



**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.

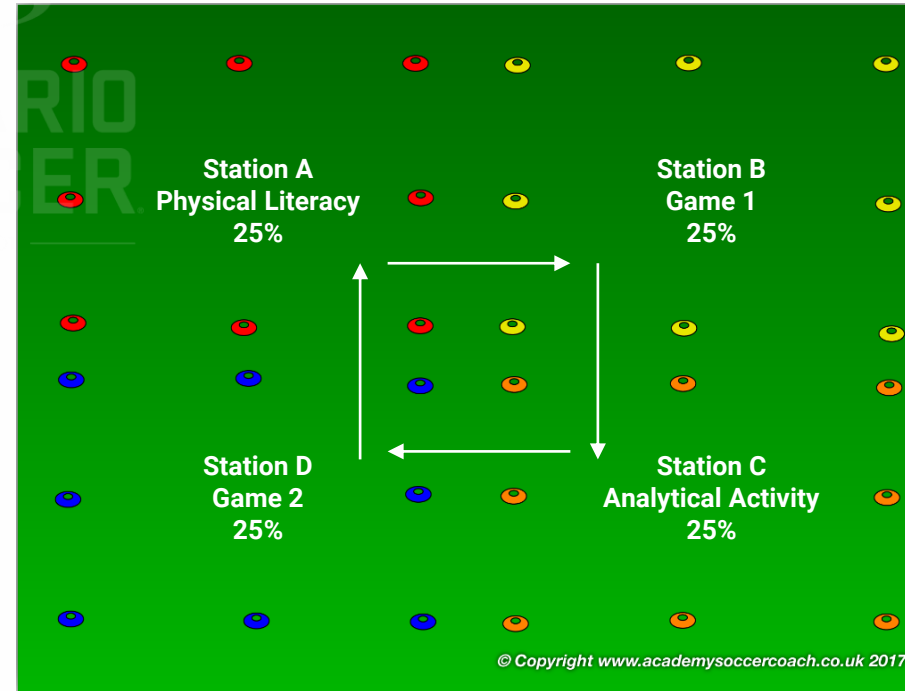
If working with a smaller group, simply move together through all 4 stations until all are complete.

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.

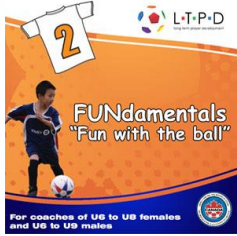


Timing	Area
Total Time: 45 mins 4 x 9 minute Stations	20 x 20 m (x4)

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	Priority Key High Medium Low Not Applicable			1
Respect / discipline	2	1	1				2
Fair play / honesty	3	2	1				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

Snakes and Laddars



Organization

The coach places ladders and hurdles and soccer balls in a grid 20m x 20m.

Procedure

On a visual cue (the coach can use a colored cone), players can begin to go through the ladders completing a series of movements that the coach demonstrates. Quick feet through the ladders, one-footed hops, etc. On either side of the ladder there is a ball for the coach to incorporate – the player can touch the ball with their feet or hands when arriving to that point along their ladder work. Then players complete a hurdle hop either one foot or two, facing forward or to the side.

Players can collect the loose ball on any of the four corners and juggle the ball (hands to feet, just with their feet, thigh feet)

