



**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

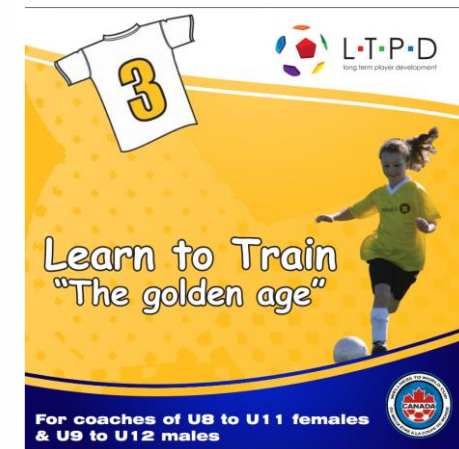


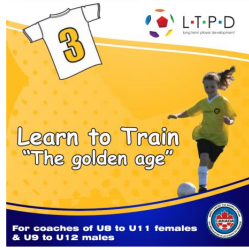
**The activities provided illustrate how stations can be used during Grassroots practices.**

**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.

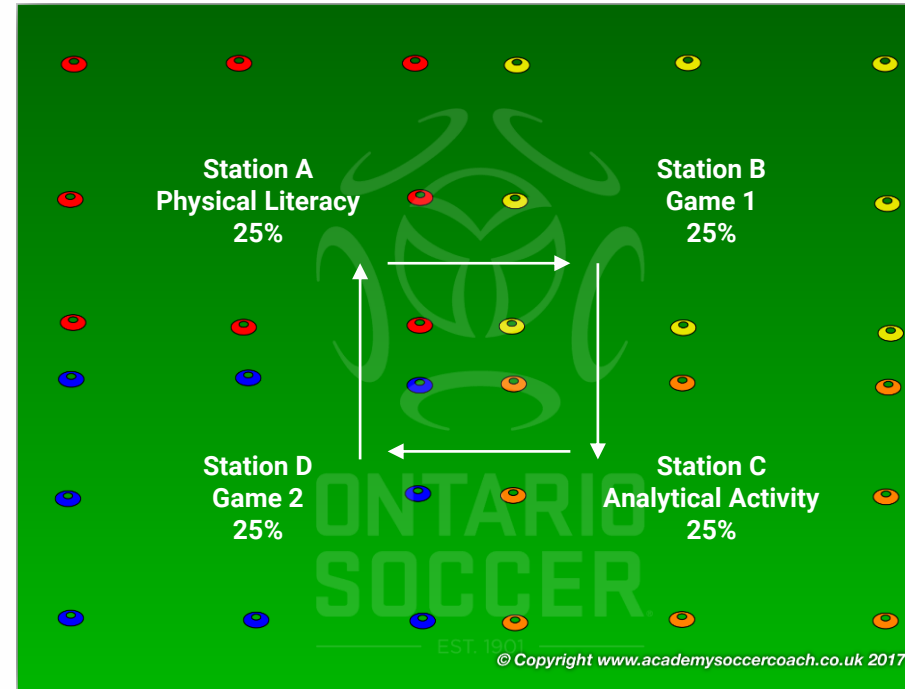
If working with a smaller group, simply move together through all 4 stations until all are complete.

## 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

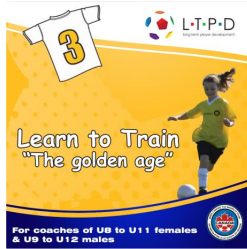
### Priority Key

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

### Coordination Nation



#### Organization

Four groups of players – 4 lanes with different equipment (cones/agility poles/ladder/hurdles).

#### Procedure

Players begin with an assigned task through each lane (shuffle, agility, ladder pattern, two-footed jump). Players then sprint to the yellow cone and execute a fundamental movement skill on the way back (ex. Bear crawl, crab walk, military crawl, etc.).

