



**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

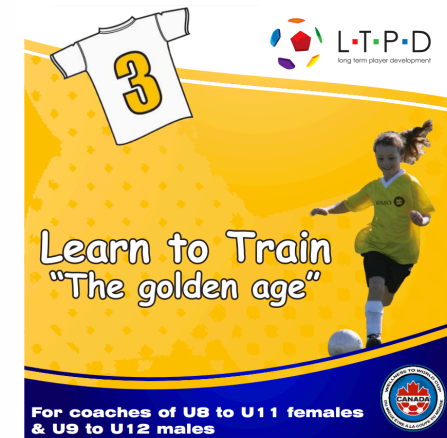


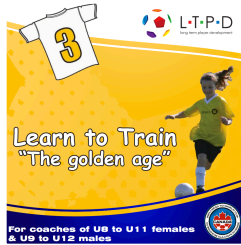
The activities provided illustrate how stations can be used during Grassroots practices.

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.

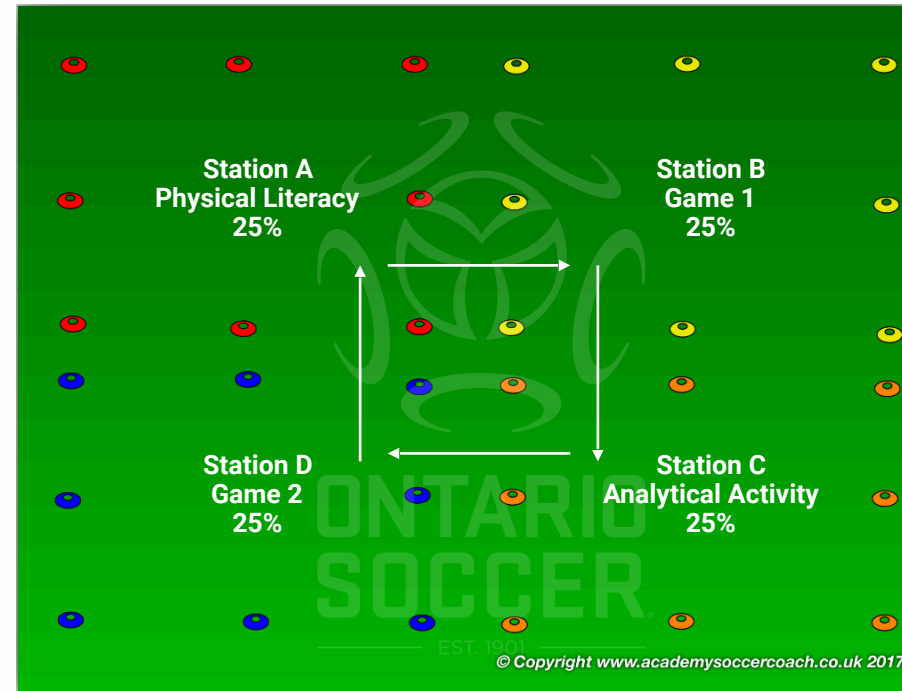
If working with a smaller group, simply move together through all 4 stations until all are complete.

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

Find the Underload!



Organization

Create an a 25mx20m area. Place 4 zones in different colours in the corners as shown. Place 4 mini goals in the middle of each side of the area facing inwards. All balls start in the middle. 3 players in red and 5 in white. Set up twice for 16 players.

