



# FUNdamentals Session Plan

For coaches of  
U6-U8 females  
and U6-U9  
males







# Ontario Soccer Player Development Model: The Station Concept

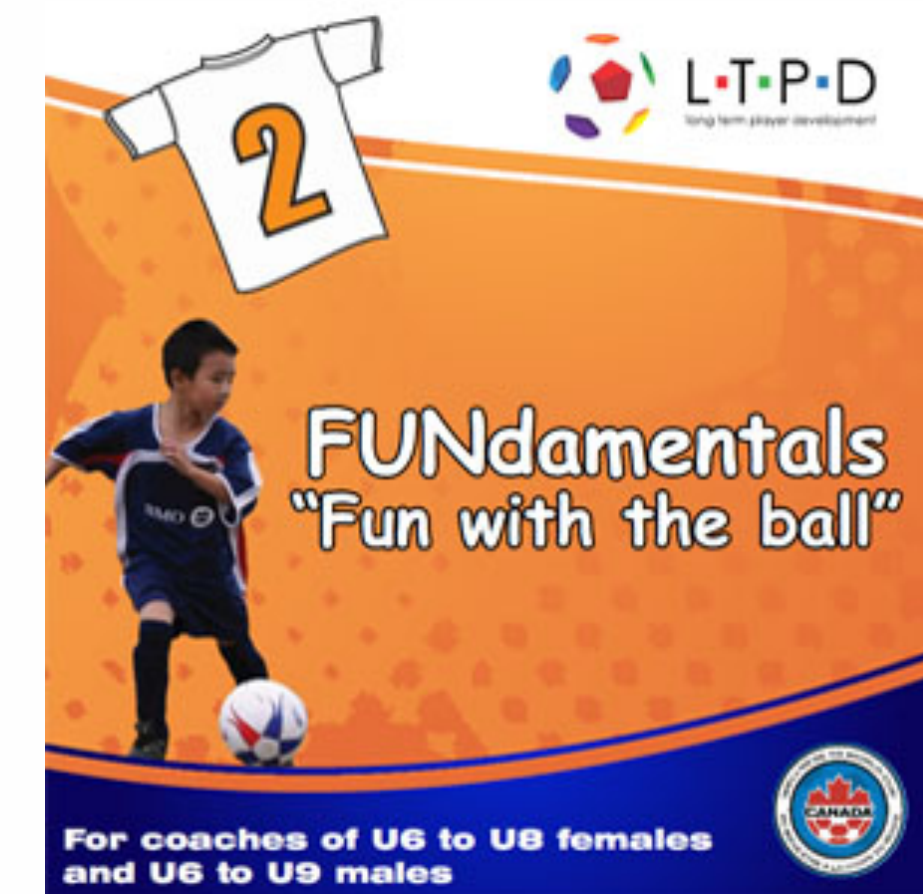


**The activities provided illustrate how stations can be used during Grassroots practices.**

**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.

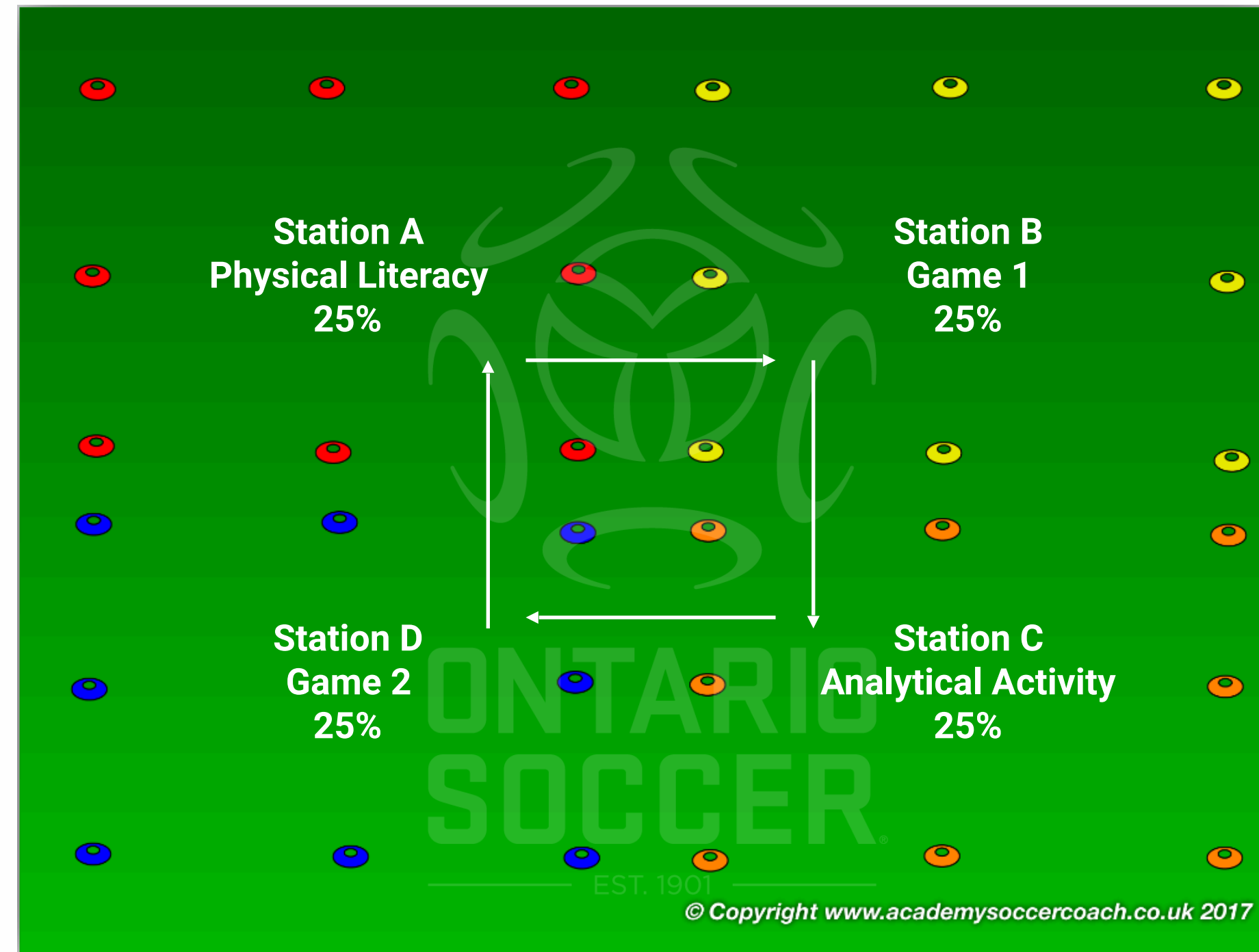
If working with a smaller group, simply move together through all 4 stations until all are complete.

## 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

### Through the Gap! (Part 1)



#### Organization

Cones are placed around the field to resemble gates. Players are paired in twos with a ball between two.

