



**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

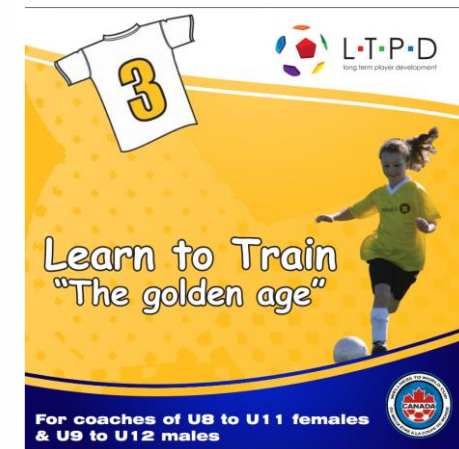


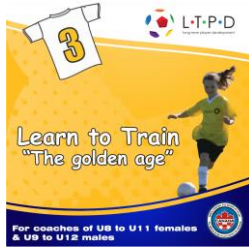
The activities provided illustrate how stations can be used during Grassroots practices.

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.

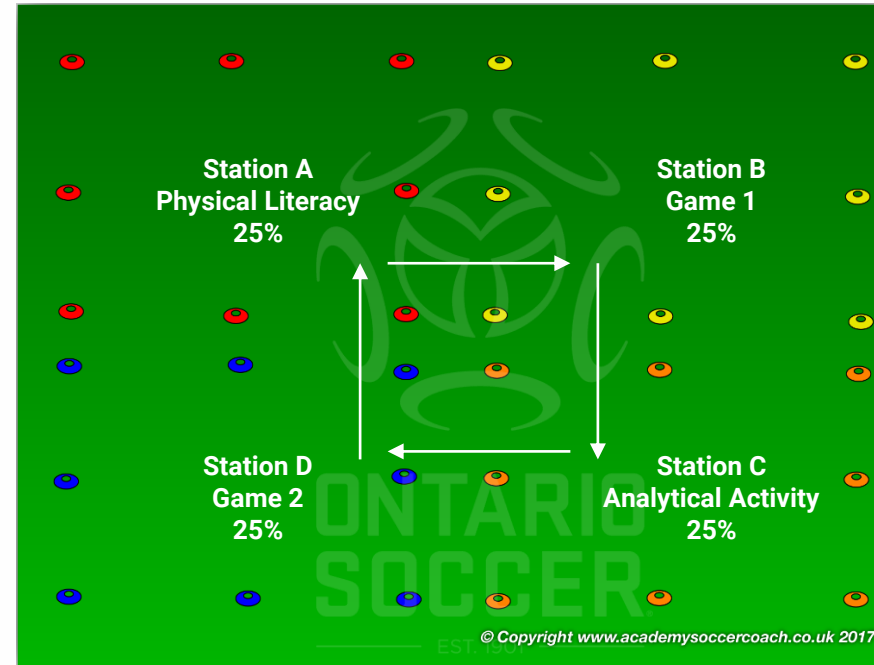
If working with a smaller group, simply move together through all 4 stations until all are complete.

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)

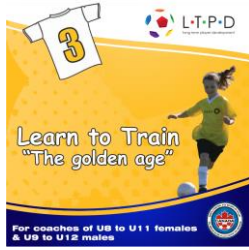
Technical	U9	U10	U11	U12	Physical	U9	U10	U11	U12
Dribbling	1	1	1	1	Agility	1	1	1	1
Running with the ball	1	1	1	1	Balance	1	1	1	1
Shooting	1	1	1	1	Coordination	1	1	1	1
Ball Control	2	1	1	1	Stamina	2	2	2	1
Passing	2	1	3	1	Strength	2	2	2	1
Receiving	2	1	1	1	Speed	1	1	1	1
Heading	4	4	4	3	Suppleness	2	2	2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



Learn to Train

Station A – Ball Mastery & Dynamic Movements

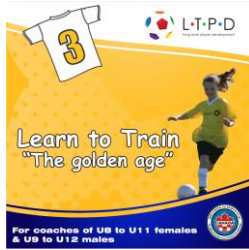
Dribbling out of Pressure



Organization
20 m x 20 m. Each player with a ball. Additional balls placed around the playing field.
Procedure
Players dribble freely within the playing area. Encourage players to try different creative moves on the ball. Encourage players to use both feet and a variety of techniques. Coach can have a player demonstrate a creative move to show their teammates. On the coaches command, players will stop their ball and look to find a new ball. Coach can provide players with various movements to perform during the switch over: Hop, Skip, Jump, Backwards, side-ways etc.
Emphasis
Creating a safe environment, positive reinforcement, allow players to make decisions
Progression
Add 2-3 defenders to challenge players on the dribble. Once defender wins possession of the ball then defender becomes attacker and attacker will become defender.

