



**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

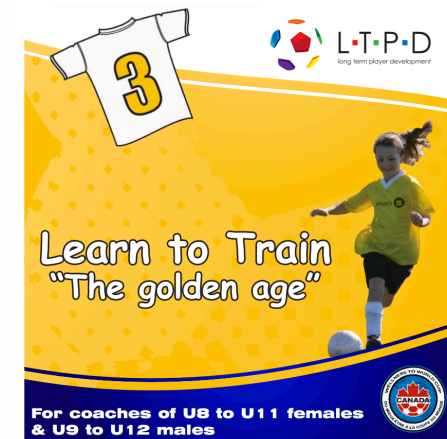


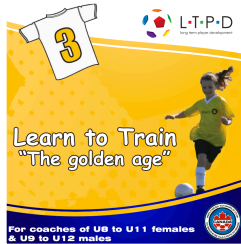
The activities provided illustrate how stations can be used during Grassroots practices.

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.

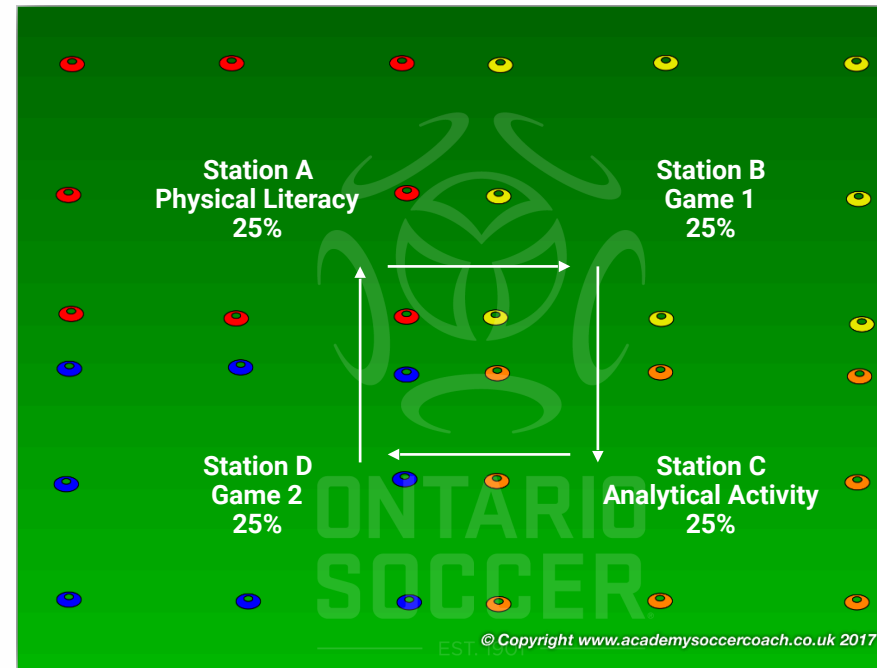
If working with a smaller group, simply move together through all 4 stations until all are complete.

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>





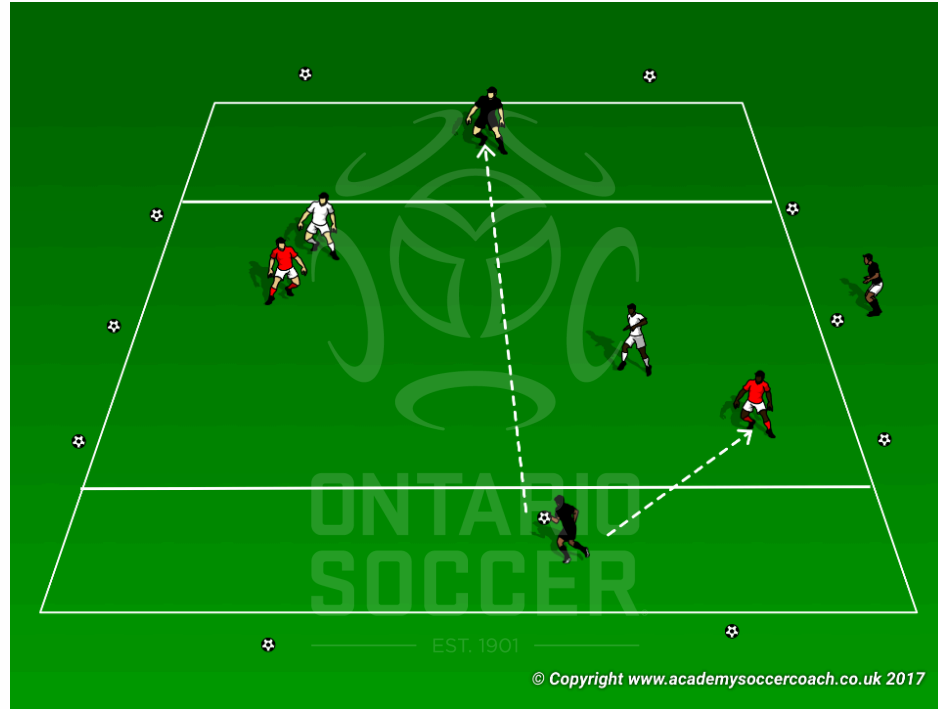
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Station A - Physical Literacy

