



**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.

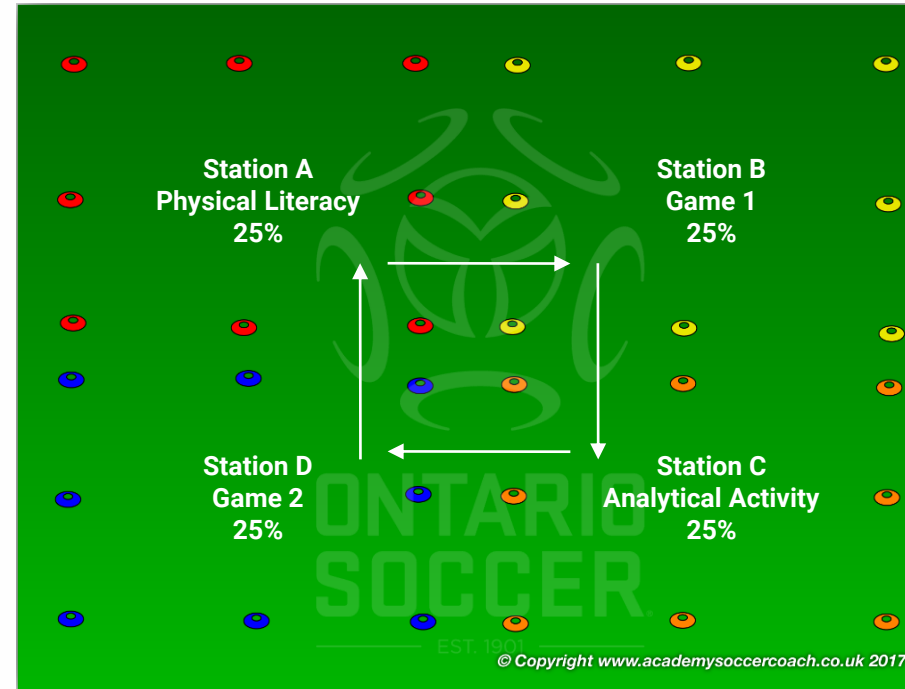
If working with a smaller group, simply move together through all 4 stations until all are complete.

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)

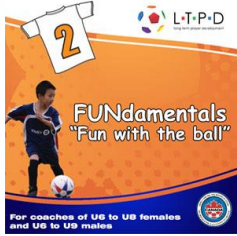
Technical / Tactical	U6	U7	U8	Physical	U6	U7	U8
Dribbling	1	1	1	Agility	2	2	1
Running with the ball	1	1	1	Balance	3	2	1
Shooting	1	1	1	Coordination	3	2	1
Ball Control	3	1	1	Stamina	4	4	3
Passing	3	3	3	Strength	3	3	3
Receiving	3	1	1	Speed	2	1	1
Heading	4	4	4	Suppleness	3	3	3
Shielding	4	4	3	Acceleration	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				
Respect / discipline	2	1	1				
Fair play / honesty	3	2	1				

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>



FUNdamentals

Station A - Physical Literacy

Batman Says!



Organization

Various coloured gates are placed throughout the grid.

Procedure

Players pick Justice League character: Flash, Wonder Woman, Aquaman, or Superman. Players must dribble the ball through as many gates as they can until "Batman" (the coach) gives them a new pattern to do. Patterns can be:

