



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.

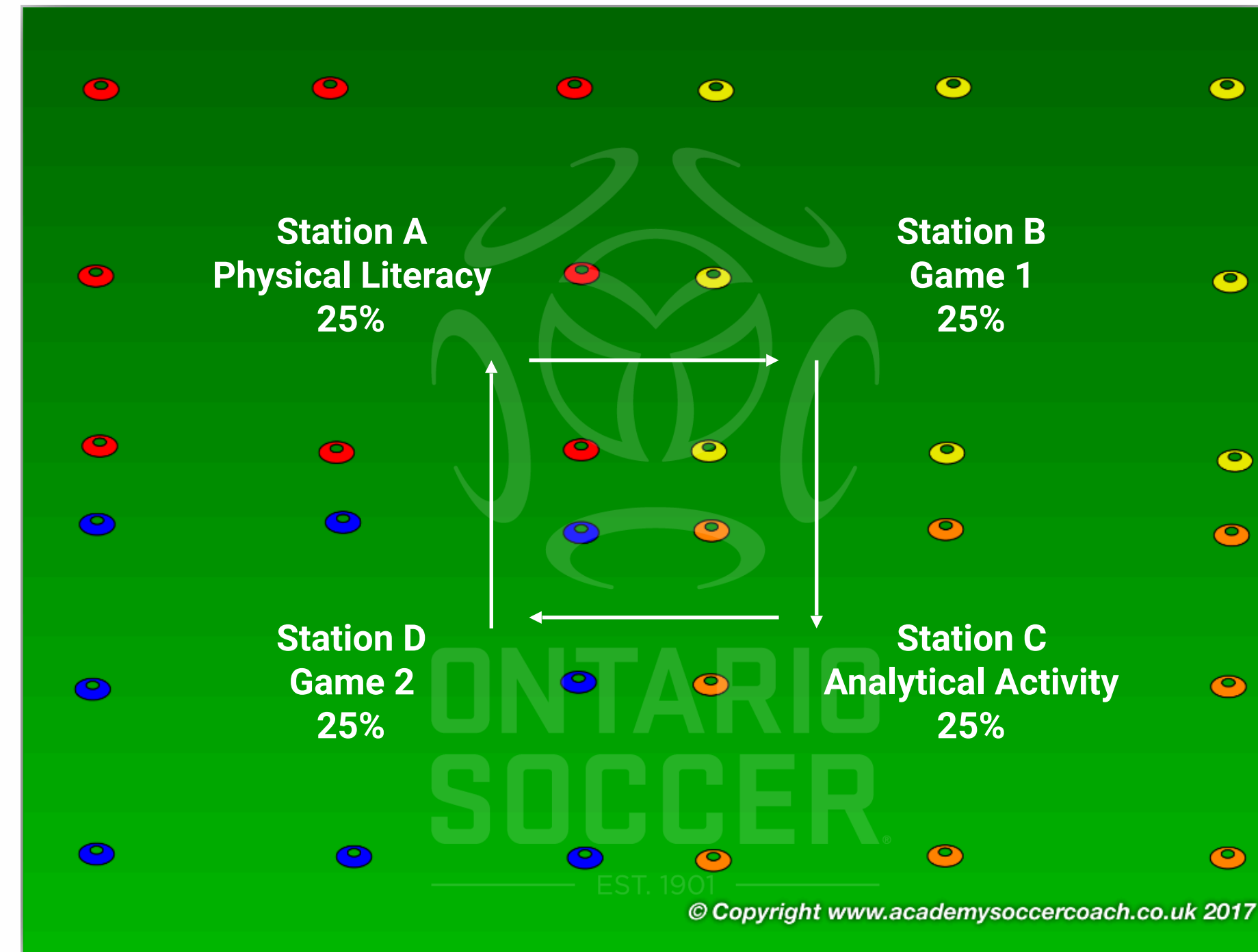
If working with a smaller group, simply move together through all 4 stations until all are complete.

