



**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

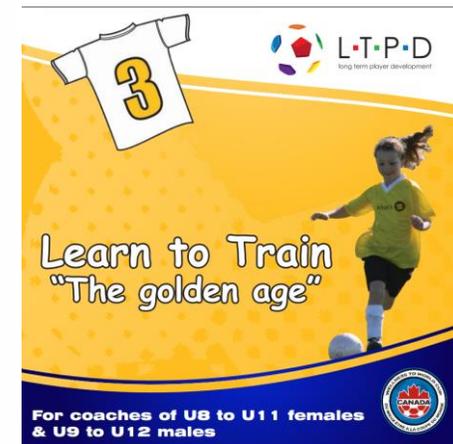


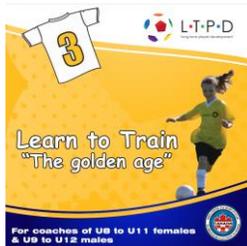
The activities provided illustrate how stations can be used during Grassroots practices.

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.

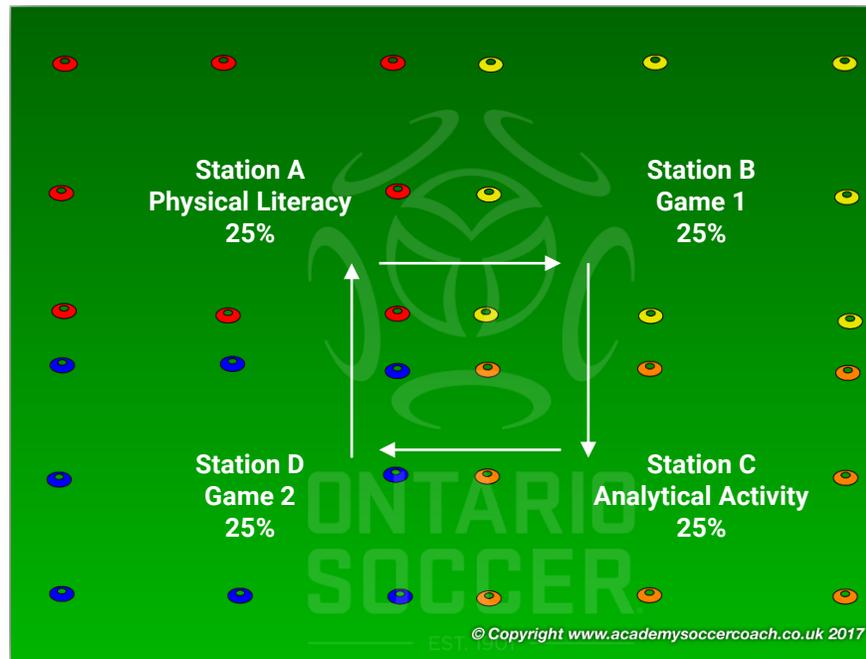
If working with a smaller group, simply move together through all 4 stations until all are complete.

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.



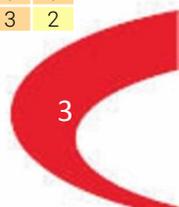
Timing	Area
Total Time: 70 mins 4 x 10 minute Stations	20 x 20 m (x4)

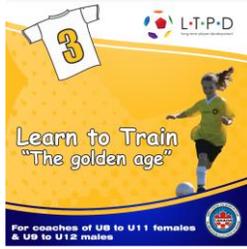
Technical	U9	U10	U11	U12	Physical	U9	U10	U11	U12
Dribbling	1	1	1	1	Agility	1	1	1	1
Running with the ball	1	1	1	1	Balance	1	1	1	1
Shooting	1	1	1	1	Coordination	1	1	1	1
Ball Control	2	1	1	1	Stamina	2	2	2	1
Passing	2	1	3	1	Strength	2	2	2	1
Receiving	2	1	1	1	Speed	1	1	1	1
Heading	4	4	4	3	Suppleness	2	2	2	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 / 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>





Learn to Train

Station A - Physical Literacy

Build Up Tag



Organization

9 players are placed inside the area. 3 players are placed in a different color without a ball to start.

