



**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

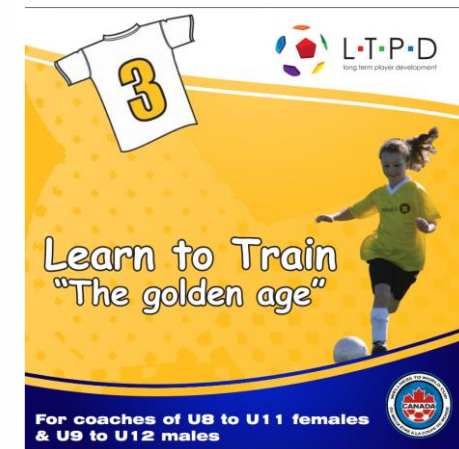


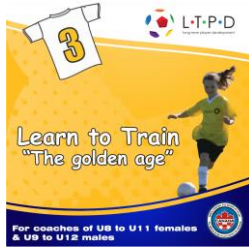
The activities provided illustrate how stations can be used during Grassroots practices.

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.

Organisation

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.

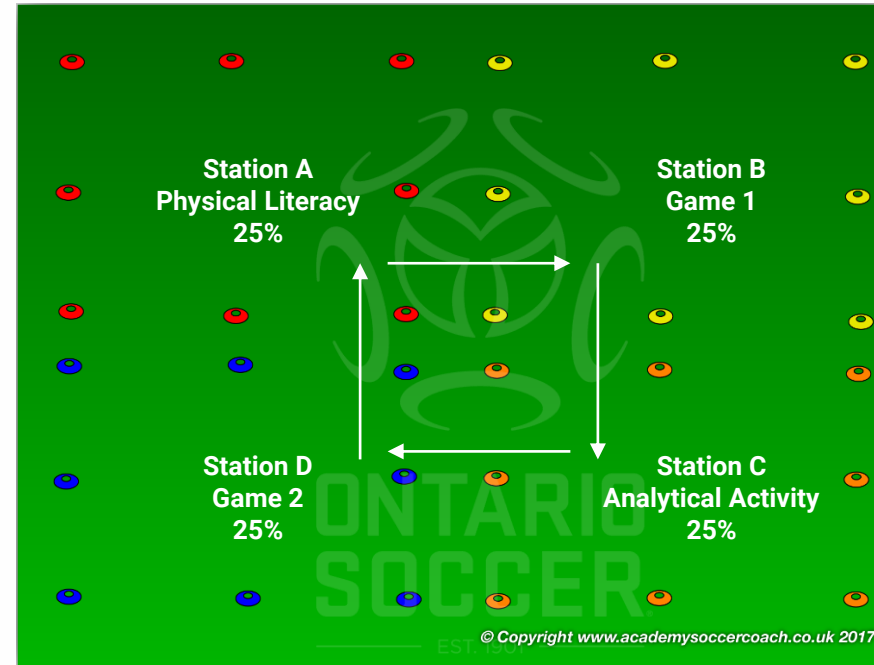
If working with a smaller group, simply move together through all 4 stations until all are complete.

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: 70 mins 4 x 10 minute Stations	20 x 20 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					
Respect / discipline	2	1	1	1	Tactical	U9	U10	U11	U12
Fair play / honesty	2	1	1	1	Playing out from the back	2	2	2	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

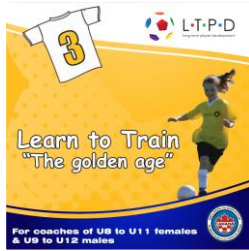
Priority Key

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 - Retrieval



Organization

25 x 25 m. Players are in groups of 3. Each group with 1 ball.

Procedure

Each group gives their ball to the coach and the coach throws the ball into space. The group has to retrieve the ball and bring it back to the coach as fast as possible. The coach will tell the players how the ball has to be brought back, e.g. all players hopping on their right foot with each of them touching the ball. The coach will ask the players for solutions on other ways of bring the ball back to coach.

Emphasis

Teamwork, Creativity, Speed and Fun

Progression

Progress within groups 2v1 and attackers look to beat defender to get the ball to the coach. Rotate until each player defends once.



Timing	Area
10 Minutes	25 x 25 m

Technical / Tactical

Passing
Receiving

Psychological

Fun
Being safe
Decision making
Confidence

Socio - Emotional

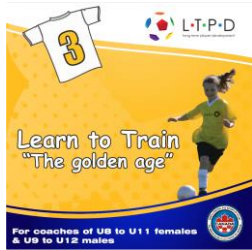
Problem Solving
Communicating
Listening
Teamwork

