



**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

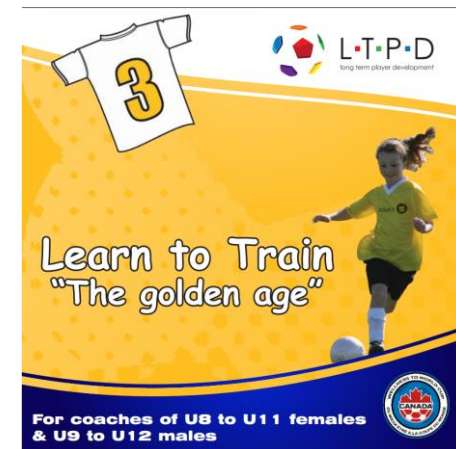


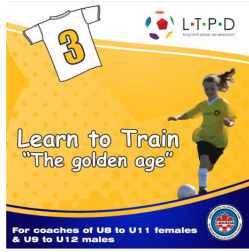
The activities provided illustrate how stations can be used during Grassroots practices.

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.

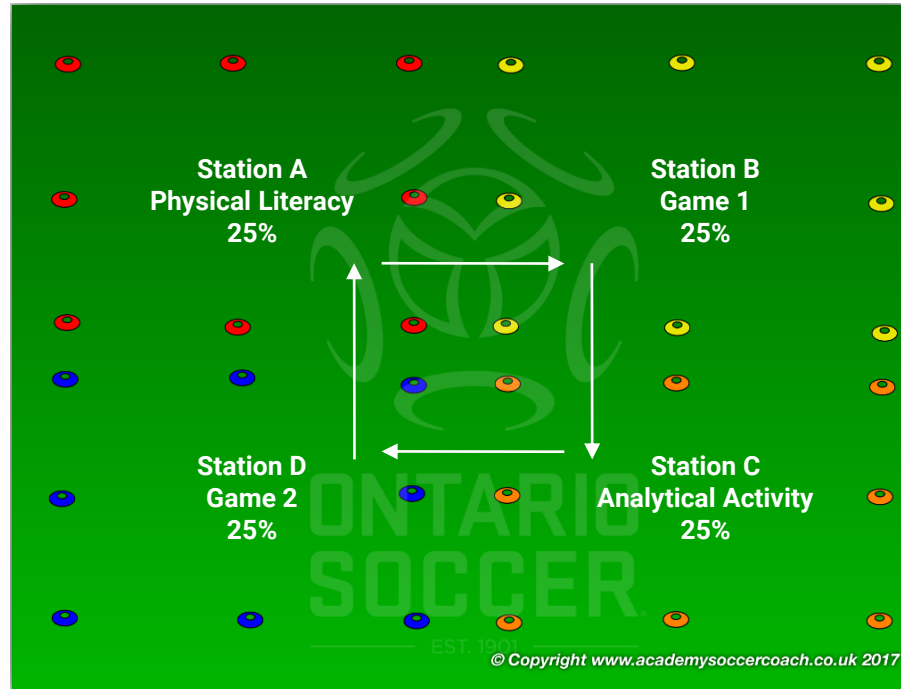
If working with a smaller group, simply move together through all 4 stations until all are complete.

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.



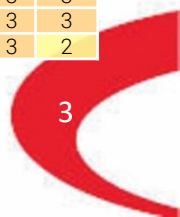
Timing	Area
Total Time: 70 mins 4 x 12 minute Stations	30 x 30 m (x4)

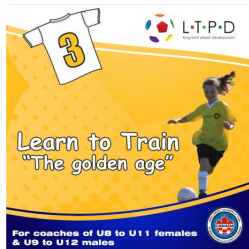
Technical	U9	U10	U11	U12	Physical	U9	U10	U11	U12
Dribbling	1	1	1	1	Agility	1	1	1	1
Running with the ball	1	1	1	1	Balance	1	1	1	1
Shooting	1	1	1	1	Coordination	1	1	1	1
Ball Control	2	1	1	1	Stamina	2	2	2	1
Passing	2	1	1	1	Strength	2	2	2	1
Receiving	2	1	1	1	Speed	1	1	1	1
Heading	4	4	4	3	Suppleness	2	2	2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

Short, Short, Long!



Organization

Four teams of 3 players – two on the perimeter and one inside the grid.

Procedure

Players inside the grid show for their outside team-mate with the ball to combine short. Outside players, upon re-receiving the ball, look to play long across the grid. Outside player then enter the grid to provide the short option for who they just passed long to.

