



**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

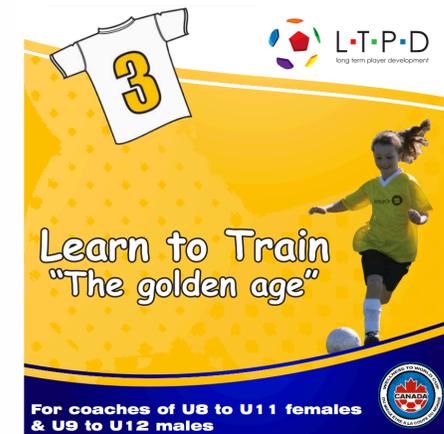


**The activities provided illustrate how stations can be used during Grassroots practices.**

**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.

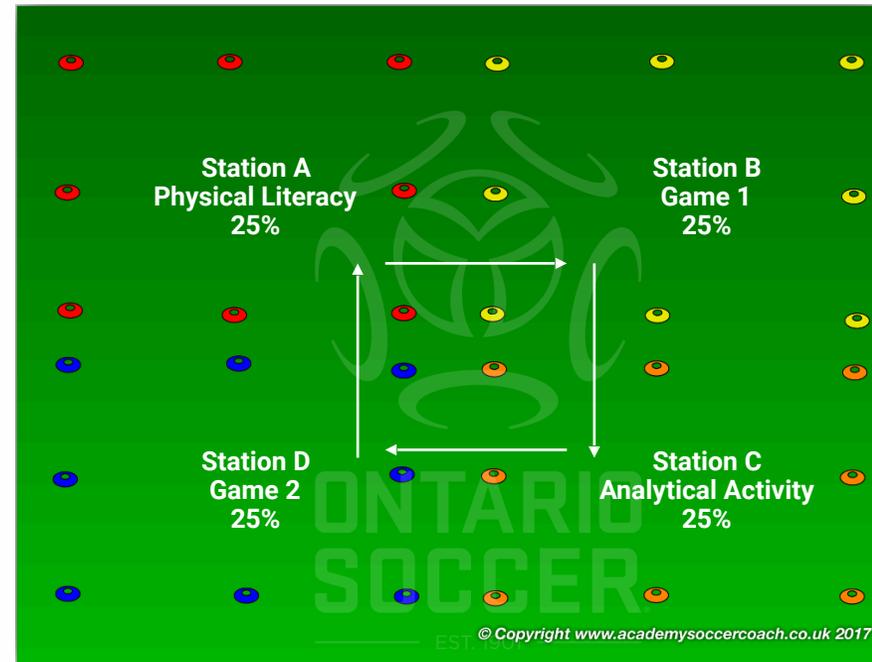
If working with a smaller group, simply move together through all 4 stations until all are complete.

## 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 Skills	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

### Bring it On!



#### Organization

2 players in red and 2 in white are placed in an area as shown in the diagram.

#### Procedure

Red players must start and run through either one of the red gates without being tagged.

White players must observe their body movements and look to tag them before they get through the gates. As soon as it's done, swap roles. Set this up multiple times and have a winner play each other.

