



**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.

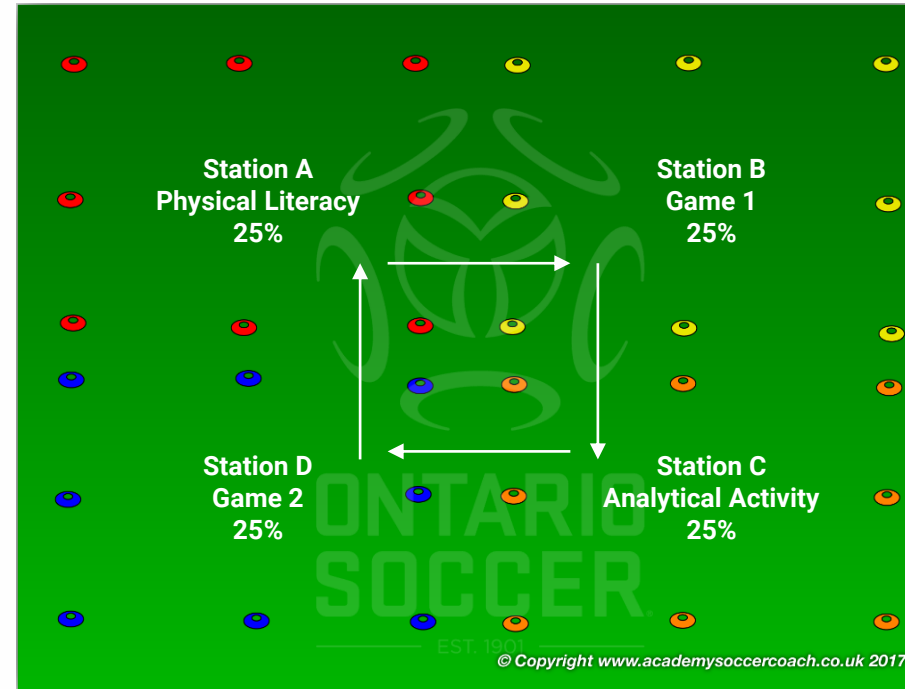
If working with a smaller group, simply move together through all 4 stations until all are complete.

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)

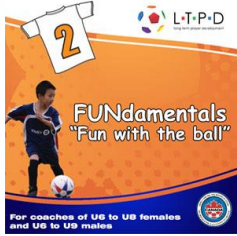
Technical / Tactical	U6	U7	U8	Physical	U6	U7	U8
Dribbling	1	1	1	Agility	2	2	1
Running with the ball	1	1	1	Balance	3	2	1
Shooting	1	1	1	Coordination	3	2	1
Ball Control	3	1	1	Stamina	4	4	3
Passing	3	3	3	Strength	3	3	3
Receiving	3	1	1	Speed	2	1	1
Heading	4	4	4	Suppleness	3	3	3
Shielding	4	4	3	Acceleration	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				
Respect / discipline	2	1	1				
Fair play / honesty	3	2	1				

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>



FUNDamentals

Station A

Physical Literacy – Tag Team



Organization

15 m x15 m, 6 players are placed inside the area with a ball. 2 players are placed in a different color without a ball.

