



**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

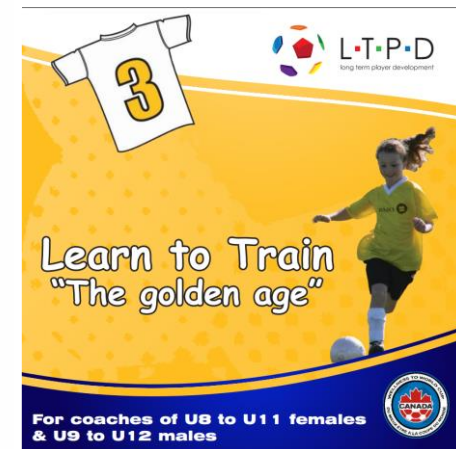


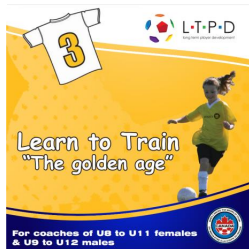
**The activities provided illustrate how stations can be used during Grassroots practices.**

**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.

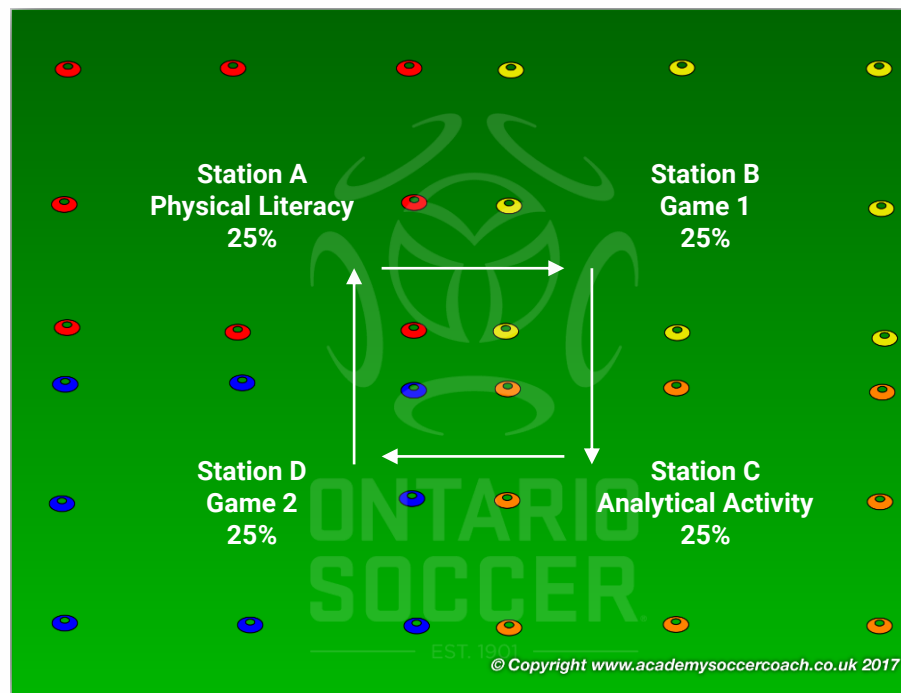
If working with a smaller group, simply move together through all 4 stations until all are complete.

## 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.



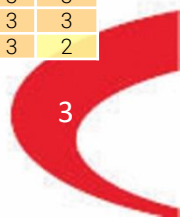
Timing	Area
Total Time: 70 mins 4 x 12 minute Stations	30 x 30 m (x4)

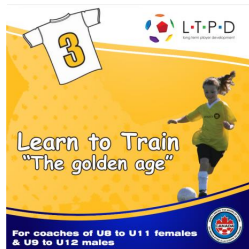
Technical	U9	U10	U11	U12	Physical	U9	U10	U11	U12
Dribbling	1	1	1	1	Agility	1	1	1	1
Running with the ball	1	1	1	1	Balance	1	1	1	1
Shooting	1	1	1	1	Coordination	1	1	1	1
Ball Control	2	1	1	1	Stamina	2	2	2	1
Passing	2	1	1	1	Strength	2	2	2	1
Receiving	2	1	1	1	Speed	1	1	1	1
Heading	4	4	4	3	Suppleness	2	2	2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

### Passing in 3's



#### Organization

Four teams of 3 players – 4 Target areas (yellow/red/tall flag/short flag).

#### Procedure

Players begin with ball in their hand a look to play end-to-end (E-W/N-S/NW-SE/NE-SW). Begin with free play but then proceed to add restrictions: must do a keep-up every 3 steps, ball can only be in your possession 3 seconds, etc. Introduce competition to see who can get to each end more often – winners pick an exercise for all to do.

