



**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.

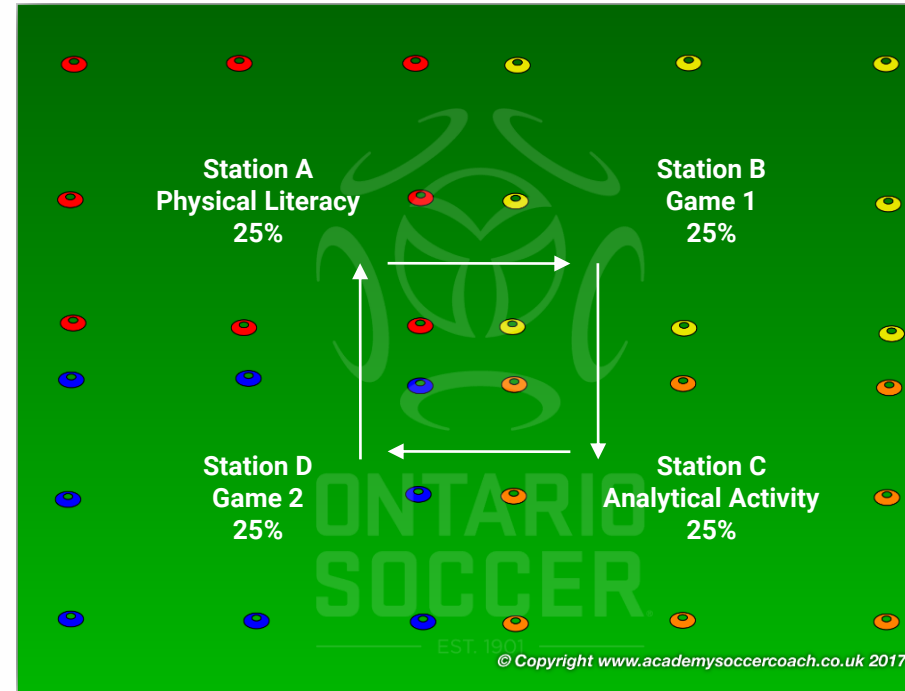
If working with a smaller group, simply move together through all 4 stations until all are complete.

## 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  
Medium  
Low  
Not Applicable

1  
2  
3  
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

### Round 'Em Up!



#### Organization

Place a 3m deep end zone at one end of the grid and 5 goals at the other end.

#### Procedure

It's just another day on the farm! Half the players are "farmers" and the other half are a Ferdinand character: Ferdinand, Valiente, Guapo, Bones, or Angus. The farmers begin the game by running out of the Corral (red grid) and trying to score. The bulls chase and try to tag them – if tagged, farmers do 5 "exercises" (ex. Jumping jacks). After the farmer scores, he then tries to tag the bulls. If tagged 3 times they head to the Corral. The game ends when all bulls are frozen or in the Corral. Players then switch roles. Bulls must get into character by doing different types of movements:

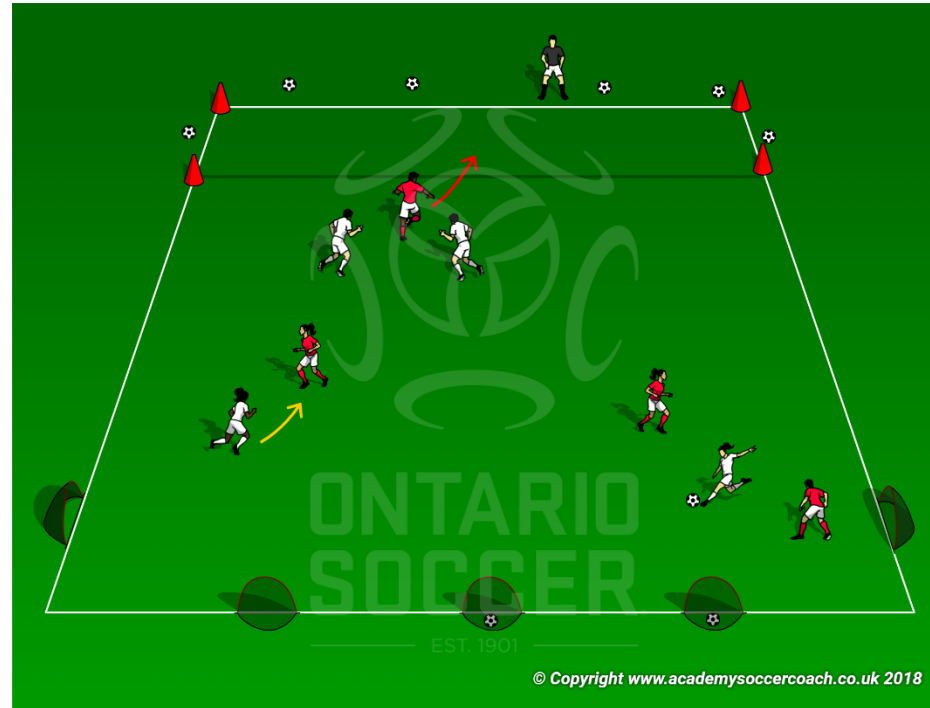
- bear crawl
- crawling
- running with their hands pretending to be horns