Procedure

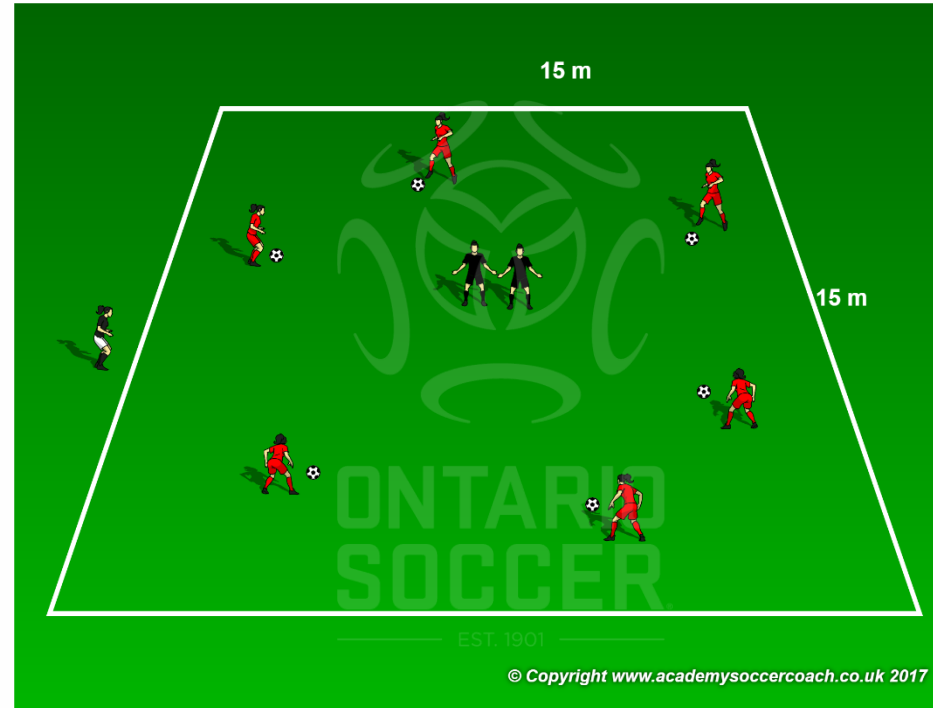
The players in black must hold hands and work together to touch the players in red. The red players will start game holding the ball with their hands. Coach can direct all players to hop on one leg, skip and run backwards. When black player tags red player they will join the hands and becomes part of the defending team. Red players must stay in the area with their ball. If they go out of the area, they become part of the defending team. Last player remaining wins.

Emphasis

Imagination, creativity and celebrating!

Progression

Red players will dribble



Timing	Area
9 Minutes	15 m x 15m

Objective

Players will be able to beat a player in a 1v1 situation

Outcome

All players: can beat a player by changing their speed
Most players: can beat a player by changing their speed and direction
Some players: Can beat a player left and right by changing their speed and direction

Technical / Tactical	Psychological
Dribbling Ball mastery Running with the ball	Confidence Awareness FUN
Socio - Emotional	Physical
Problem Solving Communicating Celebrating Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

Role of the FUNDamentals Coach is to provide all players a fun, safe and enjoyable activity