Examples of Variables that can be changed:

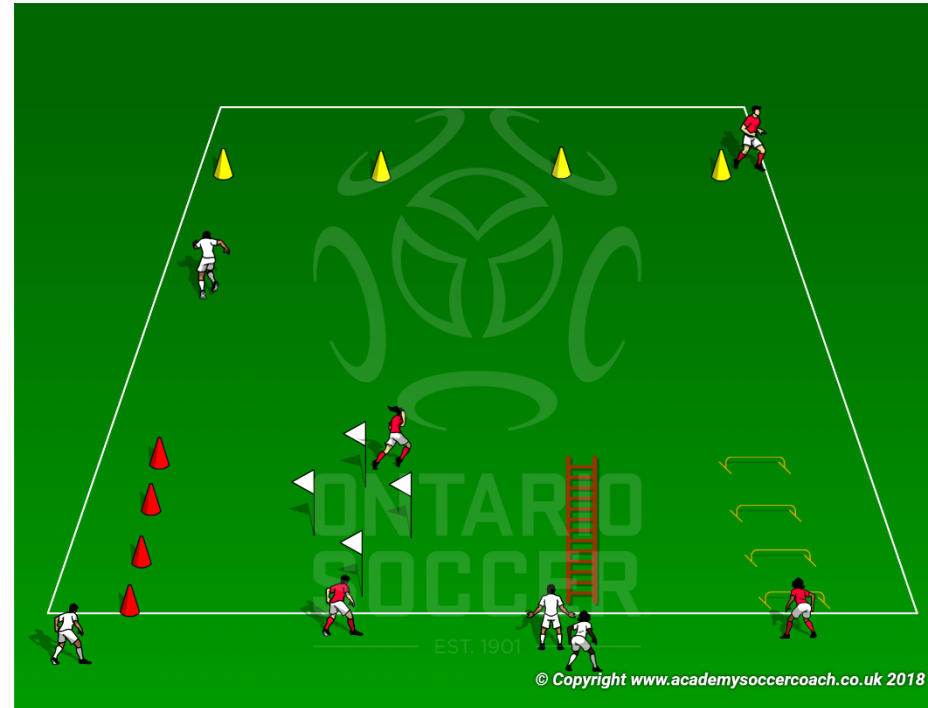
- 1) Fundamental Movement to the cone; sprint back
- 2) Players select the fundamental movements
- 3) Players carry a ball; dribble back (however they like)
- 4) Timing of next player starting (ex. When tagged, when the other starts their sprint, etc.)

#### Emphasis

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

#### Progression

1. Play in a circle to induce chaos
2. Introduce competition (relay race)
3. Create a circuit for players to try (allow their input)



Timing	Area
12 minutes	25m x 25m

#### Objective

For players to be able to be creative while dribbling

#### Outcomes

**All Players** - will be able to try something new when dribbling

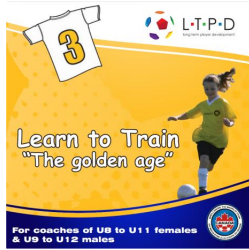
**Most Players** – will be able to try something new with success when dribbling

**Some Players** - will be able to try several new things with success when dribbling

Technical / Tactical	Psychological
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

Be mindful of player's work:rest ratio – you want to ensure that every activity is as close to the game as possible relative to their actions and the rest between them



# Learn to Train

## Station B – Small Sided Game

### 3v3 End Zone Game



#### Organization

Players play a 3v3 game to an end zone (3-5m deep). Place balls on the outside of the grid to keep flow.

#### Procedure

Players attempt to score goals. Provide incentives to increase creativity through a point system – for example:

