



**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

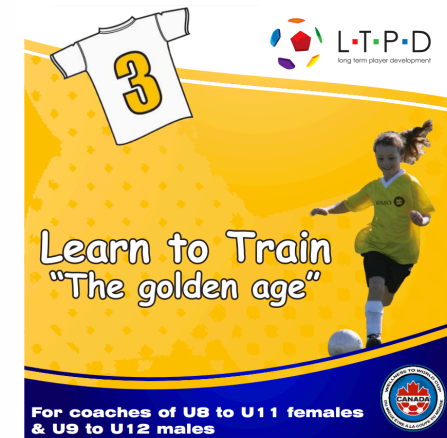


The activities provided illustrate how stations can be used during Grassroots practices.

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.

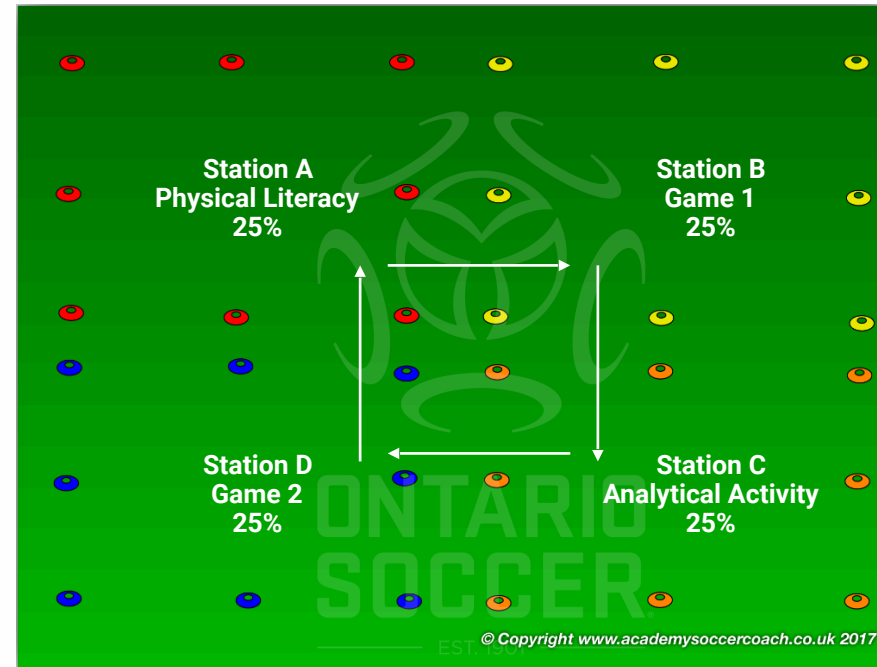
If working with a smaller group, simply move together through all 4 stations until all are complete.

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 10 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	3	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	2	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
Medium
Low
Not Applicable

1
2
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>



Learn to Train

Station A

Physical Literacy - Handball!



Organization

4 teams of 4, one ball between each team.

Procedure

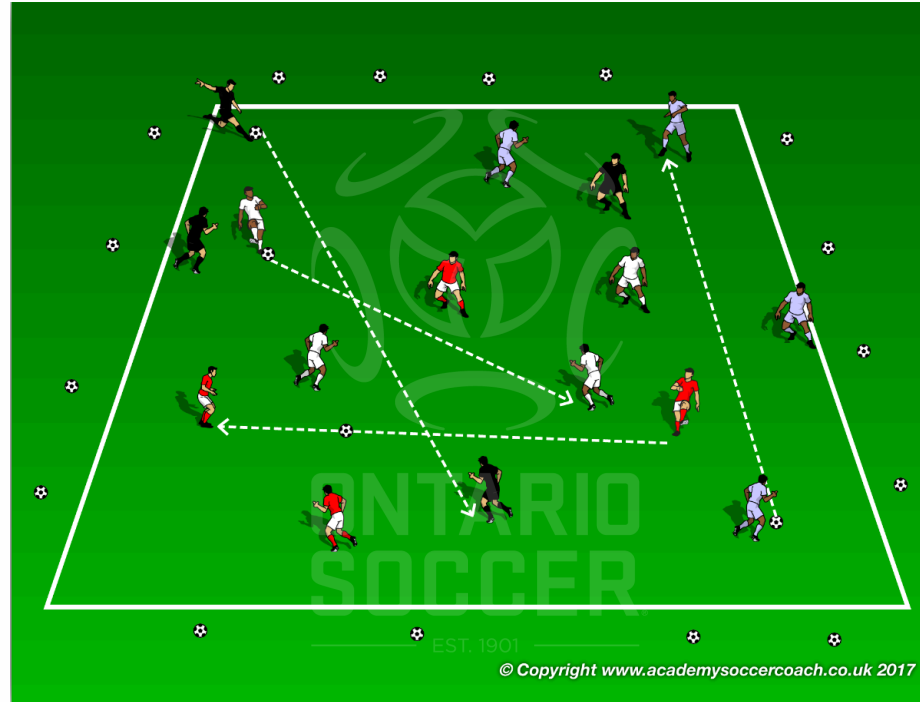
Start with the ball in the hands. Players pass to their own colour. As the ball is travelling to the receiving player, they must call out the name of the person they want to pass to next before they catch it. Once the player has passed the ball, they can do a forward roll, cart wheel, bear crawl or burpee.

