



**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

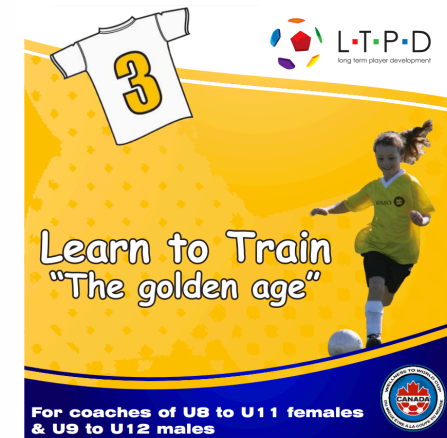


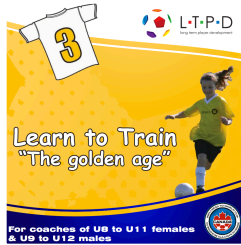
**The activities provided illustrate how stations can be used during Grassroots practices.**

**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.

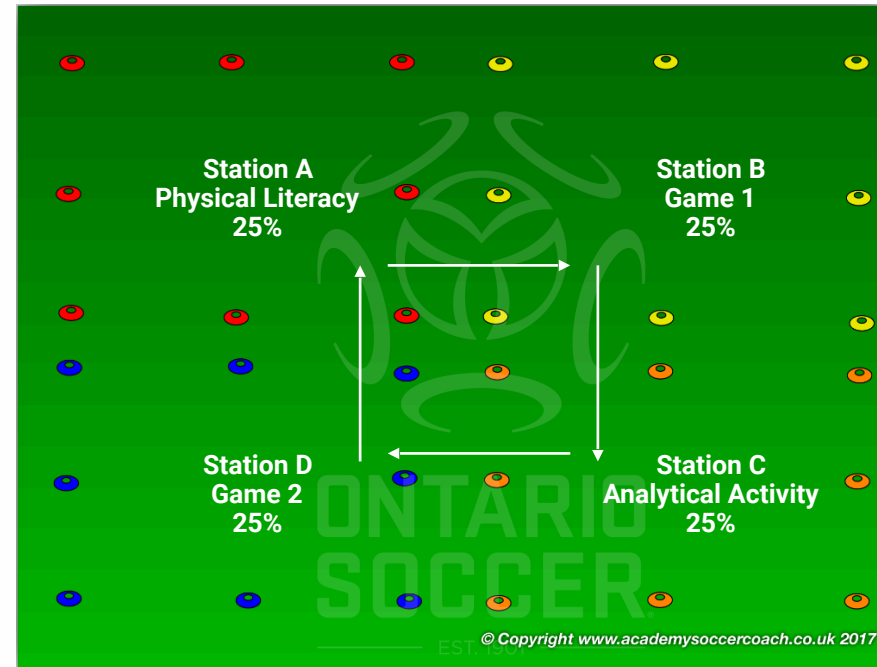
If working with a smaller group, simply move together through all 4 stations until all are complete.

