



**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

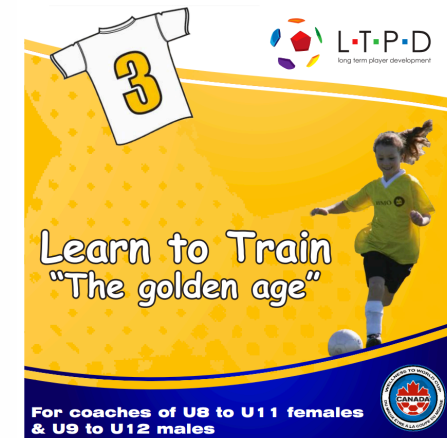


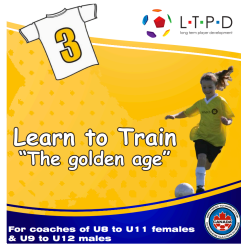
**The activities provided illustrate how stations can be used during Grassroots practices.**

**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.

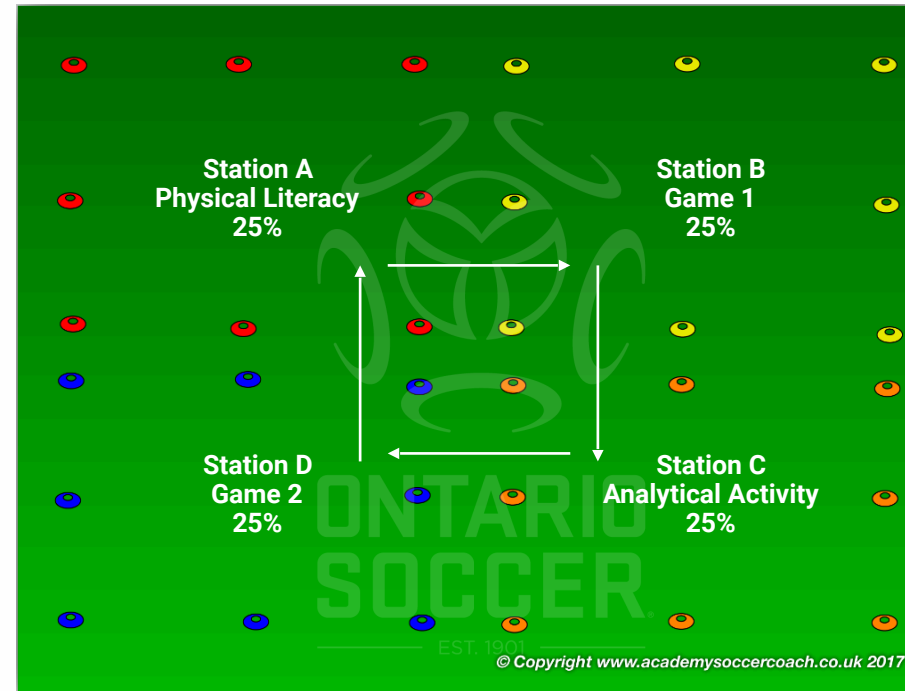
If working with a smaller group, simply move together through all 4 stations until all are complete.

## 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)

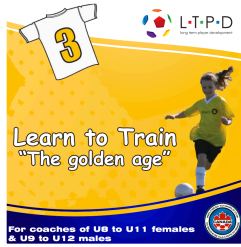
Technical	U9	U10	U11	U12	Physical	U9	U10	U11	U12
Dribbling	1	1	1	1	Agility	1	1	1	1
Running with the ball	1	1	1	1	Balance	1	1	1	1
Shooting	1	1	1	1	Coordination	1	1	1	1
Ball Control	2	1	1	1	Stamina	2	2	2	1
Passing	2	1	1	1	Strength	2	2	2	1
Receiving	2	1	1	1	Speed	1	1	1	1
Heading	4	4	4	3	Suppleness	2	2	2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

### 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

### Connect Four



#### Organization

Create an a 15x15m area with cones placed 5m apart as shown. Players are divided in to two teams of four.