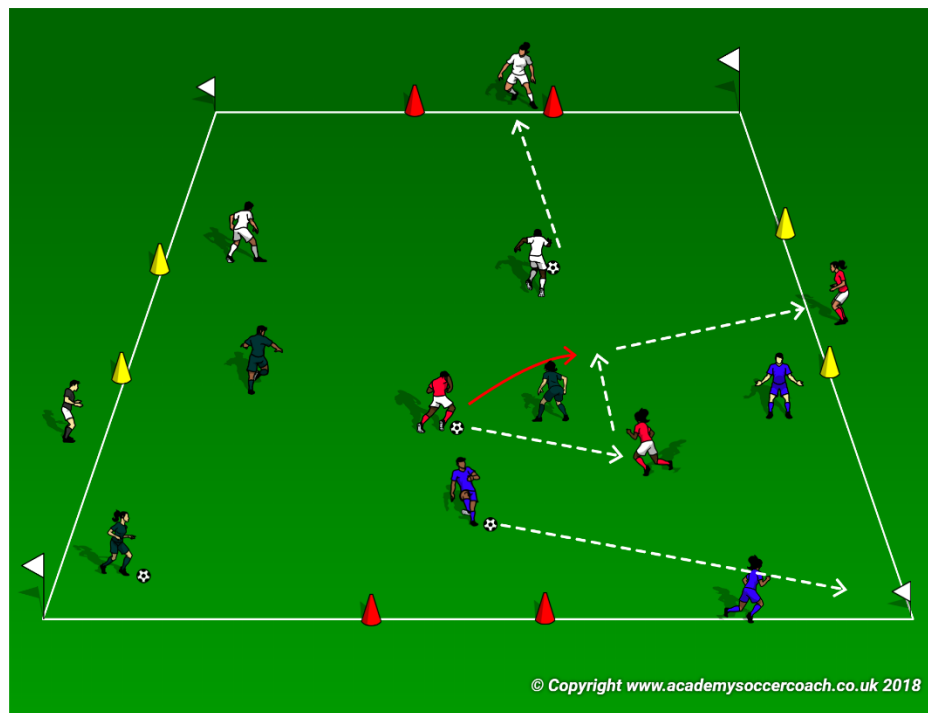
Ball is then placed on the ground with identical objectives.

#### Emphasis

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

#### Progression

1. One team acts as defenders
2. Add incentive for combination play (extra point)



Timing	Area
12 minutes	25m x 25m

#### Objective

For players to be able to play a give & go pass

#### Outcomes

**All Players** - will be able to play a give & go pass to go forward

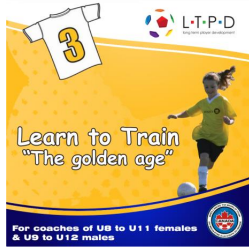
**Most Players** – will be able to play a give & go pass with appropriate timing/weight

**Some Players** - will be able to play a give & go pass with appropriate timing/weight in any direction

Technical / Tactical	Psychological
Passing Receiving Ball Control Dribbling Running with the Ball	Fun Competitiveness Determination Self Confidence Awareness
Socio - Emotional	Physical
Problem Solving Decision Making Cooperation Communication	Acceleration Balance Motor Skills Coordination

#### Top Tip

Try to use different methods of demonstrating a desired outcome – verbal, visual (video/white board), demo (coach or player), etc.



# Learn to Train

## Station B – Small Sided Game

### 3v3 Game



#### Organization

Players play 3v3 game to small goals (ex. Puggs)  
Encourage passes (as opposed to dribbles) when playing the ball back in.

#### Procedure

Players attempt to score goals. Provide incentives to combine through point system:

