



**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

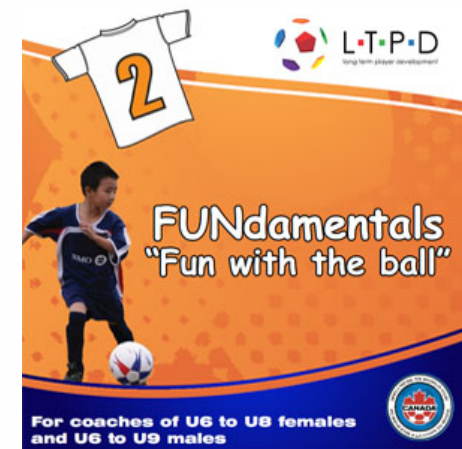


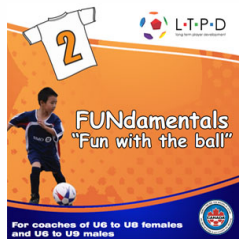
**The activities provided illustrate how stations can be used during Grassroots practices.**

**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.

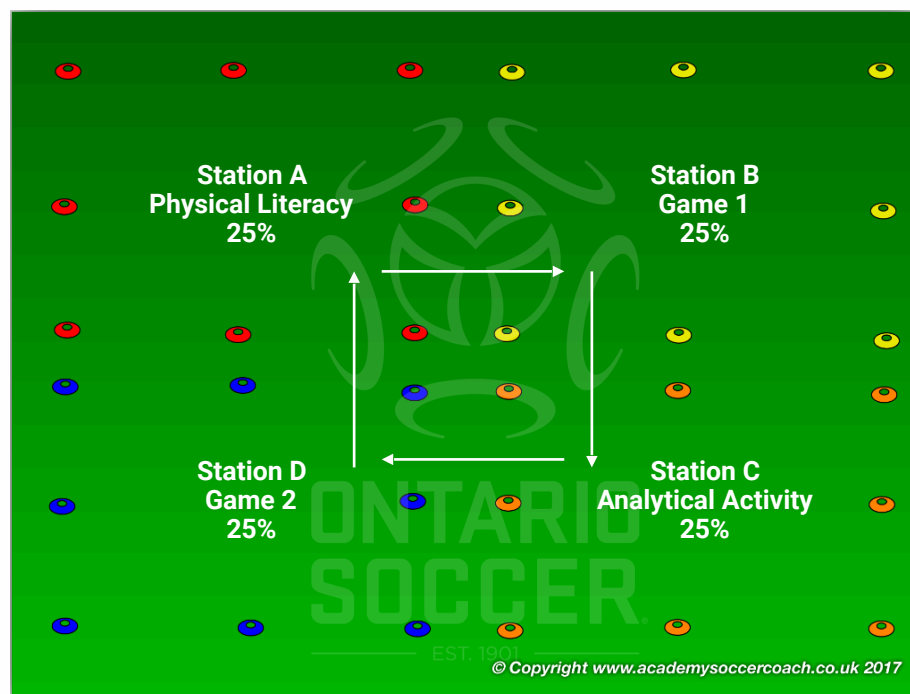
If working with a smaller group, simply move together through all 4 stations until all are complete.

## 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

### Star Wars!



#### Organization

3 red & 3 white players have a ball each in their hands. 1 yellow player (Princess Leia or Luke Skywalker) are in the blue area. player in black (Darth Vader) is in the other blue area.