Emphasis

Decision making, awareness and fun!

Progression

1. Players put the ball on the ground and throw the ball backwards between their legs to a receiving player.
2. Play with the ball on the floor and players use their feet.
3. Players receiver from a different colour play to another colour.



Timing	Area
10 Minutes	30m x 30 m

Objective

To communicate to a team mate when receiving the ball

Outcomes

All Players - will be able to communicate to their team mate as the ball is travelling to them

Most Players - will be able to communicate to their team mate as the ball is travelling to them under pressure of an opponent

Some Players - will be able to communicate to their team mate as the ball is travelling to them under pressure both verbally and non verbally

Technical / Tactical	Psychological
Receiving Passing	Fun Safety Decision making
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Strength Suppleness Reaction Perception Awareness

Top Tip

Check out the 'Incorporating Physical Literacy' Webinar with Billy Wilson on: <http://www.ontariosoccer.net/grassroots-webinars>



Learn to Train

Station B - Small Sided Game

4v4 with retreat line



Organisation

Create two mini fields, 30x20m. Balls between the two target goals.

Procedure

Players play 4v4. If the ball goes out of play, play is restarted from the balls in between the goals, the nearest player will go and take it and the opposition retreats. Once the player plays the ball in, they join in as normal, they are not just a serving player. Ask players to call the player they want to pass to as the ball is travelling to them.

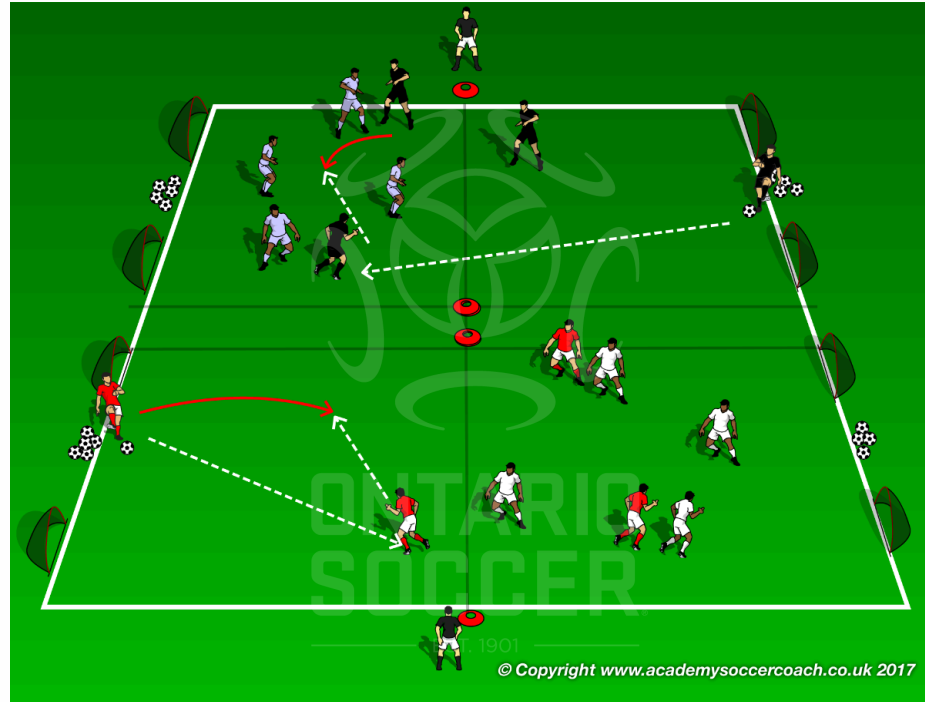
After 2 minutes. Rotate the teams.
Include celebrations with team mates, high 5's, come up with their own etc.

Emphasis

Free Play and FUN!

Progression

N/A



Timing

10 Minutes

Area

30m x 20m (set up twice)

Objective

To communicate to a team mate when receiving the ball

Outcomes

All Players - will be able to communicate to their team mate as the ball is travelling to them

Most Players - will be able to communicate to their team mate as the ball is travelling to them under pressure of an opponent

Some Players - will be able to communicate to their team mate as the ball is travelling to them under pressure both verbally and non verbally

Technical / Tactical

Receiving
Passing
Finishing
Use of the hips to disguise passing or receiving intentions.

Psychological

Fun
Confidence
Being safe
Reactions
Competitiveness

Socio - Emotional

Problem Solving
Communicating
Listening
Celebrating
Teamwork

Physical

Strength
Suppleness
Reaction
Perception
Awareness

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.



Learn to Train

Station C

Analytical - 'Footbonaut'



Organization

2 players are placed inside the area. 2 players are placed on the outside diagonally opposite each other. All the balls are split into two between the players on the outside. Set this up 4 times for 16 players.