Procedure

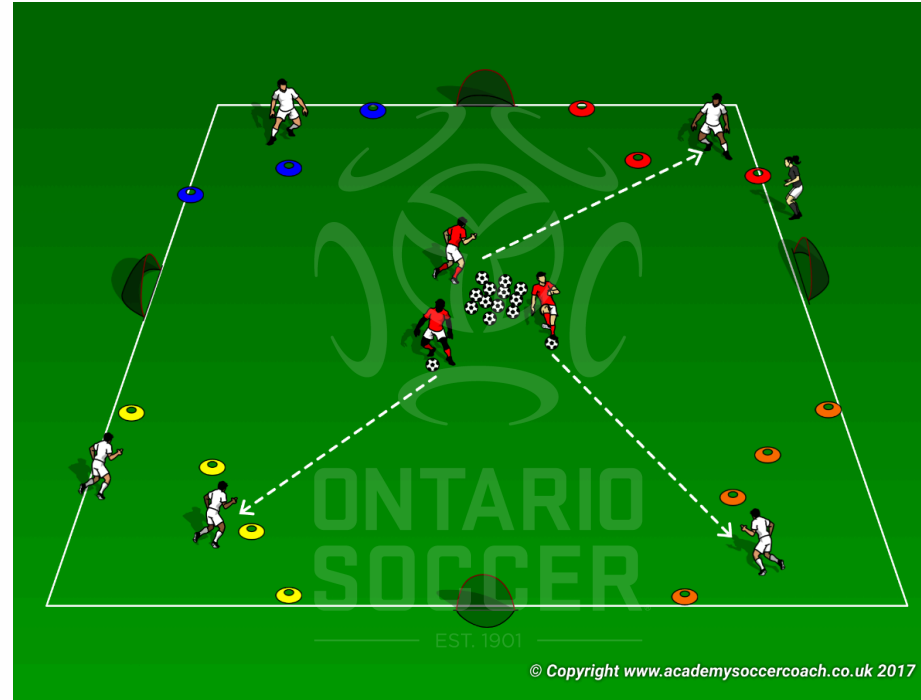
Red players are defenders and they pass the ball to any of the white players. The white players must receive and score in any of the goals. They get 1 point for scoring in the two nearest goals and 3 points for scoring in the furthest ones. Once they have scored, they must go to an area with the smallest number of players in, if they go in to an area with more than 1 other player in, they must swap roles with the defenders. After the red players have passed the ball in to the white players, they are trying to win the ball off them and score in the mini goals to swap roles and become the attacker. Play for 2 mins and swap who starts as the defender.

Emphasis

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

Progression

Players move in different ways in order to focus on different areas of the body. This can be played without a ball as a tag game.



Timing	Area
8 – 12 minutes	25m x 20m

Objective

To attack quickly on winning possession

Outcomes

All Players - will be able to recognise when their team has won the ball and how to attack
Most Players - will be able to make a decision based on the number of players they are attacking with
Some Players - will be able to draw in the opposition to create space in behind to exploit

Technical / Tactical	Psychological
Ball Mastery Dribbling Passing	Fun Safety Decision making
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Coordination Change of Speed Change of Direction

Top Tip

Encourage the players to take risks and come up with ways to try being creative or deceptive to fool the opponents. Praise any efforts to do this or creativity, tell the players why you are praising "Well done, Jayde, good idea to fake one way to trick the defenders"



