



**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

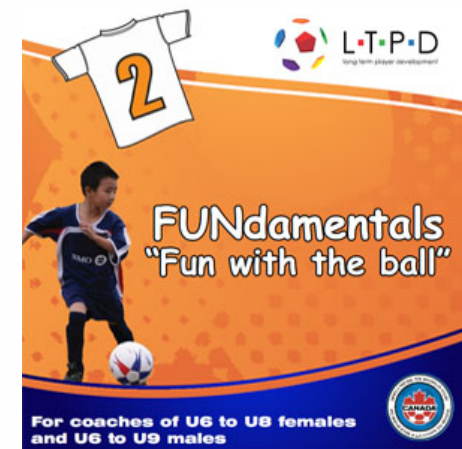


**The activities provided illustrate how stations can be used during Grassroots practices.**

**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.

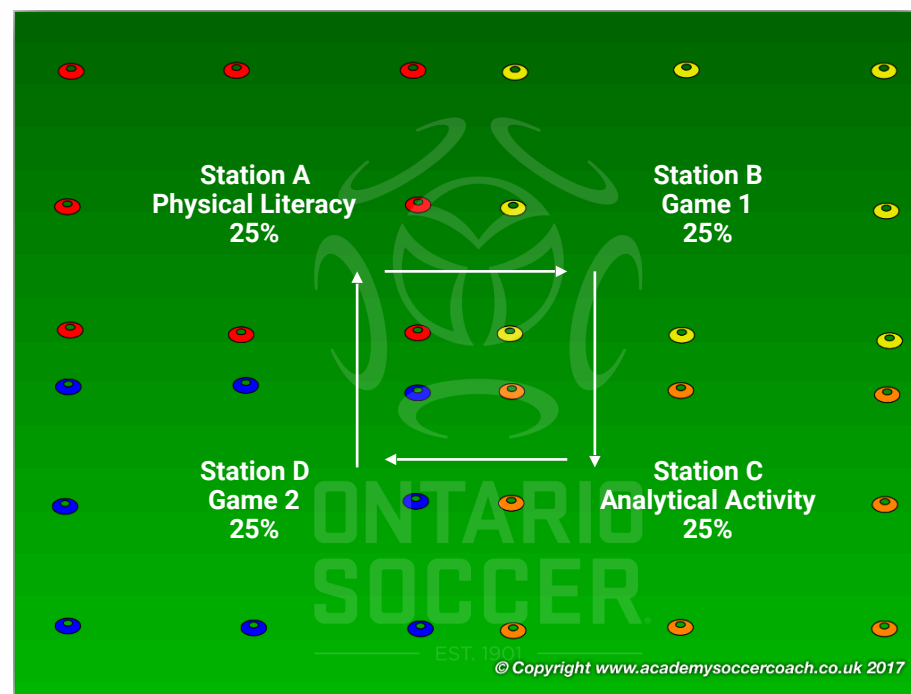
If working with a smaller group, simply move together through all 4 stations until all are complete.

## 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>





# FUNdamentals

## Station A - Physical Literacy

### Goal & Roll



#### Organization

Players are placed in the area, 4 goals are placed as shown and cones are scattered around the area.

#### Procedure

4 players move round the area and the other 4 are goalkeepers. Players score past the GK and get a new ball from the corner. Players count the goals they score.

Safety: Don't let them retrieve balls from the back of the net.

After the players have scored a goal, they must do a forward roll (or sideways roll) as a celebration.

