



**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

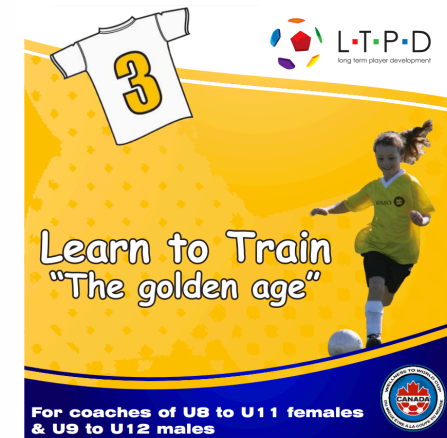


The activities provided illustrate how stations can be used during Grassroots practices.

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.

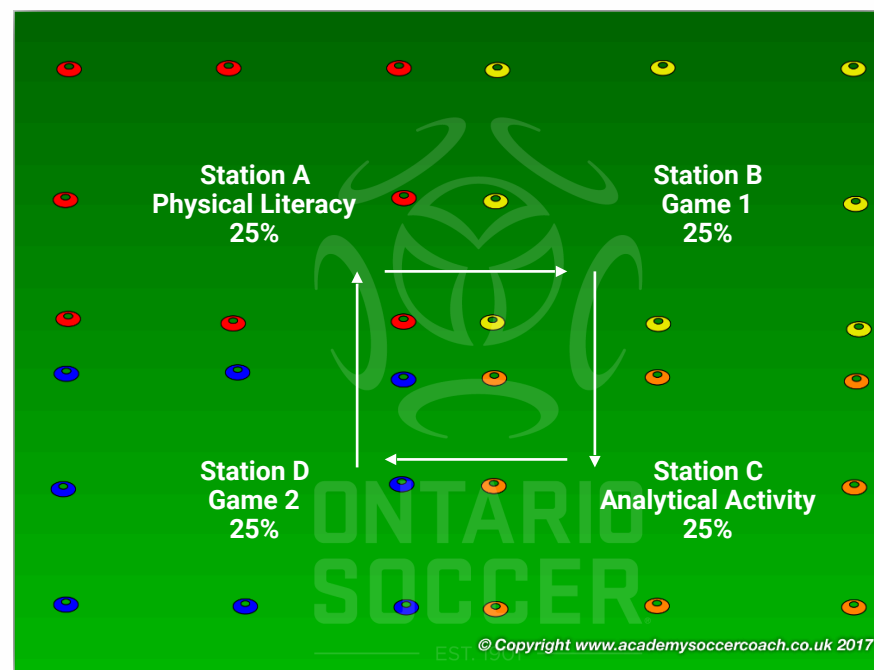
If working with a smaller group, simply move together through all 4 stations until all are complete.

