



**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

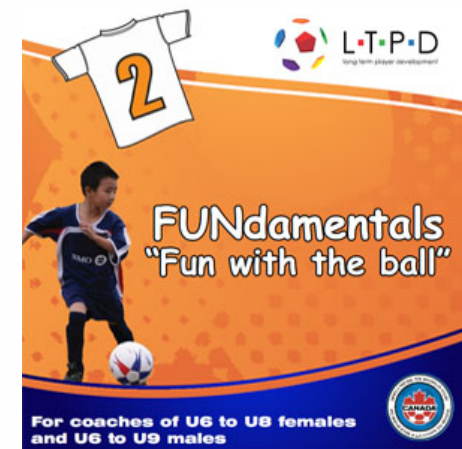


The activities provided illustrate how stations can be used during Grassroots practices.

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.

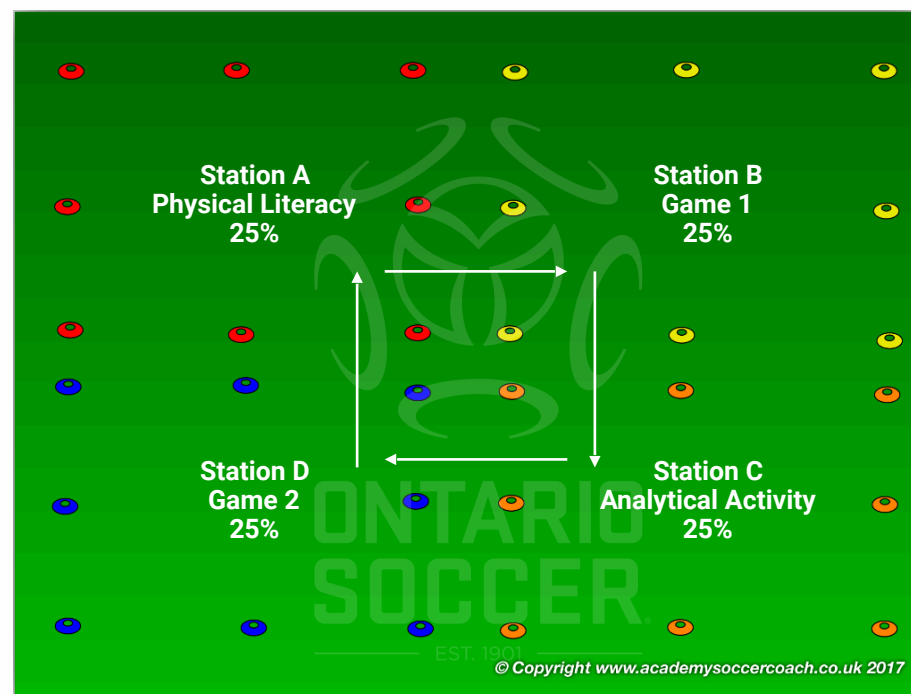
If working with a smaller group, simply move together through all 4 stations until all are complete.

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			
Respect / discipline	2	1	1	High			1
Fair play / honesty	3	2	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

Connect Four



Organization

Create an a 15x15m area with cones placed 5m apart as shown. Players are divided in to two teams of four.

This can be set up twice with teams of 3 and 9 cones to incorporate 12 players.

Procedure

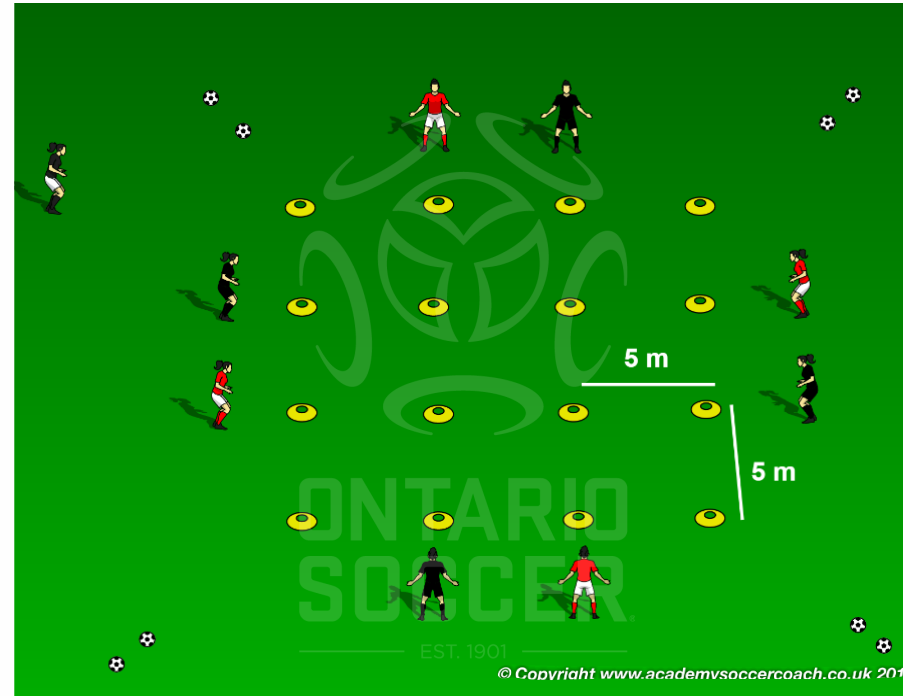
Players must run out and look to 'connect 4' by standing on a cone. They can connect, diagonally, horizontally or vertically. First team to connect 4 players win a point. Once a point is scored the activity restarts