## 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	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>





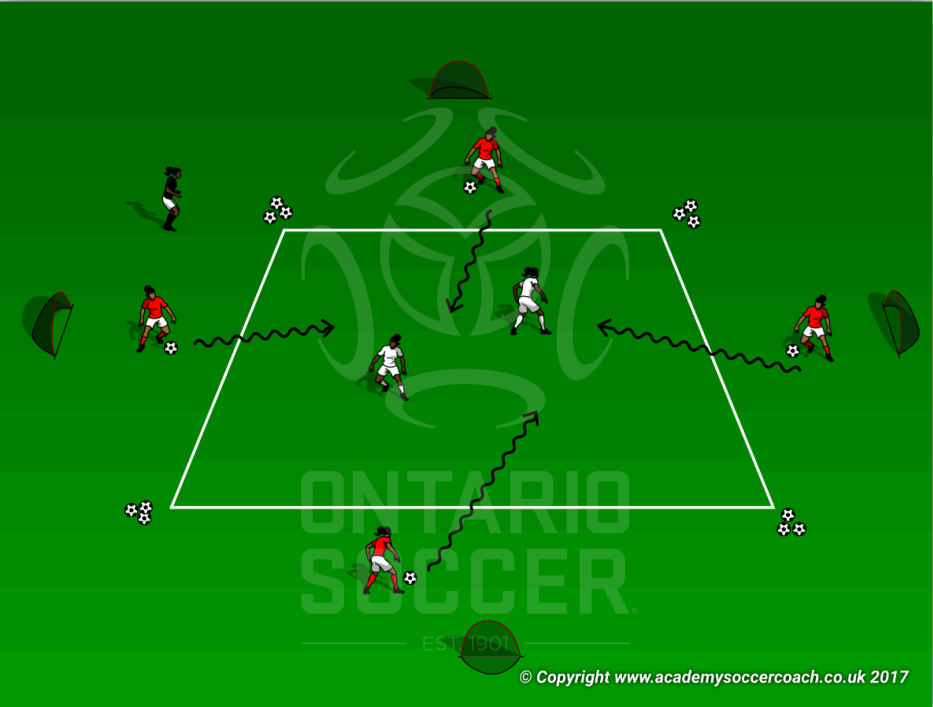
# Learn To Train

## Station A - Physical Literacy

### Just Keep Swimming!



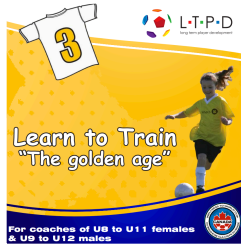
Organization
A 20m x 20m area is set up with 4 goals on each side as shown in the diagram. 8m x 8m square in set up in the middle of the area. 2 players start in the middle of the square.
Procedure
Begin without a ball: The red players must get through the area without being tagged by the defender. If tagged, they swap over roles. Progress to a ball where the players dribble across without being tackled, once they get to the other side, they score on the goal. If players are tackled, they become the defenders and can win the ball back straight away. The player who won the ball must dribble fast to the nearest goal and score. Players are not allowed to stand on the same side of the area, so if two players are on the same side, the one there the longest must make a run for it!
Emphasis
Fun, creating a safe environment, creativity and celebrating!
Progression
Play 1v1 to goals, allowing the strikers to score in any of the goals or play a 3 attackers vs 3 defenders.



Timing	Area
9 Minutes	20 m x 20 m (8m x 8m smaller square in the middle)

Objective	
To beat a player in a 1v1 situation	
Outcomes	
<b>All Players</b> - Can beat a player in a 1v1 situation	
<b>Most Players</b> - Can beat a player in a 1v1 situation and use their 'safe side' when required	
<b>Some Players</b> - Can beat a player in various 1v1 situations and use their 'safe side' when required	
Technical / Tactical	Psychological
Ball mastery Dribbling Running with the ball	Fun Safety Confidence Creativity
Socio - Emotional	Physical
Celebrating Problem Solving Communicating	Agility Balance Co-ordination Change of Direction Change of Speed

Top Tip	Ensure that players greet or celebrate with each other, a high 5, handshake, fist bump or a greeting that the players come up with can be powerful as they learn to positively interact with each other.
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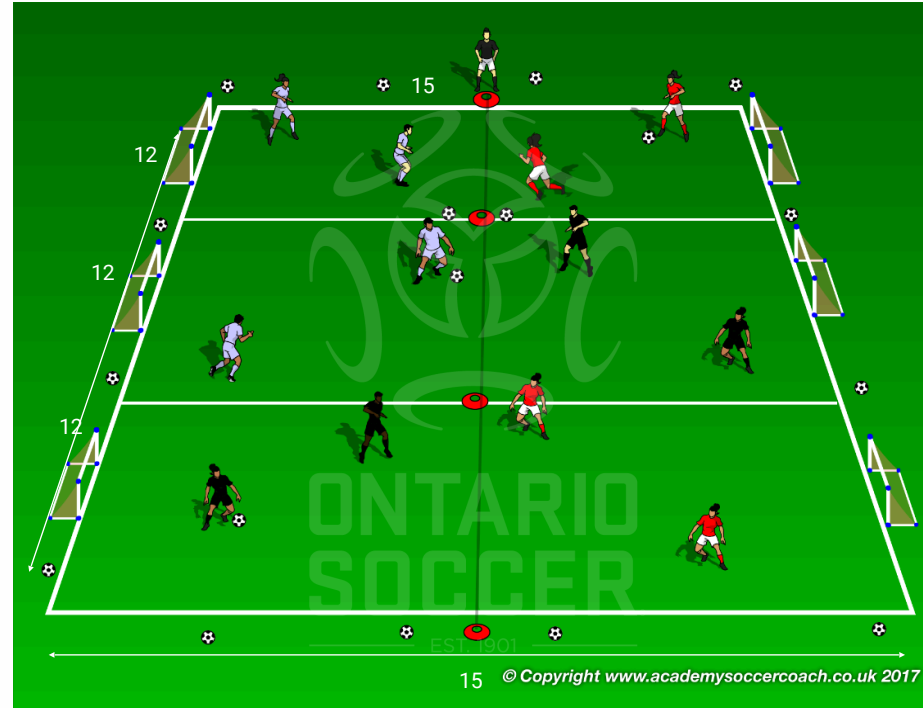
# Learn to Train