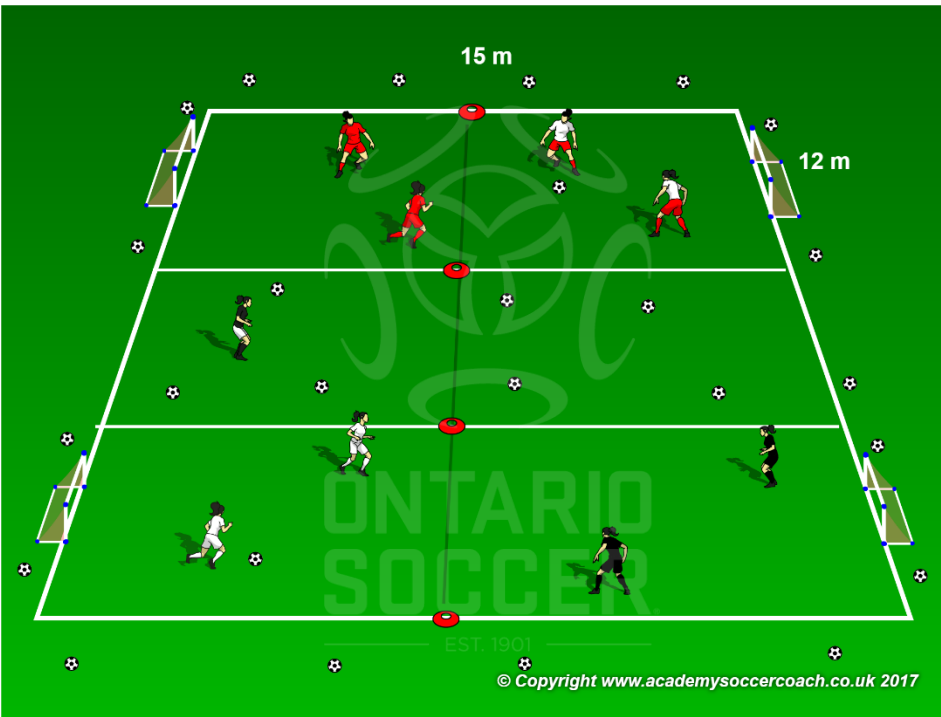
FUNdamentals

Station B

Small Sided Game-2v2 World Cup Teams



Organization
Create 2 mini fields of 12 m x 15 m each. 4 teams of 2 .
Procedure
Players play 2v2 in smaller fields. After 2 minutes, rotate the teams. Can do a competition ladder and rock paper scissors if a tie occurs or have each team play each other once. Allow each team to name their own teams and must be a country name. Balls are placed behind each team goal and around playing field for restarts if the ball goes out of play
Emphasis
FUN, creativity and celebrating
Progression
N/A



Timing	Area
9 Minutes	12 m x 15 m

Objective	
Players will be able to beat a player in a 1v1 situation	
Outcome	
All players: can beat a player by changing their speed Most players: can beat a player by changing their speed and direction Some players: Can beat a player left and right by changing their speed and direction	
Technical / Tactical	Psychological
Dribbling Receiving Passing Finishing	Confidence Being safe Awareness Decision Making FUN
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip	Encourage and embrace creativity within the training environment by allowing your players to show their individual skills to teammates.
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FUNdamentals

Station C

Analytical-1v1 Chaos-Show Your Skills



Organization

15 m x 15 m playing field. 2 goals placed on each side that is 3 m in width. 4 teams of 2. Balls placed outside the playing area.

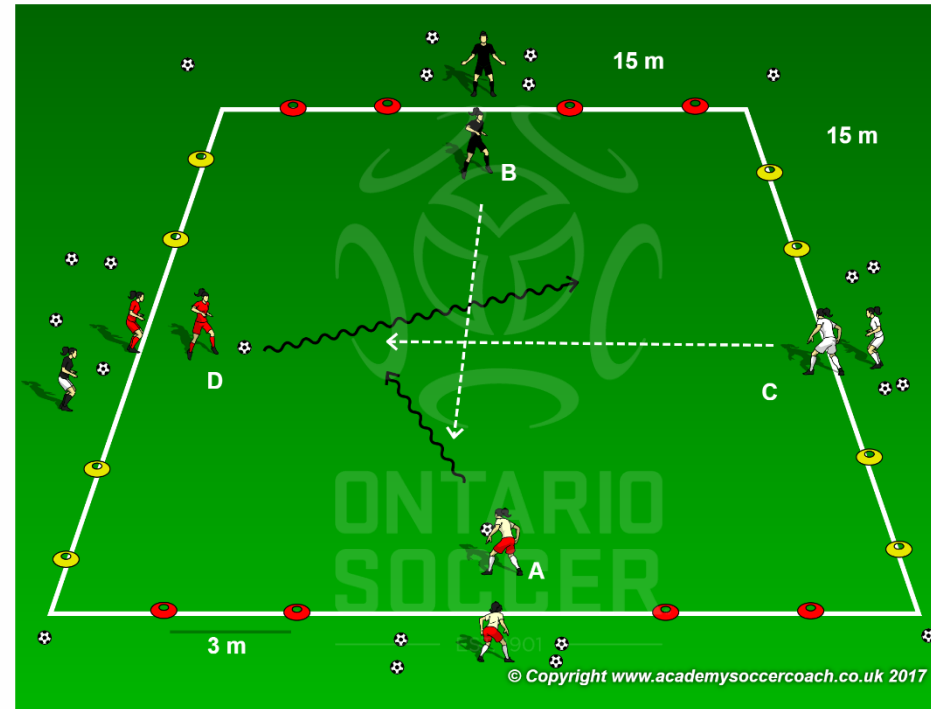
Procedure

1v1-Player A plays the pass to Player B on the opposite side of the field. Player B attempts to dribble past player A and dribble through one of the goals on opposite side. If player A takes the ball away from Player B he/she then tries to dribble the ball through the opposing player's goal. C and D will do the same. There will be two games going on at same time. Keep rotating the service so that all players are attackers. If player is having a hard time scoring in 1 minute, please rotate the next two. Player to rest ratio will be important. Please do not have more than two players per team.

