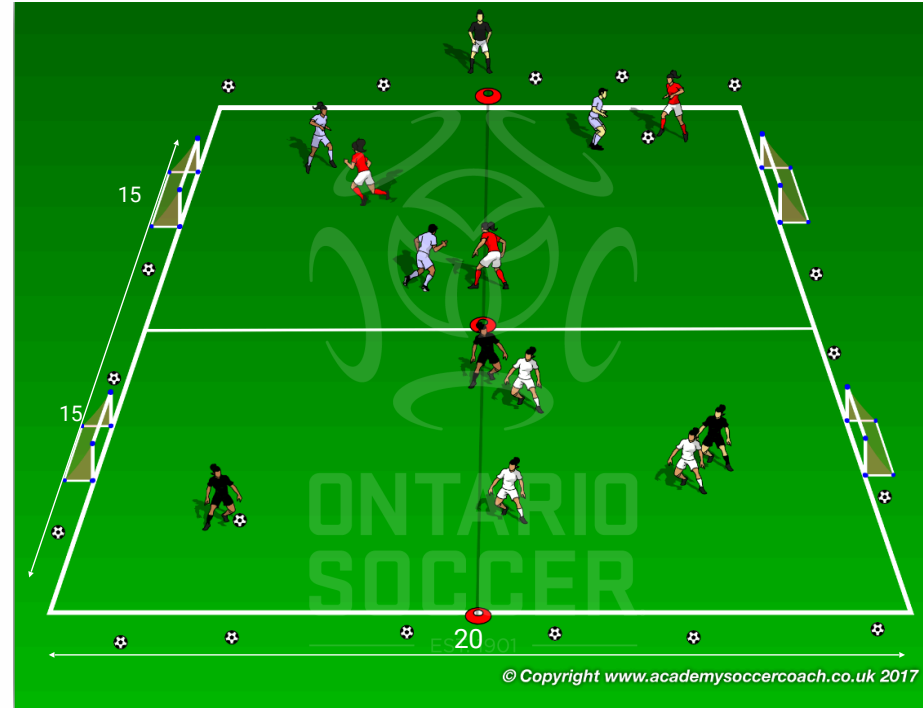
# FUNDamentals

## Station D - Small Sided Game

### 3v3 with retreat line



Organization
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)

Objective	
Players are able to change speed and direction with the ball	
Outcomes	
<b>All players</b> - will be able to change speed and direction	
<b>Most players</b> - will be able to identify when to change speed and direction to deceive a defender	
<b>Some players</b> - will be able to identify when to change speed and direction to deceive a defender with both feet	
Technical / Tactical	Psychological
Ball mastery Dribbling Shooting	Fun Safety Confidence Creativity
Socio - Emotional	Physical
Celebrating Problem Solving Communicating	Agility Balance Co-ordination Change of Direction Change of Speed

#### Top Tip

Learning to read the movements going on around them are critical skills to be developed at this age. Playing small- sided games, 3v3, 4v4 etc. can develop players' ability to read what others are going to do based on their movements.

# 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