Physical

Agility
Balance
Co-ordination
Change of Speed
Change of Direction

Top Tip

Coaches need to be positive role models that respects and encourages all players



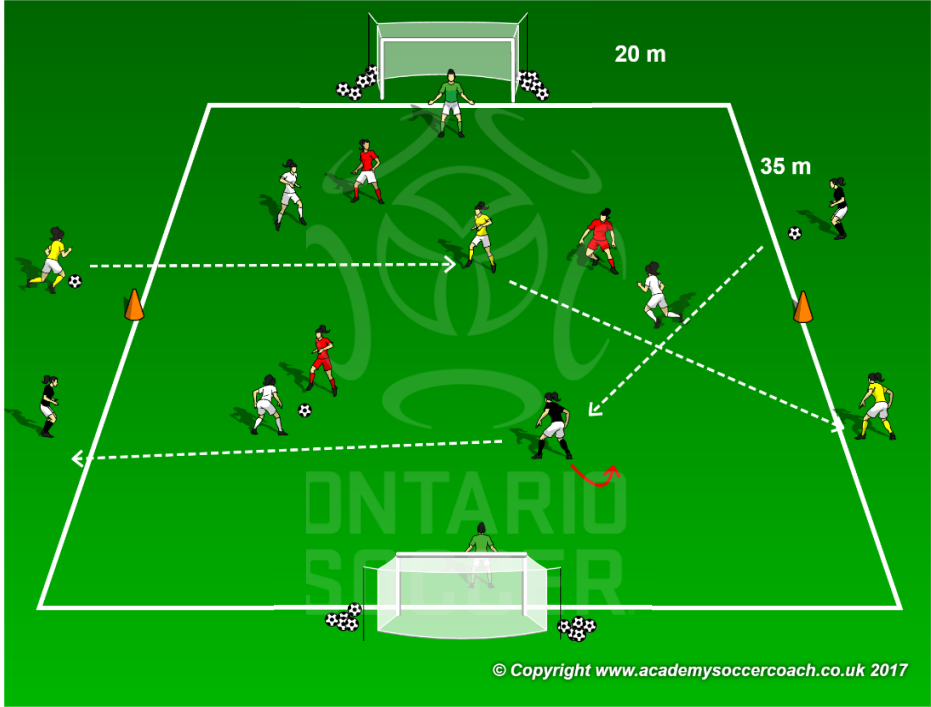
Learn to Train

Station B

Small Sided Game – Crossing the Highway



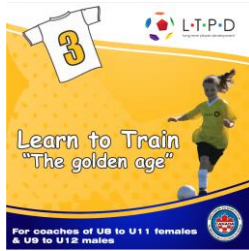
Organization
20 x 35 m. 4 teams of 3 and 2 Goalkeepers. Retreat line in place at half.
Procedure
Reds and Whites play 4v4 to goal in the North to South direction.
The yellow and white players, will have two players positioned on the outside of the playing area and one inside. The player on the inside of the area, will look to find space to receive ball from one teammate and switch play to the other. Both activities take place simultaneously. Rotate the players in the middle after 3 passes. After 2 minutes, swap over to yellows play against black and red and white do the passing and receiving.
Emphasis
FUN, Awareness, Decision Making, Passing and Receiving, Dribbling, Finishing.
Progression



Timing	Area
9 Minutes	20 x 35 m

Technical	Psychological
Dribbling Receiving Passing Finishing Turning with ball	Confidence Awareness Decision Making FUN
Social	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip	Enable children to have a fun and rewarding experience while competing in small sided games
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Learn to Train

Station C

Analytical - Mind the Gap



Organization

30 x 30m. 3 teams of 4. Each team with a ball. 1 team to be placed outside of grid. 2 teams to be placed inside the grid.

Procedure

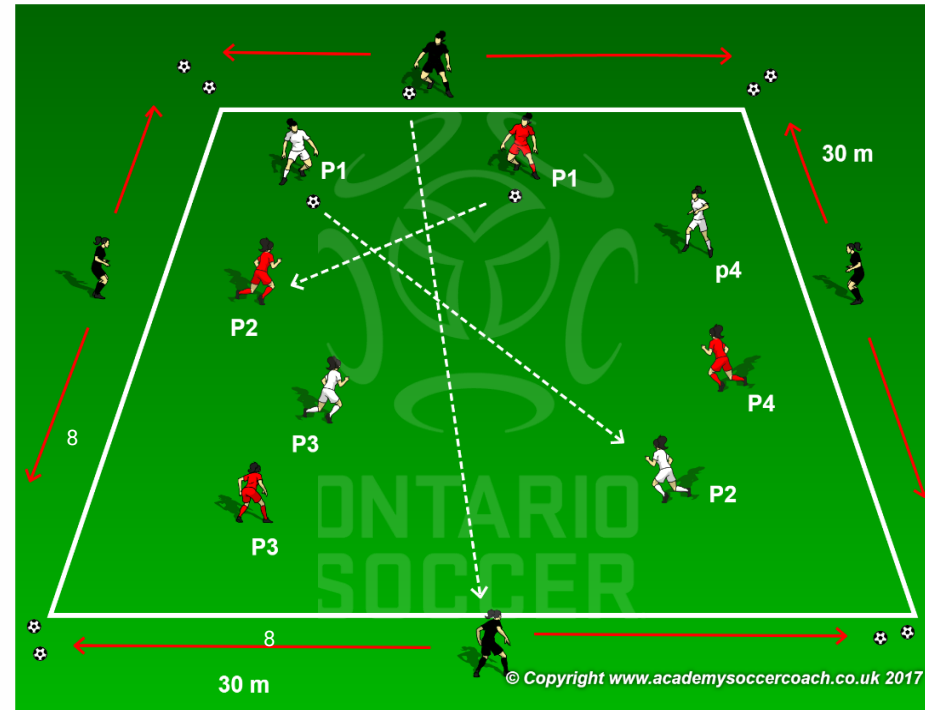
The team on the outside of the grid, must pass to each other without hitting the players in the middle.

