



**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

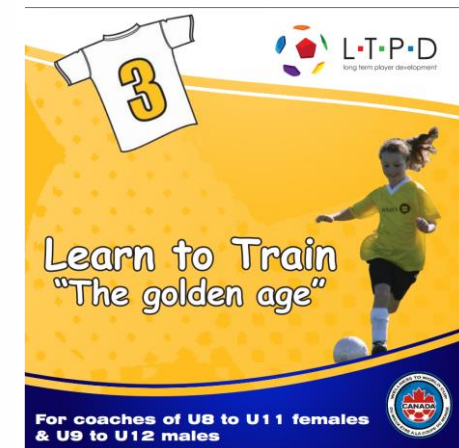


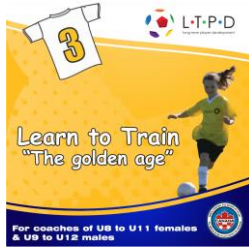
The activities provided illustrate how stations can be used during Grassroots practices.

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.

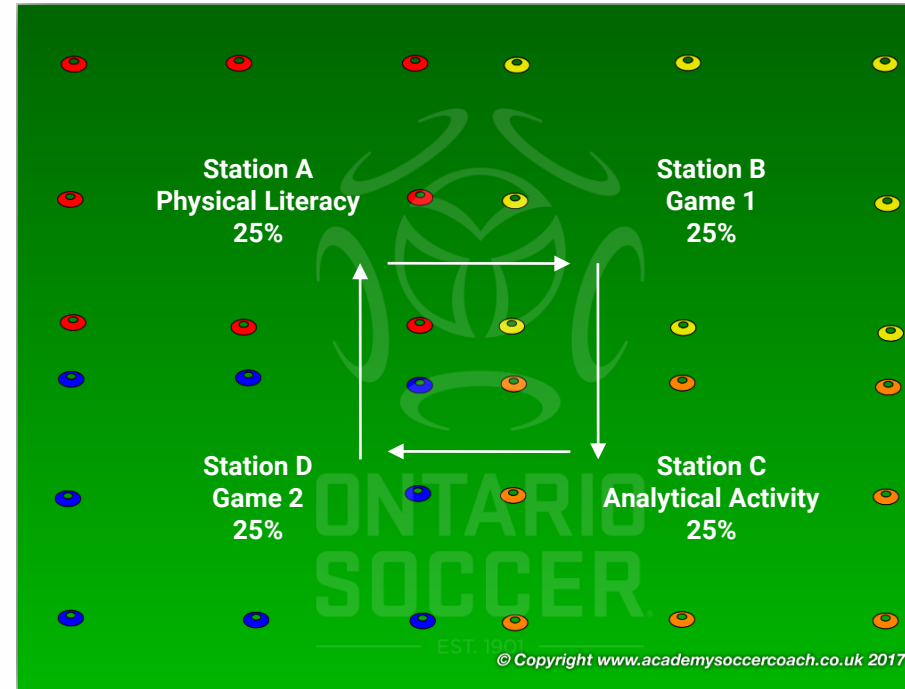
If working with a smaller group, simply move together through all 4 stations until all are complete.

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)

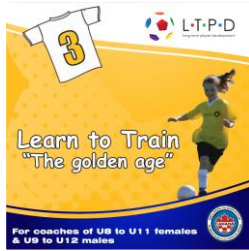
Technical	U9	U10	U11	U12	Physical	U9	U10	U11	U12
Dribbling	1	1	1	1	Agility	1	1	1	1
Running with the ball	1	1	1	1	Balance	1	1	1	1
Shooting	1	1	1	1	Coordination	1	1	1	1
Ball Control	2	1	1	1	Stamina	2	2	2	1
Passing	2	1	1	1	Strength	2	2	2	1
Receiving	2	1	1	1	Speed	1	1	1	1
Heading	4	4	4	3	Suppleness	2	2	2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

Protect your Cones!



Organization

Two teams of 6. Half of each team is designated the defenders and the other half the attackers.

Procedure

The Attackers attempt to hit/knock over all the opposition cones before a) time runs out and b) the opposition does it first! If the Defenders disarm/dispossess an Attacker of the ball, they must return to home (blue grid on their side) via the ladder by doing a designated pattern and obtain a new ball to re-enter the game.

