



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.

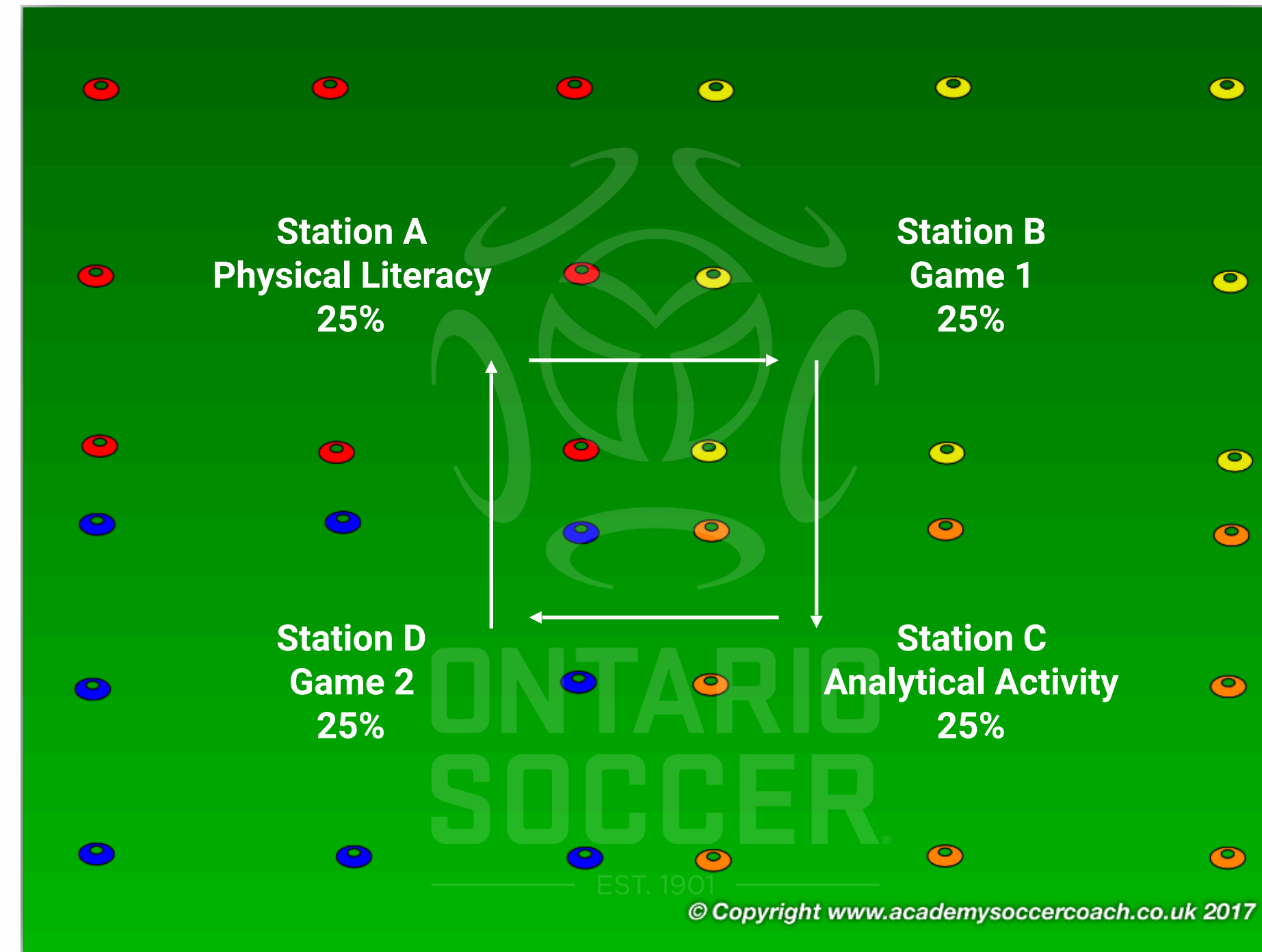
If working with a smaller group, simply move together through all 4 stations until all are complete.

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

Catch me if you can! (Part 1)



Organization

12 Cones are placed around the field with balls on top. Players are split in to 2 teams (red and white) and players are paired off to play against each other.

