



**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.

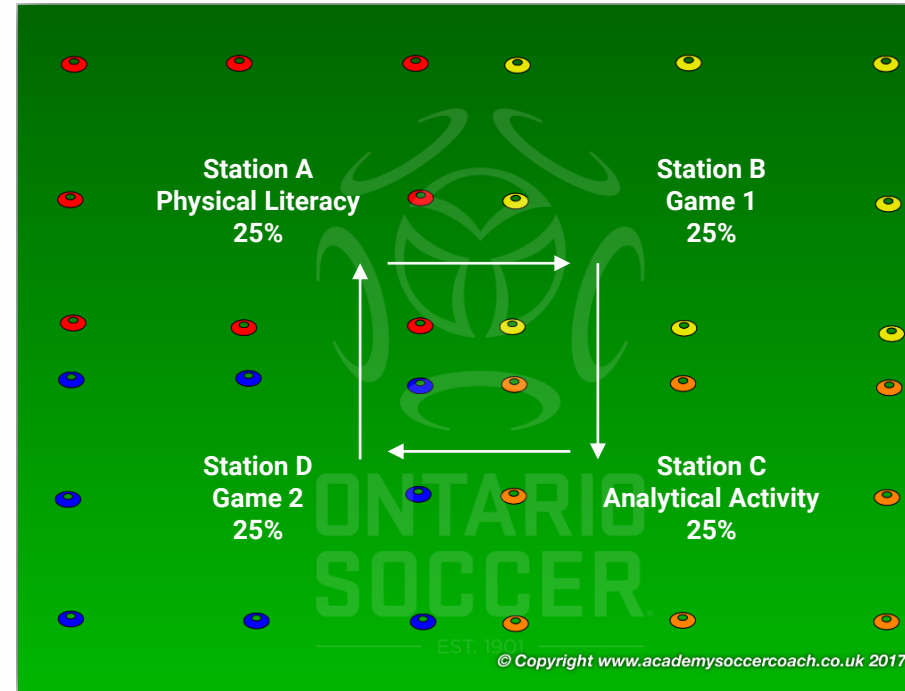
If working with a smaller group, simply move together through all 4 stations until all are complete.

## 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				
Respect / discipline	2	1	1				
Fair play / honesty	3	2	1				

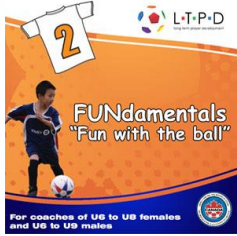
### Priority Key

High  
Medium  
Low  
Not Applicable

1  
2  
3  
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

### Tag Team



#### Organization

15 m x15 m, 6 players are placed inside the area with a ball. 2 players are placed in a different color without a ball.

#### Procedure

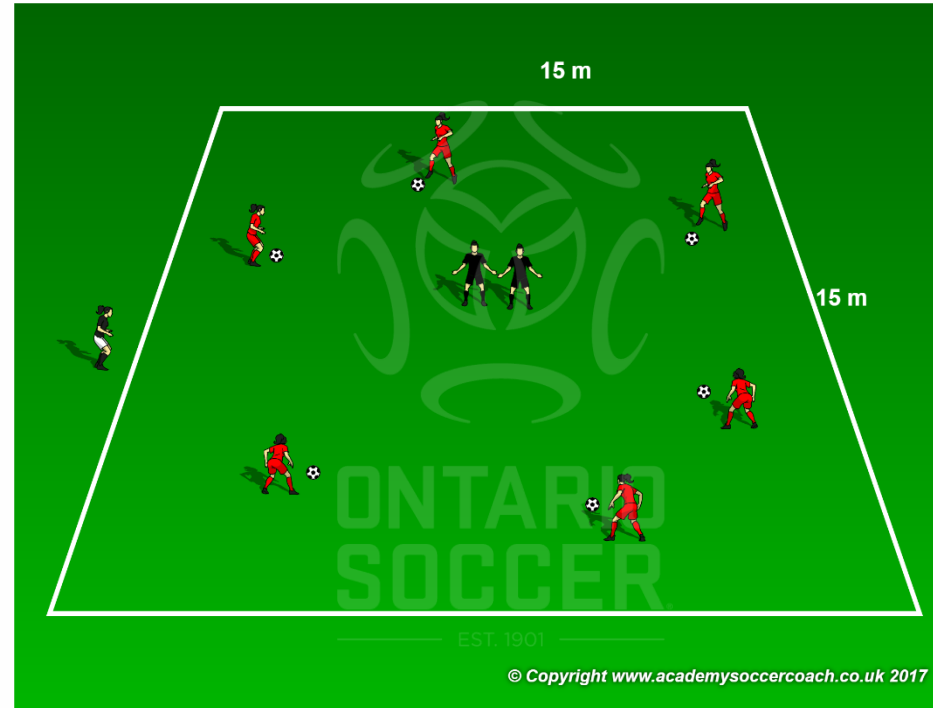
The players in black must hold hands and work together to touch the players in red. The red players will start game holding the ball with their hands. Coach can direct all players to hop on one leg, skip and run backwards. When black player tags red player they will join the hands and becomes part of the defending team. Red players must stay in the area with their ball. If they go out of the area, they become part of the defending team. Last player remaining wins.