#### Procedure

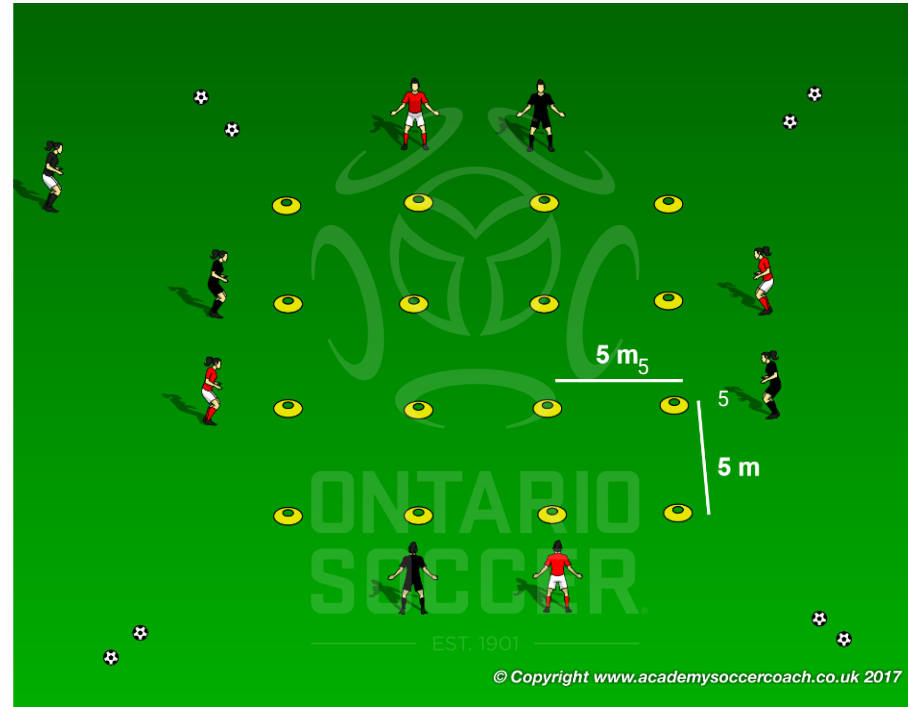
Players must run out and look to 'connect 4' by standing on a cone. They can connect, diagonally, horizontally or vertically. First team to connect 4 players win a point. Once a point is scored the activity restarts.

#### Emphasis

Creating a safe environment  
Positive reinforcement  
Allow players to make decisions  
Demonstration of activity

#### Progression

Players move in different ways:  
Bear-crawls, crab walks, hopping or running backwards.  
Players run with the ball at their feet.



#### Timing

8 – 12 minutes

#### Area

15m x 15m

#### Objective

To attack quickly on winning possession

#### Outcomes

**All Players** - will be able to recognise when their team has won the ball and how to attack  
**Most Players** - will be able to make a decision based on the number of players they are attacking with  
**Some Players** - will be able to draw in the opposition to create space in behind to exploit

#### Technical / Tactical

Ball Mastery  
Dribbling  
Passing

#### Psychological

Fun  
Safety  
Decision making

#### Socio - Emotional

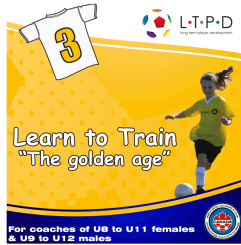
Problem Solving  
Communication  
Celebration  
Teamwork

#### Physical

Agility  
Balance  
Coordination  
Change of Speed  
Change of Direction

#### Top Tip

See this activity delivered in our grassroots videos at: <http://www.ontariosoccer.net/grassroots-video-practices> or directly on <https://youtu.be/4OIGDrWlqzM>



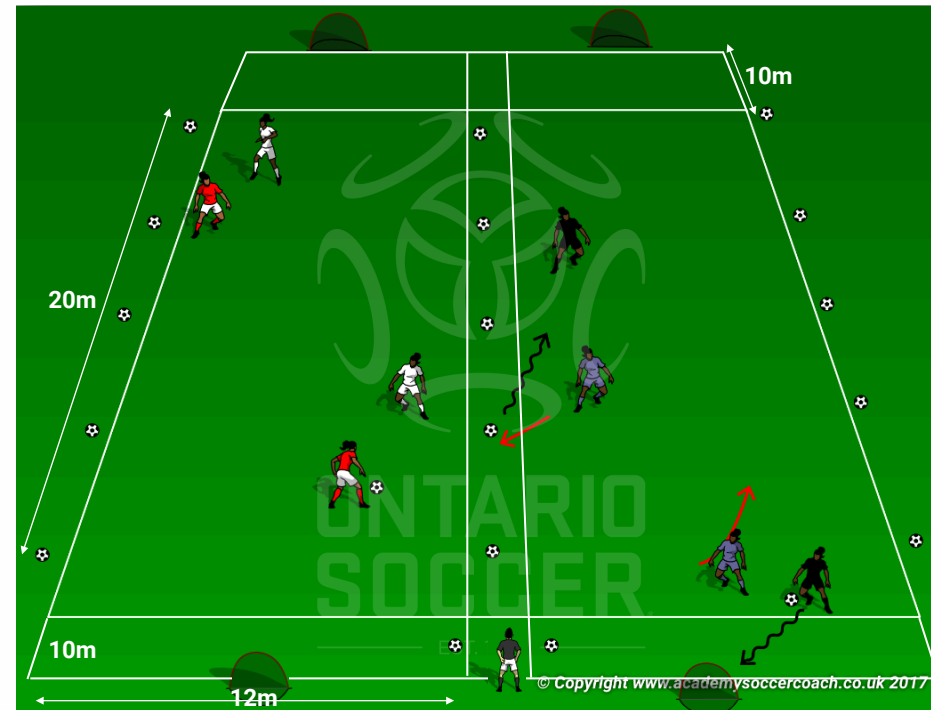
# Learn to Train

## Station B - Small Sided Game

### Overloads and Under loads



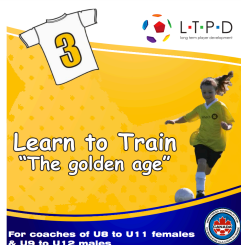
Organization
Players are divided in to 4 teams of 2. The field is set up as shown with balls around the outside and in the middle of the safe zone.
Procedure
Players play 2v2 and look to dribble over the end line to score. If a player has dribbled over the end line, they must look to run with the ball and score in the mini target goal. While that is happening, the team that has conceded, can look to start a new attack in a 2v1 situation.
After 2 minutes, rotate the teams so the two wining teams play each other. 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



