



**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

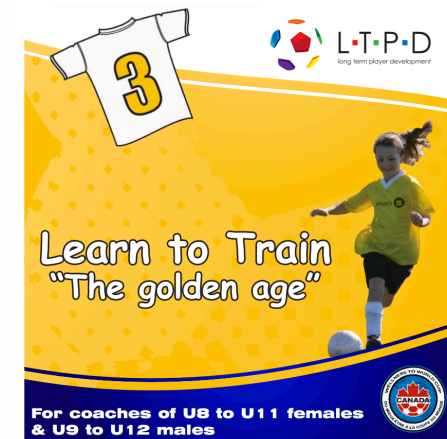


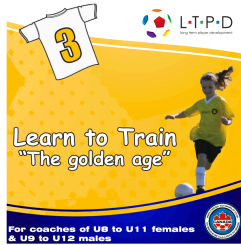
The activities provided illustrate how stations can be used during Grassroots practices.

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.

Organization

If working with a larger group, organize players into groups of 6 or 8. Each station has a coach who leads that specific station for the session.

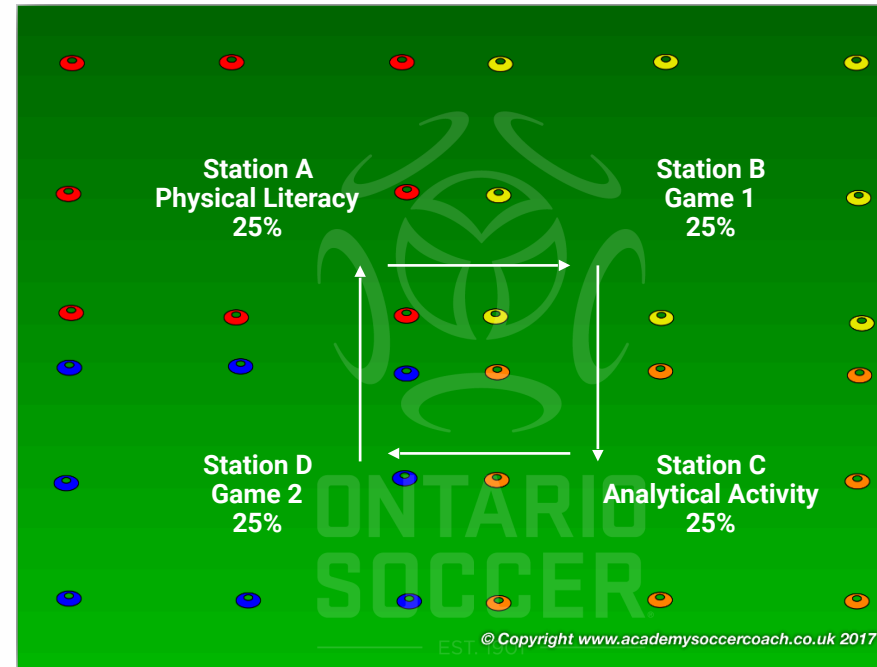
If working with a smaller group, simply move together through all 4 stations until all are complete.

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 12 minute Stations	30 x 30 m (x4)

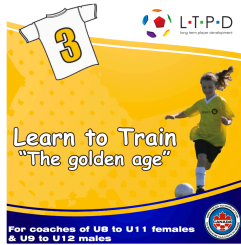
Technical	U9	U10	U11	U12	Physical	U9	U10	U11	U12
Dribbling	1	1	1	1	Agility	1	1	1	1
Running with the ball	1	1	1	1	Balance	1	1	1	1
Shooting	1	1	1	1	Coordination	1	1	1	1
Ball Control	2	1	1	1	Stamina	2	2	2	1
Passing	2	1	1	1	Strength	2	2	2	1
Receiving	2	1	1	1	Speed	1	1	1	1
Heading	4	4	4	3	Suppleness	2	2	2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

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

Escape to Victory!



Organization

4 in red and 4 in white. The white players cover all 4 sides of the 10m x 10m square. The Red players start outside the square next to the mini goals. For 12 players set up the activity twice with 6 players, or increase the area size to 15x10 so all players are involved and moving .