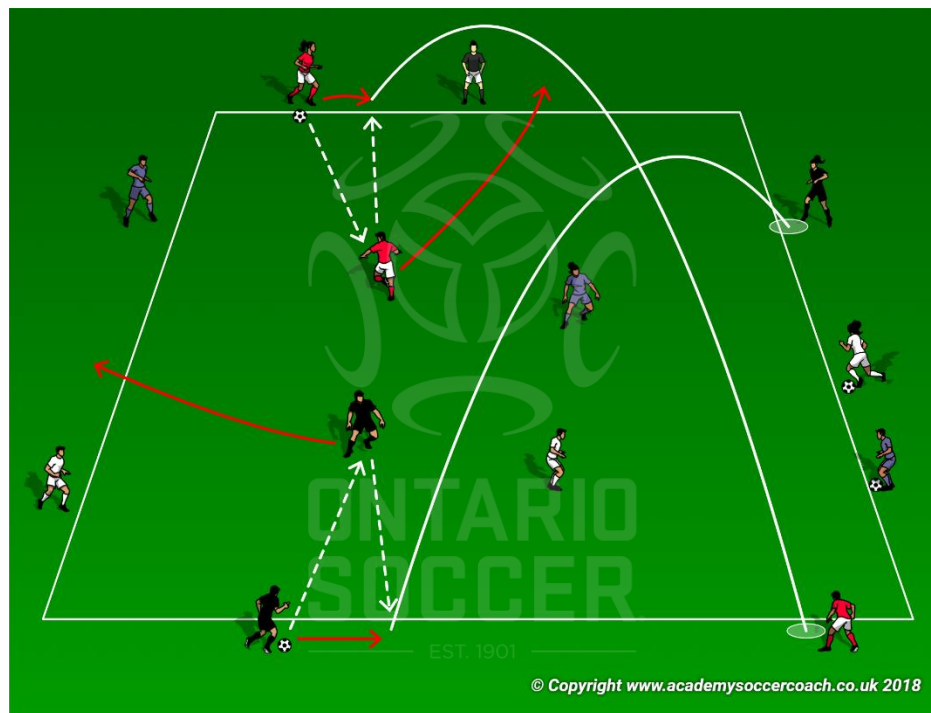
Inside players then select an unoccupied side (3 possible) to provide the next long option. Once outside the grid, players do an exercise/movement (ex. 5 hops on one leg, 5 jumping jacks, 5 leg raises, etc.)

Emphasis

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

Progression

Exercises can be done inside the grid before exiting.
 Players on the inside must go long
 Allow players the freedom to decide on the combination
 One team adds opposition inside the grid.



Timing	Area
12 minutes	25m x 25m

Objective

For players to be able to play a long pass

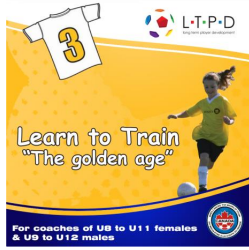
Outcomes

- All Players** - will be able to play a long pass with one foot
- Most Players** – will be able to play a long pass with one foot accurately
- Some Players** - will be able to play a long pass with both feet

Technical / Tactical	Psychological
Passing Crossing Receiving	Fun Competitiveness Determination Self Confidence
Socio - Emotional	Physical
Problem Solving Decision Making Cooperation Communication	Strength Awareness Balance

Top Tip

Be patient when introducing new skills - allow players to feel that they are encouraged to try regardless of the outcome.



Learn to Train

Station B - Small Sided Game

Highway Overpass



Organization

Four teams of 3. Players play 3v3 with no GK's.

Procedure

A 3v3 game is played in the center with rules as close to game day as possible.

Other two teams begin outside the perimeter. Players attempt to play different long passes over the small-sided game. After playing a long pass, players must run to the other side of the field (around the game).