The players inside the grid, must pass within their team's number 1-4. Player 1 must pass to player 2, player 2 must next pass to player 3 within their own team etc.

Emphasis

Decision making, awareness and fun!

Progression



Timing	Area
10 Minutes	30 x 30 m

Technical / Tactical

Passing
Receiving
Scanning
Support

Psychological

Being safe
Decision making
Awareness
FUN

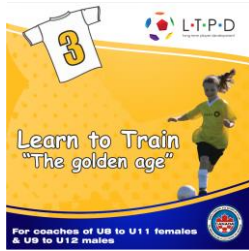
Socio - Emotional

Problem Solving
Communicating
Teamwork

Physical

Agility
Balance
Co-ordination
Change of Speed
Change of Direction

Top Tip Coaches need to create an environment where players can self-discover their own creativity



Learn to Train

Station D

Small Sided Game - Super Sevens



Organization

35 x 55 m. Play 7v7. 6 outfield players in one colour and 6 outfield players in another. Goalkeepers wear a third colour. Balls are placed around the outside for quick re-starts.
Retreat line in place on the thirds and shown by cones.

Procedure

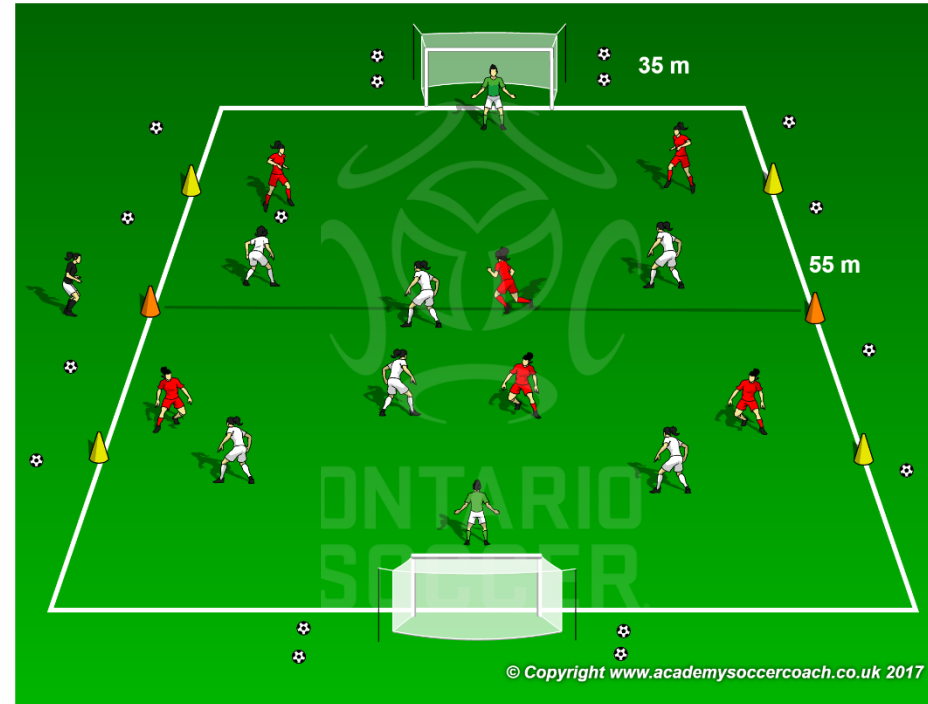
Players play all rules of a normal 7v7 game.

Emphasis

Running with the ball, allowing the players to make their own decisions, free play and fun

Progression

N/A



Timing

10 Minutes

Area

35 x 55 m

Technical / Tactical

Running with the ball
Passing
Receiving
Support
Penetration
Mobility

Psychological

Fun
Being safe
Decision making
Attacking mind set

Socio - Emotional

Problem Solving
Communicating
Teamwork

Physical

Change of Speed
Change of Direction

Top Tip

The U8-U11 female and U9-U12 male age group is the third stage of soccer development that our players go through, commonly known as the “golden age of learning”.

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](#)

Online Practice Videos

Online Webinars

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](#)