Procedure

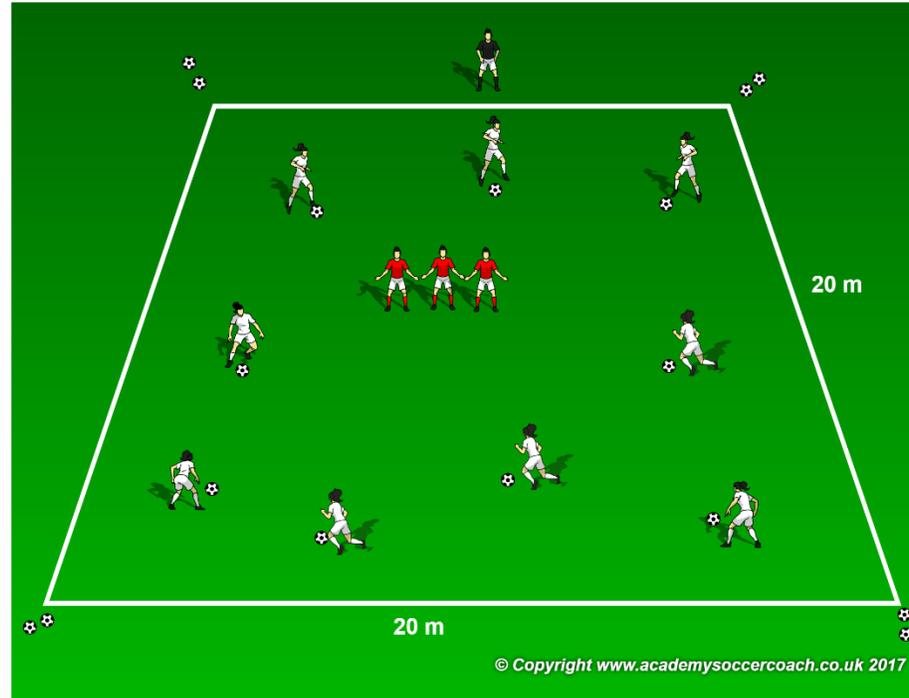
The players in red (taggers) must hold hands and work together to touch players in white. If they manage to do so, that player in white then becomes part of the defending team. If white players go out of the area, they become part of the defending team. Last player remaining wins. Coach can adjust space to make it more challenging for players.

Emphasis

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

Progression

Add soccer balls to allow players to dribble and run with the ball. Defending players (taggers) can face alternate ways by holding hands to make it more challenging.



Timing	Area
10 Minutes	20 m x 20 m

Objective

Players will be able to beat a player while running with the ball.

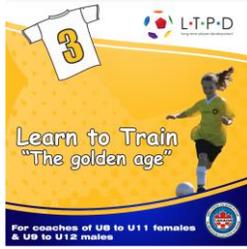
Outcome

All players: can beat a player by changing their speed
Most players: can beat a player by changing their speed and direction
Some players: Can beat a player left and right by changing their speed and direction

Technical / Tactical	Psychological
Dribbling Ball mastery Running with the ball	Confidence Awareness FUN
Socio - Emotional	Physical
Problem Solving Communicating 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 B - Small Sided Game

3v3 World Cup with Retreat Line



Organization

2 fields of 20 x 25 m. 4 teams of 3. Retreat line in place at half. Balls placed around playing field.

