



**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

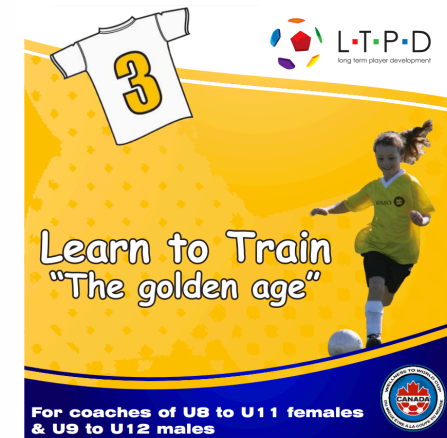


**The activities provided illustrate how stations can be used during Grassroots practices.**

**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.

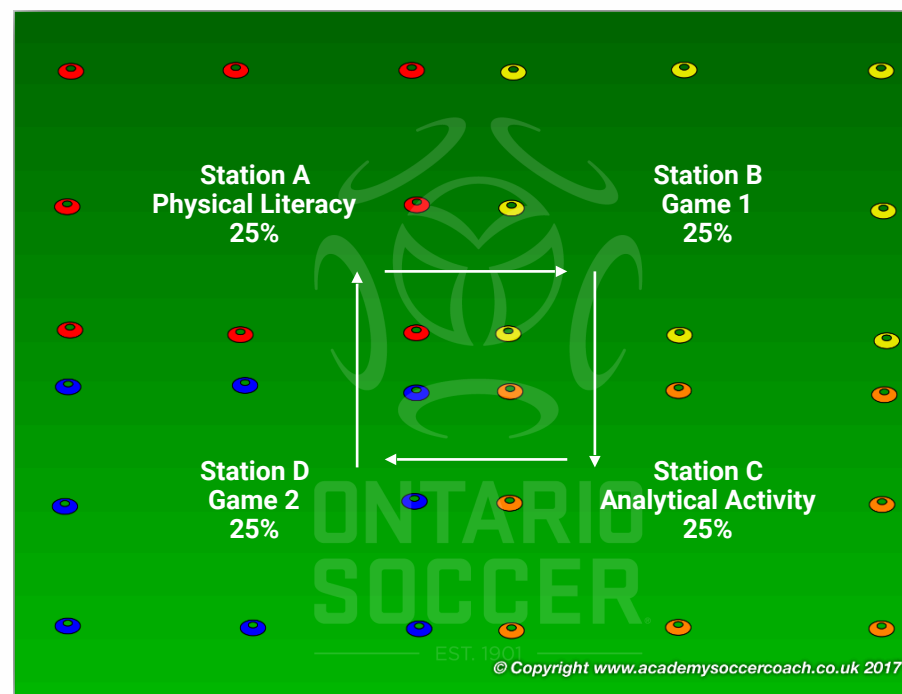
If working with a smaller group, simply move together through all 4 stations until all are complete.

## 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	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

### Duel World Cup



#### Organization

Players are divided in to pairs. Each player has a ball. A 25m x 25m area is divided up to create 6 boxes approx 8m x 8m.

#### Procedure

Players have 30 seconds to play 1v1 and try and touch each others ball as many times as they can. A point awarded every time they touch opponents ball. The players must be in close control of their own ball at all times & cannot leave it.

The player who touches their opponents ball the most in 30 seconds is the winner. count up the score and have the winner move up in a ladder system.

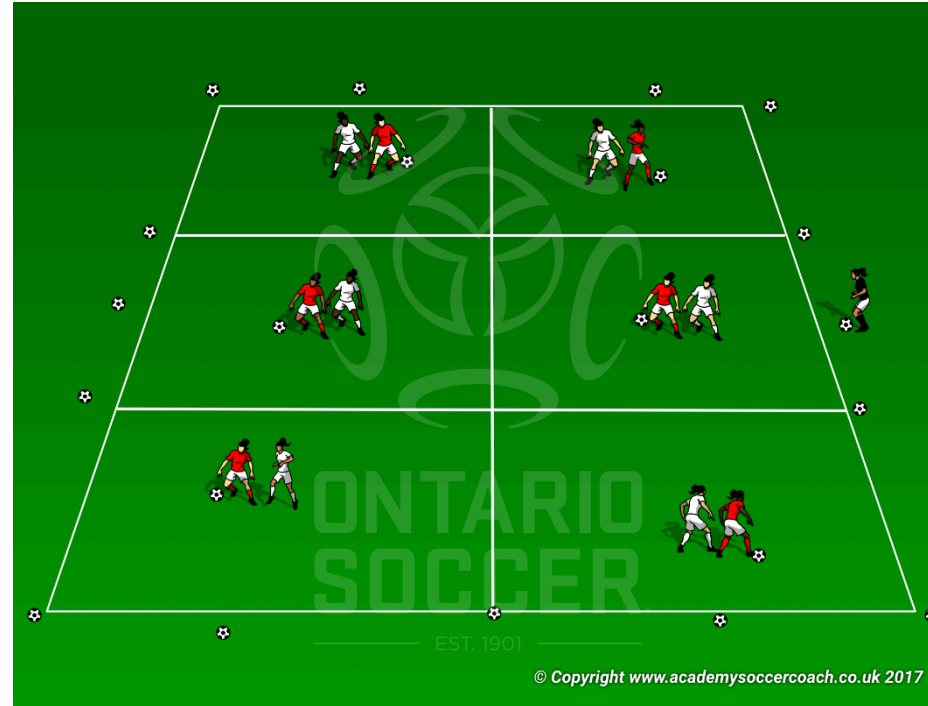
Create a 'World Cup Final Square', where the winner in that square stays in it. Rock, paper, scissors to decide a tie.