Procedure

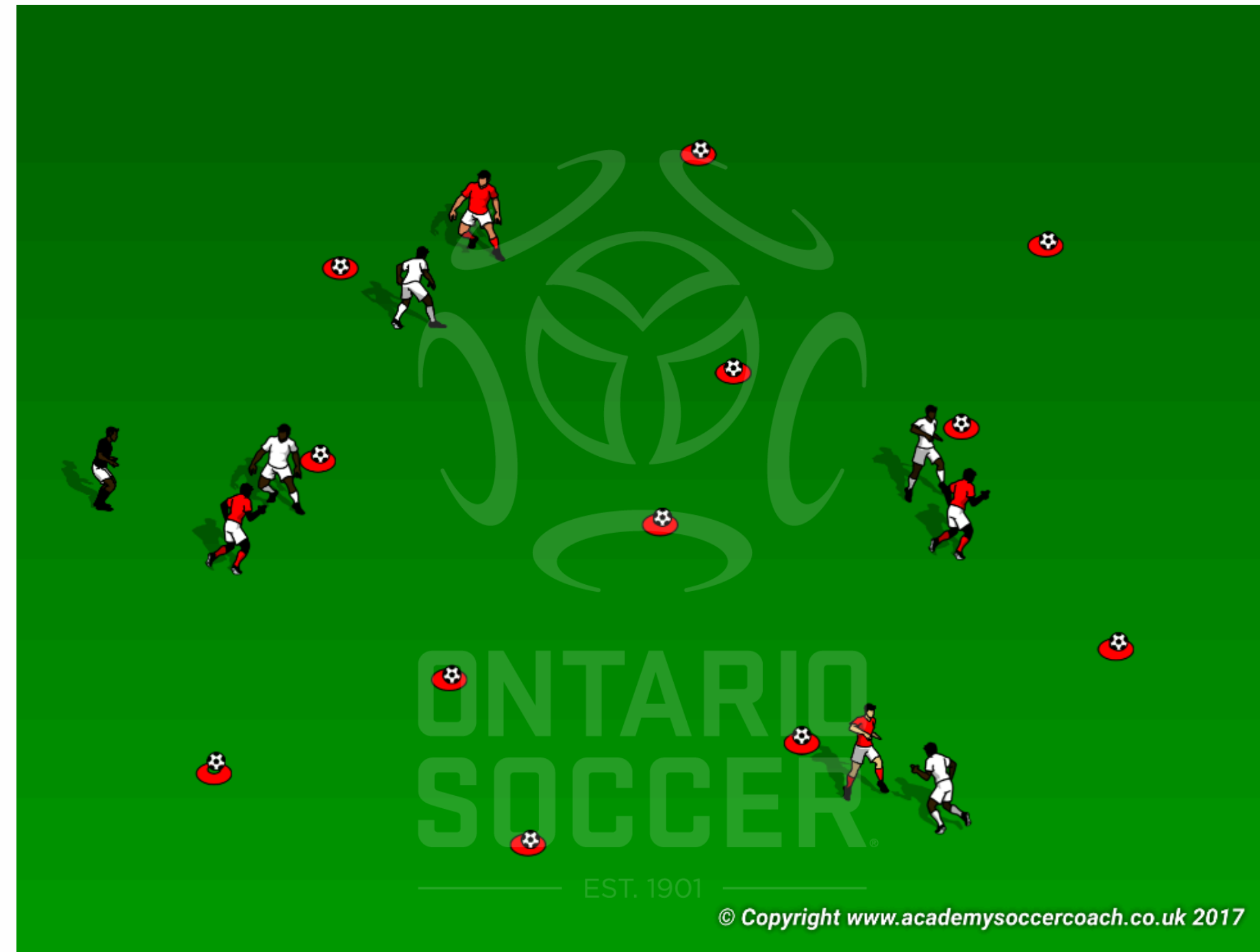
The white team are defending and they must stop the red team from knocking the balls off the cones. The red team can only use their hands to knock the balls off the cones. The white team has to stop them by blocking them. They are not allowed to grab hold of each other, just push away / block contact. After 45 seconds, count up the scores (how many balls were knocked over) and change roles.

Emphasis

Fun, creating a safe environment, decision making, creativity and celebrating!

Progression

- 1) Players can only move in various ways i.e bear crawls, crab walk or forward rolls.
- 2) Play 2v2 handball. Players cannot run with the ball and only the player with the ball can knock the balls of the cones.



