



**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

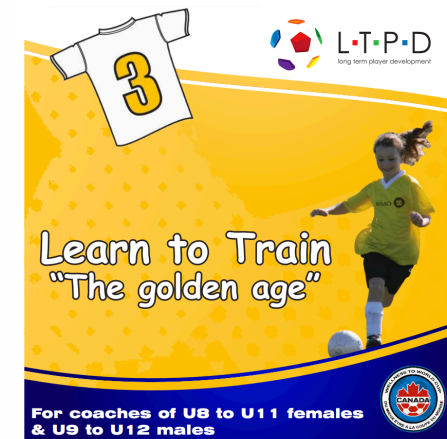


The activities provided illustrate how stations can be used during Grassroots practices.

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.

Organization

If working with a larger group, organize players into groups of 6 or 8. Each station has a coach who leads that specific station for the session.

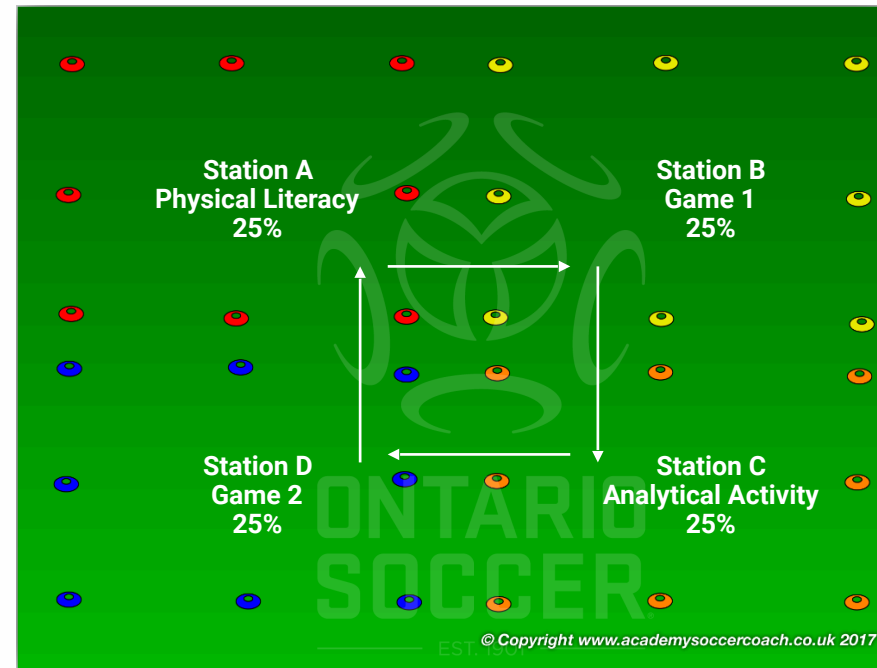
If working with a smaller group, simply move together through all 4 stations until all are complete.

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 12 minute Stations	30 x 30 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 / discipline	2	1	1	1	Playing out from the back	2	2	2	1
Fair play / honesty	2	1	1	1	Attacking Principles	3	3	3	3
					Possession	2	2	2	2
					Transition	2	2	2	2
					Counter Attacking	4	4	4	4
					Switching Play	4	4	4	3
					Combination Play	2	2	2	1
					Zonal Defending	4	4	4	4
					Pressing	3	2	2	2
					Retreat	3	3	3	3
					Recovery	3	3	3	3
					Compactness	3	3	3	2

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>





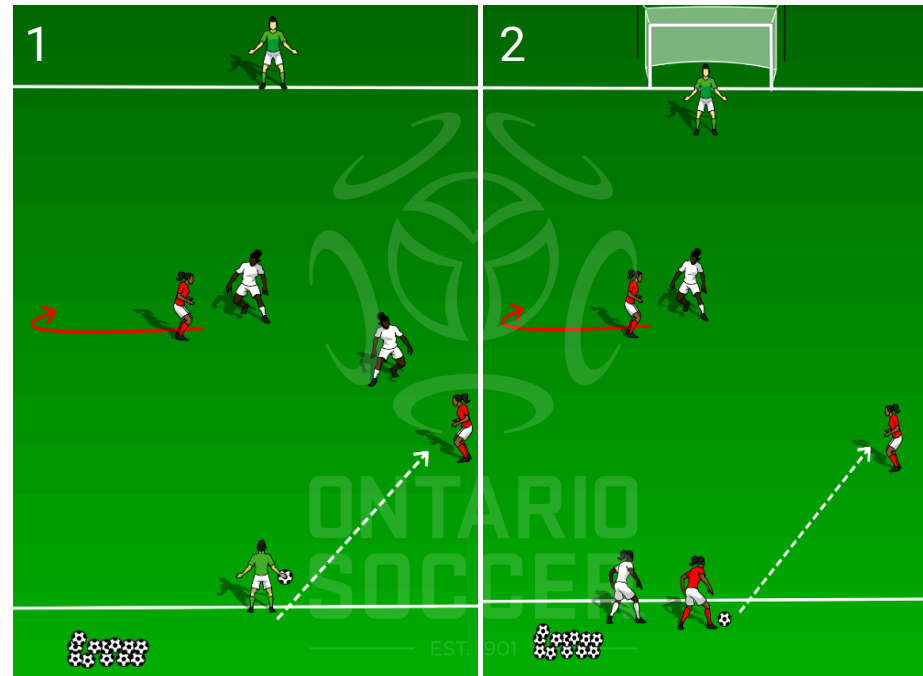
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Station A - Physical Literacy