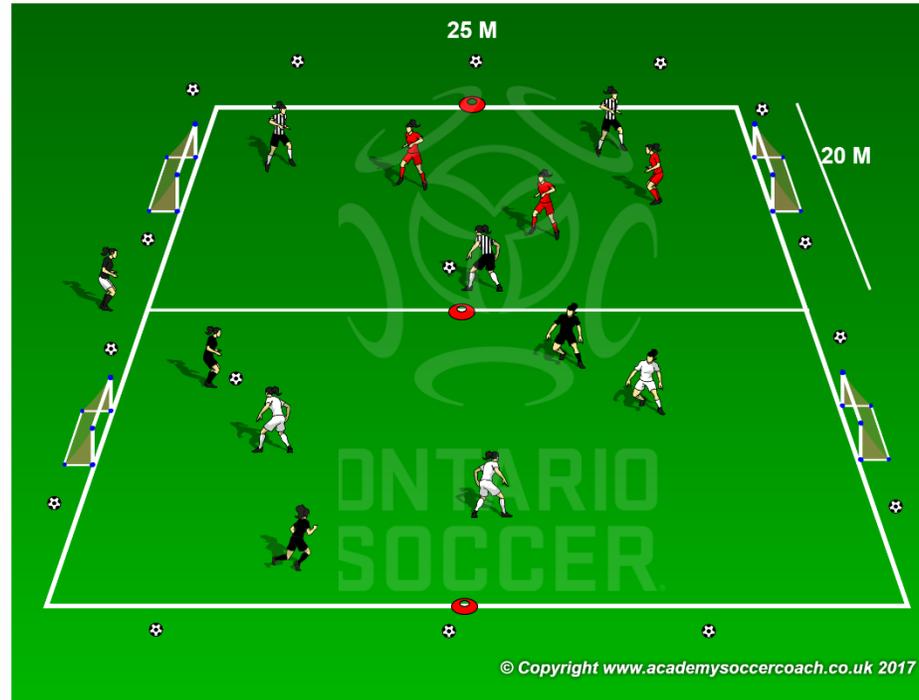
Procedure

Players play 3v3 in smaller fields. After 2 minutes, rotate the teams. Can do a competition ladder and rock paper scissors if a tie. Allow each team to name their own teams and must be a country.

Emphasis

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

Progression



Timing	Area
10 Minutes	20 m x 25 m

Objective

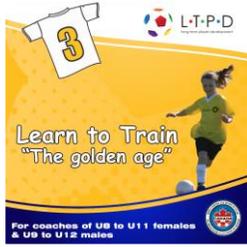
Players will be able to beat a player while running with the ball.

Outcome

All players: can beat a player by changing their speed
Most players: can beat a player by changing their speed and direction
Some players: Can beat a player left and right by changing their speed and direction

Technical	Psychological
Running with the ball Dribbling Passing Finishing	Confidence Awareness Decision Making FUN
Social	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip Enable children to have a fun by challenging them through player movement or team movement in small sided games.



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Station C - Analytical

Breaking Lines



Organization

3 zones of 10 m x 20 m. 3 groups of 4. Red team with one ball in end zone. White players with a ball each in middle zone and black players with one ball in end zone. Balls placed in corners.

Procedure

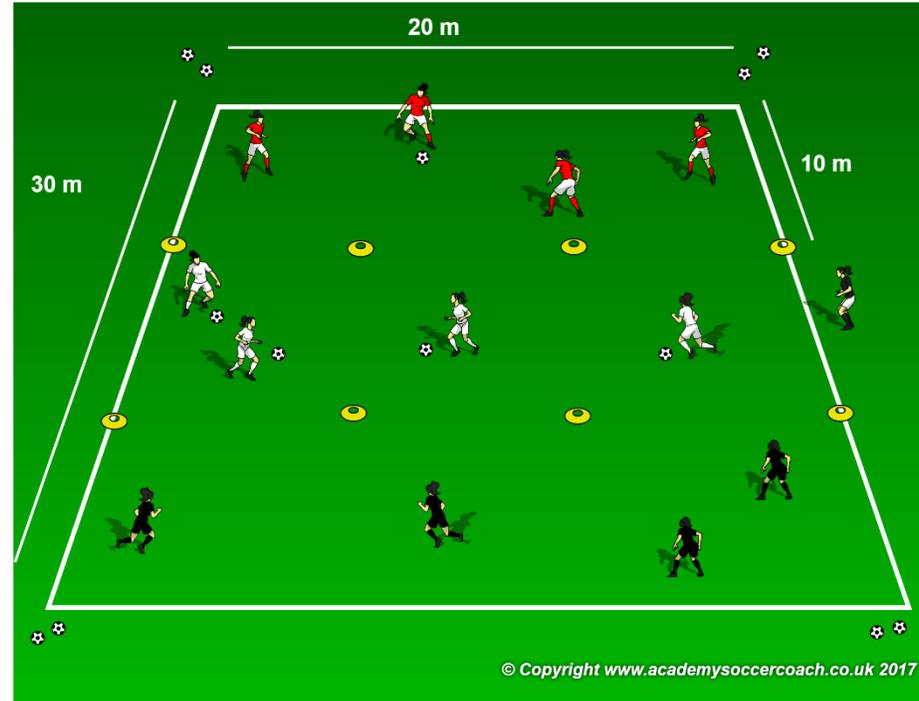
Red players will look to connect passes and then one red player will find an opportunity to run with the ball to the opposite end zone while white players are dribbling in the middle zone. Black players will look to do the same as red players. Then rotate white with red etc. Please use video as reference.