#### Procedure

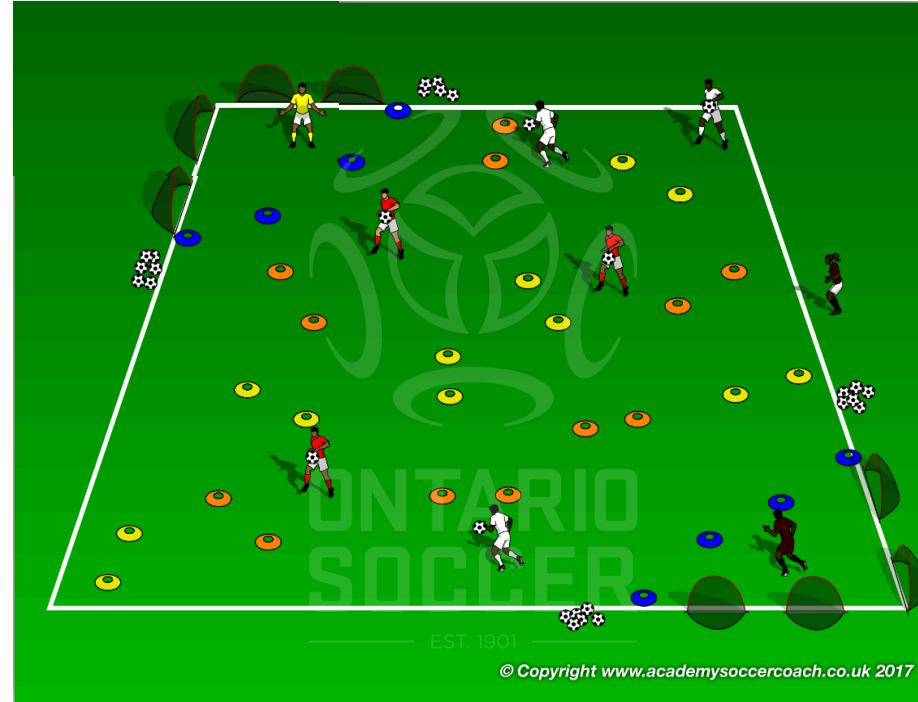
Storm Troopers (white) & Jedi Knights (red) must make their way around space while bouncing the ball. They aim to get through 5 gates to charge their lightsaber. Once their lightsaber is charged, they can they put the ball on the floor & shoot at the opposition's spaceships. (Blue area with goals) Luke Skywalker/ Darth Vader / Princess Leia can stop the balls from going in the goal. If they score 4 goals they blow up the spaceship & it's no longer a protected area! Troopers & Knights must also avoid being tagged by their opponents. If they get tagged, they put the ball on their head. Then Darth Vader/ Luke Skywalker/ Princess Leia must leave their spaceship/death star and go and high 5 a team mate to get them back in the game. If Darth Vader or Princess Leia/ Luke Skywalker is tagged while off the spaceship or when the spaceship is blown up, the game is over. Swap roles & play again.

#### Emphasis

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

#### Progression

Players crawl or roll through the gates. Can hop rather than run.



Timing	Area
9 Minutes	20m x 20m

#### Objective

Players are able to shoot on target and score

#### Outcomes

**All players** - will be able to shoot on target

**Most players** - will be able to shoot on target and score

**Some players** - will be able to shoot and score by using 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

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.