Space Maker



Organization
6 players in each set up. 2 in red, 2 in white and 2 in green. Ball are at one end of the area.
Procedure
Activity 1 - Handball - 2v2 in the middle with 2 target players. Players score by moving the ball from one target player to another, the keep possession each time they score. Play for 45 seconds and swap over.
Activity 2 - 2v1 to goal with recovering defender. Server plays in the ball in to create a 2v1 to situation to goal. The defender next to the server, recovers. If defenders win the ball, they score by passing the ball to servers feet. After 5 chances, rotate so attackers become defenders, defenders become GK and Server and GK and server become attackers.
Emphasis
Decision making, awareness and fun!
Progression
Activity 1 to Activity 2

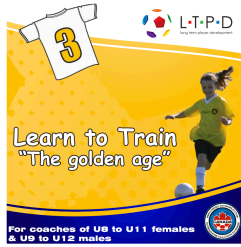


Timing	Area
12 Minutes	20m x 12 m (set up twice)

Objective	
To create space to receive and shoot	
Outcomes	
All Players - Create space, take their first touch forward and shoot	
Most Players - Create space, take their first touch towards the goal and shoot on target	
Some Players - Create space, disguise the direction of the first touch and score past the goalkeeper	
Technical / Tactical	Psychological
Shooting Finishing Receiving	Safety Decision making Fun
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip Fundamental Movements Skills (FMS) + Executive Function (Decision Making) = Physical Literacy
 Find out more about physical literacy and it's significance in player development in our webinar here: <http://www.ontariosoccer.net/grassroots-webinars>

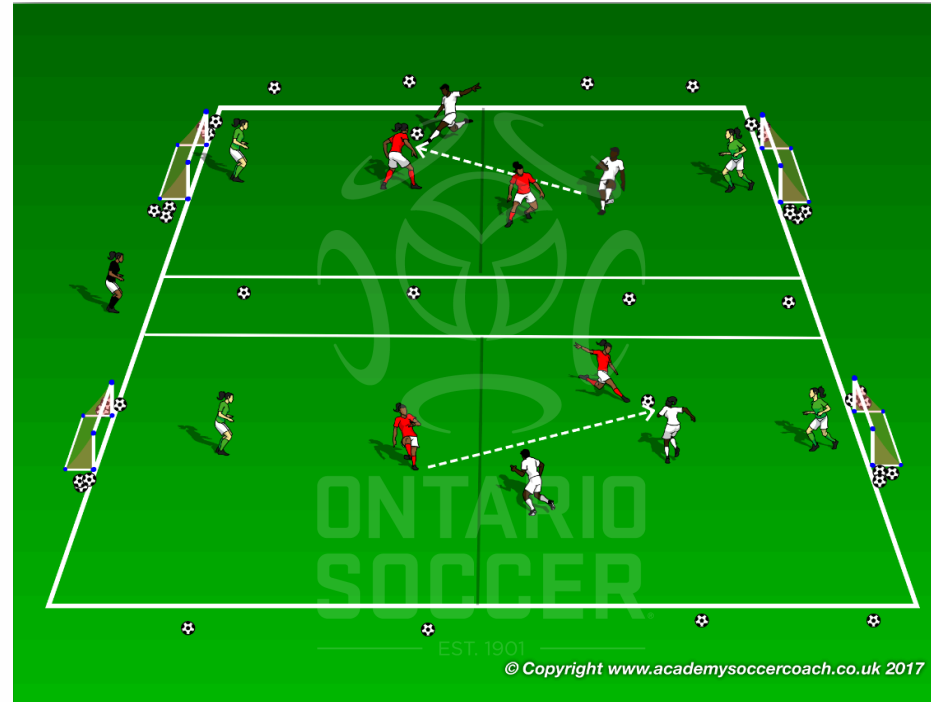




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Station B - Small Sided Game

3v3 with retreat line



Timing	Area
12 Minutes	20m x 12m (set up twice)

Organization
Create two mini fields, 20x12m. Balls between the two target goals.
Procedure
Players play 3v3. If the ball goes out of play, play is restarted from the goalkeeper. After 3 minutes, rotate the teams. Make sure goalkeepers also rotate and play outfield. Include celebrations with team mates, high 5's, come up with their own etc.
Emphasis
Creating a safe environment, positive reinforcement, allowing players to make decisions, demonstration of the activity
Progression
N/A

Objective	
To create space to receive and shoot	
Outcomes	
All Players - Create space, take their first touch forward and shoot	
Most Players - Create space, take their first touch towards the goal and shoot on target	
Some Players - Create space, disguise the direction of the first touch and score past the goalkeeper	
Technical / Tactical	Psychological
Shooting Finishing Receiving	Safety Decision making Fun
Socio - Emotional	Physical
Problem Solving Communication Celebration 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 - Activity

The King Louix



Organization

5 outfield players for each team and one goalkeeper. All balls are placed to the sides of each goal.