Timing

9 Minutes

Area

20 m x 20 m

Objective

Players are able to change speed and direction with the ball

Outcomes

All players - will be able to change speed and direction

Most players - will be able to identify when to change speed and direction to deceive a defender

Some players - will be able to identify when to change speed and direction to deceive a defender with both feet

Technical / Tactical

Ball mastery
Dribbling
Running with the ball

Psychological

Fun
Safety
Confidence
Creativity

Socio - Emotional

Co-operation
Communication
Sharing
Problem-solving
Decision-making

Physical

Agility
Balance
Co-ordination
Change of Direction
Change of Speed

Top Tip

Begin where players of a physical size can face off against each other. 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 teams of 2, 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

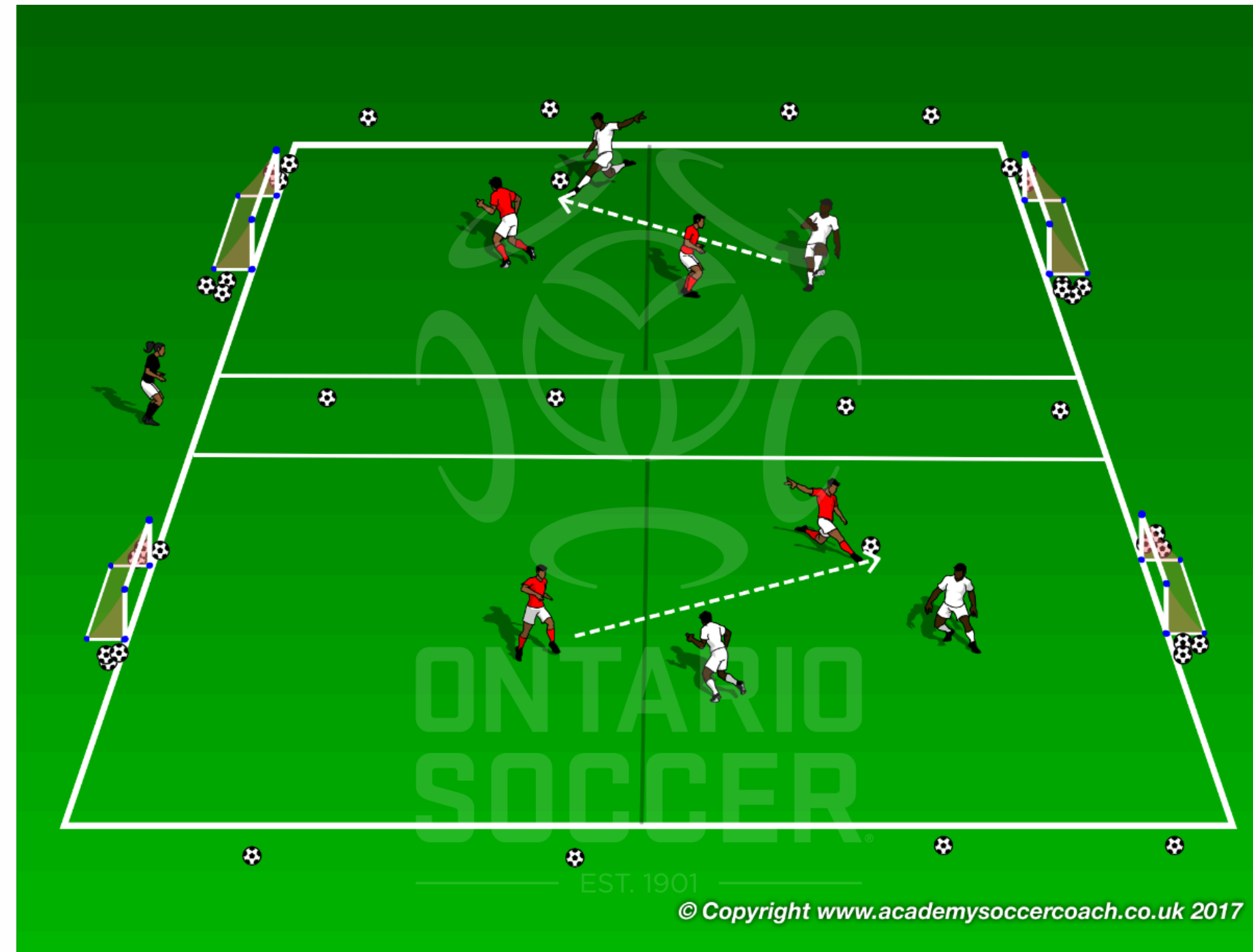
Players play 2v2. After 2 minutes. Rotate the teams. Can do a competition ladder and rock paper scissors to settle a tied game. Include celebrations with team mates, high 5's, come up with their own etc.

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 change speed and direction with the ball

Outcomes

All players - will be able to change speed and direction

Most players - will be able to identify when to change speed and direction to deceive a defender

Some players - will be able to identify when to change speed and direction to deceive a defender with both feet

Technical / Tactical

Ball mastery
Dribbling
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

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

Catch me if you can! (Part 2)



Organization

12 Cones are placed around the field with balls on top. Players are split in to 2 teams (red and white) and players are paired off to play against each other. 4 mini goals are spaced around the area as shown.

