



**ONTARIO
SOCCER**

EST. 1901



FUNdamentals Session Plan

**For coaches of U6-U8 females
and U6-U9 males**



Ontario Soccer Player Development Model: The Station Concept

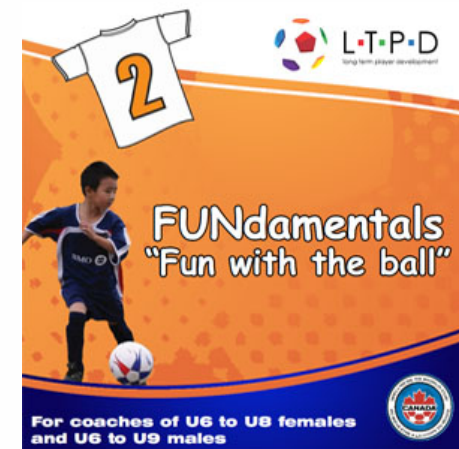


The activities provided illustrate how stations can be used during Grassroots practices.

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.

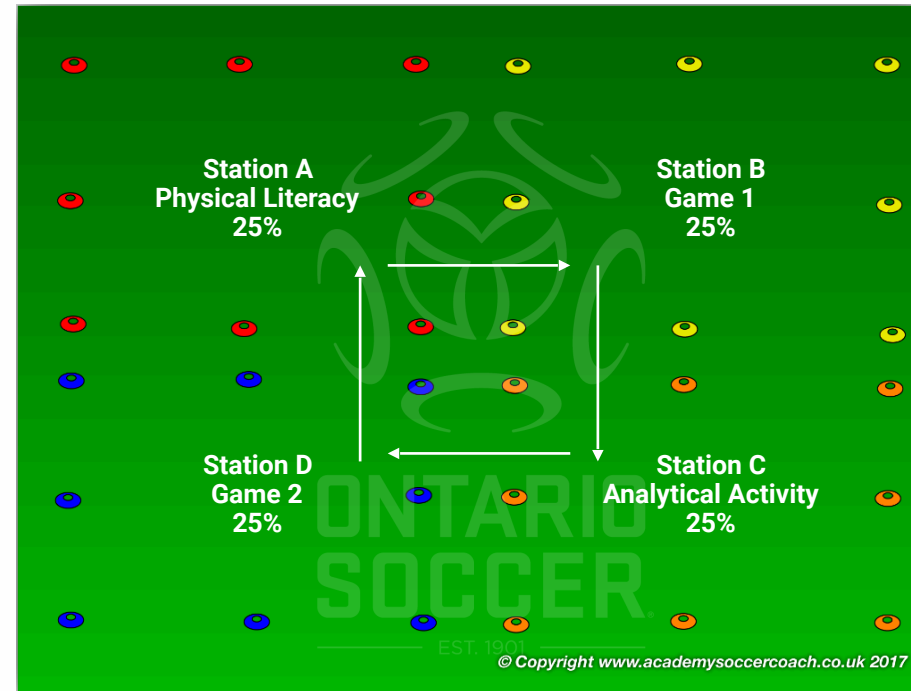
If working with a smaller group, simply move together through all 4 stations until all are complete.

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

You Can't Catch Me!



Organization

4 mini goals are placed on each side of the area facing inwards. 4 zones ideally of different colours are placed in the 4 corners of the playing area. Balls are scattered in around the playing area. The red players are placed in 4 corners, no more than 2 players per zone. The white players are in the middle of the area.

Procedure

The red players have to leave their zone , pick up the ball with their hands and score with a volley or half volley in one of the mini goal and then go to the zone with the fewest amount of players.