<https://www.youtube.com/watch?v=pgn1OgpT6T0>

Emphasis

Creating a safe environment, positive reinforcement, allow players to make decisions

Progression



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Timing	Area
10 Minutes	20 m x 30 m

Objective

Players will be able to beat a player while running with the ball.

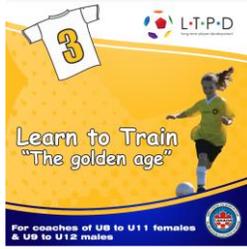
Outcome

All players: can beat a player by changing their speed
Most players: can beat a player by changing their speed and direction
Some players: Can beat a player left and right by changing their speed and direction

Technical / Tactical	Psychological
Running with the ball Dribbling Ball Control	Confidence Decision making Awareness FUN
Socio - Emotional	Physical
Problem Solving Celebrating Creativity	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

Coaches need to create an environment where players can self-discover their own creativity by making their own decisions.



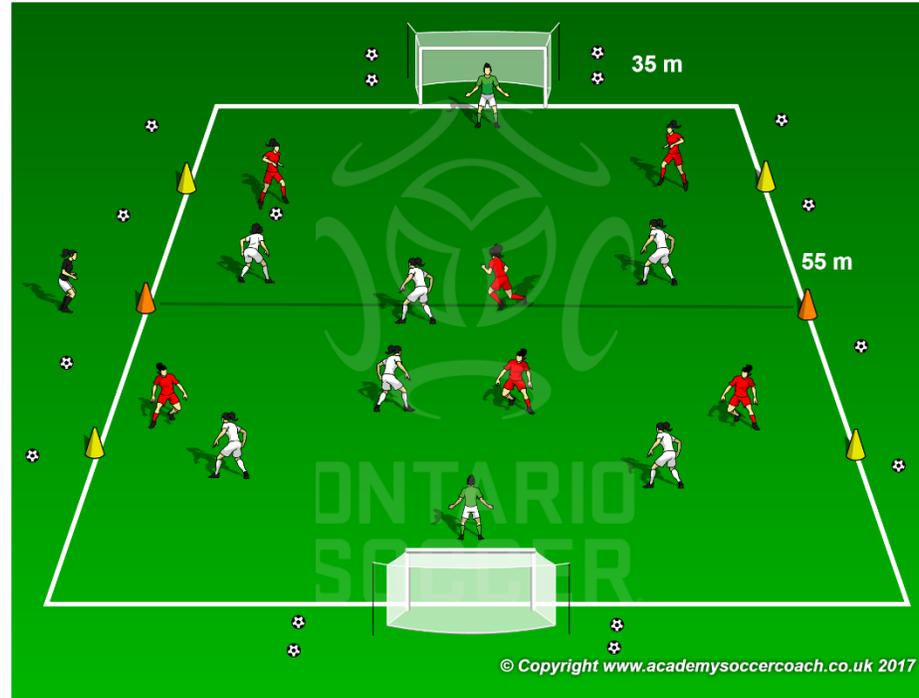
Learn to Train

Station D - Small Sided Game

6v6 or 7v7 with Retreat Line



Organization	6v6 or 7v7 with GK based on numbers available. Balls are placed around the outside for quick re-starts. Yellow cones in place for retreat line.
Procedure	Players play all rules of a normal 6v6 or 7v7 game
Emphasis	Creating a safe environment, positive reinforcement, allow players to make decisions
Progression	N/A



Timing	Area
10 Minutes	35 m x 55 m

Objective	Players will be able to beat a player while running with the ball.
Outcome	<p>All players: can beat a player by changing their speed</p> <p>Most players: can beat a player by changing their speed and direction</p> <p>Some players: Can beat a player left and right by changing their speed and direction</p>

Technical / Tactical	Psychological
Running with the ball Dribbling Passing/Receiving Finishing	Confidence Decision making Awareness FUN
Socio - Emotional	Physical
Problem Solving Celebrating Creativity Teamwork Communication	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip Remember that children do not mean to make mistakes, we should make mistakes as a necessary part of learning.



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](#)