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
					Compactness	3	3	3	2

Priority Key

High	1
Medium	2
Low	3
Not Applicable	4

Top Tip

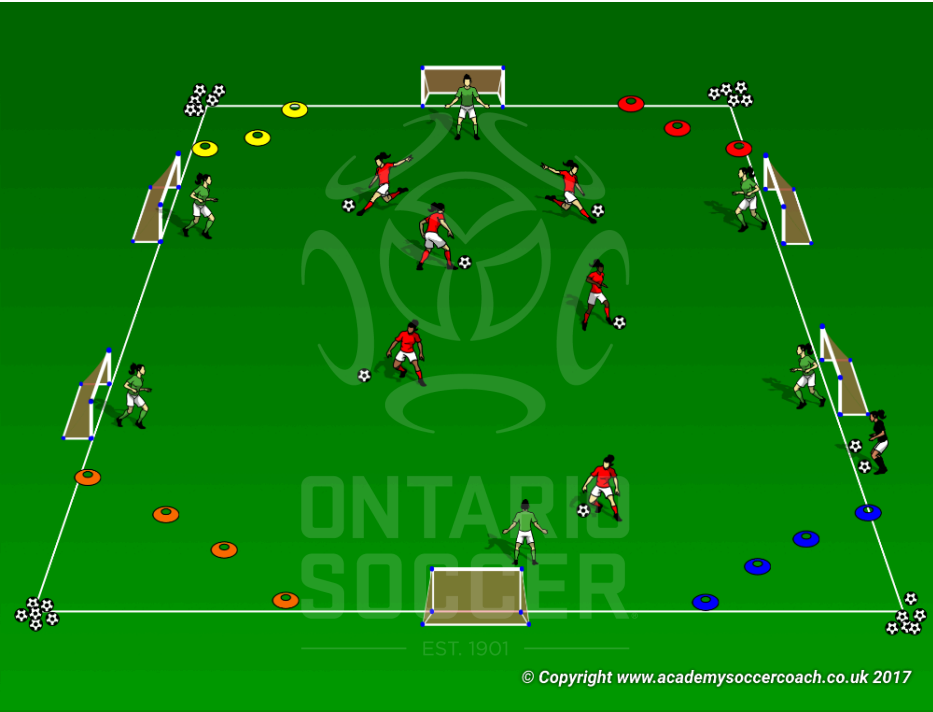
Did you know that more session plans for Active Start, Fundamentals and Learn to Train can be found at: <http://www.ontariosoccer.net/grassroots-practices>



Learn to Train

Station A - Physical Literacy

Goals Galore



Timing	Area
12 Minutes	25 m x 25 m

Organization
6 goals are placed around a 25m x 25m area. Each corner is coned off with a different colour and balls are placed in the corner of those zones.
Procedure
6 players in red have 90 seconds to score as many goals as they can past the 6 goalkeepers. If they score past the GK they must do a forward roll as a goal celebration. Once they have scored, players get a new ball from one of the coloured areas. They can only enter and leave the area by doing one of the following movements: Yellow: Bear Crawl, Red: Crab Walk, Blue, Frog Jumps, Orange: Opposite foot hops. Players must try and visit all 4 areas and score on all 6 goals in the time allocated. Players count how many goals they score. After 90 seconds, swap groups over.
Emphasis
Allowing the players to make decisions, maintaining a safe environment, providing positive reinforcement and demonstration of the activity.
Progression
Add defenders in each area and reduce the amount of goals that can be scored on. Defenders win the ball and run with the ball into one of the 4 corners for 10 points.

Objective	
Players are able to shoot on target and score	
Outcomes	
All Players - are able to take their first touch towards goal and shoot.	
Most Players - are able to take their first touch towards the goal and shoot on target.	
Some Players - are able to disguise the direction of the first touch and score past the goalkeeper	
Technical / Tactical	Psychological
Finishing Shooting	Fun Safety Motivation Self Confidence Decision Making
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Coordination Change of Speed Change of Direction Strength

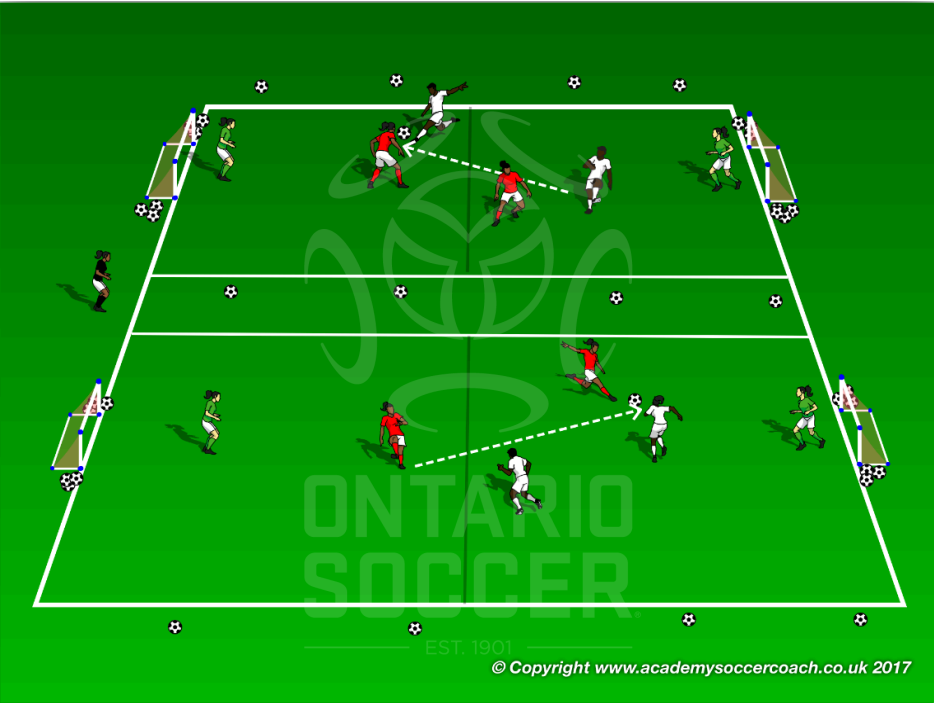
Top Tip	Use a model group to explain the activity to players. If there are players who may have shorter attention spans in the group, use them in your demonstrations to keep them engaged.
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Learn to Train