Emphasis

Creating a safe environment
Positive reinforcement
Allow players to make decisions
Demonstration of activity

Progression

Players move in different ways:
Bear-crawls,
Crab walks,
Hopping or running backwards,



Timing	Area
8 – 12 minutes	15m x 15m

Objective

Players are able to change speed and direction with the ball

Outcomes

All players - will be able to change speed and direction

Most players - will be able to identify when to change speed and direction to deceive a defender

Some players - will be able to identify when to change speed and direction to deceive a defender with both feet

Technical / Tactical	Psychological
Ball Mastery Dribbling Passing Receiving	Fun Safety Confidence Creativity
Socio - Emotional	Physical
Celebrating Problem Solving Communicating Teamwork	Agility Balance Co-ordination Change of Direction Change of Speed

Top Tip

See this activity delivered in our grassroots videos at: <http://www.ontariosoccer.net/grassroots-video-practices> or directly on <https://youtu.be/4OIGDrWlqzM>



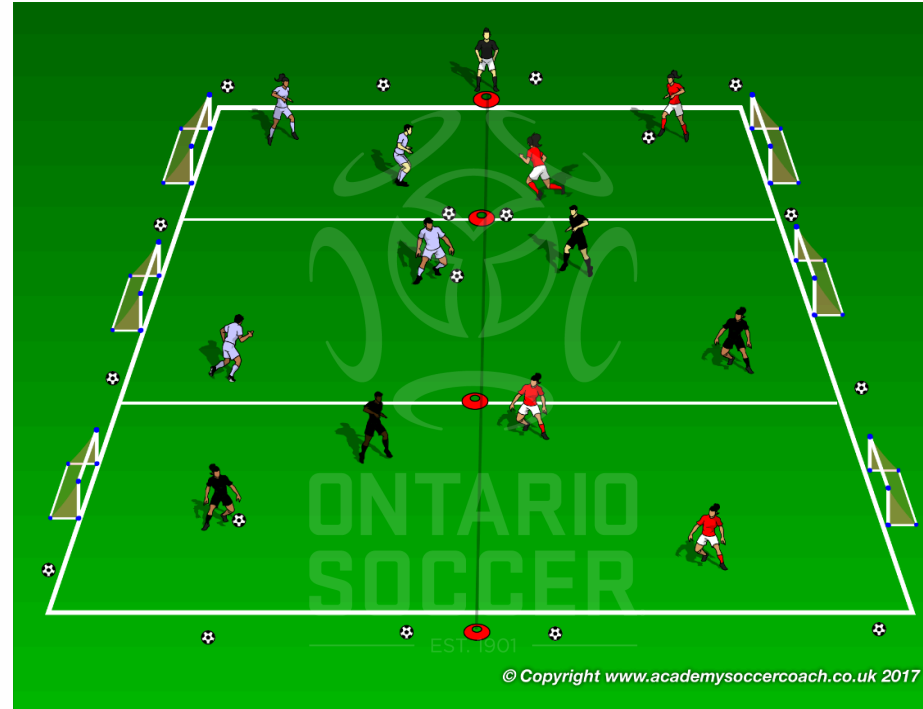
FUNdamentals

Station B - Small Sided Game

2v2 with retreat line



Organization
Create three mini fields, 12x15 yards. Balls around the perimeter.
Procedure
Players play 2v2. After 2 minutes. Rotate the teams. Can do a competition ladder and rock paper scissors to settle a tied game. Include celebrations with team mates, high 5's, come up with their own etc.
Emphasis
Free Play and FUN!
Progression
N/A



Timing	Area
9 Minutes	15m x 40m 15m x 12m (Set up 3 times)

Objective	
Players are able to change speed and direction with the ball	
Outcomes	
All players - will be able to change speed and direction	
Most players - will be able to identify when to change speed and direction to deceive a defender	
Some players - will be able to identify when to change speed and direction to deceive a defender with both feet	
Technical / Tactical	Psychological
Dribbling Receiving Passing Finishing	Fun Confidence Being safe Reactions
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Agility Balance Co-ordination Change of Direction Change of Speed

Top Tip	Coaches in this stage have to create a learning environment that is stimulating and engaging where players learn in a fun-filled small-sized game environment.
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FUNdamentals

Station C - Analytical

Build Up Tag



Organization

9 players are placed inside the area with a ball. 3 players are placed in a different colour without a ball.