Procedure

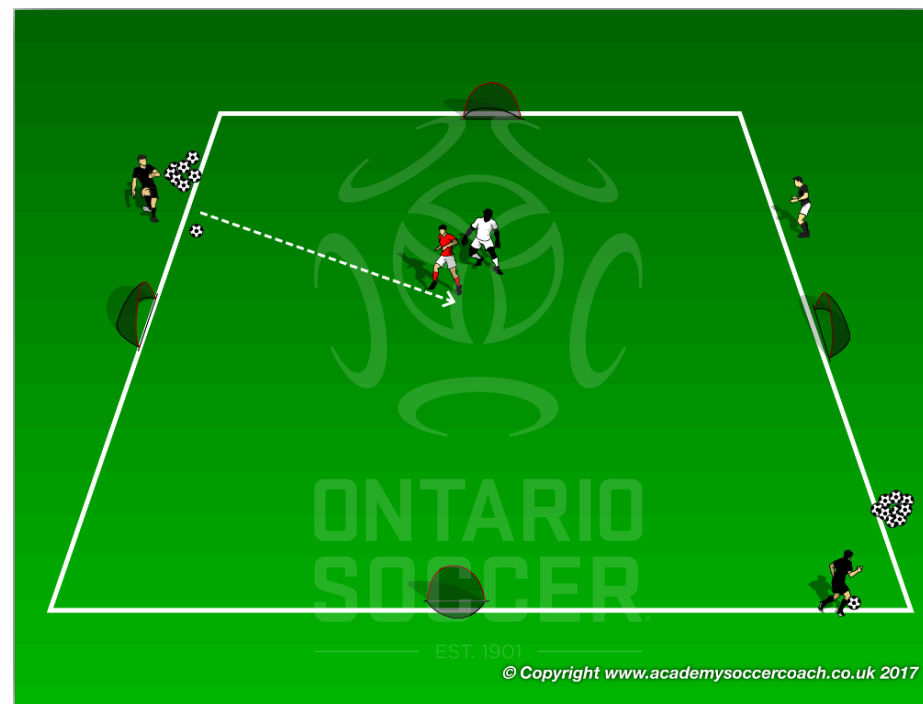
Servers (black) play into the red player's feet (attacker) who receives and passes into the target goals for 2 points, if they cannot go forward, they can return the ball back to the server safely for one point. (Servers keep the attackers score). Defenders defend as they normally would in a game and if they steal it, they get a point for scoring in any of the 4 targets. After 30 seconds, defender and attacker switch roles. Play straight away on the transition. Once both players have attacked, they swap and become the servers. Once every player has attacked, the 2 players with the highest amount of goals play against each other. Once that is done, the winning players from each square form a group, as do the second, third and fourth placed players and play again.

Emphasis

Imagination, creativity and celebrating!

Progression

Level 2 - Servers play the ball at different heights, to simulate receiving imperfect passes like in a game bounced, rolled, spun etc



Timing	Area
Each player attacks for 30 seconds before becoming servers. 10 Minutes overall for the activity.	15x15m grid (set up 4 times)

Objective

To communicate to a team mate when receiving the ball

Outcomes

All Players - will be able to communicate to their team mate as the ball is travelling to them

Most Players - will be able to communicate to their team mate as the ball is travelling to them under pressure of an opponent

Some Players - will be able to communicate to their team mate as the ball is travelling to them under pressure both verbally and non verbally

Technical / Tactical	Psychological
Shielding Turning Combination Play Receiving on the safe side (the foot that is the furthest away from the defenders)	Fun Confidence Being safe Reactions Competitiveness
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Acceleration Reaction Perception Awareness Change of Speed Change of Direction

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.



Learn to Train

Station D - Small Sided Game

7v7 (+2Neutral) with retreat line



Organisation
Two teams of 7v7 are placed on to a field with the retreat line marked at thirds. a 5 m channel is set up for the two neutral wide players. Balls are placed around the outside of the pitch for a quick restart.
Procedure
Players play a normal game but the team in possession can use the wide players to create an overload of 9v7. Wide players can come inside and play as normal but if possession changes hands, ask them to return to the channel. Swap the wide players every 3 minutes.
Emphasis
Fun, creativity and celebrating!
Progression
N/A



Timing	Area
9 Minutes	70m x 50m

Objective	
To communicate to a team mate when receiving the ball	
Outcomes	
All Players - will be able to communicate to their team mate as the ball is travelling to them Most Players - will be able to communicate to their team mate as the ball is travelling to them under pressure of an opponent Some Players - will be able to communicate to their team mate as the ball is travelling to them under pressure both verbally and non verbally	
Technical / Tactical	Psychological
Free Play	Fun Safety Decision making
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Strength Suppleness Reaction Perception Awareness

Top Tip

Use visual aids to explain to the players the activity they are about to play. This can be as simple as sharing the session plan with the players, a whiteboard with a diagram drawn, cones to show formation and shape or any other objects that might capture a young players interest or attention.

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