## 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
15 Minutes	15 m x 12 m (Set up 3 times)

Objective	
To beat a player in a 1v1 situation	
Outcomes	
<b>All Players</b> - Can beat a player in a 1v1 situation <b>Most Players</b> - Can beat a player in a 1v1 situation and use their 'safe side' when required <b>Some Players</b> - Can beat a player in various 1v1 situations and use their 'safe side' when required	
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 Speed Change of Direction

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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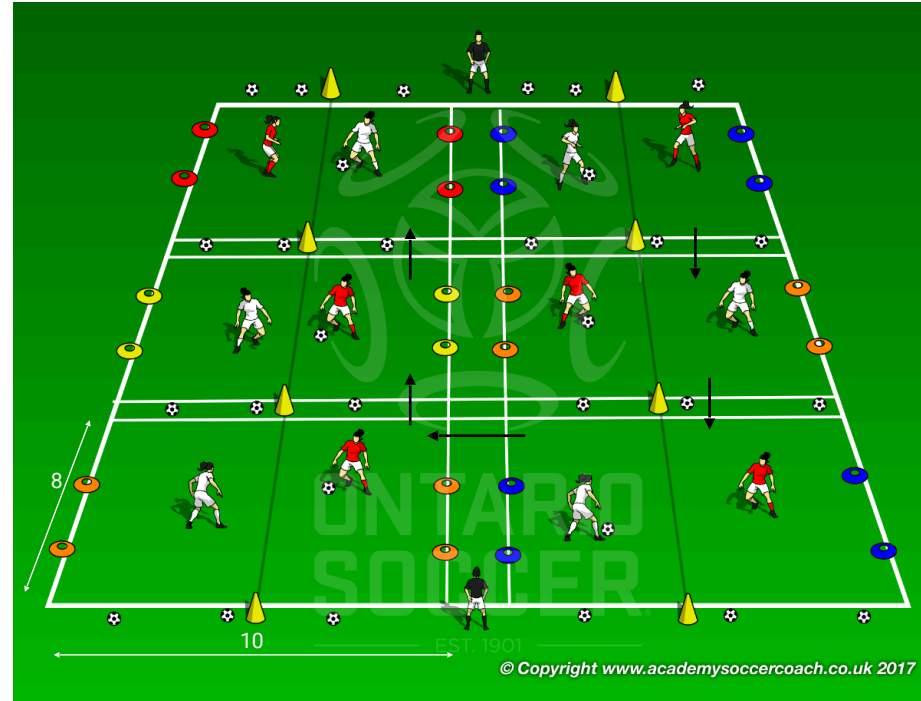
# Learn to Train