#### Procedure

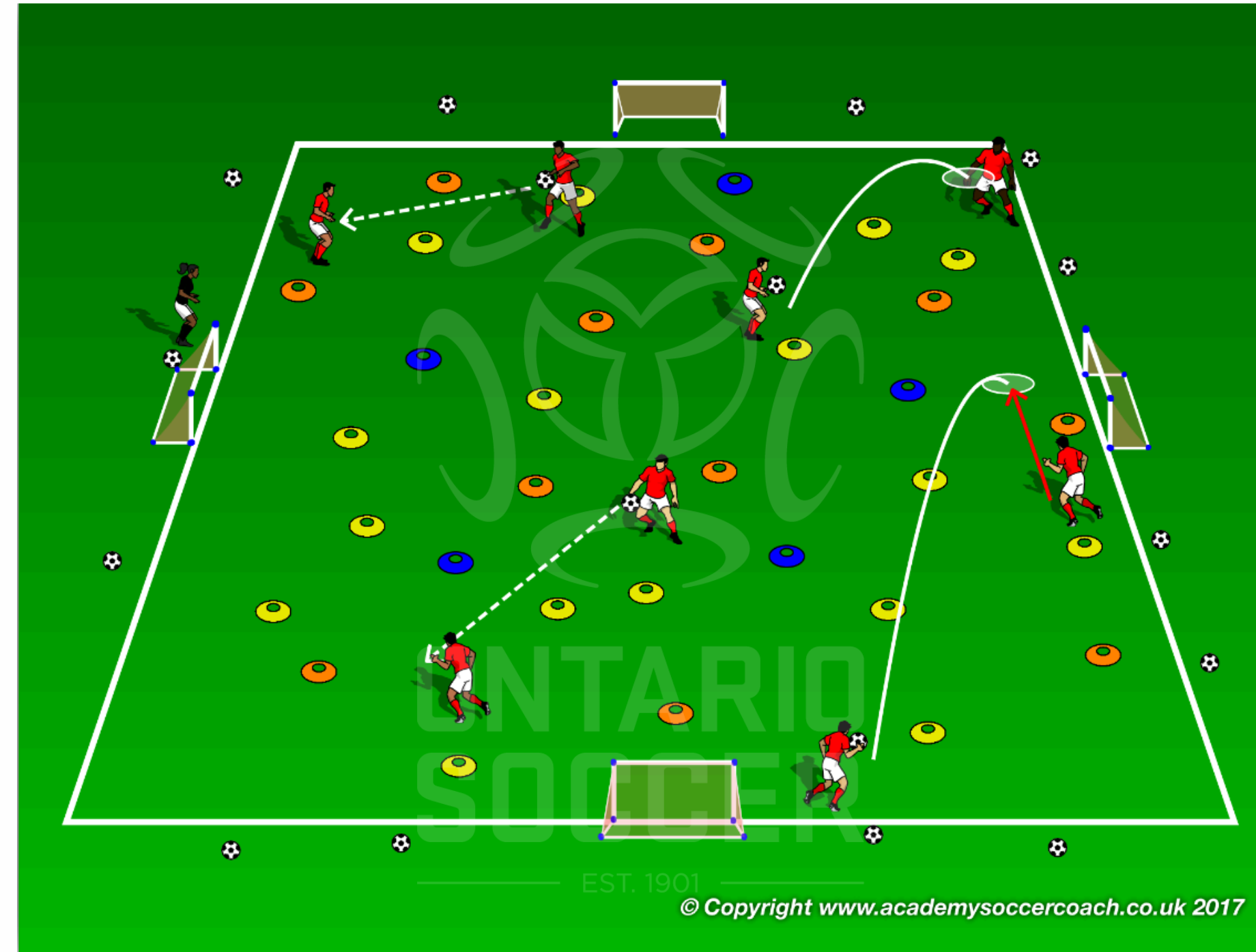
Players pass and move with their partners. Players are looking for gaps in cones to throw the ball between. Challenge players to throw the ball different ways, in the air, bounced, rolled etc. Play for 45 seconds, players count their passes and see who did the most. Players then get a new partner and play again.

#### Emphasis

Fun, creativity and celebrating!

#### Progression

- 1) Players can do a move after they've thrown the ball i.e bear crawls, forward rolls, crab walk.
- 2) Play 2v2 handball, one game going north to south and the other going east to west.