Procedure

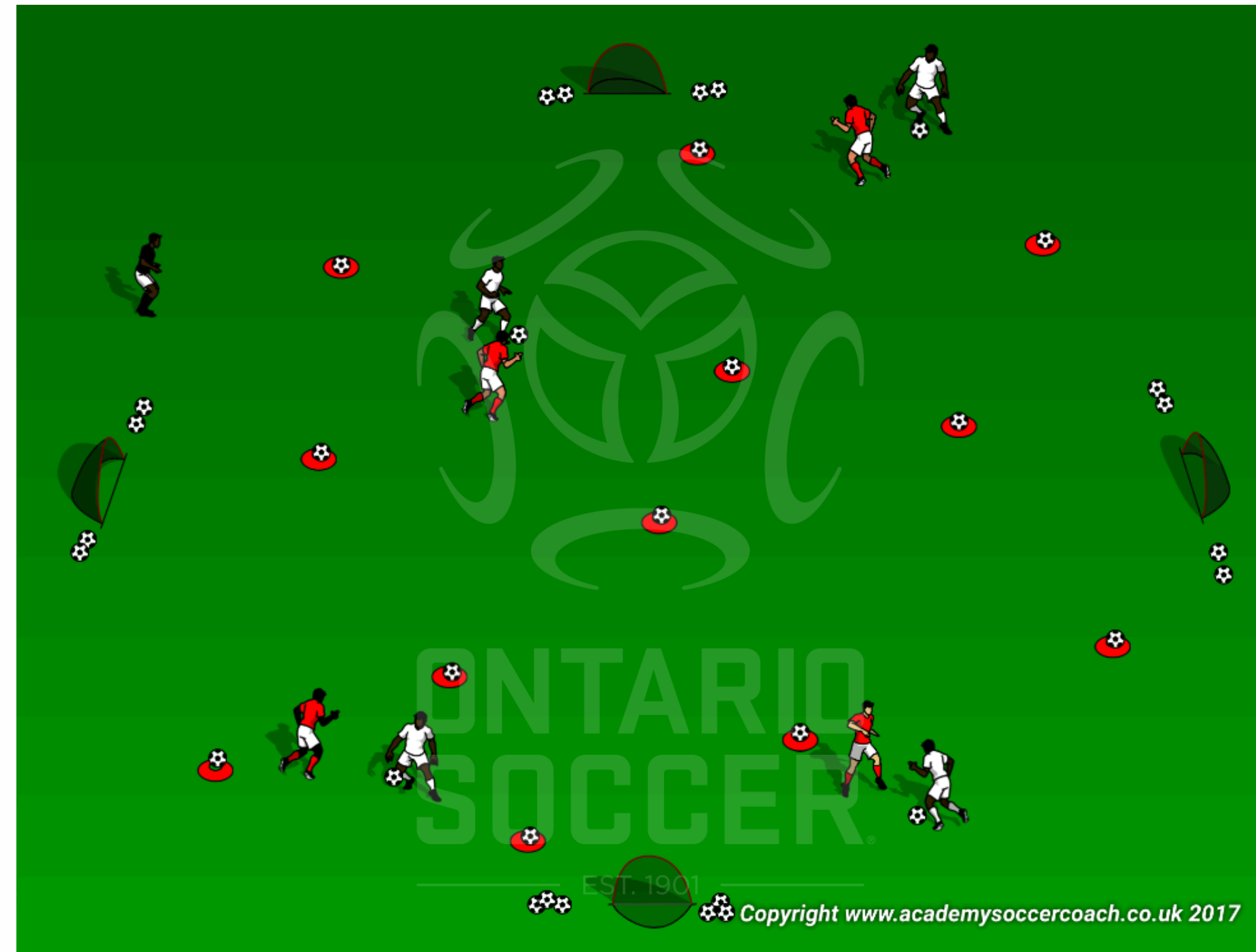
The red team are defending and they must stop the white team from knocking the ball off the cones. The white team players score by using their ball to knock the balls off the cones. The red team can tackle. If they win the ball, they can score a point by scoring in the target goals. After 1 minute, count up the scores and swap roles.

Emphasis

Fun, creating a safe environment, creativity and celebrating!

Progression

Play 1v1 to goals. Two pairs play north to south and the other two pairs play east to west.