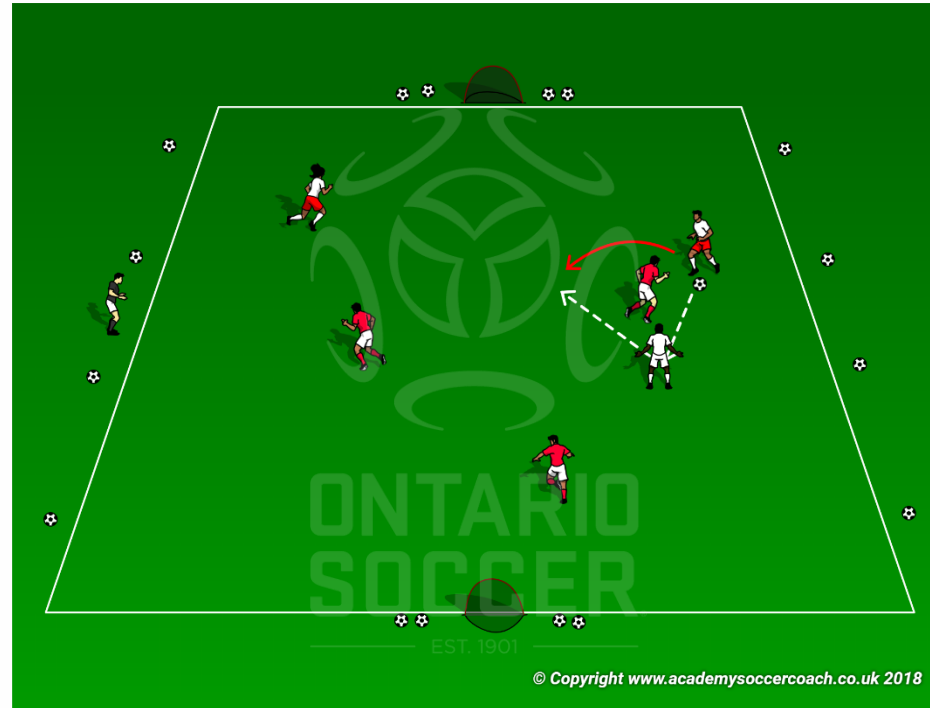
- Goal = 1 points
- Goal with a give & go = 2 points
- Goal with multiple give & go's = 3 points

#### Emphasis

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

#### Progression

1. Regression: change to end zone instead of goals/add another goal to each side/opposition target to create 3v2



Timing	Area
12 Minutes	25m x 15m

#### Objective

For players to be able to play a give & go pass

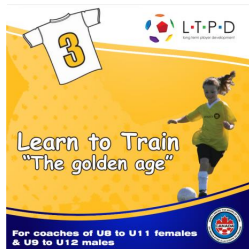
#### Outcomes

- All Players** - will be able to play a give & go pass to go forward
- Most Players** – will be able to play a give & go pass with appropriate timing/weight
- Some Players** - will be able to play a give & go pass with appropriate timing/weight in any direction

Technical / Tactical	Psychological
Passing Receiving Ball Control Dribbling Running with the Ball Shooting	Fun Competitiveness Determination Self Confidence Awareness
Socio - Emotional	Physical
Problem Solving Decision Making Cooperation Communication	Acceleration Balance Motor Skills Coordination

#### Top Tip

Explaining to players the WHY is very powerful! It enhances their understanding, learning, and likely, their buy-in to particular idea or piece of information.



# Learn to Train

## Station C – Analytical Activity

### 4v4+4



#### Organization

Three teams of 4. Players play 3v3 with GK's (can rotate every goal/round). Extra team provides neutral support outside the grid with one player on each side.

#### Procedure

A 4v4 game is played in the center with rules as close to game day as possible. Neutrals should play 1 touch where possible. Scoring system, to promote combination play should be as follows:

- direct combination to goal (give & go) = 3
- indirect combination to goal (A passes to Neutral who gives to B and scores) = 2
- goal = 1

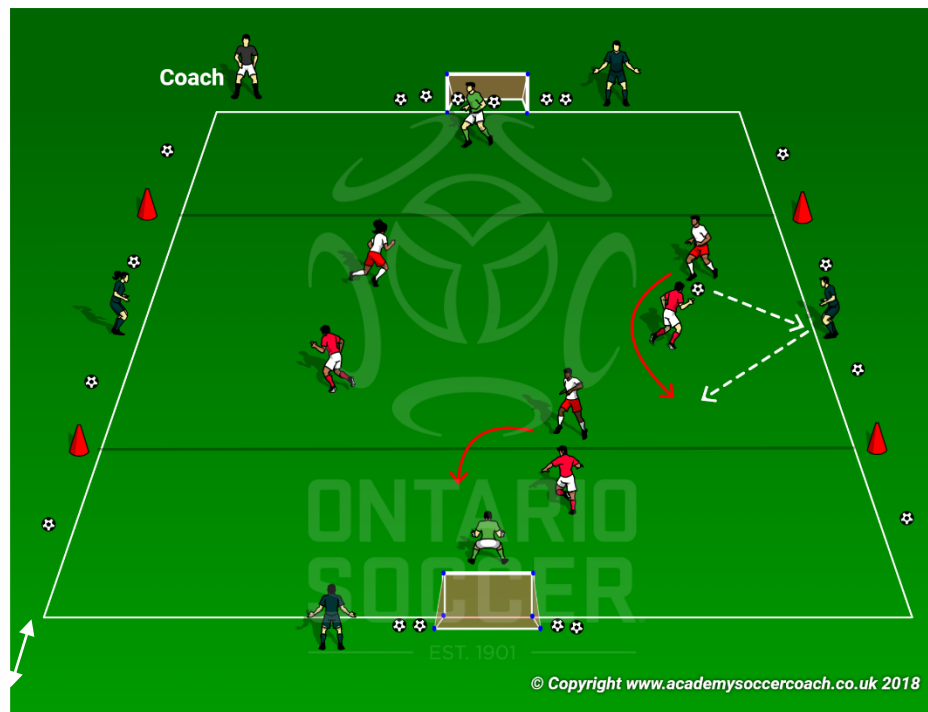
Winner stays on! Rotate every 3 minutes.