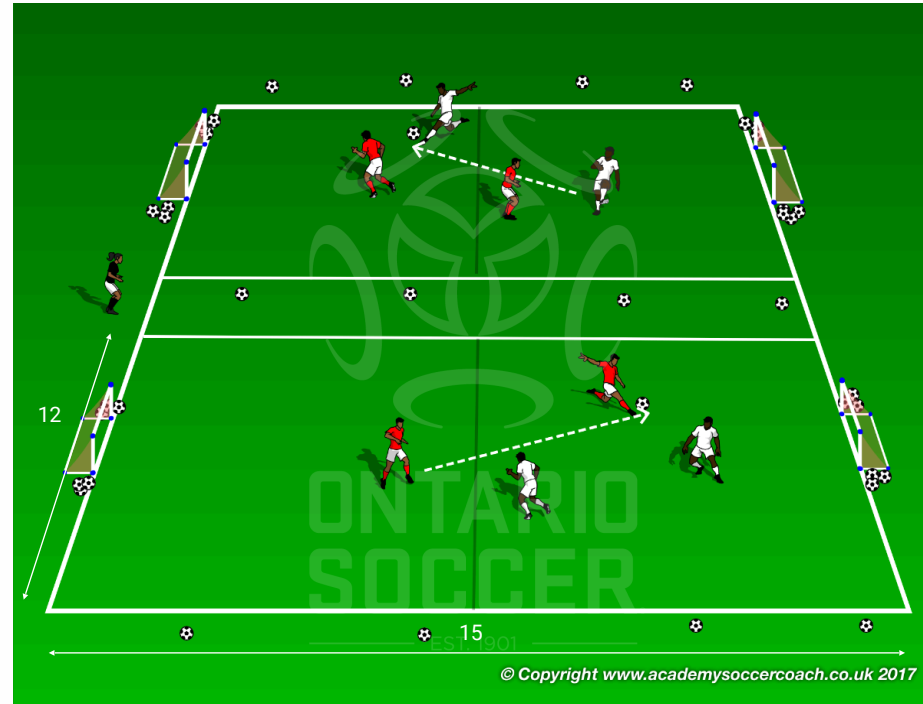
# FUNdamentals

## 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 twice)

Objective	
Players are able to shoot on target and score	
Outcomes	
<b>All players</b> - will be able to shoot on target	
<b>Most players</b> - will be able to shoot on target and score	
<b>Some players</b> - will be able to shoot and score by using 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

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.