Emphasis

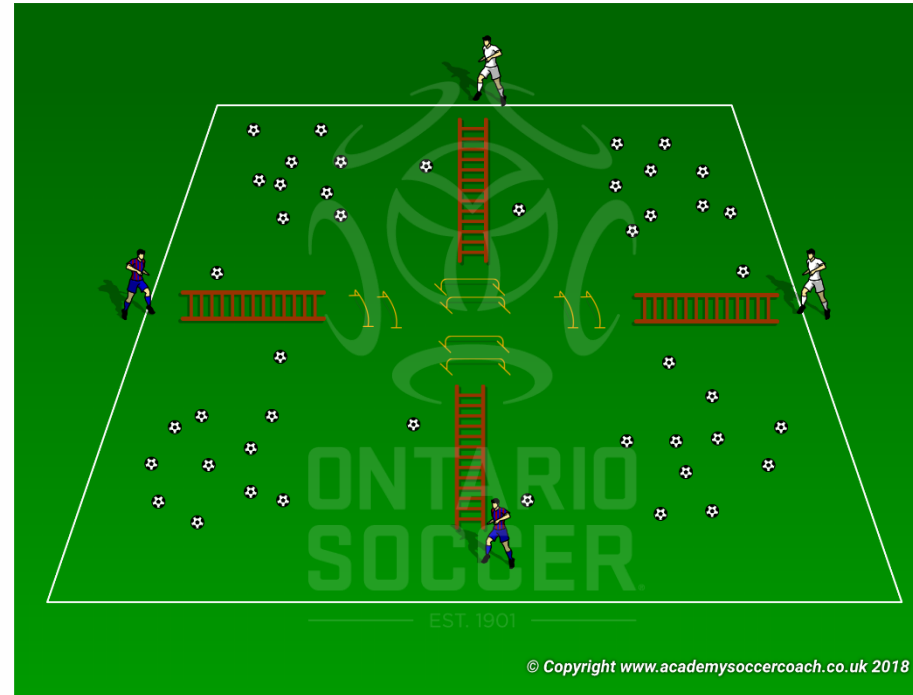
Reaction,
Awareness,
FUN

Progression

A coach can throw the ball from the side of the laddar for a volley or catch.

Top Tip

When training outdoors, be mindful of the wind and sun when setting up the activities and the direction the players would be facing. Something to also keep in mind during briefing and debriefing the players.



Timing	Area
9 Minutes	20m x 20m

Objective

Players are able to move will agility, balance, coordination and speed without and with the ball

Outcomes

All players - will be able to change speed using one foot

Most players - will be able to change speed using both feet

Some players - will be able to change speed using both feet and beat an opponent

Technical / Tactical	Psychological
Dribbling Ball mastery Running with the Ball	Fun Safety Confidence Creativity
Socio – Emotional	Physical
Problem-solving Decision-making Celebrating	Balance Coordination Strength Reaction Perception Awareness



FUNdamentals

Station B - Small Sided Game

Four Goal Finishing Game



Organization

Four goals are placed on each side of a grid (20m x 20m or adjusted for players and age).

Procedure

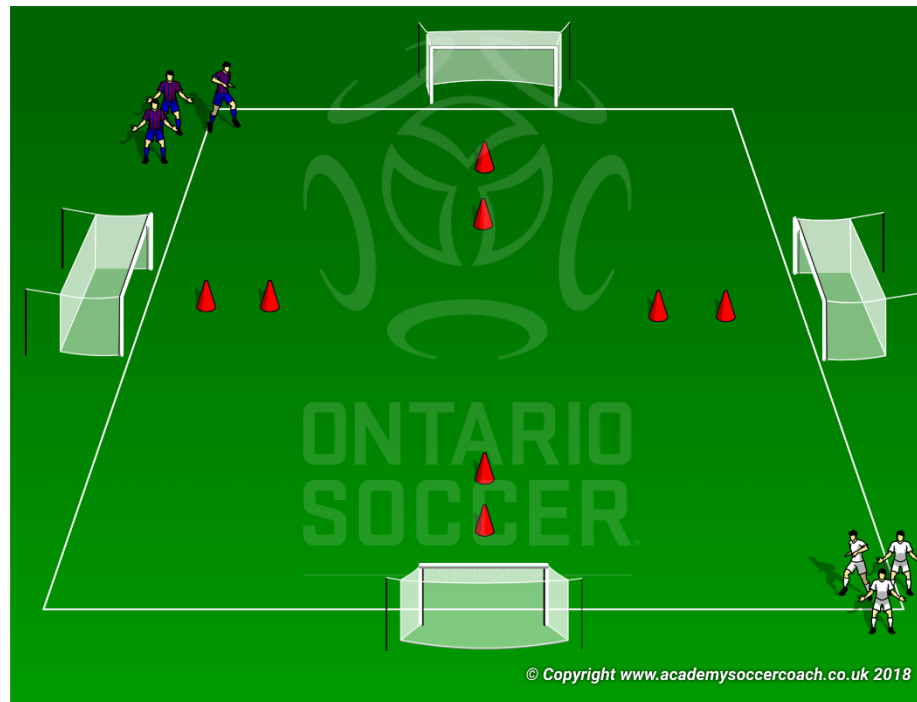
The coach serves the ball to the centre of the grid, one player from each side races out to the center to win the ball first, the player who gets to the ball first can dribble to finish and score on any goal, the player second to the ball puts immediate pressure to win the ball back allowing him / her to go and score on any of the four goals. Before scoring the player must weave through the gate placed in front of the goal. The coaches pass to the center activates the next group.