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>



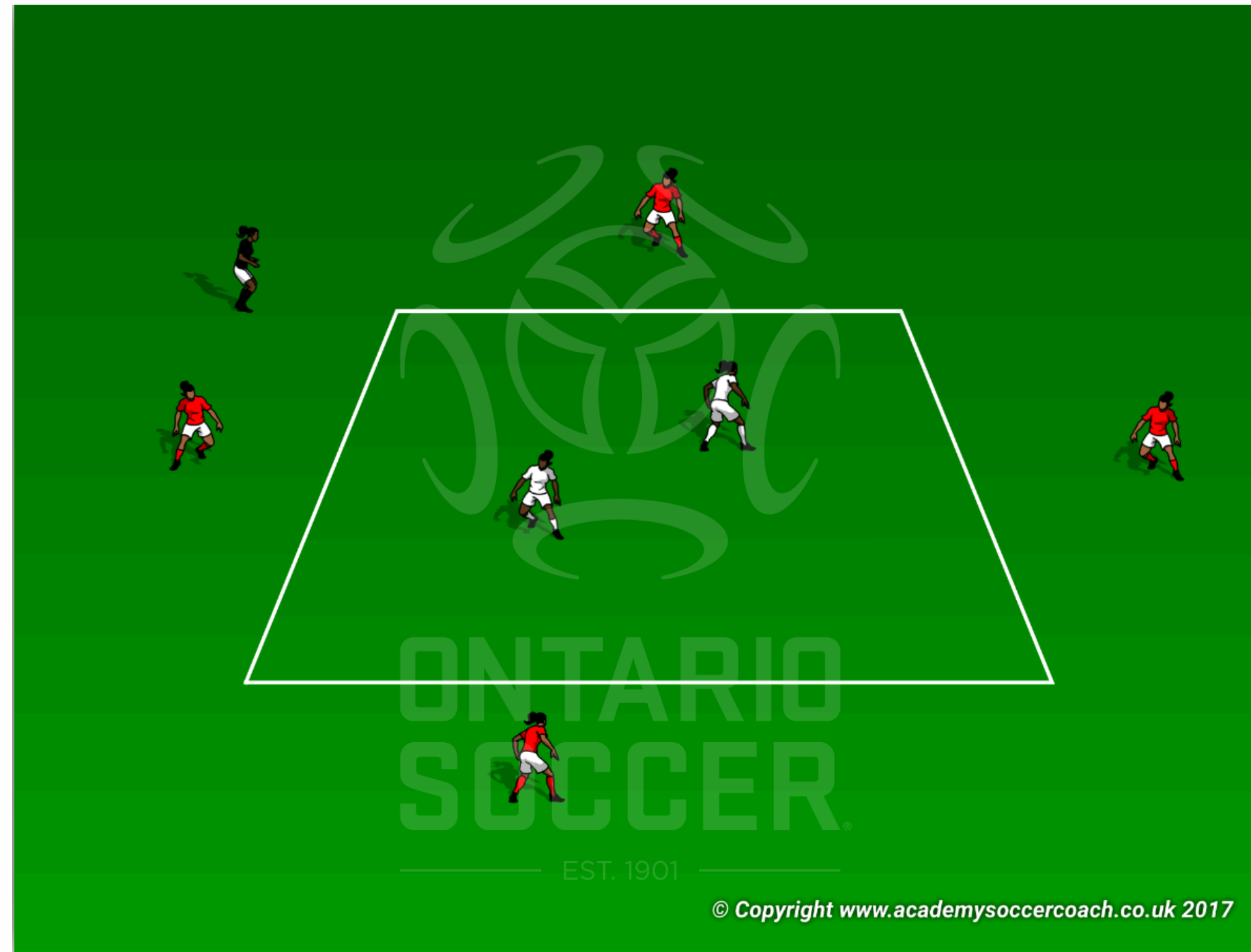
FUNdamentals

Station A - Physical Literacy

Bruce the Shark



Organization
2 players start inside the area. The rest are on the outside as shown.
Procedure
The players in white are Bruce the Shark. The players in red, on the outside can be Nemo or Dory.
The red players must swim through the ocean (run through the square) without being tagged by Bruce the Shark. If players are tagged they swap roles. Players are not allowed to stand on the same side of the area, so if two players are on the same side, the one there the longest must make a run for it!
Emphasis
Fun, creating a safe environment and decision making.
Progression
1) Players can only move in various ways i.e double footed jumps, one legged jumps, bear crawls or crab walks to focus on a varied muscle group or part of the body. Add a ball where players have to bounce the ball or run with it in their hands.
2) Can add a bib/pinnie in the shorts for a 'tail' that the tagger has to grab to introduce the concept of the 'safe side'



Timing	Area
9 Minutes	20 m x 20 m (8m x 8m smaller square in the middle)

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	Psychological
Ball mastery Running with the ball	Fun Safety Confidence Creativity
Socio - Emotional	Physical
Co-operation Communication Sharing Problem-solving Decision-making	Agility Balance Co-ordination Change of Direction Change of Speed

Top Tip	Actively develop areas of the body and skills that players may not develop much when playing soccer but still need. Upper body, core strength and jumping as examples. Most importantly, disguise the work and make it fun!
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Station B - Small Sided Game

3v3



Organization

Two teams of 3v3 are placed on to a 15m x 10m field with 1 or 2 goals at each end.

Procedure

Players play 3v3 for three minutes. All normal rules of the game are applied. After 2 minutes, players rotate. Add multiple balls in to create more 1v1 situations or transitions to allow for more touches and repetitions. Ask which players score the most goals and place them on opposite teams or task them with playing directly against each other.

Emphasis

Fun, creativity and celebrating!

Progression

N/A



Timing

9 Minutes

Area

15 m x 10 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

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.



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Station C - Analytical

Just Keep Swimming!