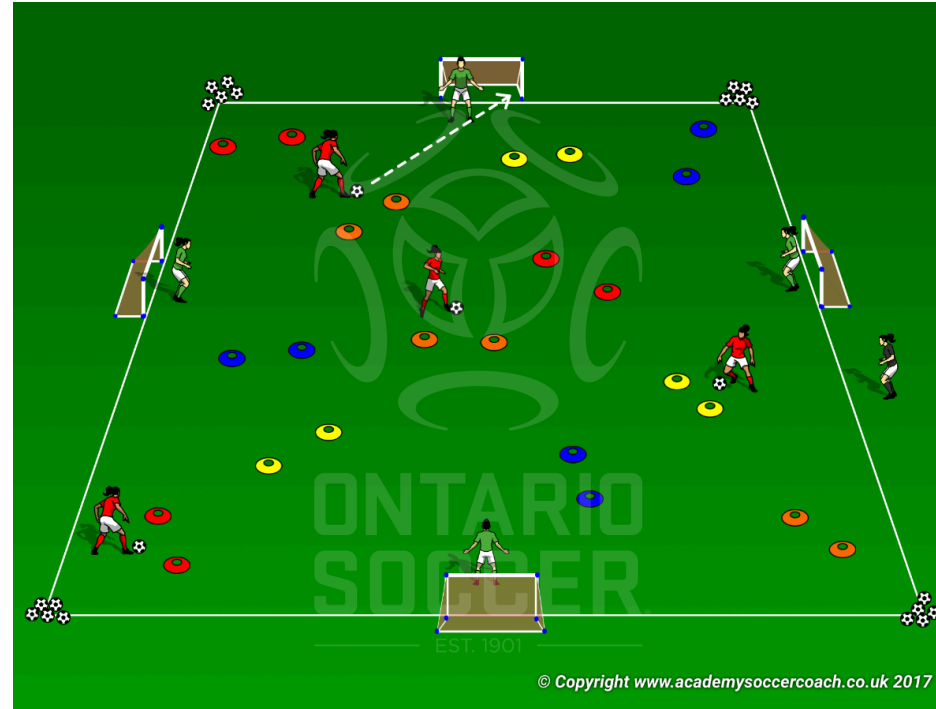
Play for 45 seconds and switch roles.

#### Emphasis

Decision Making,  
Awareness,  
Problem-Solving Movements  
FUN

#### Progression

Players must go through a gate and do a roll, bear crawl or crab walk as they go through the cone and then score on a goal.



Timing	Area
9 Minutes	15m x 15m

#### Objective

Players are able to shoot on target and score

#### Outcomes

**All players** - will be able to shoot on target

**Most players** - will be able to shoot on target and score

**Some players** - will be able to shoot and score by using both feet

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

#### Top Tip

Developing players physically is very important. Allowing them to develop their upper body strength in an environment that they will enjoy where they can make decisions is essential. Encourage different types of movements and disguise the 'work' with an emphasis on fun.