#### Emphasis

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

#### Progression

Red players will dribble



Timing	Area
9 Minutes	15 m x 15m

#### Objective

Players will be able to look for open space to dribble

#### Outcome

**All players:** can look for open space by changing their speed

**Most players:** can look for open space by changing their speed and direction

**Some players:** Can look for open space by looking over right and left shoulder while changing 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.



# FUNdamentals

## Station B-Small Sided Games

### 2v2 World Cup Teams



#### Organization

Create 2 mini fields of 12 m x 15 m each. 4 teams of 2.

#### Procedure

Players play 2v2 in smaller fields. After 2 minutes, rotate the teams. Can do a competition ladder and rock paper scissors if a tie occurs or have each team play each other once. Allow each team to name their own teams and must be a country name. Balls are placed behind each team goal and around playing field for restarts if the ball goes out of play

#### Emphasis

FUN, creativity and celebrating

#### Progression

N/A



#### Timing

9 Minutes

#### Area

12 m x 15 m

#### Objective

Players will be able to look for open space to dribble

#### Outcome

**All players:** can look for open space by changing their speed

**Most players:** can look for open space by changing their speed and direction

**Some players:** Can look for open space by looking over right and left shoulder and changing speed and direction

#### Technical / Tactical

Dribbling  
Receiving  
Passing  
Finishing

#### Socio - Emotional

Problem Solving  
Communicating  
Listening  
Celebrating  
Teamwork

#### Psychological

Confidence  
Being safe  
Awareness  
Decision Making

#### Physical

Agility  
Balance  
Co-ordination  
Change of Speed  
Change of Direction

#### Top Tip

Encourage and embrace creativity within the training environment by allowing your players to show their individual skills to teammates.



# FUNdamentals

## Station C-Analytical

### 1v1 Attacking



#### Organization

Create 3 mini fields of 10 m x 15 m each. 6 teams of 2. Balls placed behind the goal. 1 player will play, while other player (teammate) rests.

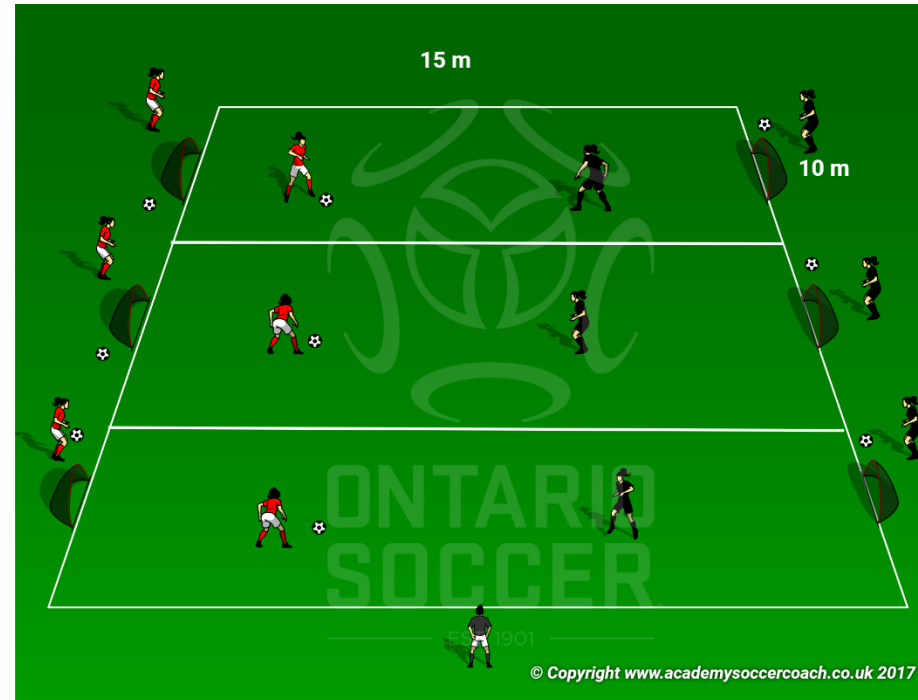
#### Procedure

Players play 1v1 in smaller fields. After 1 minute, next player behind the goal will come and play 1v1 while other one rests. Allow each red player play against a black player.