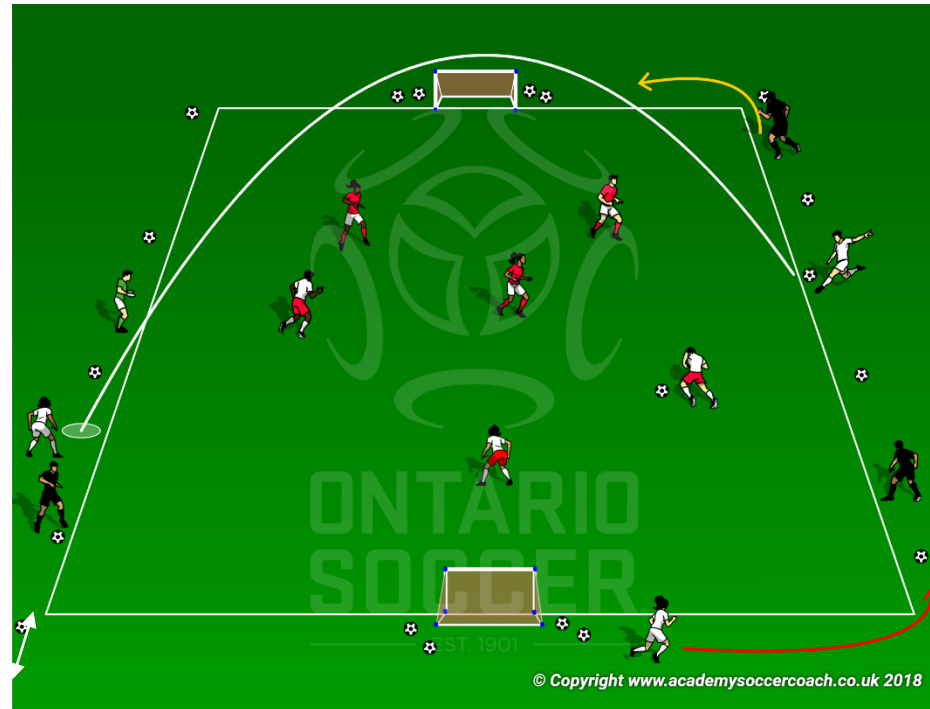
Rotate one team after 3 minutes.

Emphasis

Fun in a safe environment with positive reinforcement for desired behaviours.

Progression

One of the outside players enter the field to provide a short pass to an outside player, who passes long, before switching roles



Timing	Area
12 Minutes	30m x 20m

Objective

For players to be able to play a long pass

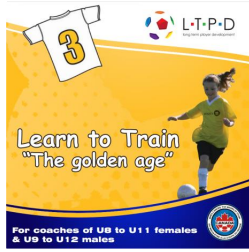
Outcomes

- All Players** - will be able to play a long pass with one foot
- Most Players** – will be able to play a long pass with one foot accurately
- Some Players** - will be able to play a long pass with both feet

Technical / Tactical	Psychological
Passing Crossing Receiving	Fun Competitiveness Determination Self Confidence
Socio - Emotional	Physical
Problem Solving Decision Making Cooperation Communication	Strength Awareness Balance

Top Tip

Show the players various options they may have to reach a desired outcome – fill their “toolbox” to better equip them to make decisions!



Learn to Train

Station C - Analytical Activity

Get to the Channels!



Organization

Players play 2v2 with 1 player in each channel.

Procedure

Players in the channel play with whoever is in possession. Objective for these players is to play in crosses when in the attacking half and combine when looking to build out of the back.

Encourage outside players to play as quickly as possible

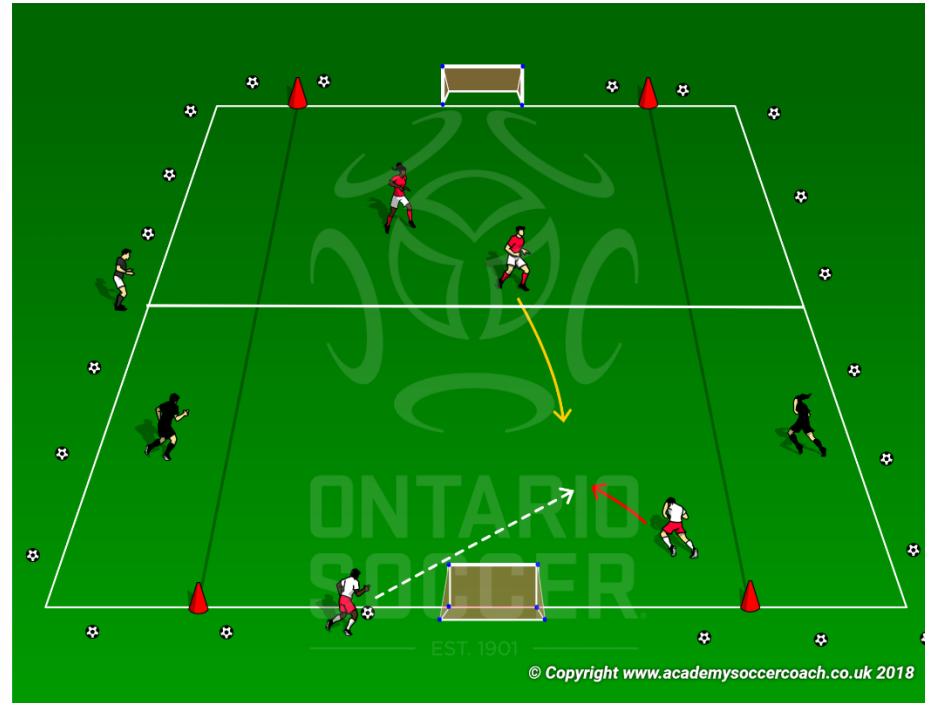
Teams rotate every 4 minutes.