#### Timing

9 Minutes

#### Area

20 m x 20 m

#### Objective

Players are able to pass through a gap

#### Outcomes

**All players** - will be able to identify where the gaps are and pass through them

**Most players** - will be able to identify where the gaps are and pass through them with a good weight of pass

**Some players** - will be able to identify where the gaps are and pass through them so the ball arrives when their team mate does

#### Technical / Tactical

Passing  
Receiving  
Running with the ball

#### Psychological

Fun  
Safety  
Confidence  
Creativity

#### Socio - Emotional

Co-operation  
Communication  
Sharing  
Problem-solving  
Decision-making

#### Physical

Basic Motor Skills  
Perception  
Awareness  
Agility  
Balance  
Coordination

#### Top Tip

Ensure that players always work with different partners. This allows players to build stronger social relationships with more of their peers as well as being able to learn from each other.



# 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

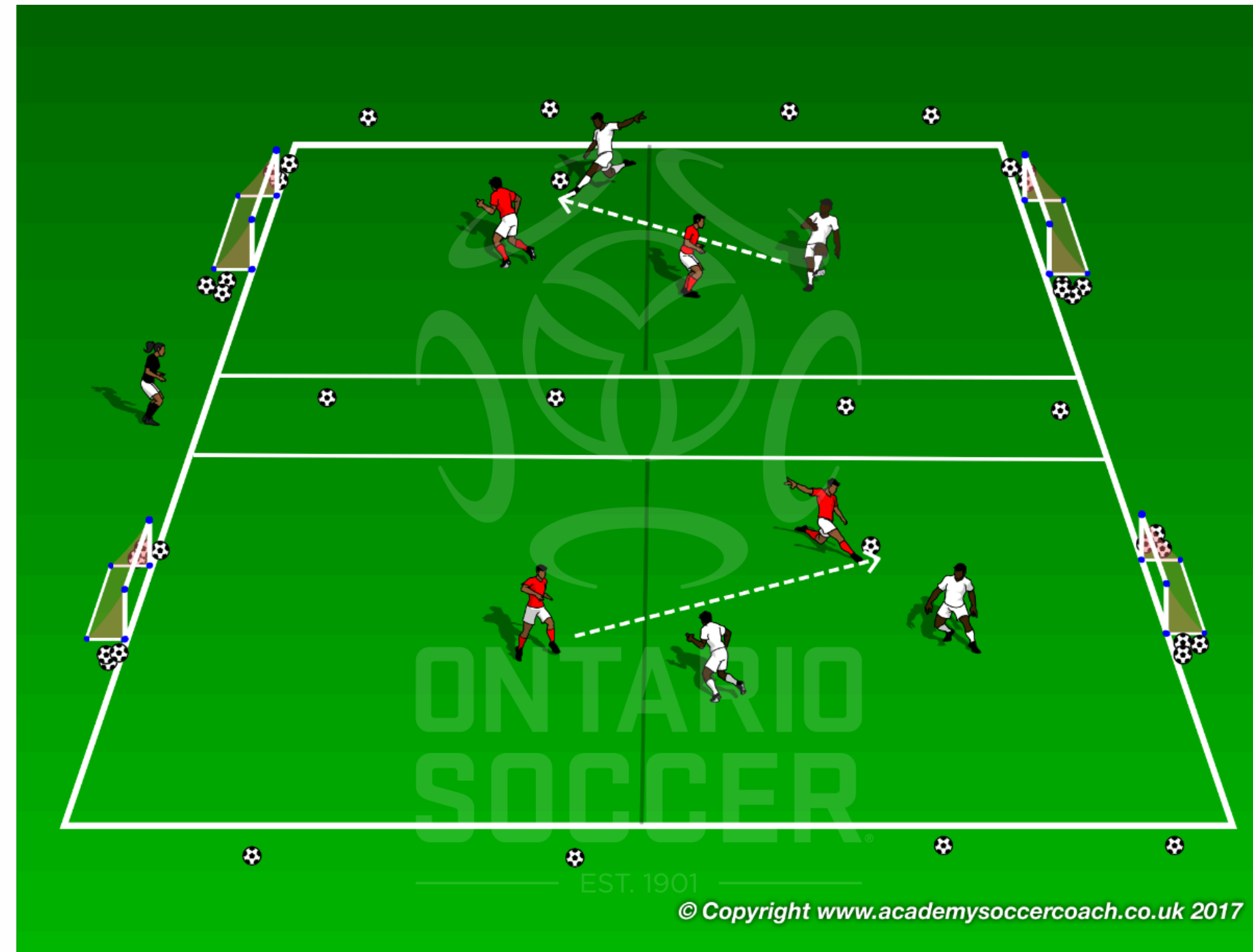
Players play 2v2. After 2 minutes. Rotate the teams. Can do a competition ladder and rock paper scissors to settle a tied game. Include celebrations with team mates, high 5's, come up with their own etc.