Procedure

Begin with no ball to allow focus on the area of the body that is being developed. Consider different ways the players can move to change the physical focus, crawling (upper body) 2 foot jumping (hamstrings, calves and quadriceps)

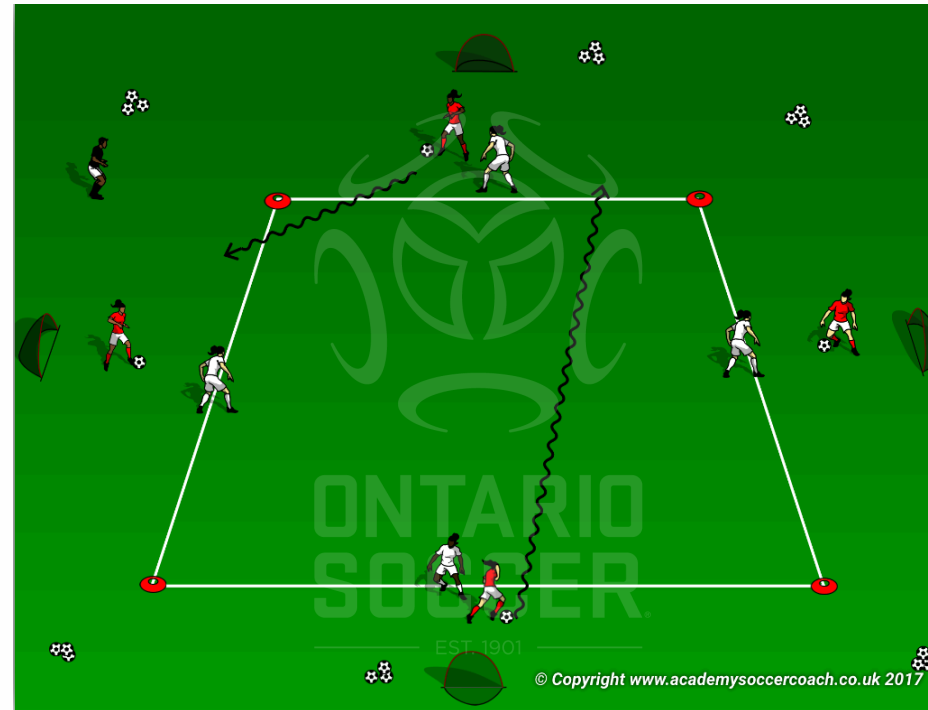
The red player must get across the square without being tagged by the white player. 2 points for all the way across and 1 point for diagonally across. The white player can only move laterally, along the lines. Play for 45 seconds and swap OR swap every time a player is tagged so the game is continuous.

Emphasis

Fun, allowing the players to make decisions, maintaining a safe environment, providing positive reinforcement and demonstration of the activity.

Progression

Play with the ball. Players use their feet to dribble. The white player can steal and score for a point. The red player can get 3 points if they go all the way across and score in a mini goal.



Timing	Area
12 Minutes	10 m x 10 m

Objective

To create space to receive and attack fast

Outcomes

All Players - Create space, take their first touch forward and pass forward, dribble or shoot

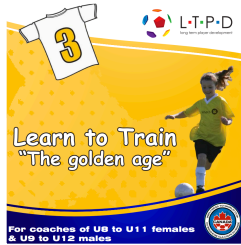
Most Players - Create space, take their first touch towards the goal and assist a shot or shoot on target

Some Players - Create space, disguise the direction of the first touch and create an assist or score a goal

Technical / Tactical	Psychological
Dribbling Finishing Receiving	Safety Fun Decision making
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

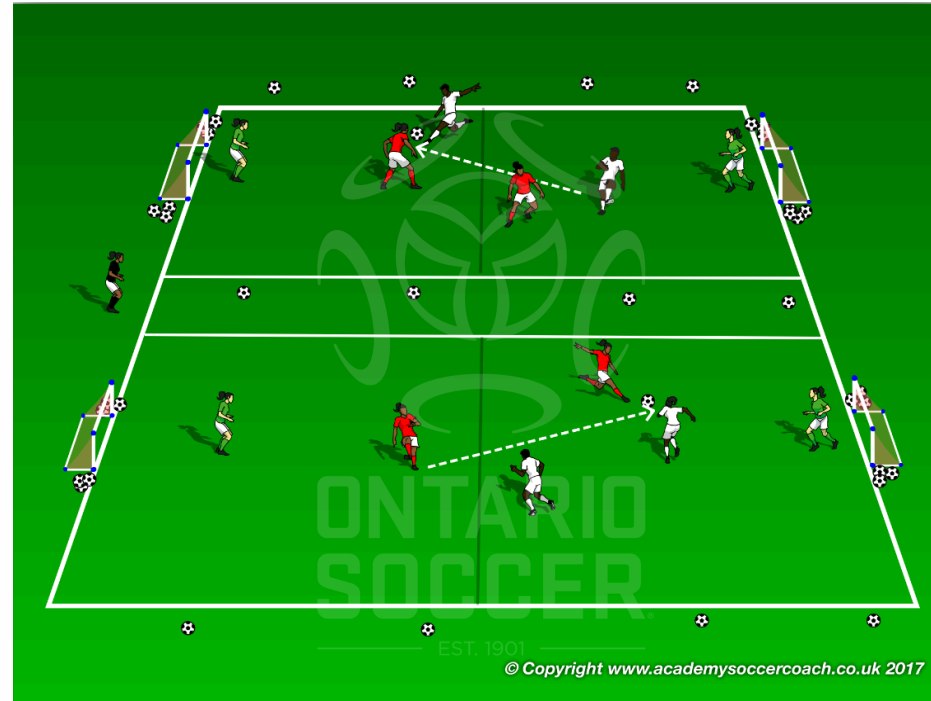
Inspire players by setting scene of the session, sharing some footage on a cell phone or table of the professional players 1v1 attacking or show them the great 1v1 dribblers such as Maradona, Ronaldo, Ronaldinho, Messi, Cristiano Ronaldo, Marta, Necib and Morgan. Ask them what they notice, allow them to try and replicate in the session ahead.