#### Emphasis

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

#### Progression



Timing	Area
9 Minutes	10 m x 15 m

#### Objective

Players will be able to look for open space to dribble

#### Outcome

**All players:** can look for open space by changing their speed

**Most players:** can look for open space by changing their speed and direction

**Some players:** Can look for open space by looking over right and left shoulder while changing speed and direction

Technical / Tactical	Psychological
Dribbling Running with the ball Ball Mastery	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



# FUNdamentals

## Station D-Small Sided Games

### 4v4 (no GK) with Retreat Line



#### Organization

20 m x 25 m playing field. Balls placed behind goals and around field for quick restarts. 2 teams of 4 (no GK).

#### Procedure

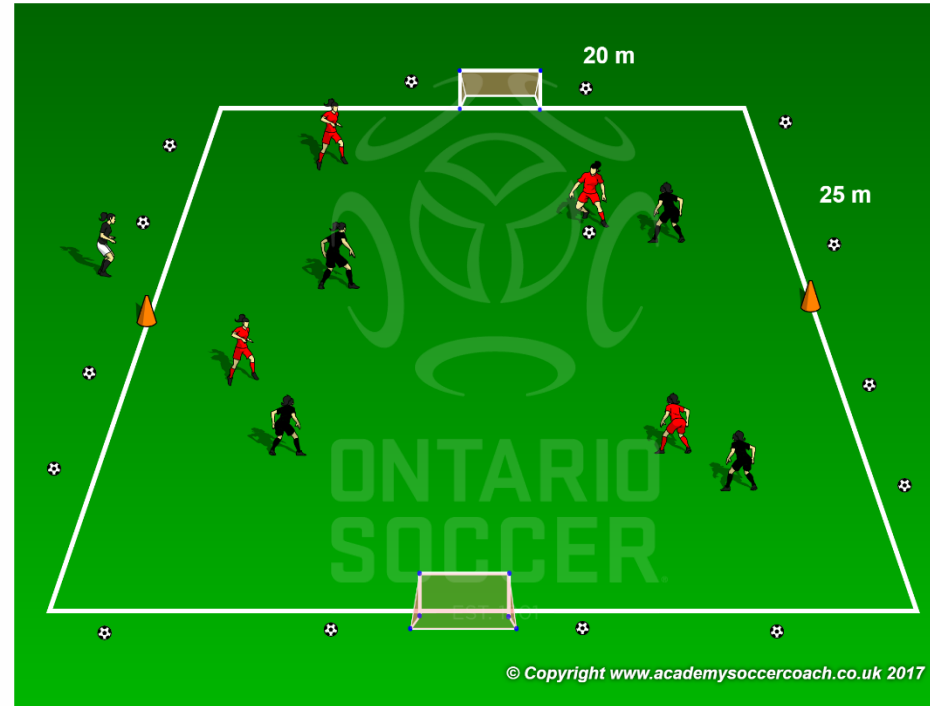
Coach can restart play from where ball is played out to help continue game quickly.

#### Emphasis

Free Play and FUN!

#### Progression

N/A



#### Timing

9 Minutes

#### Area

20 m x 25 m

#### Objective

Players will be able to look for open space to dribble

#### Outcome

**All players:** can look for open space by changing their speed

**Most players:** can look for open space by changing their speed and direction

**Some players:** Can look for open space by looking over right and left shoulder while changing speed and direction

#### Technical / Tactical

Dribbling  
Receiving  
Passing  
Finishing

#### Psychological

Confidence  
Being safe  
Awareness  
Decision Making

#### Socio - Emotional

Problem Solving  
Communicating  
Listening  
Celebrating  
Teamwork

#### Physical

Agility  
Balance  
Co-ordination  
Change of Speed  
Change of Direction

#### Top Tip

Making the game fun is key in teaching and coaching, so that players will continue in the game



# 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

- [FUNdamentals U6-U8/9 \(Brochure\)](#)
- [FUNdamentals Start Workbook and Practice Plan](#)
- [FUNdamentals U6-U8/9 \(Curriculum\)](#)
- [All other online Grassroots Practices](#)