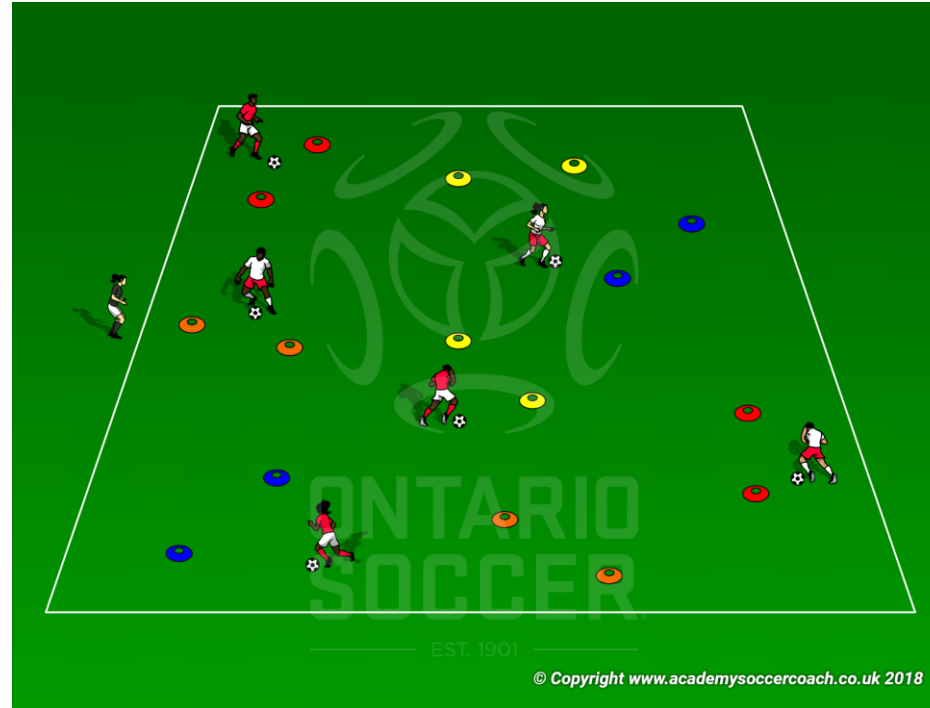
- Never same colour twice in a row
- Only two colours
- All but one colour (assign each character a colour)

Emphasis

Decision Making,
Awareness,
Problem-Solving Movements
FUN

Progression

Do movements as they go through each gate (such as front rolls, bear crawls, crab walk, etc.)
Enlarge the gates and add a defender



Timing	Area
9 Minutes	18m x 18m

Objective

Players are able to change direction

Outcomes

All players - will be able to change direction using one foot
Most players - will be able to change direction using both feet
Some players - will be able to change direction using both feet and beat an opponent

Technical / Tactical	Psychological
Dribbling Ball mastery Running with the Ball	Fun Safety Confidence Creativity
Socio – Emotional	Physical
Problem-solving Decision-making Celebrating	Balance Coordination Strength Reaction Perception Awareness

Top Tip

Whatever theme you are implementing within the session, do your best to bring it to life as the players really enjoy and can relate with this (ex. Using Batman's voice above).



FUNdamentals

Station B - Small Sided Game

2v2 into the 'Bat Cave'



Organization

Two teams of two players. Small end zones (~3m) on the end of each grid.
Balls should be placed outside the end zone and the grid for restarts if the ball goes out of play.

Procedure

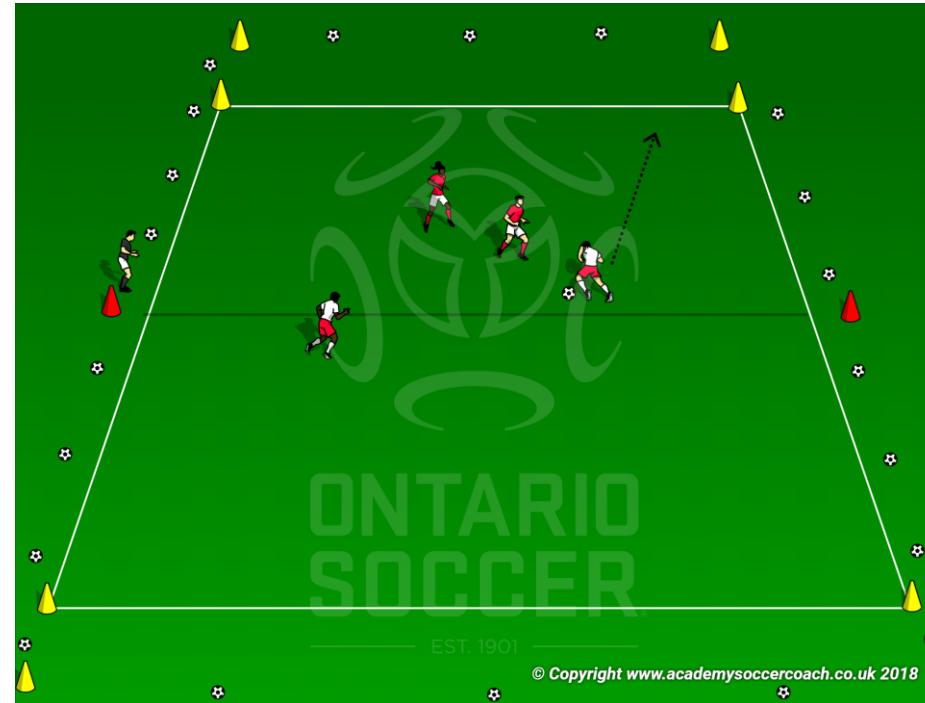
Players select a villain (ex. Joker, Penguin, Mr. Freeze, Poison Ivy) and attempt to sneak (dribble into) the Bat Cave (end zone) to score. Opponents must retreat into their half after each goal or upon restart.