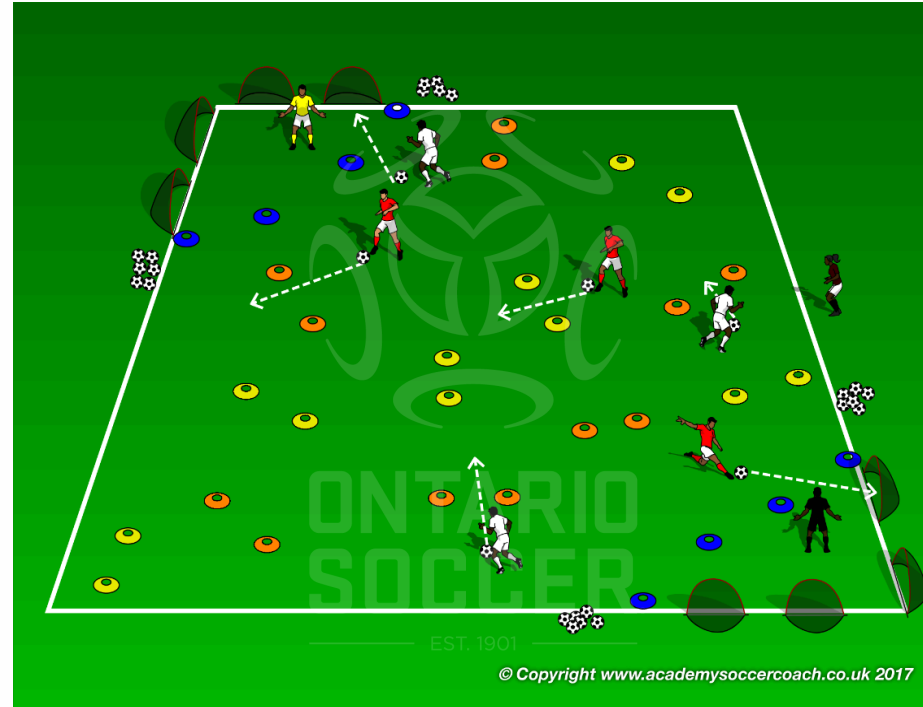
# FUNDamentals

## Station C - Activity

### Star Wars: The Empire Strikes Back!



Organization
3 red and 3 white players have a ball each. 1 yellow player (Princess Leia or Luke Skywalker) are in the blue area. 1 player in black (Darth Vader) is in the other blue area.
Procedure
Storm Troopers (white) & Jedi Knights (red) must make their way around space dribbling the ball. They aim to get through 5 gates to charge their lightsaber. Once their lightsaber is charged, they can shoot at the opposition's spaceships. (Blue area with goals) Luke Skywalker (yellow) or Darth Vader (black) can stop the balls from going in the goal. If they score 10 goals, they blow up the space ship and it's no longer a protected area! Troopers & Knights must also avoid being tagged by their opponents. If they get tagged, they put the ball on their head. Then Darth Vader/ Luke Skywalker/ Princess Leia (the player in the blue area) must leave their spaceship (or death star) and go and high 5 a team mate to get them back in the game. If Darth Vader or Princess Leia/ Luke Skywalker is tagged while off the spaceship or when the spaceship is blown up, the game is over. Swap roles & play again.
Emphasis
Imagination, creativity and celebrating!
Progression
N/A



Timing	Area
9 Minutes	20m x 20m

Objective	
Players are able to shoot on target and score	
Outcomes	
<b>All players</b> - will be able to shoot on target	
<b>Most players</b> - will be able to shoot on target and score	
<b>Some players</b> - will be able to shoot and score by using 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

Praise players with accurate feedback. "I like the way you shoot in the corner" or "well done for trying to fake the goalkeeper."



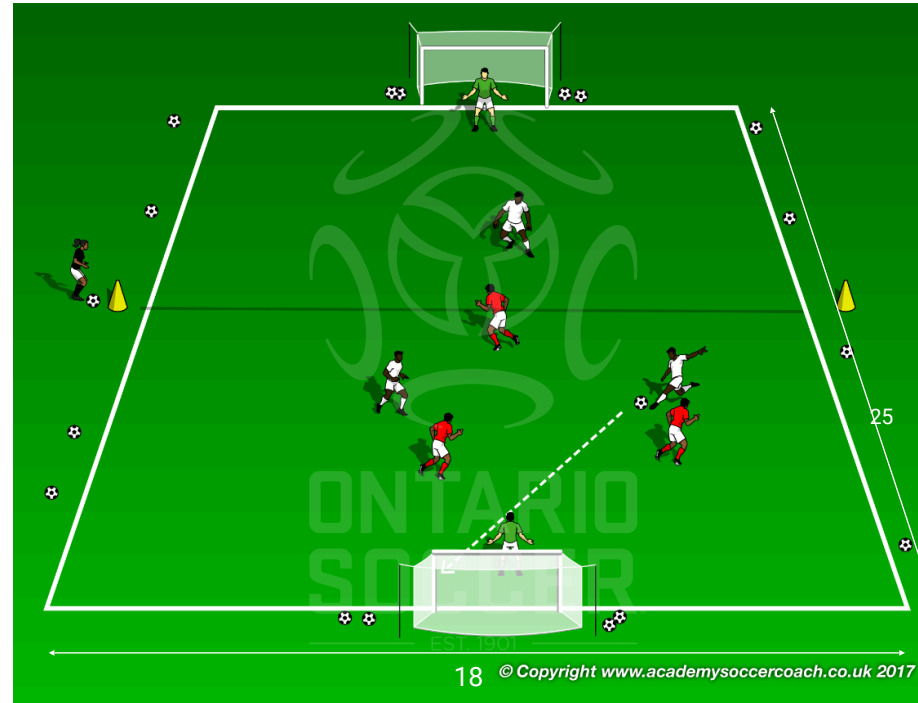
# FUNDamentals

## Station D - Small Sided Game

### 4v4 with retreat line



Organization
Two teams of 4v4 are placed on to a 25m x 18m field with 1 or 2 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 shoot on target and score	
Outcomes	
<b>All players</b> - will be able to shoot on target	
<b>Most players</b> - will be able to shoot on target and score	
<b>Some players</b> - will be able to shoot and score by using 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