Timing	Area
12 Minutes	20 m x 20 m

Objective	
Players will improve ability to dribble an opponent.	
Outcome	
All players: can move with the ball under control on the dribble at speed Most players: can move with the ball under control on the dribble at speed while using multiple techniques Some players: can move with the ball under control on the dribble at speed using multiple techniques and both feet	
Technical / Tactical	Psychological
Dribbling Ball Mastery	Confidence Decision making Awareness FUN
Socio - Emotional	Physical
Problem Solving Celebrating Creativity	Agility Balance Co-ordination Change of Speed Change of Direction



Learn to Train

Station B - Small Sided Game

3v3 Game



Organization

Two 15 m x 20 m fields with 5 m space between each playing field. 4 teams of 3. Additional balls placed around playing field.

Procedure

Players play 3v3. Players will look to score in the two opposing team's goal.

All restarts will start with a pass or dribble in.
Coaches should allow the player to make the decision based on the situation.

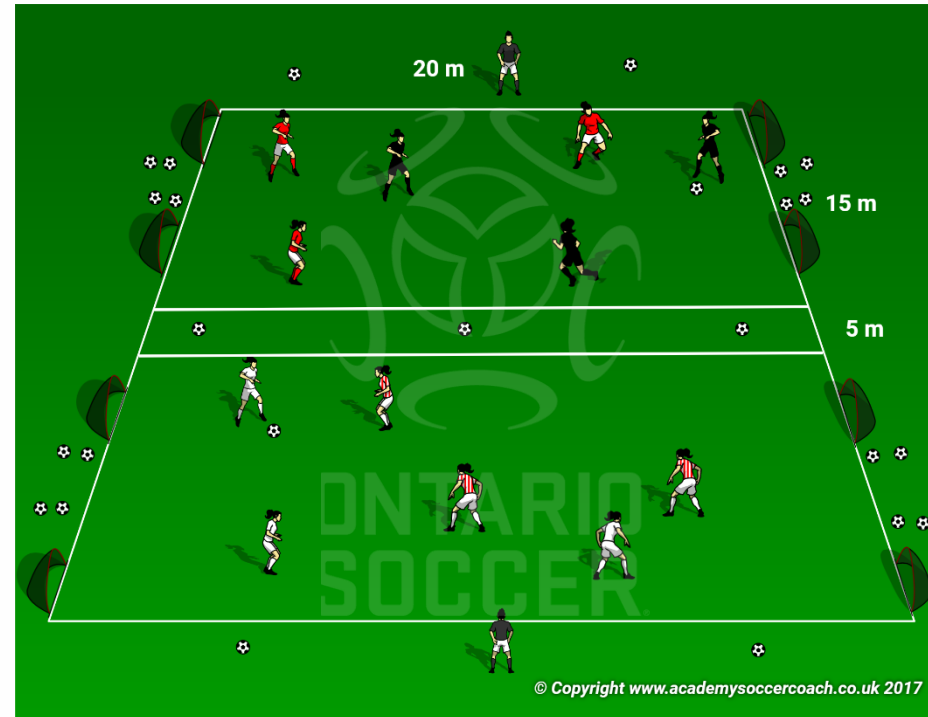
After 2 minutes, rotate the teams.

Emphasis

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

Progression

N/A



Timing	Area
12 Minutes	15 m x 20 m

Objective

Players will improve ability to dribble an opponent.

Outcome

All players: can move with the ball under control on the dribble at speed

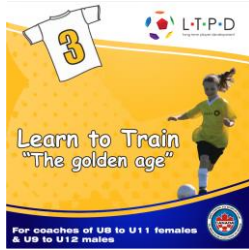
Most players: can move with the ball under control on the dribble at speed while using multiple techniques

Some players: can move with the ball under control on the dribble at speed using multiple techniques and both feet

Technical	Psychological
Dribbling Receiving	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

Coaches should place players in situations where they are empowered to make their own decisions and come up with solutions to problems without always relying on the coaches input.



Learn to Train

Station C - Analytical

1v1 School



Organization

Three 12 m x 15 m fields with a goal on each side. 6 teams of 2. 3 of the teams will have two balls, which will be one per player. Please use diagram as a visual. Balls are placed around playing area.