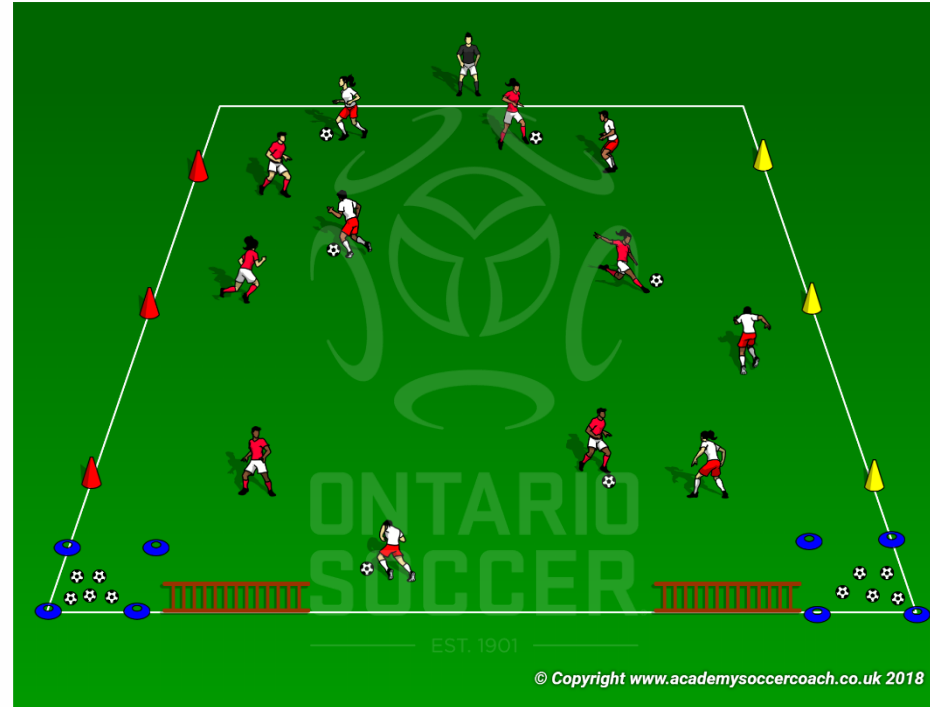
After two minutes, players switch roles. Two full games should be played.

Emphasis

Creating a safe environment, positive reinforcement, allow decision making, and demonstration of the activity.

Progression

Remove the ball – Bear Crawl, Crab Walk, etc.
Add more cones than defenders.
Change the ladder for another exercise (ex. Hurdles).
Play until the first team runs out of balls.



Timing	Area
12 minutes	30m x 30m

Objective

To effectively apply pressure to the ball carrier

Outcomes

All Players - will be able to apply pressure to the ball carrier in the correct body position

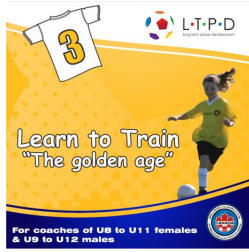
Most Players - will be able to apply pressure to the ball carrier in the correct body position and disarm their opponent

Some Players - will be able to apply pressure to the ball carrier in the correct body position and recover the ball

Technical / Tactical	Psychological
1v1 Defending Pressure Cover Tackles	Fun Competitiveness Concentration Self Control Determination
Socio - Emotional	Physical
Problem Solving Decision Making Patience Teamwork	Reaction Awareness Agility Balance Coordination

Top Tip

Use a game or themed activity to introduce new topics to children. By making it fun and enjoyable, players respond more readily to information – especially new information.



Learn to Train

Station B – Small Sided Game

2v2's with Retreat Line



Organization

Players play in 2v2's with a Retreat Line.

Procedure

Play begins with the attackers taking a ball and passing to their team-mate. A defenders can only leave their half once the attacker has received the ball (regular Retreat Line). The other defender should act as a Goalkeeper.

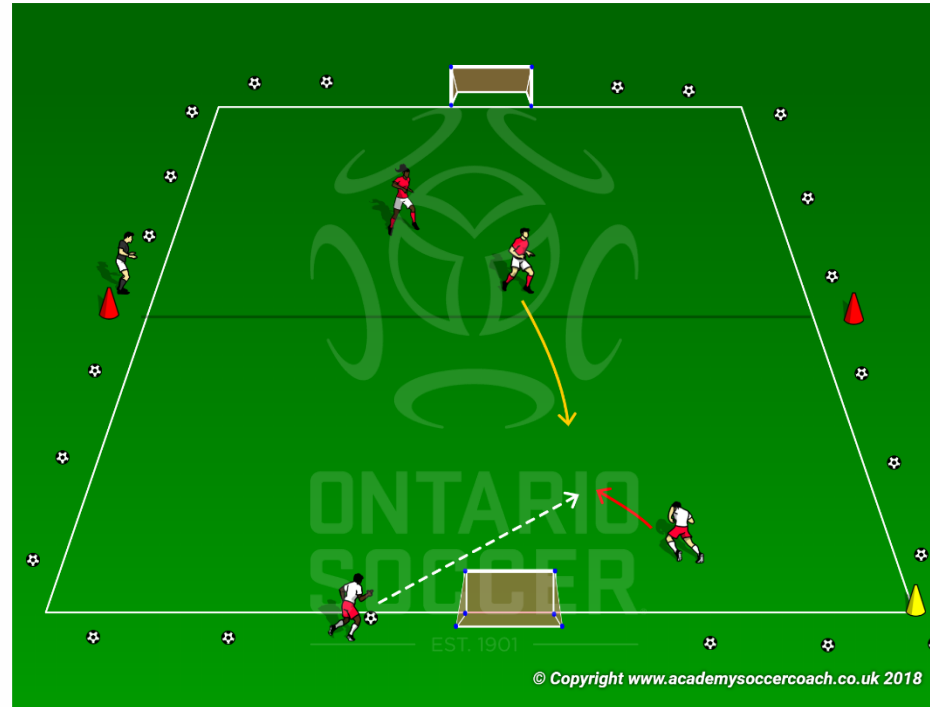
After each goal or if the defenders recover the ball, one of the attackers must transition into goal as a goalkeeper and the other as a defender.