Timing	Area
12 Minutes	30m x 25m (Two 20m x 12m fields)

Objective	
To attack quickly on winning possession	
Outcomes	
<b>All Players</b> - will be able to recognise when their team has won the ball and how to attack <b>Most Players</b> - will be able to make a decision based on the number of players they are attacking with <b>Some Players</b> - will be able to draw in the opposition to create space in behind to exploit	
Technical / Tactical	Psychological
Dribbling Running with the ball Transition	Fun Decision making Determination Competitiveness
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

### Transition Game



#### Organization

2 mini goals are placed on one side of a 25m square and a 9v9 goal is placed on the opposite side. Players are divided in to 2 teams and will rotate which player is the GK each time.

#### Procedure

The first red player dribbles out against a white defender. The red player looks to score past the GK in the big goal. The white player looks to steal and score in two of the mini goals. As soon as the play is over, the next white player dribble the ball in to create a 2v1 situation. When that is over, two red players dribble in to create a 3v2 situation. After that the final white player dribbles in to create a 4v3 (inc goalkeeper) and then the final red player dribbles in to create a 4v3 outfield situation.

Count how many goals are scored and swap sides. Also make sure you swap the order that the players start in to balance physical demands.

#### Emphasis

Fun,  
Creating a safe environment,  
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

12 Minutes

#### Area

25m x 25m

#### Objective

To attack quickly on winning possession

#### Outcomes

**All Players** - will be able to recognise when their team has won the ball and how to attack

**Most Players** - will be able to make a decision based on the number of players they are attacking with

**Some Players** - will be able to draw in the opposition to create space in behind to exploit

#### Technical / Tactical

Dribbling  
Running with the ball  
Transition  
Finishing

#### Psychological

Fun  
Decision making  
Determination  
Competitiveness

#### Socio - Emotional

Problem Solving  
Communication  
Celebration  
Teamwork

#### Physical

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.



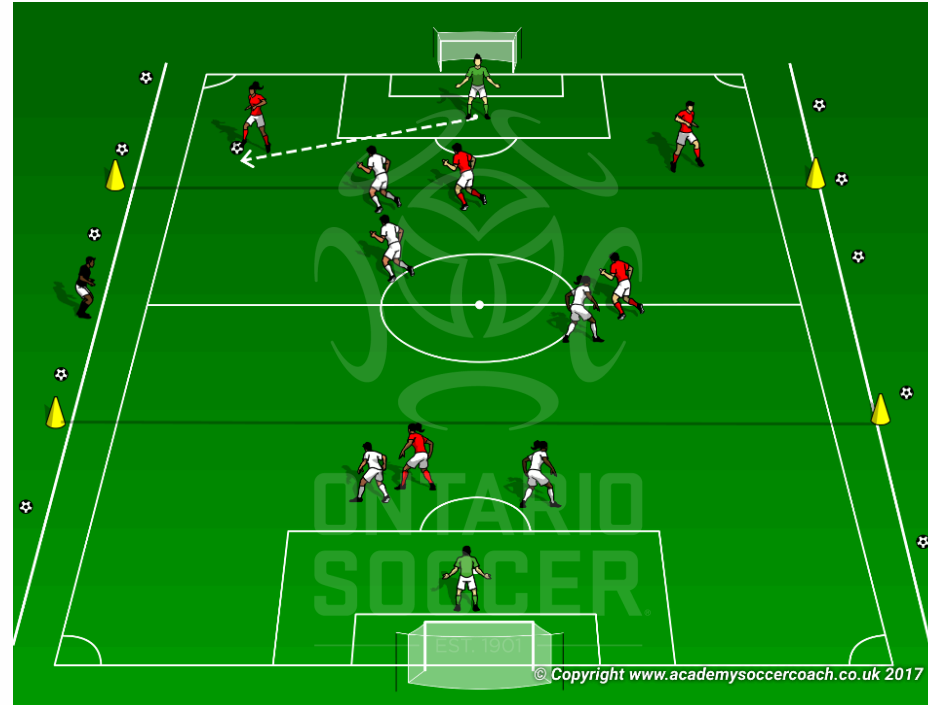
# Learn to Train

## 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. Play two halves of 6 minutes to keep the game intense and players understanding of how long is left in the game. 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 attack quickly on winning possession	
Outcomes	
<b>All Players</b> - will be able to recognise when their team has won the ball and how to attack <b>Most Players</b> - will be able to make a decision based on the number of players they are attacking with <b>Some Players</b> - will be able to draw in the opposition to create space in behind to exploit	
Technical / Tactical	Psychological
Dribbling Running with the ball Transition Finishing	Fun Decision making Determination Competitiveness
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

## 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

## Online Practice Videos

## Online Webinars