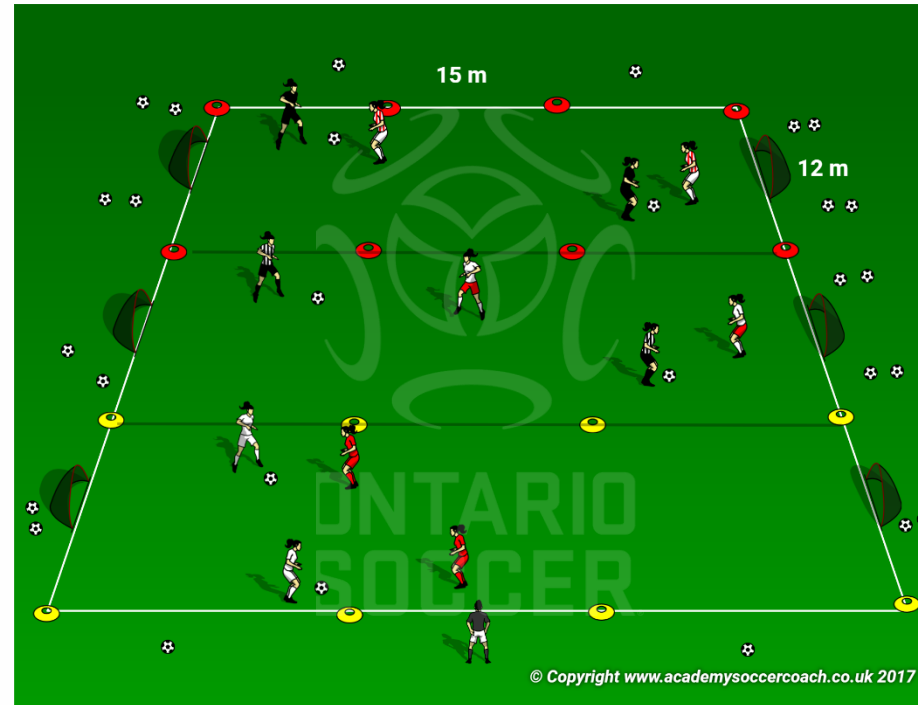
Procedure

Two games of 1v1 will be played in each area. Players will look to score in the opposing team's goal. All restarts will start from where the ball was kicked out of play with a dribble in. If white player kicks the ball out, then red player will start with the ball. If red wins possession of the ball from white, then red will become the attacker and white will become the defender. Coach will have each player face a new opponent after 30 seconds.

Emphasis

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

Progression



Timing	Area
12 Minutes	12 m x 15 m

Objective

Players will improve ability to dribble an opponent.

Outcome

All players: can move with the ball under control on the dribble at speed

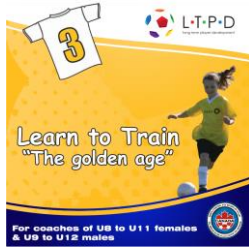
Most players: can move with the ball under control on the dribble at speed while using multiple techniques

Some players: can move with the ball under control on the dribble at speed using multiple techniques and both feet

Technical / Tactical	Psychological
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

Repetitions are important to develop technical excellence, however creating a fun and challenging environment is still essential for stimulating learning.



Learn to Train

Station D - Small Sided Game

6v6 Game



Organization

35 m x 55 m with two goals and balls placed around the playing area. Retreat line in place 1/3.

Procedure

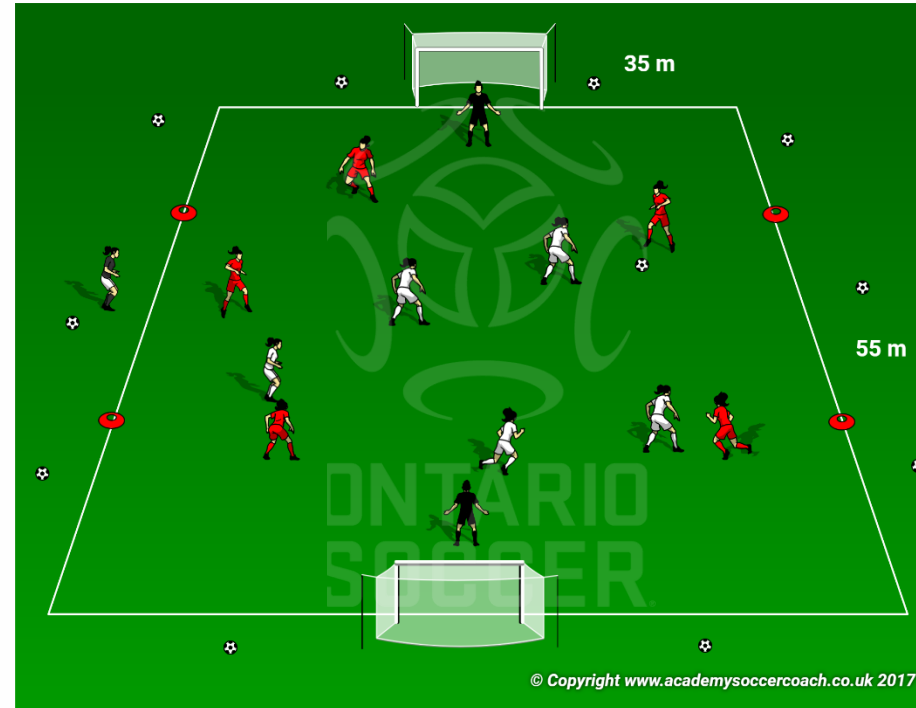
Free play.
All restarts will start from where the ball was kicked out of play with a pass in or dribble in.
Coaches should allow the player to make the decision based on the situation.

Emphasis

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

Progression

N/A



Timing	Area
12 Minutes	35 m x 55 m

Objective

Players will improve ability to dribble an opponent.

Outcome

All players: can move with the ball under control on the dribble at speed

Most players: can move with the ball under control on the dribble at speed while using multiple techniques

Some players: can move with the ball under control on the dribble at speed using multiple techniques and both feet

Technical / Tactical	Psychological
Dribbling Receiving	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

When the opposition retreats behind the retreat line, the goalkeeper can now successfully throw or pass the ball to a team mate. This will allow the players to develop an understanding of how to build possession from the back during games.

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](#)