Organization

A 20m x 20m area is set up with 4 goals on each side as shown in the diagram.
8m x 8m square in set up in the middle of the area. 2 players start in the middle of the square.

Procedure

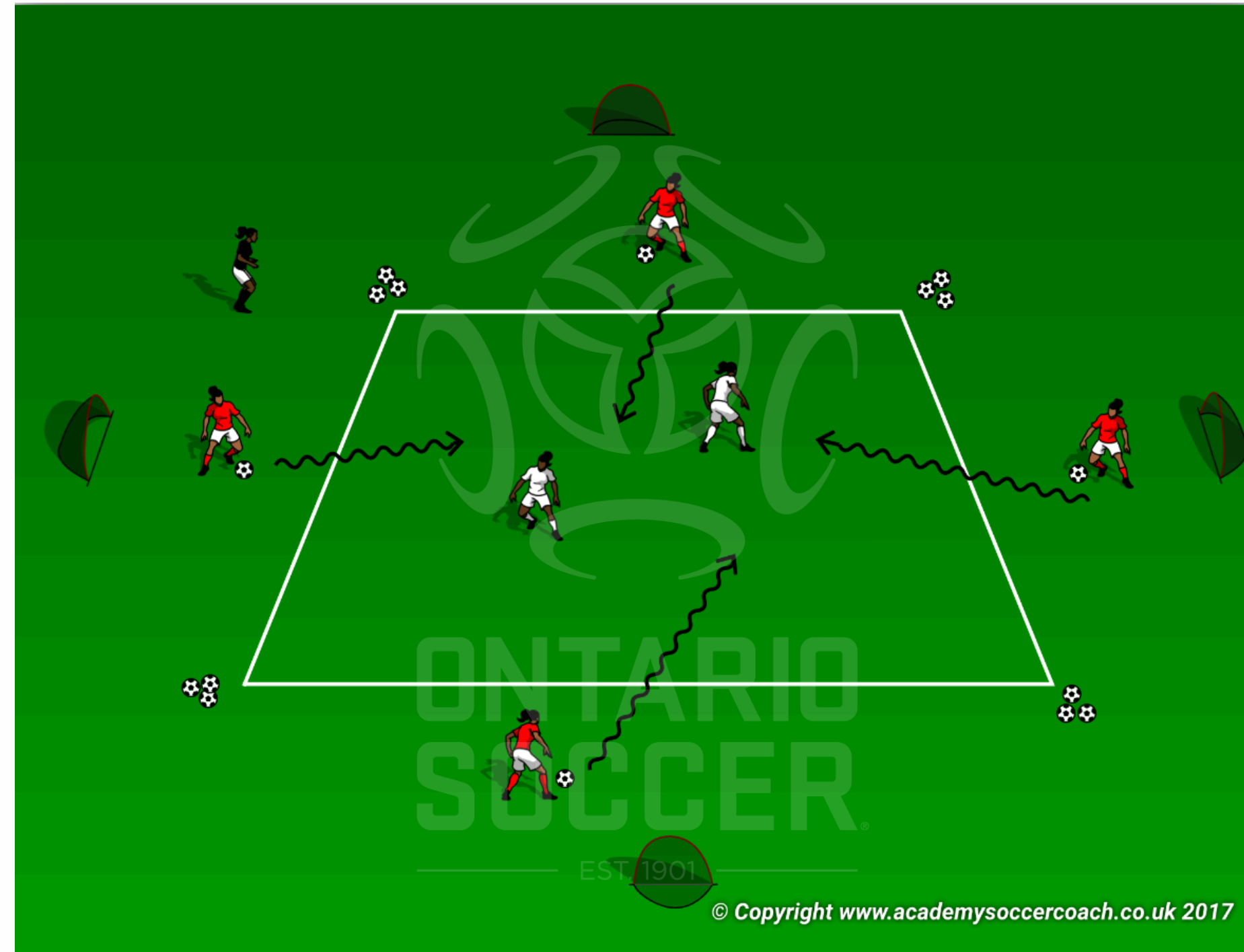
As per Station A, The players in white are Bruce the Shark. The players in red, on the outside can be Nemo or Dory.
The red players must dribble through the ocean (run through the square) without being tackled by Bruce the Shark. Once they get to the other side, they score on the goal. If players are tackled, they become the sharks (defenders) and can win the ball back straight away. The player who won the ball must dribble fast to the nearest goal and score.
Players are not allowed to stand on the same side of the area, so if two players are on the same side, the one there the longest must make a run for it!

Emphasis

Fun, creating a safe environment, creativity and celebrating!

Progression

Play 1v1 to goals, allowing the strikers to score in any of the goals or play a 3 attackers vs 3 defenders.



Timing

9 Minutes

Area

20 m x 20 m
(8m x 8m smaller square in the middle)

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.



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Station D - Small Sided Game

3v3



Organization

Two teams of 3v3 are placed on to a 15m x 10m field with 1 or 2 goals at each end.

Procedure

Players play 3v3 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

15 m x 10 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