Handball



Organization
12 Players are divided in to 2 groups of 6. Then they are divided in to 3 teams of 2.
Procedure
Players have the ball in their hands and have 90 seconds to score as many goals as they can. They score by receiving from from one target player and passing to the other. If defending team intercepts, a pass is incomplete or the ball goes out of the playing area, the ball is turned over to the opposition team. All three teams play each other once. The winning team plays the winning team from the other group with the best runners up taking the final spot. Play again.
Emphasis
Allowing the players to make decisions, Maintaining a safe environment, Providing positive reinforcement Demonstration of the activity.
Progression
N/A

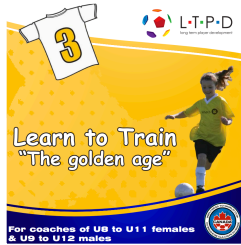


Timing	Area
12 Minutes	15 m x 8 m (Middle Area 10m x 8m)

Objective	
Players are able to penetrate lines of defence by passing through them	
Outcomes	
All Players - are able to break a defensive line by passing.	
Most Players - are able to break two defensive lines by passing through them.	
Some Players - are able to break two defensive lines by passing with disguise through them	
Technical / Tactical	Psychological
Passing Receiving Creating Space	Fun Safety Motivation Self Confidence Decision Making
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Coordination Change of Speed Change of Direction

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.





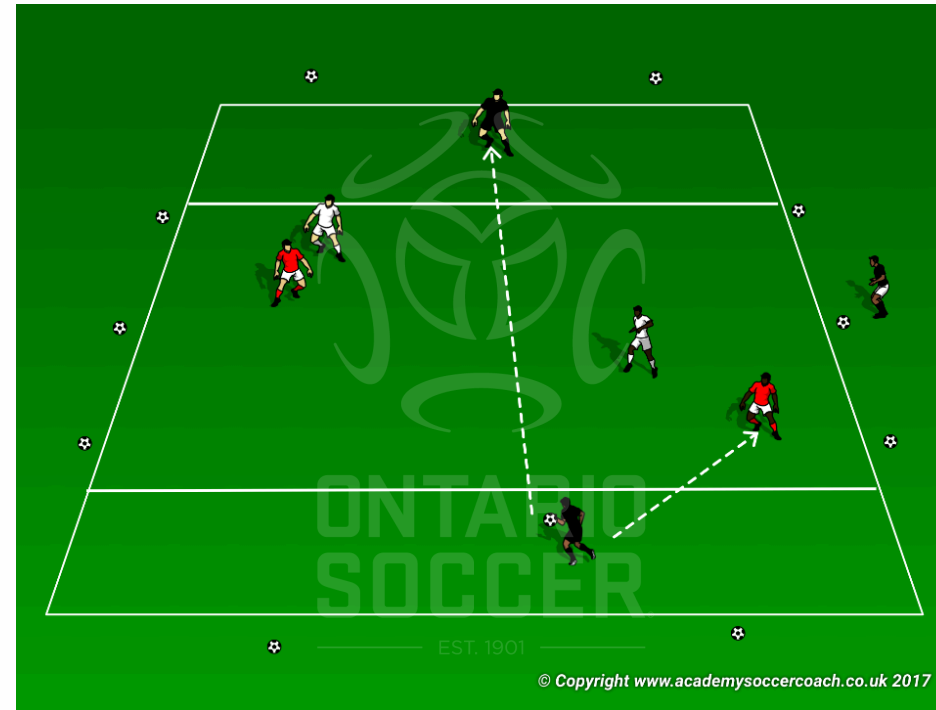
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Station B - Small Sided Game

2v2 to Targets



Organization
12 Players are divided in to 2 groups of 6. Then they are divided in to 3 teams of 2.
Procedure
As Station A, players now use their feet. Play 2v2 in the middle and receive from the target players and look to score by receiving from one end zone and scoring in the other. If defending team intercepts, a pass is incomplete or the ball goes out of the playing area, the ball is turned over to the opposition team. All three teams play each other once. The winning team plays the winning team from the other group with the best runners up taking the final spot. Play again.
Emphasis
Allowing the players to make decisions, Maintaining a safe environment, Providing positive reinforcement Demonstration of the activity.
Progression
N/A