Emphasis

Fun, creativity and celebrating!

Progression



Timing

9 Minutes

Area

15 m x 15 m

Objective

Players will be able to beat a player in a 1v1 situation

Outcome

All players: can beat a player by changing their speed
Most players: can beat a player by changing their speed and direction
Some players: Can beat a player left and right by changing their speed and direction

Technical

Dribbling
Finishing

Psychological

Confidence
Awareness
Decision Making
FUN

Social

Problem Solving
Celebrating
Creativity

Physical

Agility
Balance
Co-ordination
Change of Speed
Change of Direction

Top Tip

Create an environment where the game is constantly changing to allow players to make their own decisions



FUNDamentals

Station D

Small Sided Game – 4v4 (no GK) with Retreat Line



Organization

20 m x 25 m playing field. Balls placed behind goals.
2 teams of 4 (no GK).

Procedure

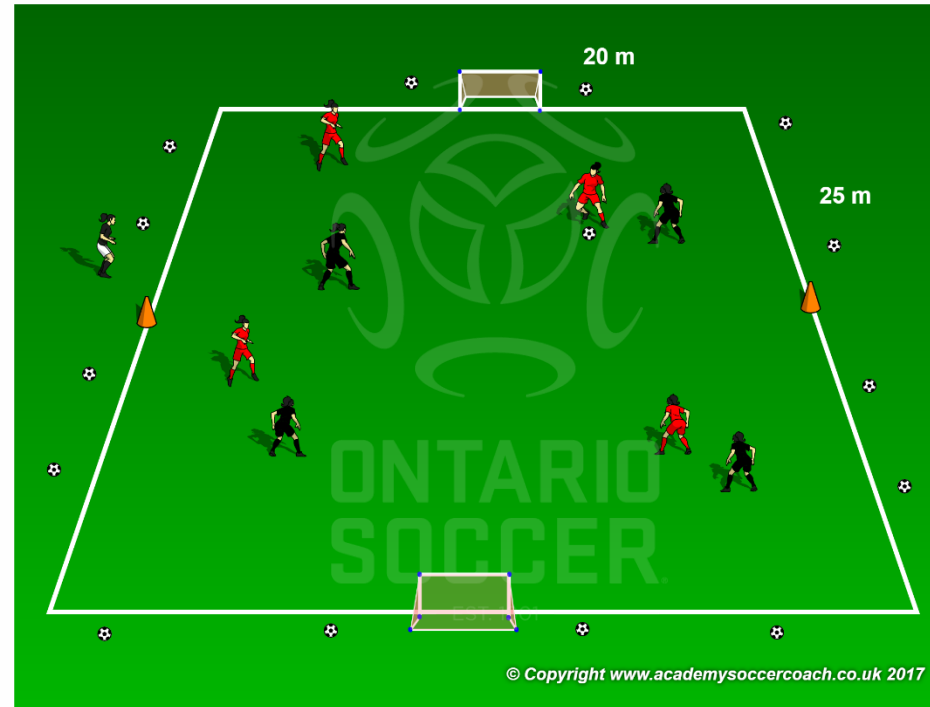
Head Coach can restart play from where ball is played out to help continue game quickly. Balls can be placed around the field

Emphasis

Free Play and FUN!

Progression

N/A



Objective

Players will be able to beat a player in a 1v1 situation

Outcome

All players: can beat a player by changing their speed
Most players: can beat a player by changing their speed and direction
Some players: Can beat a player left and right by changing their speed and direction

Technical / Tactical

Dribbling
Receiving
Passing
Finishing
Running with the Ball

Socio - Emotional

Problem Solving
Communicating
Listening
Teamwork

Psychological

Fun
Confidence
Being safe
Awareness
Decision Making

Physical

Agility
Balance
Co-ordination
Change of Speed
Change of Direction

Timing

9 Minutes

Area

20 m x 25 m

Top Tip

Create an environment where players can problem solve.

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

- [FUNdamentals U6-U8/9 \(Brochure\)](#)
- [FUNdamentals Start Workbook and Practice Plan](#)
- [FUNdamentals U6-U8/9 \(Curriculum\)](#)
- [All other online Grassroots Practices](#)