#### Emphasis

Decision Making, Awareness, Problem-Solving, Movements, FUN

#### Progression

N/A



Timing

9 Minutes

Area

20m x 20m

#### 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 using one foot

**Some players** - will be able to shoot on target and score with both feet

#### Technical / Tactical

Dribbling  
Ball mastery  
Running with the Ball

#### Socio – Emotional

Problem-solving  
Decision-making  
Celebrating  
Teamwork

#### Psychological

Fun  
Safety  
Confidence  
Creativity

#### Physical

Balance  
Coordination  
Strength  
Reaction  
Perception  
Awareness

#### Top Tip

Before starting to lay out your session, make sure you check the field. Keep a sharp even while you're setting up to ensure a safe environment.



# FUNdamentals

## Station B - Small Sided Game

### 2v2 with Retreat Line



#### Organization

Two teams of two players.  
Setup 2 playing areas as needed.  
Place balls outside the grid for quick restarts.

#### Procedure

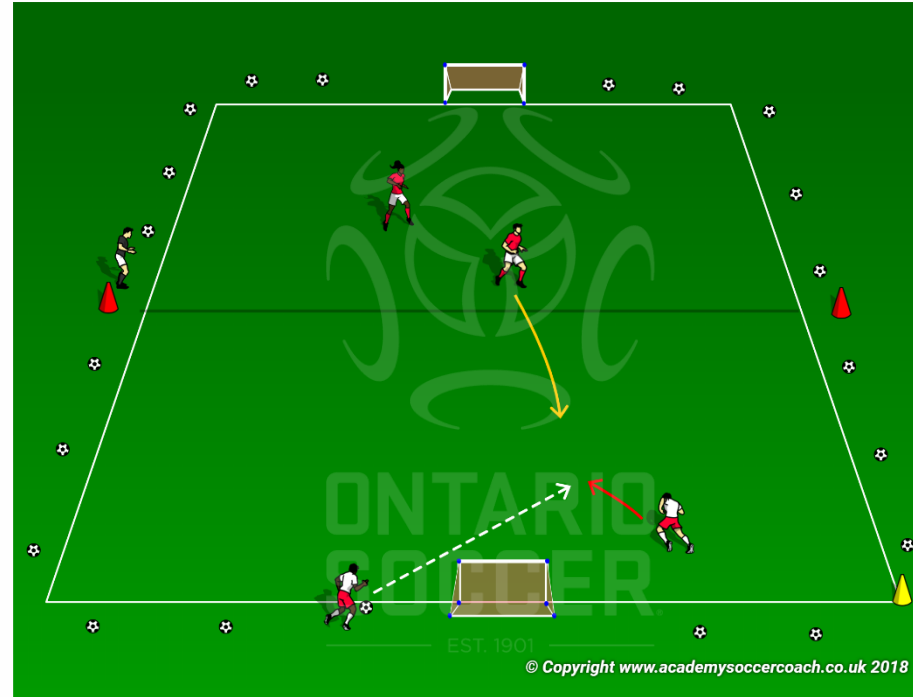
Players play in a 2v2 game. The defending team must begin behind the retreat line when play starts with a goalkick. All normal rules of the game are applied.