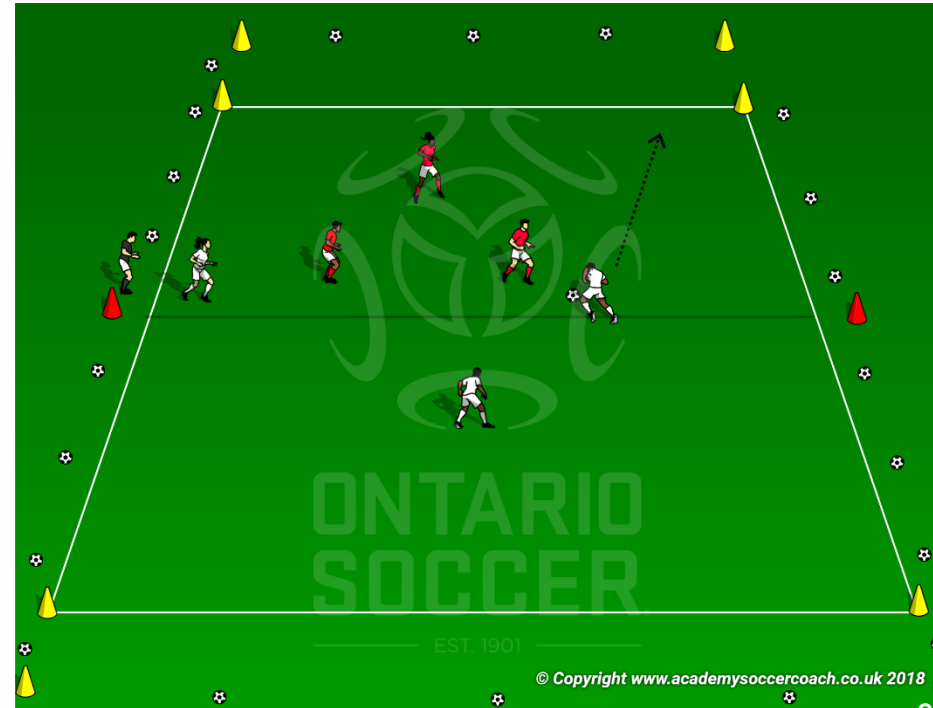
Pass into zone = 1 point  
Dribble into zone = 2 points  
Dribble into zone after beating a defender = 3 points  
Creative celebration = bonus 1 point  
Creative feint = bonus 2 points

#### Emphasis

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

#### Progression

1. Allow players to create a point system



#### Timing

12 Minutes

#### Area

25m x 15m

#### Objective

For players to be able to be creative while dribbling

#### Outcomes

**All Players** - will be able to try something new when dribbling

**Most Players** – will be able to try something new with success when dribbling

**Some Players** - will be able to try several new things with success when dribbling

#### Technical / Tactical

Passing  
Receiving  
Ball Control  
Dribbling  
Running with the Ball

#### Psychological

Fun  
Competitiveness  
Determination  
Self Confidence  
Awareness

#### Socio - Emotional

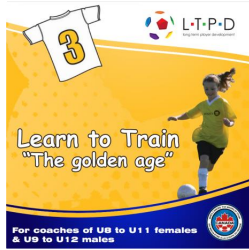
Problem Solving  
Decision Making  
Cooperation  
Communication

#### Physical

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

### Challenge Collector!



#### Organization

Two teams of 4. Players play 4v4 without GK's (or 3v3 with GK's). Place balls around the grid to keep flow.

#### Procedure

The game is played with rules as close to game day as possible (including the Retreat Line) for 5 minutes. Challenges are provided to players which upon completion they put on a coloured pinnie. For example: Orange = Meg an opponent, Blue = Score a goal after beating a defender, Yellow = Successfully use a feint, etc.

Two ways to win:

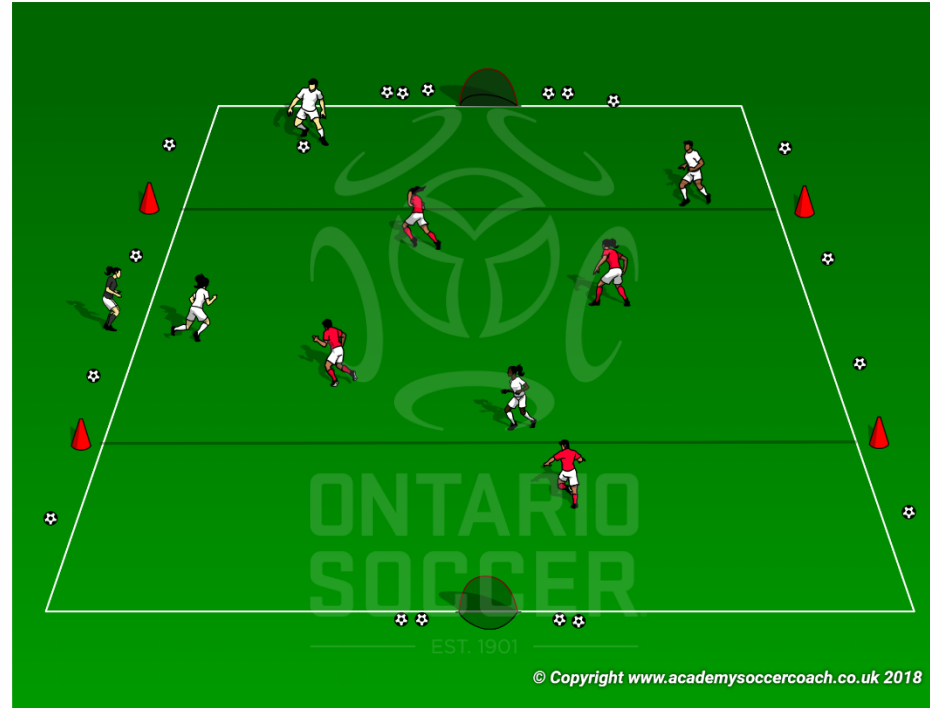
- 1) Outscore the opposition
- 2) Collect all the challenges as a team (Note that challenge completion supercedes the score)