Procedure

The players must stay in their own half and are tasked with moving the ball quickly and looking to shoot at the first opportunity.

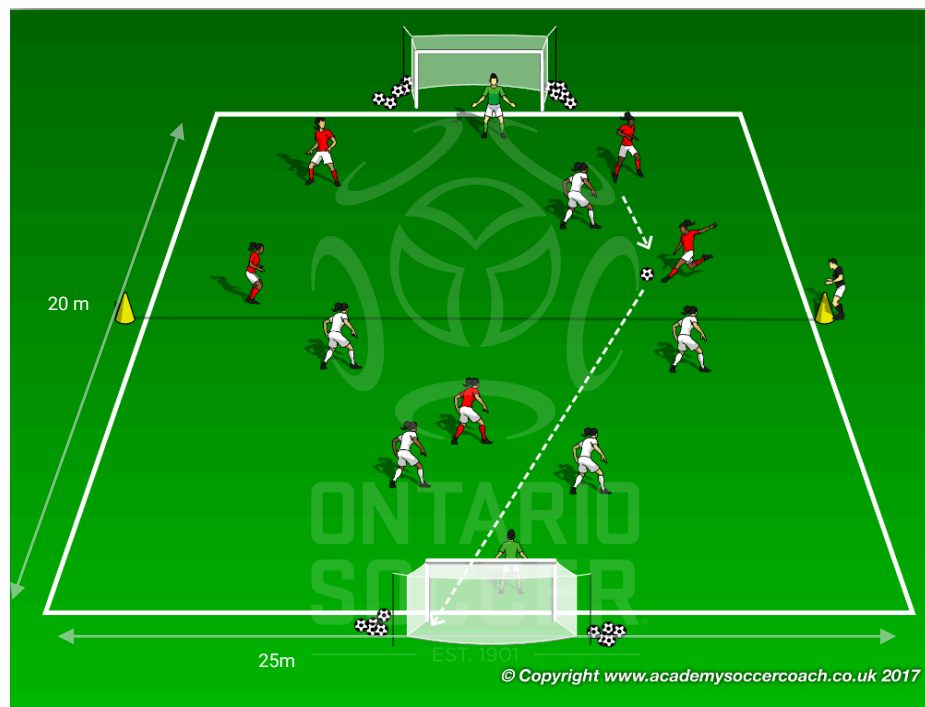
If a ball goes out of play, the defending team's goalkeeper will re-start.

Emphasis

Creating a safe environment, positive reinforcement, allowing players to make decisions, demonstration of the activity

Progression

One attacker may play in the opposition half to win the ball early and score. Further progress by adding two strikers.



Timing	Area
12 Minutes	20m x 25 m

Objective

To create space to receive and shoot

Outcomes

All Players - Create space, take their first touch forward and shoot

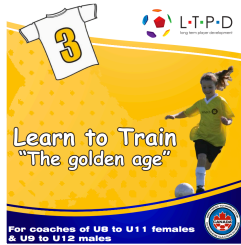
Most Players - Create space, take their first touch towards the goal and shoot on target

Some Players - Create space, disguise the direction of the first touch and score past the goalkeeper

Technical / Tactical	Psychological
Shooting Finishing Receiving	Safety Decision making Fun
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

This activity can be viewed online in our Grassroots Video. You can watch it here: <http://www.ontariosoccer.net/grassroots-video-practices>



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Station D - Small Sided Game

6v6 or 7v7 with retreat line



Organisation	Two teams of 6v6 or 7v7 are placed on to a field with the retreat line marked at thirds. Balls are placed around the outside of the pitch for a quick restart.
Procedure	Players play a normal game with all age and stage appropriate rules applied. Retreat line, offsides, throw ins. If more players, use two neutral wide players as shown and keep them involved in the session, or play up to 9v9.
Emphasis	Fun, creativity and celebrating!
Progression	N/A



Timing	Area
12 Minutes	50m x 30m (7v7) 70m x 50 m (9v9)

Objective	
To create space to receive and shoot	
Outcomes	
All Players - Create space, take their first touch forward and shoot	
Most Players - Create space, take their first touch towards the goal and shoot on target	
Some Players - Create space, disguise the direction of the first touch and score past the goalkeeper	
Technical / Tactical	Psychological
Shooting Finishing Receiving	Safety Decision making Fun
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip Use visual aids to explain to the players the activity they are about to play. This can be as simple as sharing the session plan with the players, a whiteboard with a diagram drawn, cones to show formation and shape or any other objects that might capture a young players interest or attention.



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