Emphasis

Fun,
Creating a safe environment,
Positive reinforcement,
Allowing players to make decisions,
Demonstration of the activity

Progression

Opposition may enter the channel
Add players to have 1v1 in the channel (+2m to the channels)
Add Goalkeepers with full size goals



Timing	Area
12 Minutes	25m x 15m (+3m channel on each side)

Objective

For players to be able to play a long pass

Outcomes

All Players - will be able to play a long pass with one foot

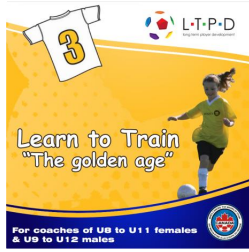
Most Players - will be able to play a long pass with one foot accurately

Some Players - will be able to play a long pass with both feet

Technical / Tactical	Psychological
Passing Crossing Receiving Combination Play	Fun Competitiveness Determination Self Confidence
Socio - Emotional	Physical
Problem Solving Decision Making Cooperation Communication	Strength Awareness Balance

Top Tip

Avoid setting constraints that inhibit players decision making. Rather encourage and reinforce desired behaviours with positive feedback and rationale.



Learn to Train

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 quick restarts.

Procedure

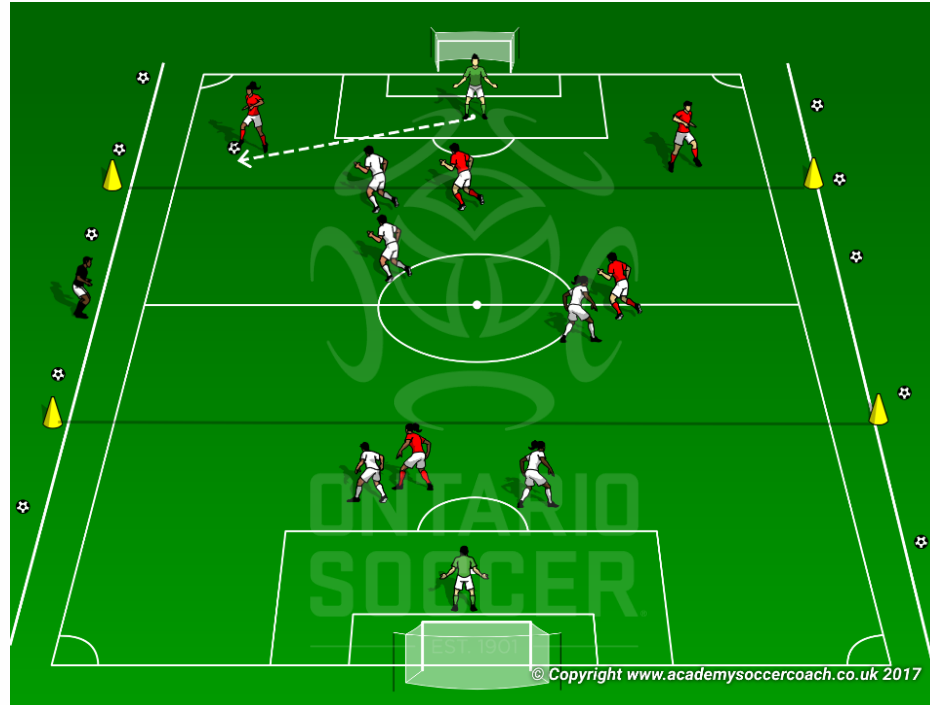
Players play a normal game with all age and stage appropriate rules applied. Retreat line, offsides, throw ins. Play two halves of 6 minutes to keep the game intense and players understanding of how long is left in the game.

Emphasis

Fun, creativity and celebrating!

Progression

N/A



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

Objective

For players to be able to play a long pass

Outcomes

All Players - will be able to play a long pass with one foot

Most Players - will be able to play a long pass with one foot accurately

Some Players - will be able to play a long pass with both feet

Technical / Tactical	Psychological
Free Play	Fun Competitiveness Determination Self Confidence
Socio – Emotional	Physical
Problem Solving Decision Making Communication Celebration Cooperation	Strength Awareness Balance

Top Tip

During free play, take the opportunity to observe and assess if the session achieved its objective – in other words see if the players have learned something!

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