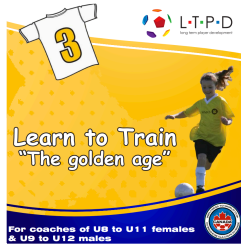


Timing	Area
12 Minutes	15 m x 10 m (Middle Area 10mx10m)

Objective	
Players are able to penetrate lines of defence by passing through them	
Outcomes	
All Players - are able to break a defensive line by passing.	
Most Players - are able to break two defensive lines by passing through them.	
Some Players - are able to break two defensive lines by passing with disguise through them	
Technical / Tactical	Psychological
Passing Receiving Creating Space	Fun Safety Motivation Self Confidence Decision Making
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Coordination Change of Speed Change of Direction

Top Tip Show players examples of professional players executing these techniques. Perhaps use a cell phone or a tablet to show examples of TFC, Ottawa Fury or the Canadian National Team and ask what details they can see and try and replicate.





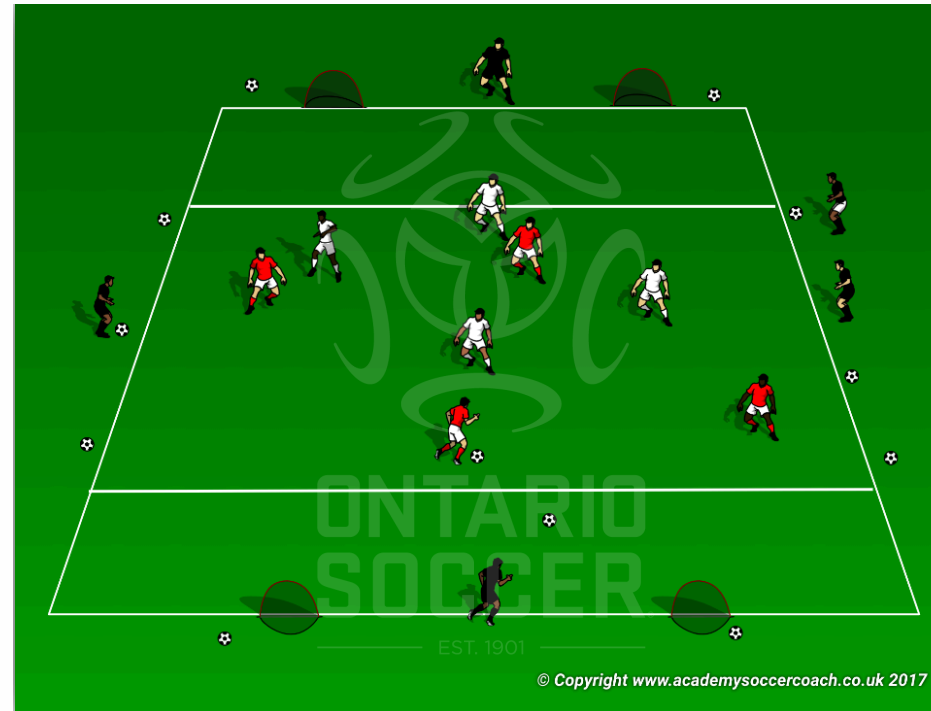
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Station C - Analytical Activity

Pass Master



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 4v4 in the middle zone. They score by passing in to the end zone and a player receiving it as per the offside rule. (i.e player has to run in the end zone to receive after the ball was passed) once the player is in the end zone they can score on either of the goals for a bonus point. 1 defender can stop them scoring on the goal by dropping in to the end zone and a team mate can join for a 2v1. While all this is happening, the black team are moving the ball by passing to each other. Their objective is to penetrate through gaps in the main field to score. Ensure these passes are on the ground for safety. Play for 3 minutes and winning team stays on to play the black team.
Emphasis
Maintaining a safe environment, Decision Making
Progression
N/A



Timing	Area
12 Minutes	35m x 25m (Middle area 20m x 20m)

Objective	
Players are able to penetrate lines of defence by passing through them	
Outcomes	
All Players - are able to break a defensive line by passing.	
Most Players - are able to break two defensive lines by passing through them.	
Some Players - are able to break two defensive lines by passing with disguise through them	
Technical / Tactical	Psychological
Passing Receiving Creating Space	Fun Safety Motivation Self Confidence Decision Making
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Coordination 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.



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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

Players are able to penetrate lines of defence by passing through them

Outcomes

- All Players** - are able to break a defensive line by passing.
- Most Players** - are able to break two defensive lines by passing through them.
- Some Players** - are able to break two defensive lines by passing with disguise through them

Technical / Tactical	Psychological
Passing Receiving Creating Space	Fun Safety Motivation Self Confidence Decision Making
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Coordination 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