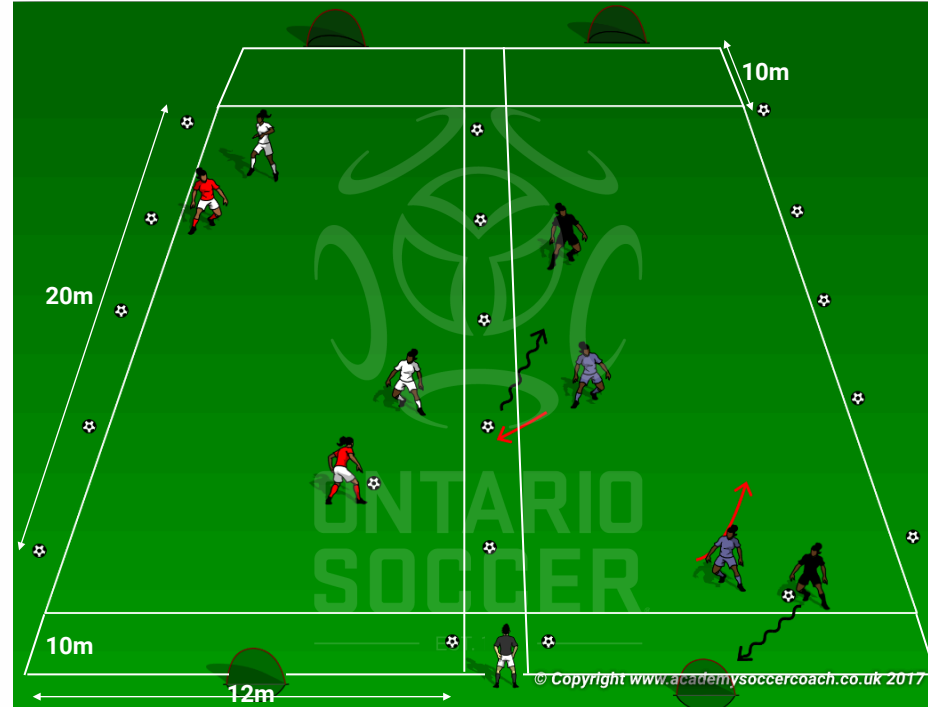
Learn to Train

Station B - Small Sided Game

Overloads and Under loads



Organization
Players are divided in to 4 teams of 2. The field is set up as shown with balls around the outside and in the middle of the safe zone. If 16 players set up whole activity twice.
Procedure
Players play 2v2 and look to dribble over the end line to score. If a player has dribbled over the end line, they must look to run with the ball and score in the mini target goal. While that is happening, the team that has conceded, can look to start a new attack in a 2v1 situation. After 2 minutes, rotate the teams so the two winning teams play each other. 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



Timing	Area
12 Minutes	30m x 25m (Two 20m x 12m fields)

Objective	
To attack quickly on winning possession	
Outcomes	
All Players - will be able to recognise when their team has won the ball and how to attack Most Players - will be able to make a decision based on the number of players they are attacking with Some Players - will be able to draw in the opposition to create space in behind to exploit	
Technical / Tactical	Psychological
Dribbling Running with the ball Transition	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 a tablet or cell phone to show players real game footage so they can see the best players in the world do this is a real game. Use the video to inspire the players and ask them questions about what they see e.g. https://www.youtube.com/watch?v=io6dSh1h0C0
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Station C - Analytical Activity

Transition Game



Organization

2 mini goals are placed on one side of a 25m square and a 9v9 goal is placed on the opposite side. Players are divided in to 2 teams and will rotate which player is the GK each time.

Procedure

The first red player dribbles out against a white defender. The red player looks to score past the GK in the big goal. The white player looks to steal and score in two of the mini goals. As soon as the play is over, the next white player dribble the ball in to create a 2v1 situation. When that is over, two red players dribble in to create a 3v2 situation. After that the final white player dribbles in to create a 4v3 (inc goalkeeper) and then the final red player dribbles in to create a 4v3 outfield situation.

Count how many goals are scored and swap sides. Also make sure you swap the order that the players start in to balance physical demands.

Emphasis

Fun,
Creating a safe environment,
Positive reinforcement,
Allowing players to make decisions,
Demonstration of the activity

Progression

Can change so only individual players move on rather than in teams of 2.



Timing

12 Minutes

Area

25m x 25m

Objective

To attack quickly on winning possession

Outcomes

All Players - will be able to recognise when their team has won the ball and how to attack

Most Players - will be able to make a decision based on the number of players they are attacking with

Some Players - will be able to draw in the opposition to create space in behind to exploit

Technical / Tactical

Dribbling
Running with the ball
Transition
Finishing

Psychological

Fun
Decision making
Determination
Competitiveness

Socio - Emotional

Problem Solving
Communication
Celebration
Teamwork

Physical

Agility
Balance
Co-ordination
Change of Speed
Change of Direction

Top Tip

It's important that players can make decisions that are in context to the game. Think about starting position, movement, direction and speed in relation to the game.



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	
All Players - will be able to recognise when their team has won the ball and how to attack Most Players - will be able to make a decision based on the number of players they are attacking with Some Players - will be able to draw in the opposition to create space in behind to exploit	
Technical / Tactical	Psychological
Dribbling Running with the ball Transition Finishing	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