Emphasis

Decision Making
Awareness
Movements
Dribbling
Running with the Ball
Problem-Solving
FUN

Progression

Players can pass into the end zone to score as well.



Timing

9 Minutes

Area

15 m x 12 m

Objective

Players are able to change direction

Outcomes

All players - will be able to change direction using one foot

Most players - will be able to change direction using both feet

Some players - will be able to change direction using both feet and beat an opponent

Technical / Tactical

Dribbling
Ball mastery
Running with the ball

Psychological

Fun
Safety
Confidence
Creativity

Socio - Emotional

Co-operation
Communication
Sharing
Problem-solving
Decision-making

Physical

Basic Motor Skills
Perception
Awareness
Agility
Balance
Coordination

Top Tip

Encourage players to go into open space as quickly as they can. Recognize every player will do so at a different level – praise them when they see the open space and attempt to break into it.



FUNdamentals

Station C - Analytical Activity

1v1 with Retreat Line



Organization

Players are placed in the area to play 1v1. Goals are at each end of the mini field. A retreat line is marked by the large red cones.

Procedure

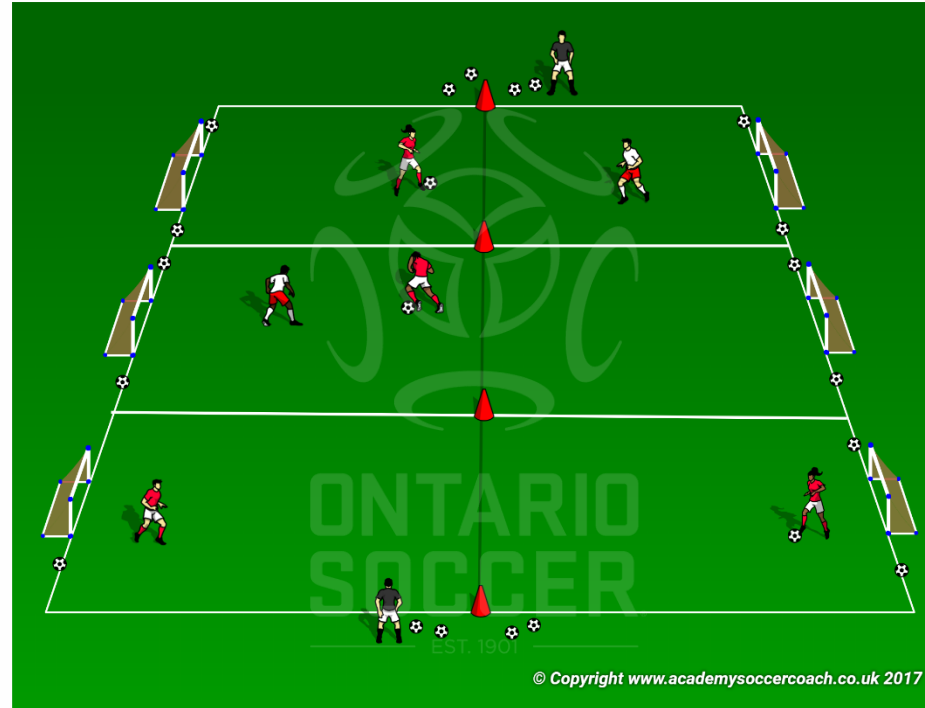
When the ball goes out of play or a goal is scored, the player must retreat to their own goal while their opponent restarts.