Emphasis

Decision Making
Awareness
Problem-Solving
FUN

Progression

Players must dribble to a specific goal. Or a goal not their own.



© Copyright www.academysoccercoach.co.uk 2018

Timing

9 Minutes

Area

18 m x 30 m
(3 mini-fields of 18m x 10m)

Objective

Players are able to move quickly to the ball and with the ball to change speed and be agile with the ball.

Outcomes

All players - will be able to change speed using one foot

Most players - will be able to change speed using both feet

Some players - will be able to change speed using both feet and beat an opponent

Technical / Tactical

Dribbling
Ball mastery
Running with the ball

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

Be conscious of when a player is going through or has gone through a growth spurt – they may seem to lose of their coordination during this time and need your support and encouragement to maintain a positive mindset.



FUNdamentals

Station C - Analytical Activity



Organization

A central grid is placed in the center (5mx5m) and four different coloured gates around the perimeter.

Procedure

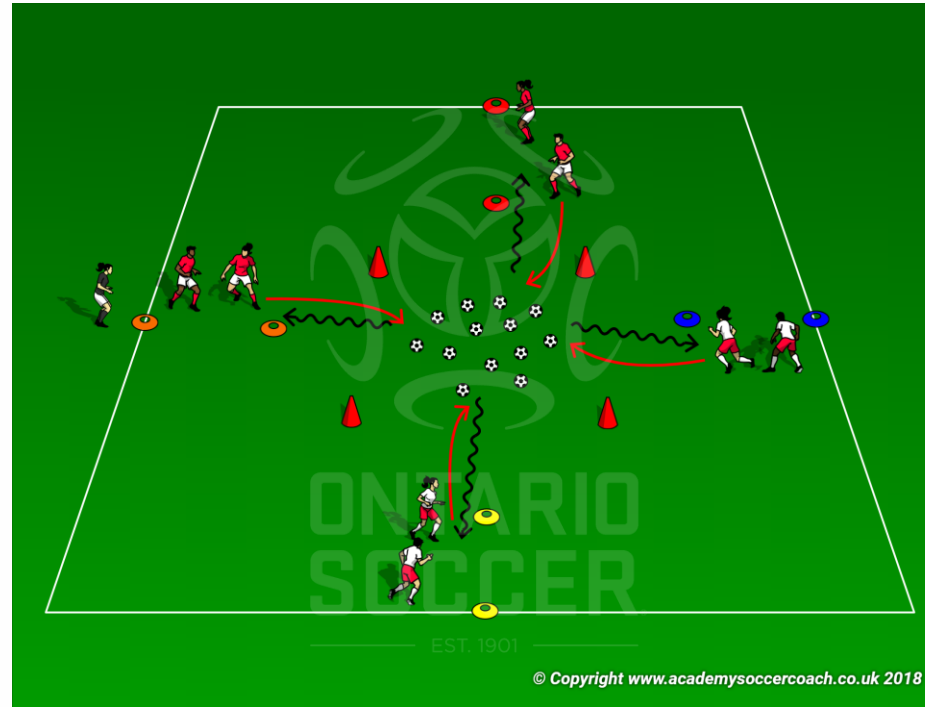
Players begin at a coloured gate without a ball. On the coaches cue – vary between visual/auditory (go!, clap, jump, etc.) – ALL players weave through the gate and proceed to get a ball and dribble around the “track”. If players approach the gate at the same time then the first one to the gate can proceed through and the second must turn back the opposite direction. At each gate players should switch the foot they are dribbling with.