Learn to Train

Station B - Small Sided Game

3v3 with retreat line



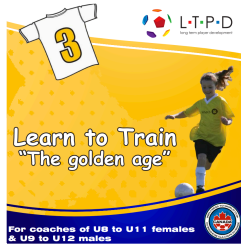
Timing	Area
12 Minutes	20m x 25m (Two 20m x 12m fields)

Organization
Players are broken up into 4 groups of 3. Balls between the two target goals.
Procedure
Players play 3v3. If the ball goes out of play, play is restarted from the goalkeeper. After 3 minutes, rotate the teams. Make sure goalkeepers also rotate and play outfield. Include celebrations with team mates, high 5's, come up with their own etc.
Emphasis
Fun, creating a safe environment, positive reinforcement, allowing players to make decisions, demonstration of the activity
Progression
N/A

Objective	
To create space to receive and attack fast	
Outcomes	
All Players - Create space, take their first touch forward and pass forward, dribble or shoot	
Most Players - Create space, take their first touch towards the goal and assist a shot or shoot on target	
Some Players - Create space, disguise the direction of the first touch and crate an assist or score a goal	
Technical / Tactical	Psychological
Shooting Finishing Receiving	Safety Decision making Fun
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip Coaches in this stage have to create a learning environment that is stimulating and engaging where players learn in a fun-filled small-sized game environment.





Learn to Train

Station C - Analytical Activity

1v1 to Goal with retreat line



Organization

12 players are placed in to 3 groups of 4. In the groups of 4, players are divided in to 2 teams. Then one player plays as an outfield player while the other plays in goal.

Procedure

Players play 1v1 for 1 minute and try and score past the opposition goalkeeper. If the ball goes out of play, the goalkeeper plays in the ball while the defender drops behind the retreat line. After 1 minute, they swap roles and play again.

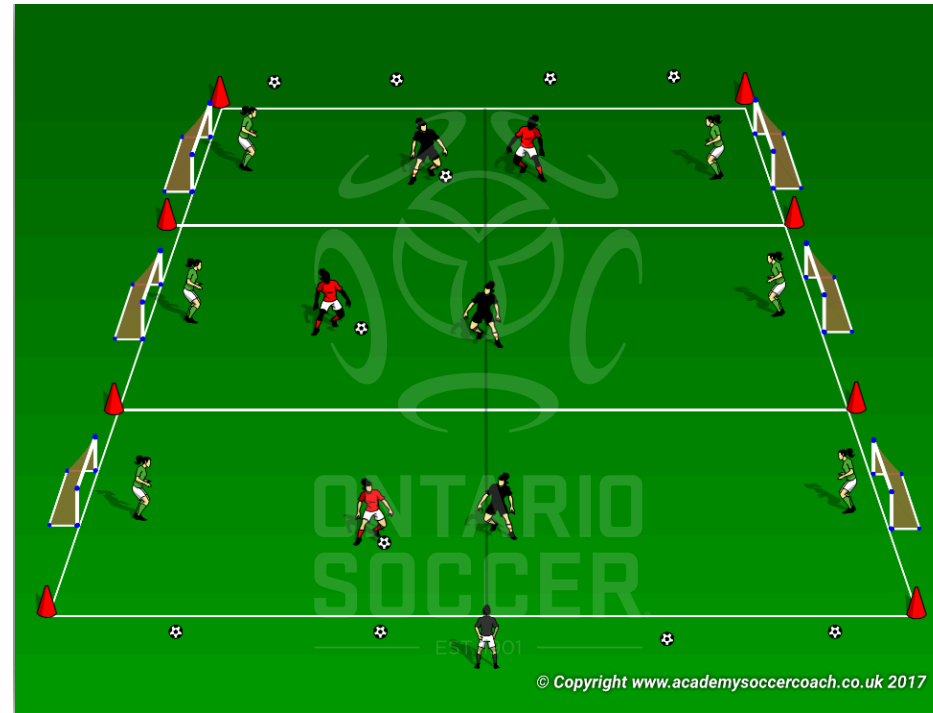
Winning team moves up to play the winners of the previous game. Winners on the top pitch (FA Cup Final) stay where they are. The team that lost in the FA Cup Final goes down to the bottom pitch (1/4 final) to play the losers of the previous 1/4 final.