#### Emphasis

Free Play and FUN!

#### Progression

N/A



#### Timing

9 Minutes

#### Area

15 m x 12 m (Set up twice)

#### Objective

Players are able to pass through a gap

#### Outcomes

**All players** - will be able to identify where the gaps are and pass through them  
**Most players** - will be able to identify where the gaps are and pass through them with a good weight of pass  
**Some players** - will be able to identify where the gaps are and pass through them so the ball arrives when their team mate does

#### Technical / Tactical

Ball mastery  
Dribbling  
Shooting

#### Psychological

Fun  
Safety  
Confidence  
Creativity

#### Socio - Emotional

Celebrating  
Problem Solving  
Communicating

#### Physical

Agility  
Balance  
Co-ordination  
Change of Direction  
Change of Speed

#### Top Tip

Encourage creativity and freedom by asking players to try different moves of their own or by thinking of moves or techniques that disguise their intentions. Praise any attempts at these moves and make sure the players know that making mistakes is part of the process.





# FUNdamentals

## Station C - Analytical

### Through the Gap! (Part 2)



#### Organization

Cones are placed around the field to resemble gates, half of the players have a ball, half without.

#### Procedure

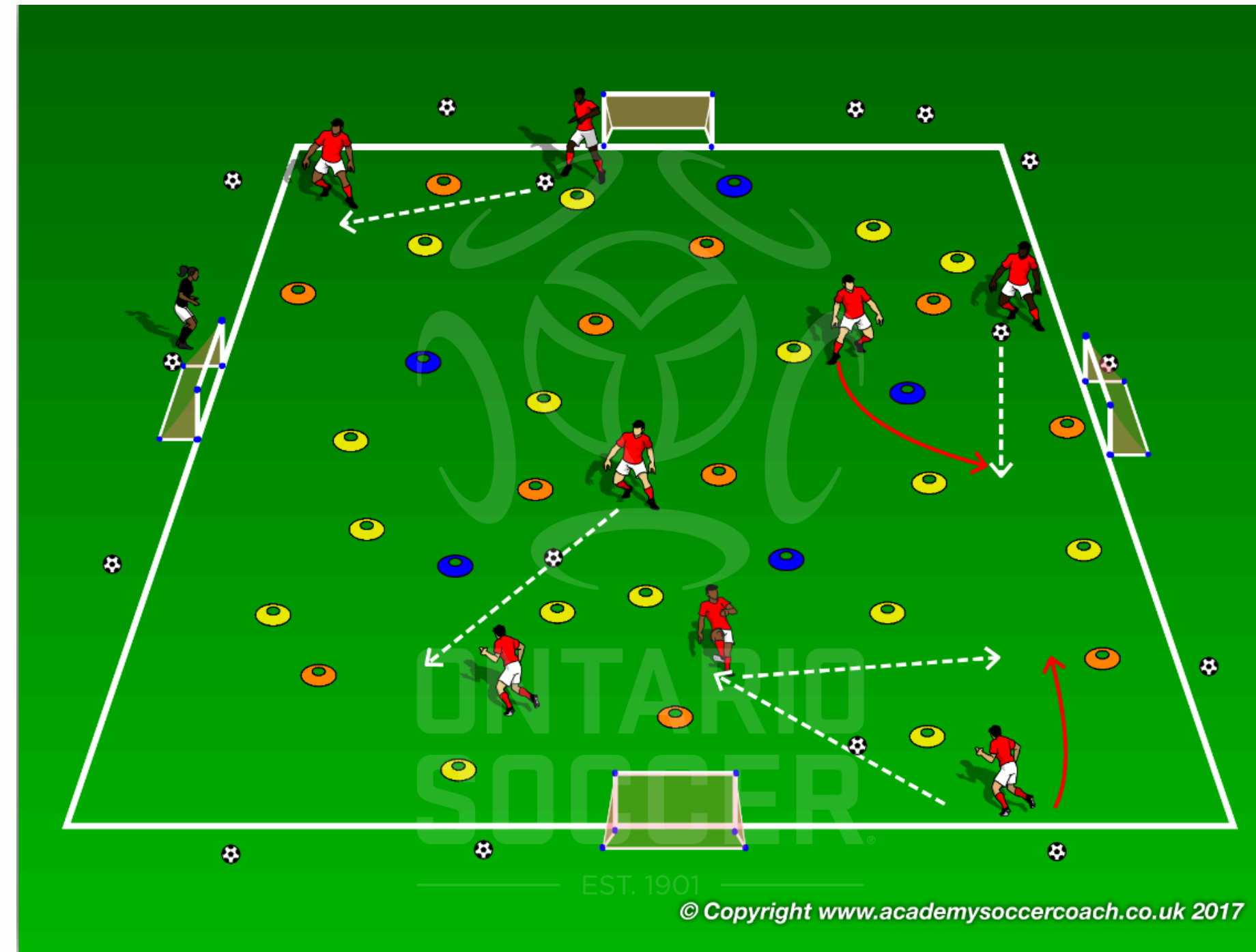
Players pass and move to their partners. Players are looking for gaps in cones to throw the ball between. Challenge players to throw the ball different ways, in the air, bounced, rolled etc Play for 45 seconds, players count their passes and see who did the most. Players then get a new partner and play again.