Emphasis

Decision Making,
Awareness,
Problem-Solving Movements
FUN

Progression

Different exercise at each gate (color coded)
Vary amount of “laps” per ball mastery skill



Timing

9 Minutes

Area

20m x 20m

Objective

Players are able to change speed with the ball

Outcomes

All players - will be able to change speed using one foot

Most players - will be able to change speed using both feet

Some players - will be able to change speed using both feet and beat an opponent

Technical / Tactical

Dribbling
Ball mastery
Running with the ball
Shooting

Socio - Emotional

Problem-solving
Decision-making

Psychological

Fun
Safety
Confidence
Creativity

Physical

Balance
Coordination
Strength
Reaction
Perception
Awareness

Top Tip

Simply changing the starting point of the ball and/or player can impact the intensity of a session. It can even change the focal topic or theme. Think about how and when is best to manipulate such variables but more importantly – why!



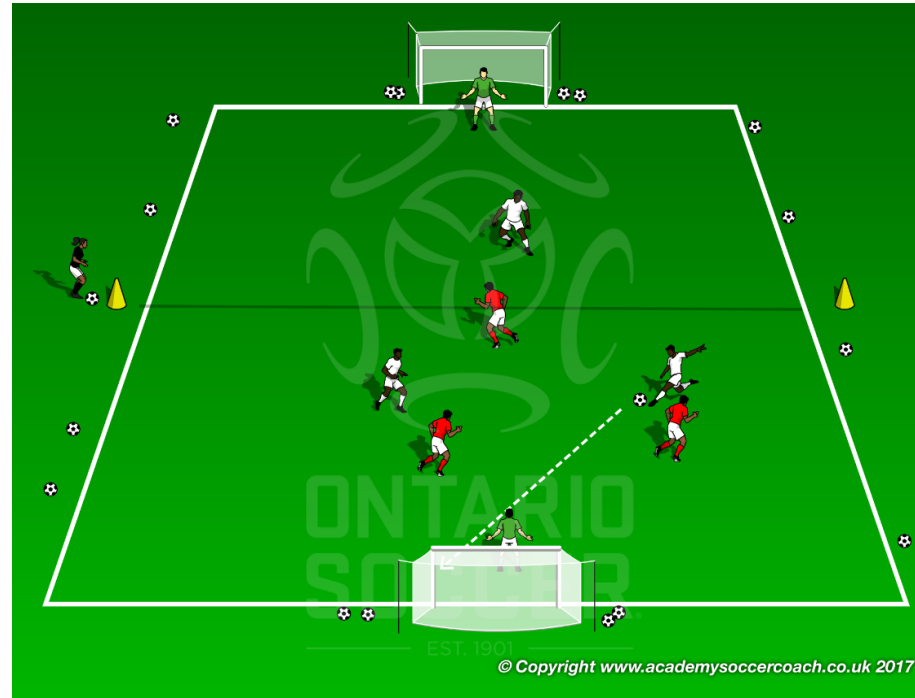
FUNdamentals

Station D - Small Sided Game

4v4 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 change speed with the ball	
Outcomes	
All players - will be able to change speed using one foot	
Most players - will be able to change speed using both feet	
Some players - will be able to change speed using both feet and beat an opponent	
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 During stops coach more than one option. This will allow players to continue making decisions based on the environment they are in and perceive.

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