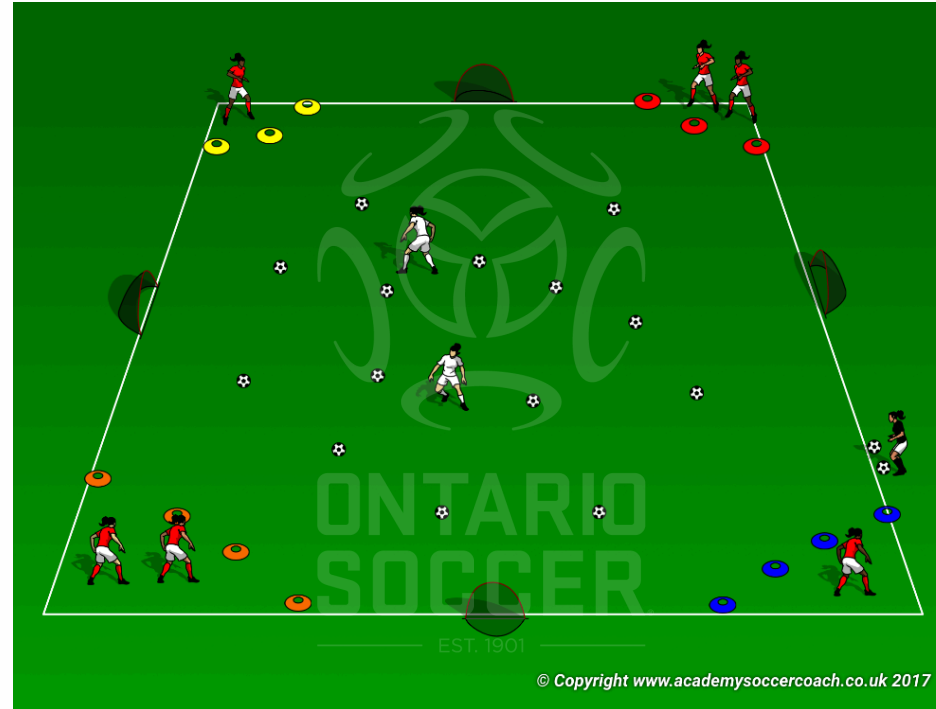
The white players have to tag them while they are doing this. The players have to score as many goals as possible without being tagged. If they are tagged, they swap roles.

Emphasis

Decision Making, Awareness, Problem-Solving Movements, FUN

Progression

Players must move in different ways, rolls, bear crawl or crab walks.



Timing	Area
9 Minutes	15m x 15m

Objective

Players are able to shoot on target and score

Outcomes

All players - will be able to shoot on target

Most players - will be able to shoot on target and score

Some players - will be able to shoot and score by using both feet

Technical / Tactical	Psychological
Shooting	Fun Safety Confidence Creativity
Socio - Emotional	Physical
Problem-solving Decision-making Celebrating	Balance Coordination Strength Reaction Perception Awareness

Top Tip

Developing players physically is very important. Allowing them to develop their upper body strength in an environment that they will enjoy where they can make decisions is essential. Encourage different types of movements and disguise the 'work' with an emphasis on fun.



FUNdamentals

Station B - Small Sided Game

2v2 School Yard Soccer



Organization
4 teams of 2.
Red v Grey play north to south. Black v White play east to west.
Procedure
Balls are placed behind each team goal for restarts if the ball goes out of play.
Emphasis
Decision Making Awareness Movements Running with the Ball Problem-Solving FUN
Progression
Winner of both games plays each other, have a competition for who can be school yard champions.



Timing	Area
9 Minutes	15 m x 15 m

Objective	
Players are able to shoot on target and score	
Outcomes	
All players - will be able to shoot on target	
Most players - will be able to shoot on target and score	
Some players - will be able to shoot and score by using both feet	
Technical / Tactical	Psychological
Shooting Ball mastery Running with the ball	Fun Safety Confidence Creativity
Socio - Emotional	Physical
Co-operation Communication Sharing Problem-solving Decision-making	Basic Motor Skills Perception Awareness Agility Balance Coordination

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 Activity

You Still Can't Catch Me!



Organization

4 mini goals are placed on each side of the area facing inwards. 4 zones ideally of different colours are placed in the 4 corners of the playing area. Balls are scattered in around the playing area. The red players are placed in 4 corners, no more than 2 players per zone. The white players are in the middle of the area.

Procedure

The red players have to leave their zone and score a goal in the mini goal and then go to the zone with the fewest amount of players.

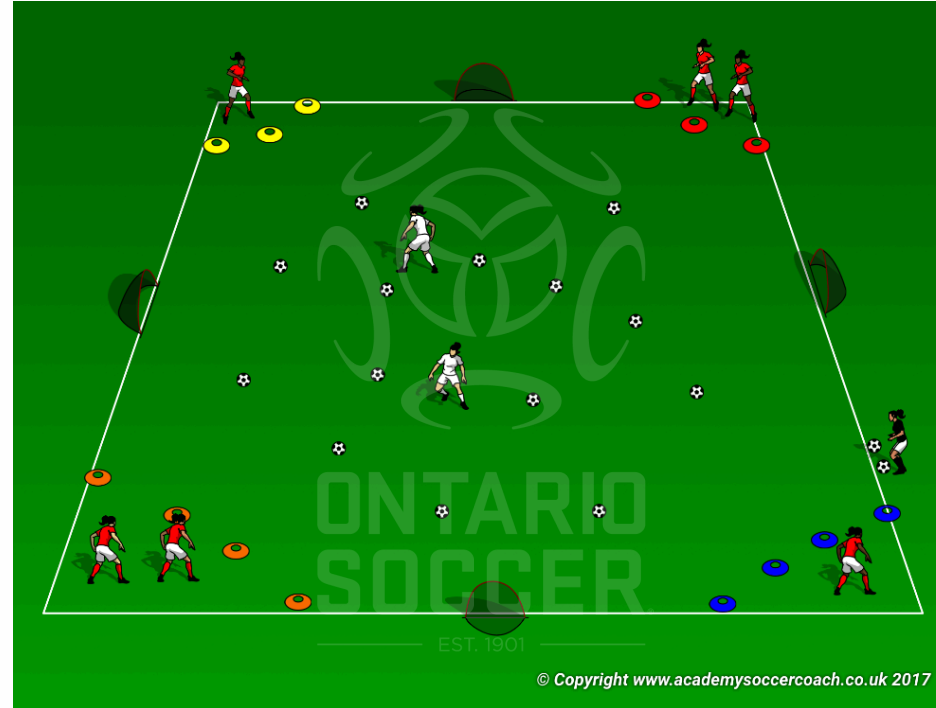
The white players have to tag them while they are doing this. The players have to score as many goals as possible without being tagged. If they are tagged, they swap roles.