#### Emphasis

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

#### Progression

1. Limit neutral players to 1 touch
2. Modify the scoring system



Timing	Area
12 Minutes	35m x 20m

#### Objective

For players to be able to play a give & go pass

#### Outcomes

**All Players** - will be able to play a give & go pass to go forward

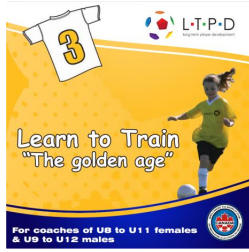
**Most Players** – will be able to play a give & go pass with appropriate timing/weight

**Some Players** - will be able to play a give & go pass with appropriate timing/weight in any direction

Technical / Tactical	Psychological
Passing Receiving Ball Control Dribbling Running with the Ball Shooting	Fun Competitiveness Determination Self Confidence Awareness
Socio - Emotional	Physical
Problem Solving Decision Making Cooperation Communication	Acceleration Balance Motor Skills Coordination

#### Top Tip

Information can be given to the neutral players without disturbing the flow of the game that is essential for achieving successful combination play – such as body shape, angle of support, mobility, technical selection, etc.



# 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

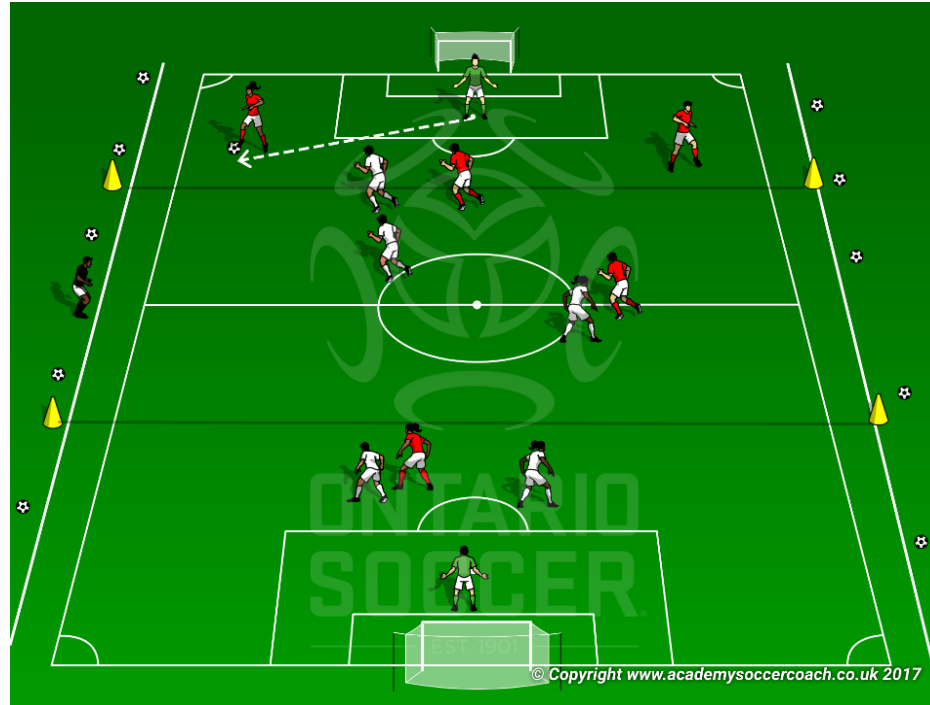
Players play a normal game with all age and stage appropriate rules applied. Retreat line, offsides, throw ins. Play two halves of 6 minutes to keep the game intense and players understanding of how long is left in the game.

#### Emphasis

Fun, creativity and celebrating!

#### Progression

1. Provide incentives for combination play (1 point for using a give & go to beat a player, bonus point for goals from a give & go, etc.)



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 give & go pass

#### Outcomes

**All Players** - will be able to play a give & go pass to go forward

**Most Players** - will be able to play a give & go pass with appropriate timing/weight

**Some Players** - will be able to play a give & go pass with appropriate timing/weight in any direction

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

#### Top Tip

Allow players to lead their own debrief – it is another method a coach can use to assess learning but also understanding of the game (or its components).

# 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