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
<p>Players play 3v3. If the ball goes out of play, play is restarted from the goalkeeper.</p> <p>After 3 minutes, rotate the teams. Make sure goalkeepers also rotate and play outfield.</p> <p>Relate the 2 outfield players to your game model. 2 strikers or 1 striker and midfielder.</p> <p>Include celebrations with team mates, high 5's, come up with their own etc.</p>
Emphasis
Fun, creating a safe environment, positive reinforcement, allowing players to make decisions, demonstration of the activity
Progression
N/A

Objective	
Players are able to shoot on target and score	
Outcomes	
<p>All Players - are able to take their first touch towards goal and shoot.</p> <p>Most Players - are able to take their first touch towards the goal and shoot on target.</p> <p>Some Players - are able to disguise the direction of the first touch and score past the goalkeeper</p>	
Technical / Tactical	Psychological
<p>Shooting</p> <p>Finishing</p> <p>Receiving</p>	<p>Safety</p> <p>Decision making</p> <p>Fun</p>
Socio - Emotional	Physical
<p>Problem Solving</p> <p>Communication</p> <p>Celebration</p> <p>Teamwork</p>	<p>Agility</p> <p>Balance</p> <p>Co-ordination</p> <p>Change of Speed</p> <p>Change of Direction</p>

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.
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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.

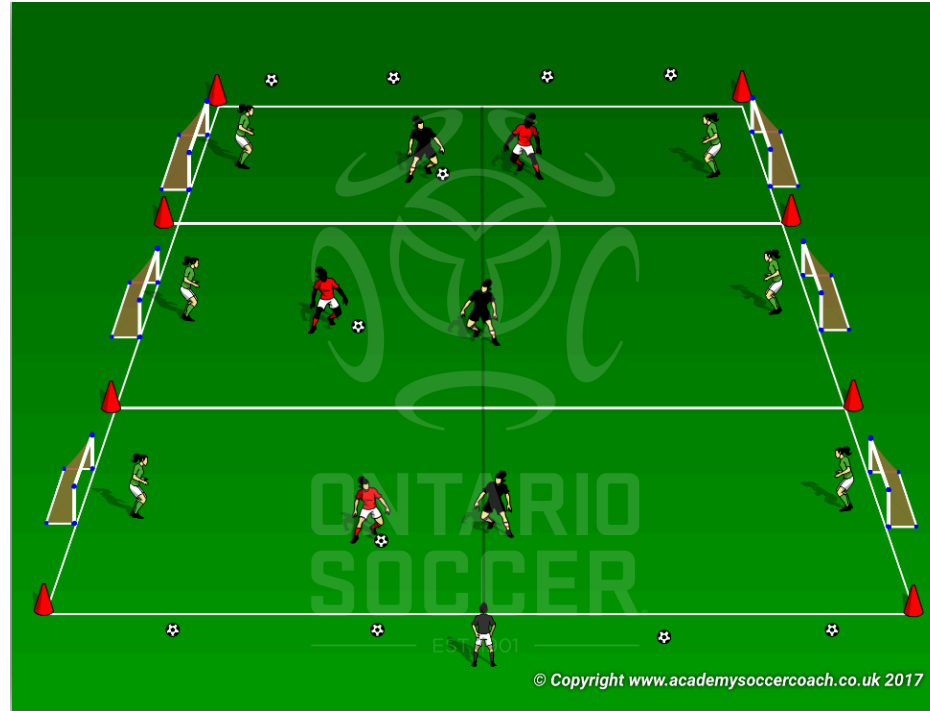
Winning team moves up to play the winners of the previous game. Winners on the top pitch (MLS Final) stay where they are. The team that lost in the MLS Final goes down to the bottom pitch (1/4 final) to play the losers of the previous 1/4 final.