Procedure

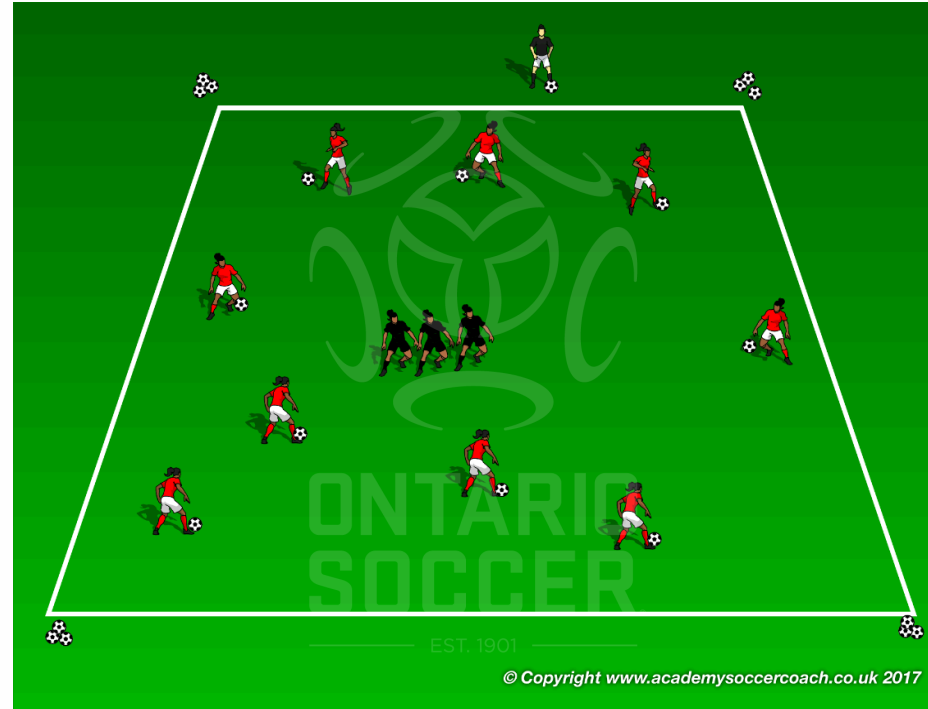
The players in black must hold hands and work together to touch an opponents ball. If they manage to do so, that player then becomes part of the defending team. Red players must stay in the area with their ball. If they go out of the area, they become part of the defending team. Last player remaining wins.

Emphasis

Imagination, creativity and celebrating!

Progression

Defending players face alternate ways. e.g:



Timing	Area
9 Minutes	15m x 15m grid

Objective

Players are able to change speed and direction with the ball

Outcomes

All players - will be able to change speed and direction

Most players - will be able to identify when to change speed and direction to deceive a defender

Some players - will be able to identify when to change speed and direction to deceive a defender with both feet

Technical / Tactical	Psychological
Ball mastery Running with the ball Dribbling	Fun Confidence Being safe
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Agility Balance Co-ordination Change of Direction Change of Speed

Top Tip

The most important focus at this age is the continued development of physical literacy and the recognition that individual technique development is paramount. See this activity delivered online at: <http://www.ontariosoccer.net/grassroots-video-practices> or directly at <https://www.youtube.com/watch?v=oEMfkUvcq6g>



FUNdamentals

Station D - Small Sided Game

3v3 with retreat line



Organization
Two teams of 3v3 are placed on to a 20x15 field with 1 or 2 goals at each end.
Procedure
Players play 3v3 for two minutes. After time is up, rotate the teams so the two winning teams face each other. Repeat.
Emphasis
Fun, creativity and celebrating!
Progression
N/A



Timing	Area
9 Minutes	15m x 40m 15 m x 20 m (set up twice)

Objective	
Players are able to change speed and direction with the ball	
Outcomes	
All players - will be able to change speed and direction	
Most players - will be able to identify when to change speed and direction to deceive a defender	
Some players - will be able to identify when to change speed and direction to deceive a defender with both feet	
Technical / Tactical	Psychological
Free Play	Fun Confidence Being safe Reactions
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Agility Balance Co-ordination Change of Direction Change of Speed

Top Tip

When communicating with young players it's important to get down to their eye level rather than towering above them. This can be intimidating for young children.

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