## Station C - Analytical

### The World Cup



Organization
2 players are placed in a 10m x 8m area with a ball. This is set up 6 times as shown in the diagram. All spare balls are placed on the outside. Allow spaces between each field for safety.
Procedure
Players play 1v1 and try to dribble over the end line to score, once they have done that, they retreat back into their own half behind the yellow tall cones.
Play for 1 minute. Move players on in a ladder (black arrows show rotation) to move in the World Cup Final / Red Square. (Rock, paper, scissors decides a tied game)
Emphasis
Imagination Creativity Celebrating
Progression
Players dribble through the goals that are placed on the end line (as shown in the diagram)



Timing	Area
15 Minutes	25x25m grid Each field is 10m x 8m

Objective	
To beat a player in a 1v1 situation	
Outcomes	
<b>All Players</b> - Can beat a player in a 1v1 situation <b>Most Players</b> - Can beat a player in a 1v1 situation and use their 'safe side' when required <b>Some Players</b> - Can beat a player in various 1v1 situations and use their 'safe side' when required	
Technical / Tactical	Psychological
Dribbling Receiving Passing Safe Side dribbling	Fun Confidence Being safe Reactions
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

#### Top Tip

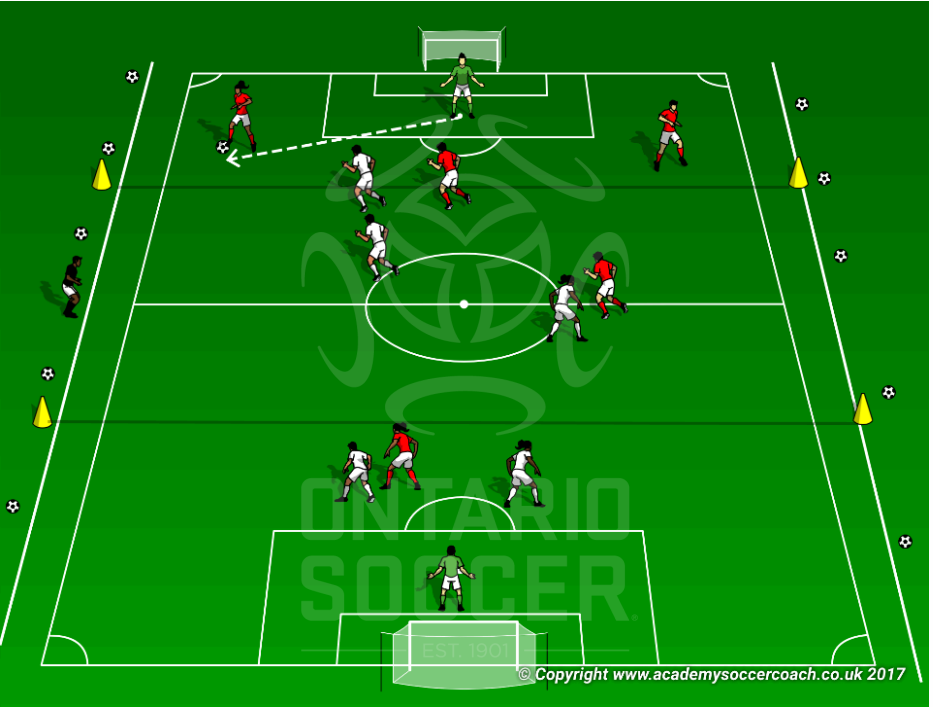
The most important focus at this age is the continued development of physical literacy and the recognition that individual technique development is paramount.



# Learn to Train

## Station D - Small Sided Game

### 6v6 or 7v7 with retreat line



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

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 a quick restart.
Procedure
Players play a normal game with all age and stage appropriate rules applied. Retreat line, offsides, throw ins. If more players, use two neutral wide players as shown and keep them involved in the session, or play up to 9v9.
Emphasis
Fun, creativity and celebrating!
Progression
N/A

Objective	
To beat a player in a 1v1 situation	
Outcomes	
<b>All Players</b> - Can beat a player in a 1v1 situation <b>Most Players</b> - Can beat a player in a 1v1 situation and use their 'safe side' when required <b>Some Players</b> - Can beat a player in various 1v1 situations and use their 'safe side' when required	
Technical / Tactical	Psychological
Receiving Dribbling Shooting Finishing	Safety Decision making Fun
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

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.
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# 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