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

12 Minutes

Area

20m x 40 m
20m x 12m (set up 3 times)

Objective

Players are able to shoot on target and score

Outcomes

All Players - are able to take their first touch towards goal and shoot.

Most Players - are able to take their first touch towards the goal and shoot on target.

Some Players - are able to disguise the direction of the first touch and score past the goalkeeper

Technical / Tactical

Receiving
Dribbling
Shooting
Finishing

Psychological

Safety
Decision making
Fun

Socio - Emotional

Problem Solving
Communication
Celebration
Teamwork

Physical

Agility
Balance
Co-ordination
Change of Speed
Change of Direction

Top Tip

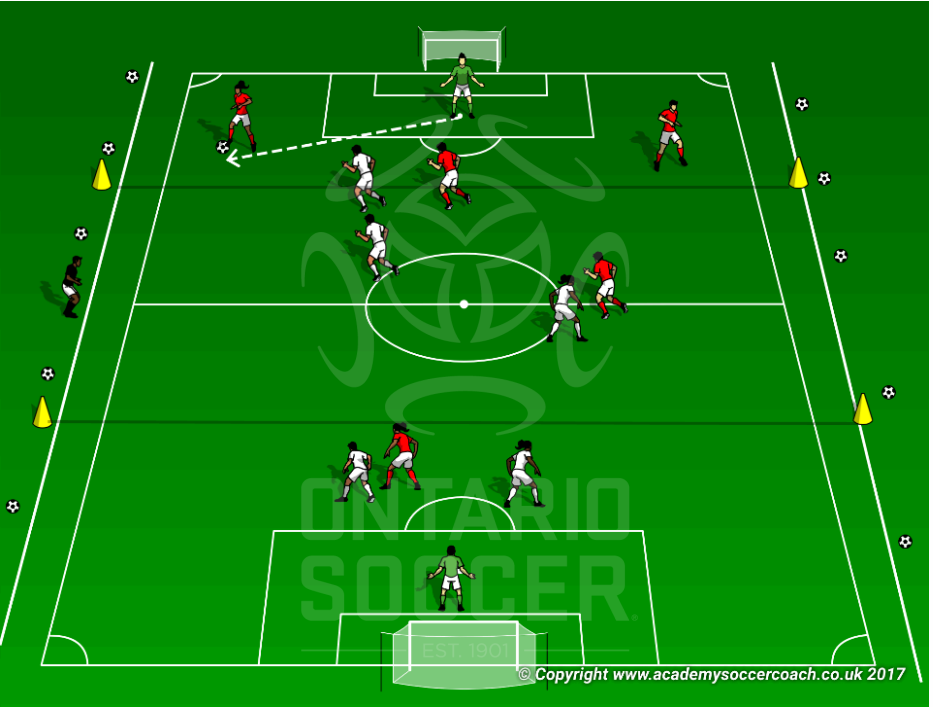
It's important that players can make decisions that are in context to the game. Think about starting position, movement, direction and speed in relation to the game.



Learn to Train

Station D - Small Sided Game

6v6 or 7v7 with retreat line



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

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

Objective	
Players are able to shoot on target and score	
Outcomes	
All Players - are able to take their first touch towards goal and shoot. Most Players - are able to take their first touch towards the goal and shoot on target. Some Players - are able to disguise the direction of the first touch and score past the goalkeeper	
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.
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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

- 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