#### Emphasis

Decision Making  
Awareness  
Problem-Solving  
FUN

#### Progression

A player may act as a goalkeeper when out of possession



#### Timing

9 Minutes

#### Area

18m x 25m  
(each field 18m x 12m)

#### 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 using one foot  
**Some players** - will be able to shoot on target and score with both feet

#### Technical / Tactical

Dribbling  
Ball Mastery  
Running with the ball  
Shooting

#### 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

When making interventions don't always provide the players with the solution – ask questions to allow them to find it on their own first.



# FUNdamentals

## Station C - Analytical Activity

### The Bullfighters!



Organization
Goals and balls are placed all around the perimeter. Players are divided one-to-one ratio.
Procedure
El Primero is here! Players pick a Ferdinand character: Ferdinand, Valiente, Bones, or Angus.
The bulls must avoid El Primero and his bull fighters to score goals. After scoring, players get a new ball and try to score again.
The bull fighters must hold a pinnie in one hand and can only tag the bulls with their free hand. If successful, players switch roles.
Emphasis
Decision Making, Awareness, Problem-Solving Movements FUN
Progression
Mini-competition to see who can score more



Timing	Area
9 Minutes	20m x 20m

Objective	
Players are able to shoot on target and score	
Outcomes	
<b>All players</b> - will be able to shoot on target	
<b>Most players</b> - will be able to shoot on target and score using one foot	
<b>Some players</b> - will be able to shoot on target and score with both feet	
Technical / Tactical	Psychological
Dribbling Running with the ball Shooting	Fun Safety Confidence Creativity
Socio - Emotional	Physical
Problem-solving Decision-making	Balance Coordination Reaction Perception Awareness

Top Tip

If an activity is proving to be too challenging, reduce the difficulty by changing a variable. For example, in a dribbling activity you can enlarge the space.



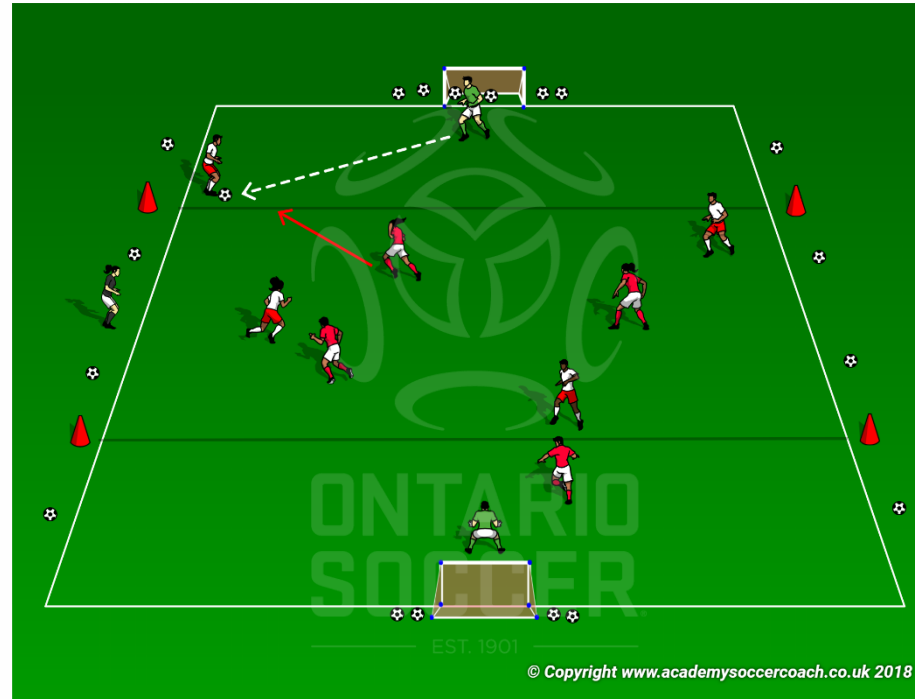
# FUNdamentals

## Station D - Small Sided Game

### 3v3 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 shoot on target and score	
Outcomes	
<b>All players</b> - will be able to shoot on target	
<b>Most players</b> - will be able to shoot on target and score using one foot	
<b>Some players</b> - will be able to shoot on target and score with both feet	
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** Encourage players to make decisions. When they choose the next best option challenge them with a question to guide them to the better choice.

# 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