#### Emphasis

Fun in a safe environment with positive reinforcement for desired behaviours as well encouragement to try new things.

#### Progression

1. Change the challenges after each game (allow players to come up with their own)
2. Winning clause: an individual OR all individuals on a team must complete all challenges



Timing	Area
12 Minutes	35m x 20m

#### Objective

For players to be able to be creative while dribbling

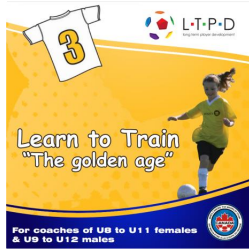
#### Outcomes

**All Players** - will be able to try something new when dribbling  
**Most Players** – will be able to try something new with success when dribbling  
**Some Players** - will be able to try several new things with success when dribbling

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

Let players participate in the process of creating incentives or constraints – they can surprise us with some unique views on what is challenging to them!



# 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

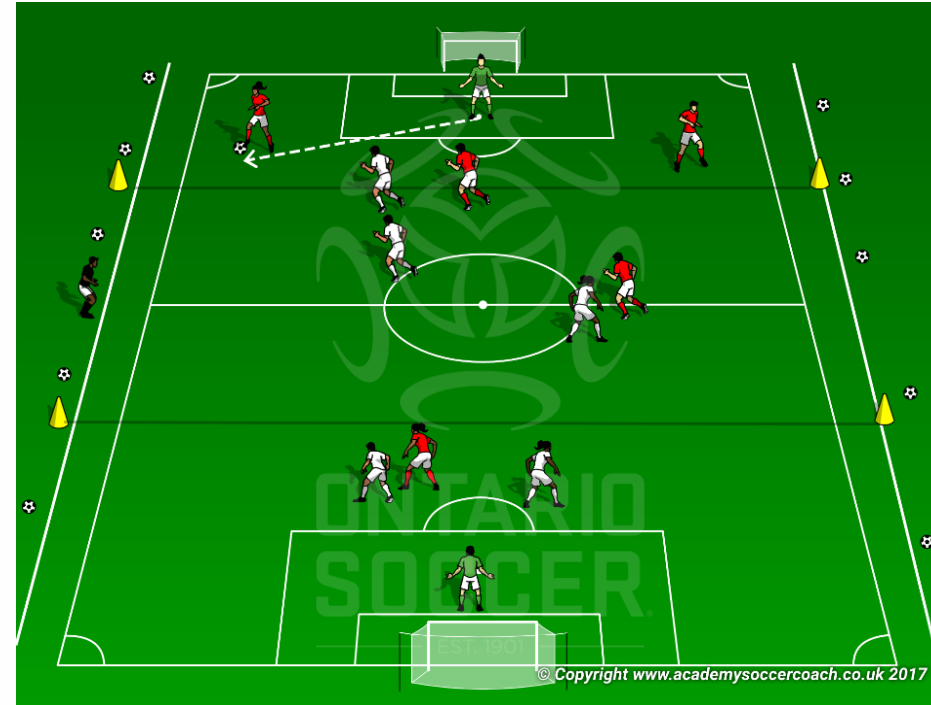
Players play a normal game with all age and stage appropriate rules applied. Retreat line, offsides, throw ins. Play two halves of 6 minutes to keep the game intense and players understanding of how long is left in the game.

#### Emphasis

Fun, creativity and celebrating!

#### Progression

1. Provide incentives for beating an opponent or breaking a line (1 point for each, etc.)



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

#### Objective

For players to be able to be creative while dribbling

#### Outcomes

**All Players** - will be able to try something new when dribbling

**Most Players** – will be able to try something new with success when dribbling

**Some Players** - will be able to try several new things with success when dribbling

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

#### Top Tip

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

# 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