Emphasis

Creating a safe environment, positive reinforcement, allow decision making, and demonstration of the activity.

Progression

Play can start with the GK's team and play a 1v2



Timing	Area
12 Minutes	25m x 45m (Three 25m x 15m fields)

Objective

To effectively apply pressure to the ball carrier

Outcomes

All Players - will be able to apply pressure to the ball carrier in the correct body position

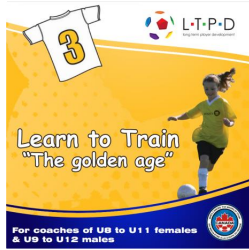
Most Players - will be able to apply pressure to the ball carrier in the correct body position and disarm their opponent

Some Players - will be able to apply pressure to the ball carrier in the correct body position and recover the ball

Technical / Tactical	Psychological
1v1 Defending Pressure Tackles	Fun Competitiveness Concentration Self Control Determination
Socio - Emotional	Physical
Problem Solving Decision Making Patience	Strength Reaction Awareness Agility Balance

Top Tip

Promote the player to be as competitive as possible in 1v1 situations. This is especially important in the face of adversity – provide encouragement and specific information to overcome challenges and keep going!



Learn to Train

Station C – Analytical Activity

2v1+GK with Retreat Line



Organization

Players play 2v2. One team with two outfielders versus one outfielder and a GK.

Procedure

Game starts and restarts from the GK serving to their team-mate. Attacker attempts to dribble through one of the two gates to score. Defenders apply pressure (after attacker has touched the ball) to the ball carrier to prevent a goal – if they recover the ball, they can score in the goal.

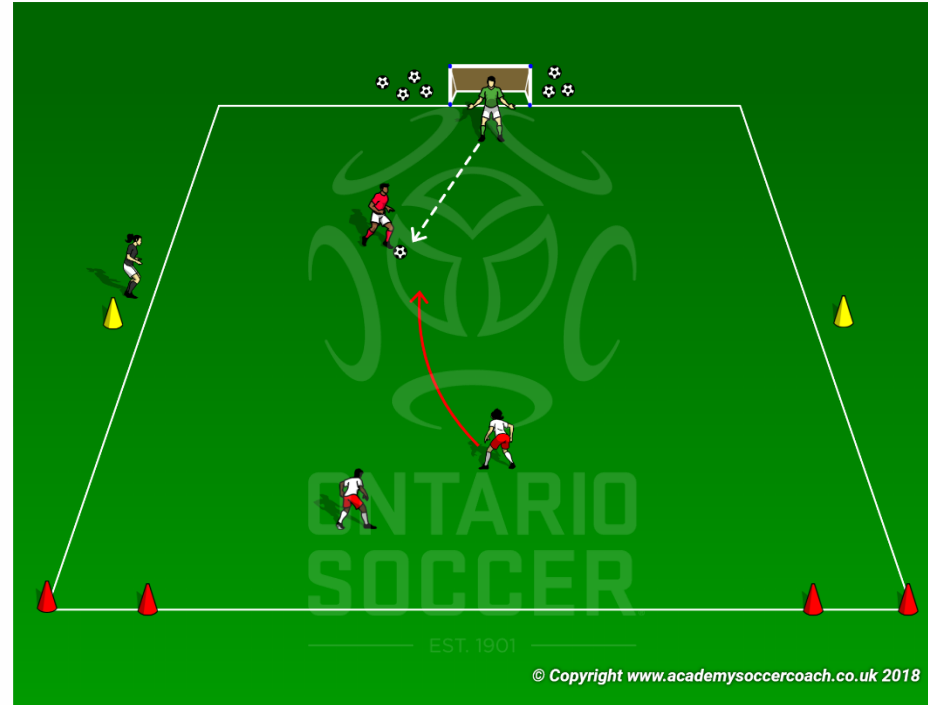
Rotate all players after 3 minutes.

Emphasis

Creating a safe environment, positive reinforcement, allow decision making, and demonstration of the activity.