#### Emphasis

Fun, creativity and celebrating!

#### Progression

- 1) Can add one group as defenders who look to block gates or win the ball and score on the mini goals on the outside.
- 2) Play 2v2 handball, one game going north to south and the other going east to west.



#### Timing

9 Minutes

#### Area

20 m x 20 m

#### Objective

Players are able to pass through a gap

#### Outcomes

- All players** - will be able to identify where the gaps are and pass through them
- Most players** - will be able to identify where the gaps are and pass through them with a good weight of pass
- Some players** - will be able to identify where the gaps are and pass through them so the ball arrives when their team mate does

#### Technical / Tactical

Passing  
Receiving  
Running with the ball

#### Psychological

Fun  
Safety  
Confidence  
Creativity

#### Socio - Emotional

Celebrating  
Problem Solving  
Communicating

#### Physical

Agility  
Balance  
Co-ordination  
Change of Direction  
Change of Speed

#### Top Tip

Ensure that players greet or celebrate with each other, a high 5, handshake, fist bump or a greeting that the players come up with can be powerful as they learn to positively interact with each other.



# 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

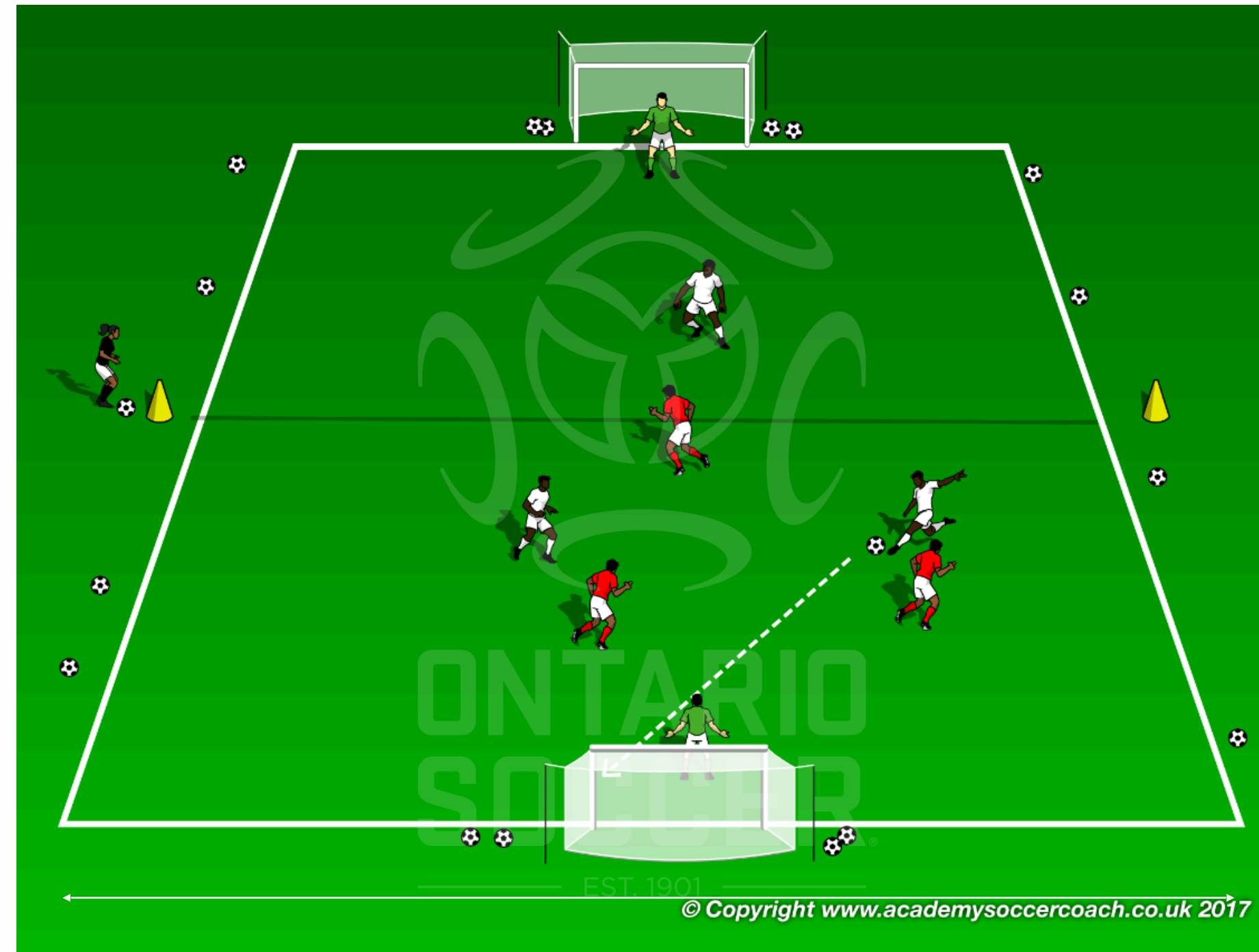
Players play 4v4 for three minutes. All normal rules of the game are applied. After 3 minutes, players rotate.

#### Emphasis

Fun, creativity and celebrating!

#### Progression

N/A



#### Timing

9 Minutes

#### Area

25 m x 18 m

#### Objective

Players are able to pass through a gap

#### Outcomes

**All players** - will be able to identify where the gaps are and pass through them

**Most players** - will be able to identify where the gaps are and pass through them with a good weight of pass

**Some players** - will be able to identify where the gaps are and pass through them so the ball arrives when their team mate does

#### Technical / Tactical

Ball mastery  
Dribbling  
Shooting

#### Psychological

Fun  
Safety  
Confidence  
Creativity

#### Socio - Emotional

Celebrating  
Problem Solving  
Communicating

#### Physical

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