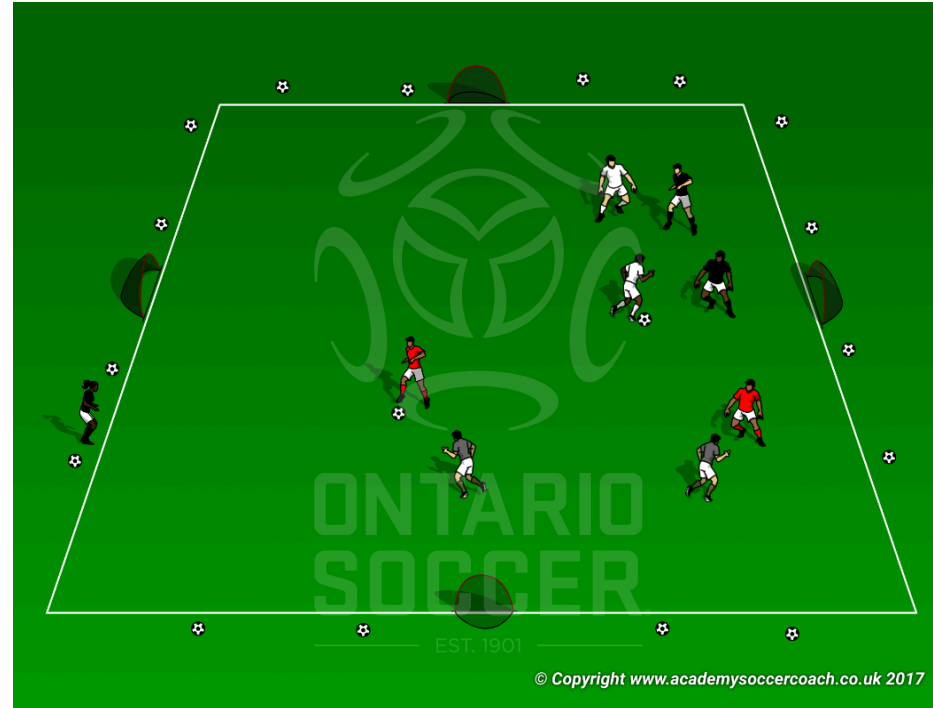
# FUNdamentals

## Station B - Small Sided Game

### 2v2 School Yard Soccer



Organization
4 teams of 2.
Red v Grey play north to south. Black v White play east to west.
Procedure
Balls are placed behind each team goal for restarts if the ball goes out of play.
Emphasis
Decision Making Awareness Movements Running with the Ball Problem-Solving FUN
Progression
N/A



Timing	Area
9 Minutes	15 m x 12 m

Objective	
Players are able to shoot on target and score	
Outcomes	
<b>All players</b> - will be able to shoot on target	
<b>Most players</b> - will be able to shoot on target and score	
<b>Some players</b> - will be able to shoot and score by using both feet	
Technical / Tactical	Psychological
Shooting Ball mastery Running with the ball	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

Encourage creativity and freedom by asking players to try different moves of their own or by thinking of moves or techniques that disguise their intentions. Praise any attempts at these moves and make sure the players know that making mistakes is part of the process.



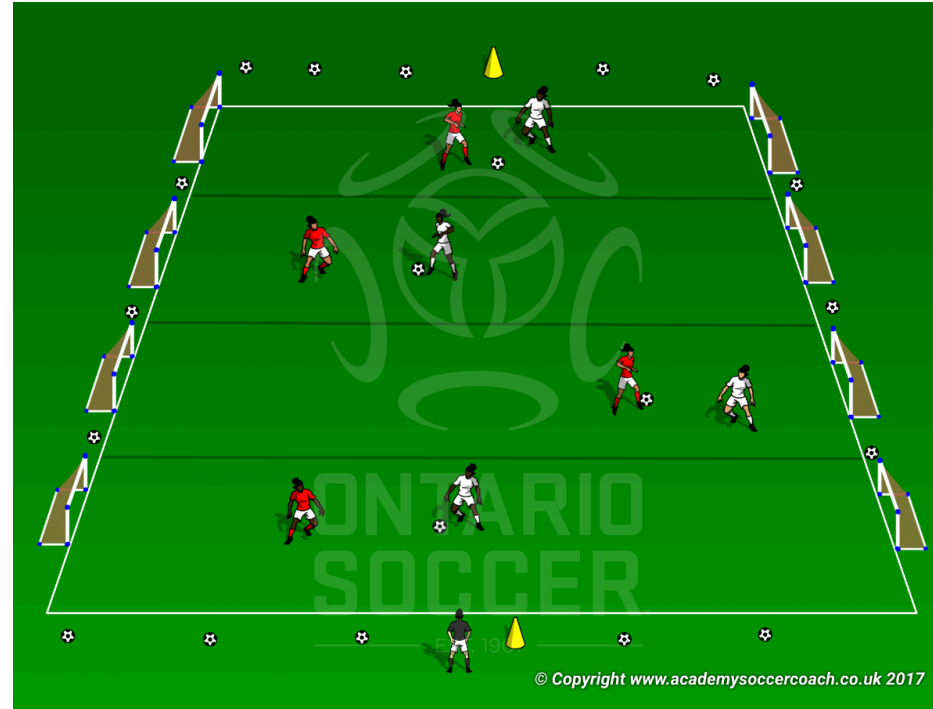
# FUNdamentals

## Station C - Analytical Activity

### 1v1 with retreat line



Organization
Players are placed in the area to play 1v1. Goals are at each end of the mini field. A retreat line is marked by the large yellow cones.
Procedure
Play for 45 seconds.
When the ball goes out of play, the player must retreat to their own Goal and play as a goalkeeper. While their opponent restarts.
Emphasis
Decision Making, Awareness, Problem-Solving Movements FUN
Progression