Progression

GK can vary distribution (ex. With feet/hands to feet/chest/into space/etc.)
Can introduce 'Cover'



Timing

12 Minutes

Area

20m x 36m
(Three 20m x 12m)

Objective

To effectively apply pressure to the ball carrier

Outcomes

All Players - will be able to apply pressure to the ball carrier in the correct body position

Most Players - will be able to apply pressure to the ball carrier in the correct body position and disarm their opponent

Some Players - will be able to apply pressure to the ball carrier in the correct body position and recover the ball

Technical / Tactical

1v1 Defending
Pressure
Cover
Tackles

Psychological

Fun
Competitiveness
Concentration
Self Control
Determination

Socio - Emotional

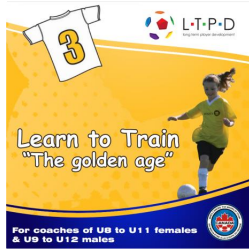
Problem Solving
Decision Making
Patience

Physical

Strength
Reaction
Awareness
Agility
Balance

Top Tip

Don't forget that the Goalkeeper is an integral part of the team. Ensure that you provide information that is relative to your theme/topic to them as well throughout the session.



Learn to Train

Station D - Small Sided Game

6v6/7v7 with Retreat Line



Organization

Two teams of 6v6 (GK+5v5+GK). Format could also include 7v7 or 9v9. Balls are placed around the outside of the pitch for quick restarts.

Procedure

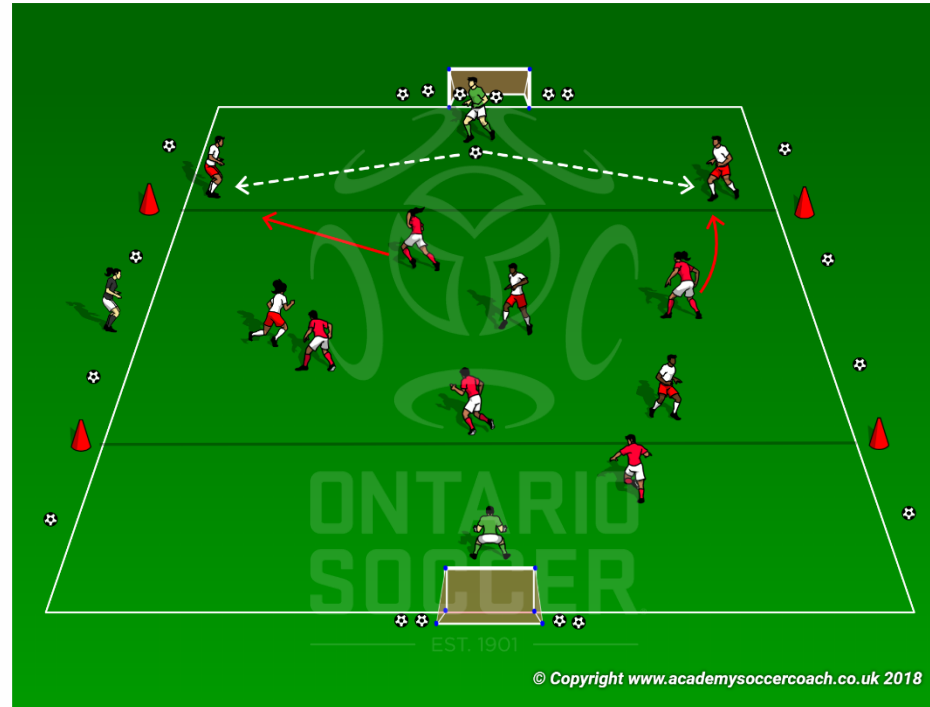
Players play a normal game with all age and stage appropriate rules applied. Retreat line, offsides, throw ins. Play two halves of 6 minutes to keep the game intense and players understanding of how long is left in the game.

Emphasis

Creating a safe environment, positive reinforcement, allow decision making, demonstration of activity, and ensure game realism.

Progression

N/A



Timing

12 Minutes

Area

45m x 30m

Objective

To effectively apply pressure to the ball carrier in game situations

Outcomes

All Players - will be able to apply pressure to the ball carrier in the correct body position

Most Players - will be able to apply pressure to the ball carrier in the correct body position and disarm their opponent

Some Players - will be able to apply pressure to the ball carrier in the correct body position and recover the ball

Technical / Tactical

1v1 Defending
Pressure
Cover
Tackles

Psychological

Fun
Competitiveness
Concentration
Self Control
Determination

Socio - Emotional

Problem Solving
Decision Making
Patience

Physical

Strength
Reaction
Awareness
Agility

Top Tip

Challenge your Goalkeeper to talk to their defenders. A vocal cue to apply pressure or move into space that is realistic to the game (and not reliant on the coach) can be very effective and impactful.

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