Emphasis

Fun, positive reinforcement, allowing players to make decisions, demonstration of the activity

Progression

Can change so only individual players move on rather than in teams of 2.



Timing	Area
12 Minutes	20m x 40 m 20m x 12m (set up 3 times)

Objective

To create space to receive and attack fast

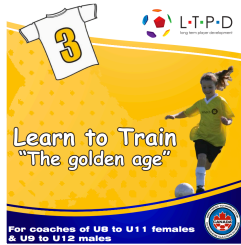
Outcomes

- All Players** - Create space, take their first touch forward and pass forward, dribble or shoot
- Most Players** - Create space, take their first touch towards the goal and assist a shot or shoot on target
- Some Players** - Create space, disguise the direction of the first touch and crate an assist or score a goal

Technical / Tactical	Psychological
Receiving Dribbling Shooting Finishing	Safety Decision making Fun
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip It's important that players can make decisions that are in context to the game. Think about starting position, movement, direction and speed in relation to the game.





Learn to Train

Station D - Small Sided Game

6v6 or 7v7 with retreat line



Organization

Two teams of 6v6 or 7v7 are placed on to a field with the retreat line marked at thirds. Balls are placed around the outside of the pitch for a quick restart.

Procedure

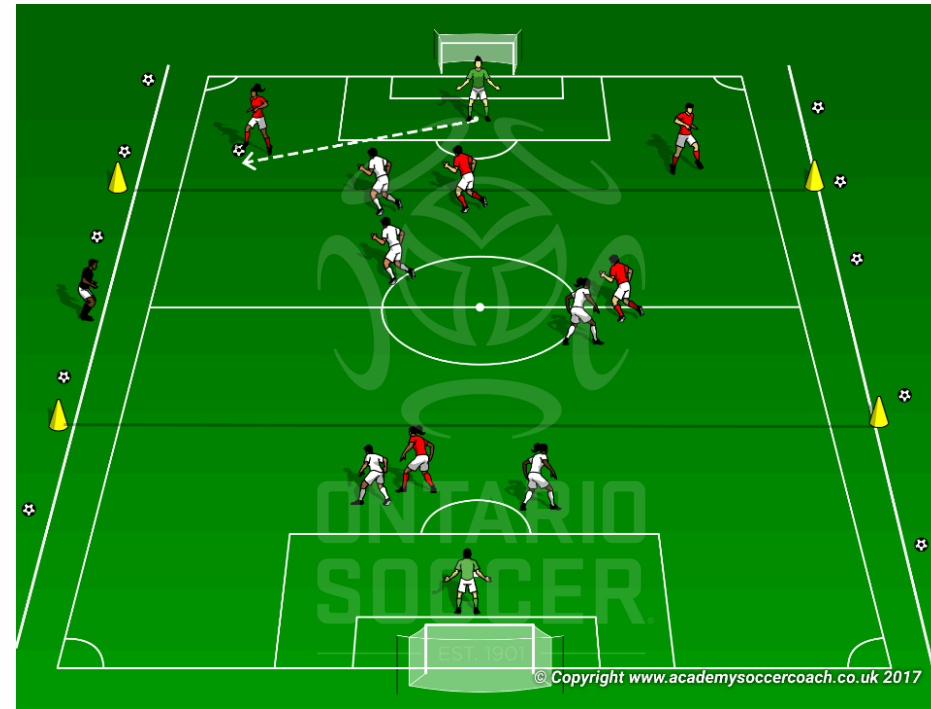
Players play a normal game with all age and stage appropriate rules applied. Retreat line, offsides, throw ins.
If more players, use two neutral wide players as shown and keep them involved in the session, or play up to 9v9.

Emphasis

Fun, creativity and celebrating!

Progression

N/A



Timing	Area
12 Minutes	45m x 30m (6v6) 50m x 30m (7v7) 70m x 50m (9v9)

Objective

To create space to receive and attack fast

Outcomes

All Players - Create space, take their first touch forward and pass forward, dribble or shoot
Most Players - Create space, take their first touch towards the goal and assist a shot or shoot on target
Some Players - Create space, disguise the direction of the first touch and crate an assist or score a goal

Technical / Tactical	Psychological
Receiving Dribbling Shooting Finishing	Safety Decision making Fun
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip Use visual aids to explain to the players the activity they are about to play. This can be as simple as sharing the session plan with the players, a whiteboard with a diagram drawn, cones to show formation and shape or any other objects that might capture a young players interest or attention.



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