Timing	Area
9 Minutes	10m x 24m (Each mini field is 10m x 6m)

Objective	
Players are able to shoot on target and score	
Outcomes	
<b>All players</b> - will be able to shoot on target	
<b>Most players</b> - will be able to shoot on target and score	
<b>Some players</b> - will be able to shoot and score by using both feet	
Technical / Tactical	Psychological
Shooting Ball mastery Running with the ball	Fun Safety Confidence Creativity
Socio - Emotional	Physical
Problem-solving Decision-making	Balance Coordination Strength Reaction Perception Awareness

#### Top Tip

Use an tablet or a cell phone to show players videos of the great players scoring goals. Inspire the players and let them take ideas into the 1v1 game. Encourage them to try and praise their efforts for trying moves. This creates an environment that encourages creativity.



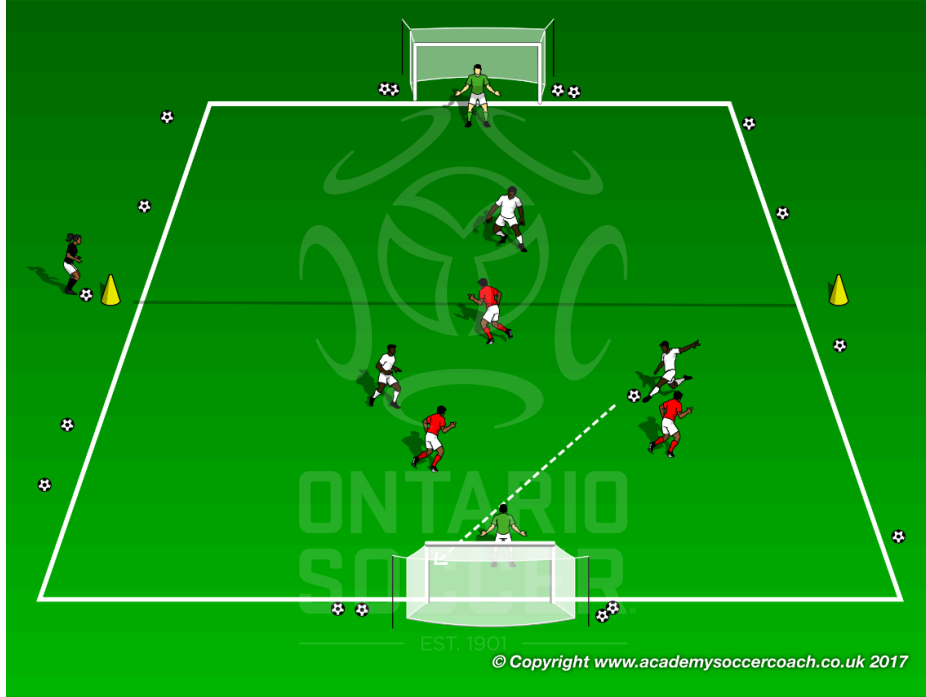
# FUNdamentals

## Station D - Small Sided Game

### 4v4 with retreat line



Organization
Two teams of 4v4 are placed on to a 25m x 18m field with 1 or 2 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 shoot on target and score	
Outcomes	
<b>All players</b> - will be able to shoot on target	
<b>Most players</b> - will be able to shoot on target and score	
<b>Some players</b> - will be able to shoot and score by using both feet	
Technical / Tactical	Psychological
Shooting Ball mastery Running with the ball	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

Learning to read the movements going on around them are critical skills to be developed at this age. Playing small- sided games, 3v3, 4v4 etc. can develop players' ability to read what others are going to do based on their movements.

# 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