Emphasis

Decision Making,
Awareness,
Problem-Solving Movements
FUN

Progression

At the restart, the Coach can serve the ball in to vary starting positions.
Opponent only retreats into their half



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Timing

9 Minutes

Area

12m x 24m
(Each mini field is 12m x 8m)

Objective

Players are able to change direction

Outcomes

All players - will be able to change direction using one foot

Most players - will be able to change direction using both feet

Some players - will be able to change direction using both feet and beat an opponent

Technical / Tactical

Dribbling
Ball mastery
Running with the ball
Shooting

Socio - Emotional

Problem-solving
Decision-making

Psychological

Fun
Safety
Confidence
Creativity

Physical

Balance
Coordination
Strength
Reaction
Perception
Awareness

Top Tip

Start the exercise by demonstrating a feint or move for the players to try. You may also use your phone/tablet to show them video of a pro player executing the move. This generates enthusiasm in the players and encourages creativity as they go into 1v1's.



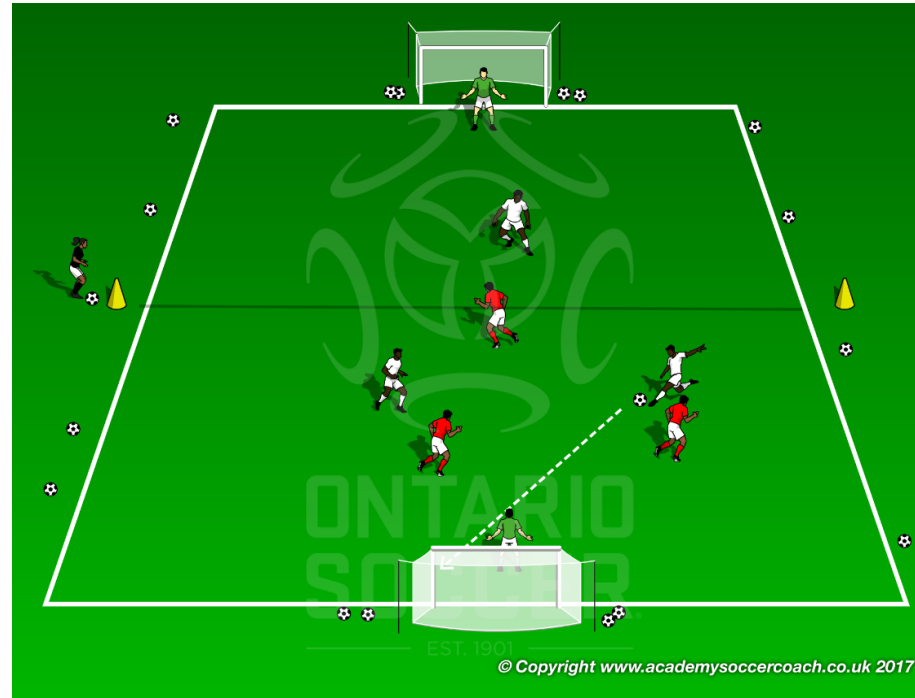
FUNdamentals

Station D - Small Sided Game

4v4 with Retreat Line



Organization
Two teams of 4v4 (with Goalkeepers) are placed in a 25m x 18m field with 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 change direction	
Outcomes	
All players - will be able to change direction using one foot	
Most players - will be able to change direction using both feet	
Some players - will be able to change direction using both feet and beat an opponent	
Technical / Tactical	Psychological
Dribbling Ball mastery Running with the ball Shooting	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 Really encourage players to celebrate when they score! This creates a fun environment and positively reinforces the scoring of goals.

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