#### Emphasis

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

#### Progression

Play with one ball where players shield for 15 seconds before swapping. Who ever gets the least touches on their ball wins. Start with a tackle, player who has possession at end of the time wins.



Timing	Area
8 – 12 minutes	24m x 16m (8m x 8m mini grids)

#### Objective

To receive the ball when under pressure high pressure

#### Outcomes

**All Players** - will be able to recognise what foot they should receive the ball on when they are under pressure

**Most Players** - will be able receive and turn with their back to goal or drop in to space receive on the half turn

**Some Players** - will receive under high pressure spin and score

Technical / Tactical	Psychological
Ball Control Receiving 1v1 Defending and Attacking	Fun Competitiveness Concentration Self Control Determination
Socio - Emotional	Physical
Problem Solving Decision Making Patience	Strength Suppleness Reaction Perception Awareness

#### Top Tip

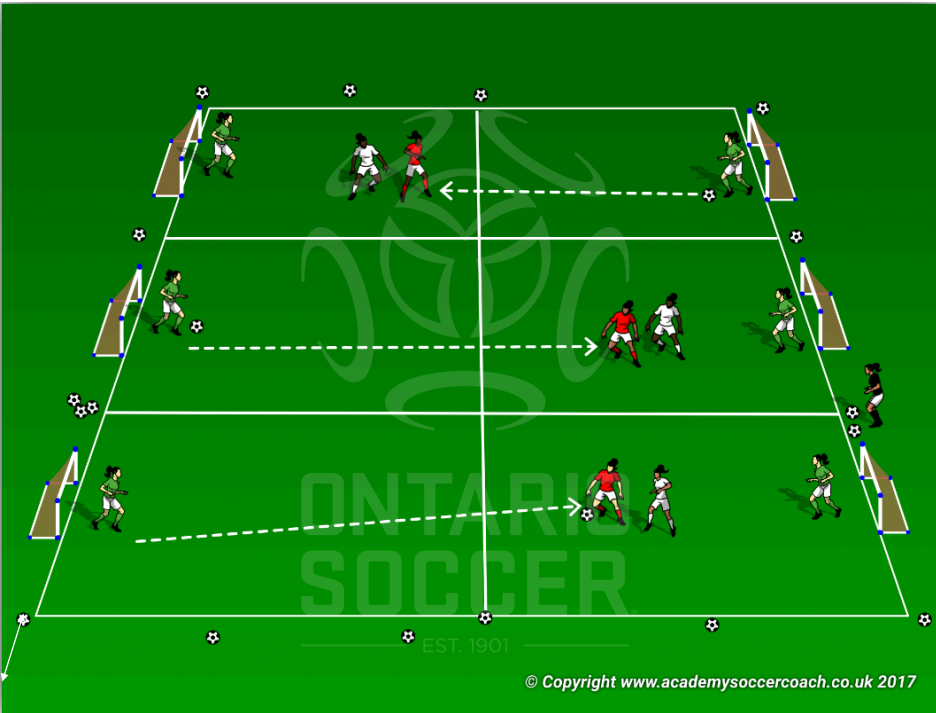
Show player success on a tablet or smartphone. Ask players to review what was successful. Use the players to discuss with each other and provide feedback. "It was hard to play against you when you did this" or "because I saw you doing this, it allowed me to be successful"



# Learn to Train

## Station B - Small Sided Game

### 2v2 with retreat line



Timing	Area
12 Minutes	20m x 36m (Three 20m x 12m fields)

Organization
Players play 2v2. 1 outfield player and 1 GK.
Procedure
Game restarts with the GK and the player must start in the opposite half. From there the attacker can move freely. If the attacker drops deep in their half, the defender must respect the retreat line.
After 1 minute, rotate the GK's. When the game is over after the next minute. Winning team moves on to the World Cup Final square.
Include celebrations with team mates, high 5's, come up with their own etc.
Emphasis
Fun, Creating a safe environment, Positive reinforcement, Allowing players to make decisions, Demonstration of the activity
Progression
N/A

Objective	
To receive the ball when under pressure high pressure	
Outcomes	
<b>All Players</b> - will be able to recognise what foot they should receive the ball on when they are under pressure	
<b>Most Players</b> - will be able receive and turn with their back to goal or drop in to space receive on the half turn	
<b>Some Players</b> - will receive under high pressure spin and score	
Technical / Tactical	Psychological
Ball Control Receiving 1v1 Defending and Attacking Finishing	Fun Competitiveness Concentration Self Control Determination
Socio - Emotional	Physical
Problem Solving Decision Making Patience	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.
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# 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 a quick restart.
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. 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



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

Objective	
To attack quickly on winning possession	
Outcomes	
<b>All Players</b> - will be able to recognise when their team has won the ball and how to attack <b>Most Players</b> - will be able to make a decision based on the number of players they are attacking with <b>Some Players</b> - will be able to draw in the opposition to create space in behind to exploit	
Technical / Tactical	Psychological
Free Play	Fun Decision making Determination Competitiveness
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