Timing

9 Minutes

Area

25 m x 25 m

Objective

Players are able to change speed and direction with the ball

Outcomes

All players - will be able to change speed and direction

Most players - will be able to identify when to change speed and direction to deceive a defender

Some players - will be able to identify when to change speed and direction to deceive a defender with both feet

Technical / Tactical

Ball mastery
Dribbling
Running with the ball

Socio - Emotional

Celebrating
Problem Solving
Communicating

Psychological

Fun
Safety
Confidence
Creativity

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

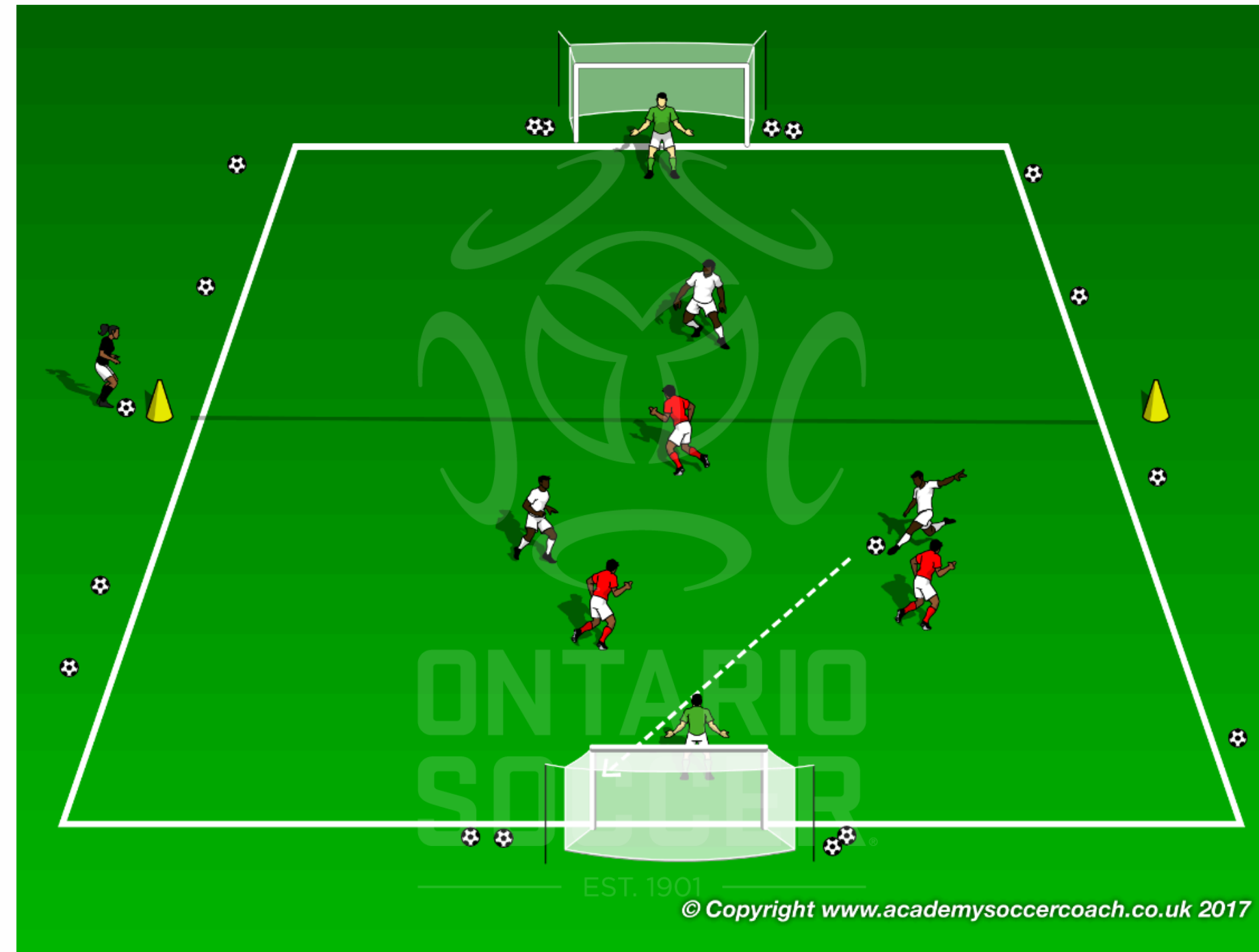
Players play 4v4 for three minutes. All normal rules of the game are applied. After 3 minutes, players rotate.

Emphasis

Fun, creativity and celebrating!

Progression

N/A



Timing

9 Minutes

Area

25 m x 18 m

Objective

Players are able to change speed and direction with the ball

Outcomes

All players - will be able to change speed and direction

Most players - will be able to identify when to change speed and direction to deceive a defender

Some players - will be able to identify when to change speed and direction to deceive a defender with both feet

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