Emphasis

Decision Making, Awareness, FUN

Progression

The defender steals the ball and scores in order to swap places with the attacker.



Timing

9 Minutes

Area

10m x 24m
(Each mini field is 10m x 6m)

Objective

Players are able to shoot on target and score

Outcomes

All players - will be able to shoot on target

Most players - will be able to shoot on target and score

Some players - will be able to shoot and score by using both feet

Technical / Tactical

Shooting
Ball mastery
Running with the ball

Socio - Emotional

Problem-solving
Decision-making

Psychological

Fun
Safety
Confidence
Creativity

Physical

Balance
Coordination
Strength
Reaction
Perception
Awareness

Top Tip

Use an tablet or a cell phone to show players videos of the great players scoring goals. Inspire the players and let them take ideas into the 1v1 game. Encourage them to try and praise their efforts for trying moves. This creates an environment that encourages creativity.



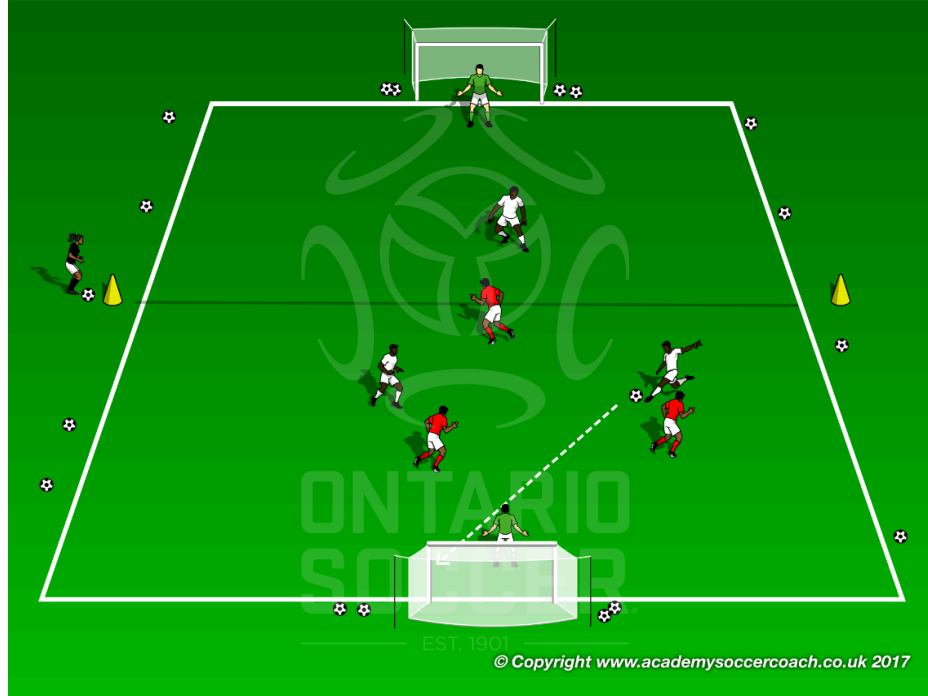
FUNdamentals

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	Area
9 Minutes	25 m x 18 m

Objective	
Players are able to shoot on target and score	
Outcomes	
All players - will be able to shoot on target	
Most players - will be able to shoot on target and score	
Some players - will be able to shoot and score by using both feet	
Technical / Tactical	Psychological
Shooting Ball mastery Running with the ball	Fun Safety Confidence Creativity
Socio - Emotional	Physical
Co-operation Communication Sharing Problem-solving Decision-making	Basic Motor Skills Perception Awareness Agility Balance Coordination

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.
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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