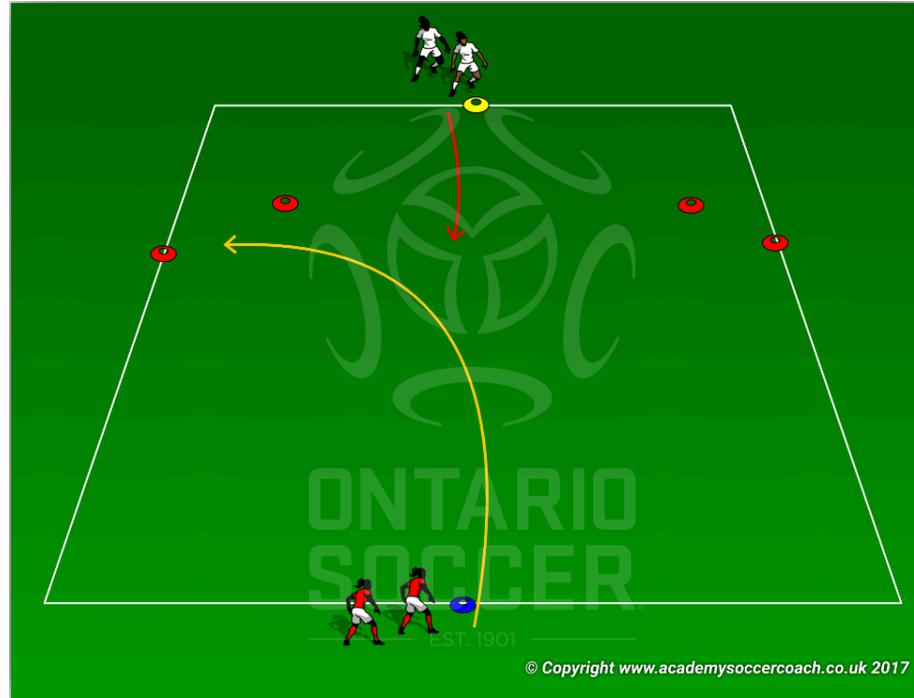
#### Emphasis

Allowing the players to make decisions, maintaining a safe environment, providing positive reinforcement and demonstration of the activity.

#### Progression

Add a ball, it can start by the defenders throwing the ball and the red players catching it in their hands and running with the ball in the hands.

Or progress to a pass on the floor and dribble through. If defender wins the ball, dribble across end line.



Timing	Area
12 Minutes	10m x 10m

#### Objective

Players are able to defend effectively 1v1

#### Outcomes

- All Players** - are able to delay the opponent in a 1v1 situation and can identify the 3 P's of defending
- Most Players** - are able to delay the opponent in a 1v1 situation and can demonstrate the 3 P's of defending
- Some Players** - are able to delay the opponent in a 1v1 situation, demonstrate the 3 P's of defending and start a counter or quick attack

Technical / Tactical	Psychological
1v1 Defending Pressure Position Patience	Fun Safety Motivation Self Confidence Decision Making
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Coordination

**Top Tip** Use a model group to explain the activity to players. If there are players who may have shorter attention spans in the group, use them in your demonstrations to keep them engaged.

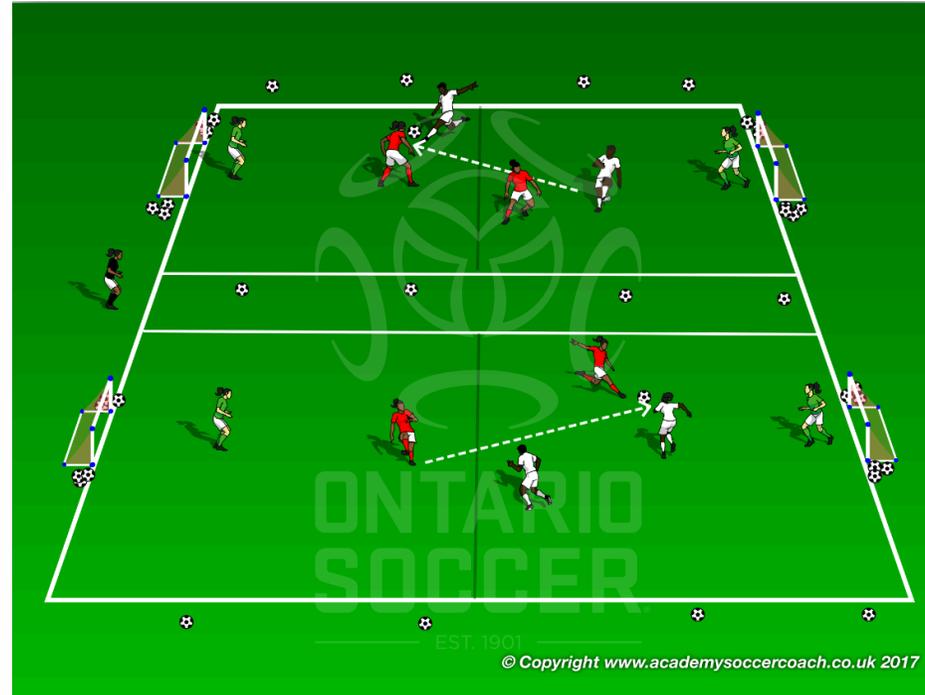




# Learn to Train

## Station B - Small Sided Game

### 3v3 with retreat line



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

Organization
Players are broken up into 4 groups of 3. Balls between the two target goals.
Procedure
<p>Players play 3v3. If the ball goes out of play, play is restarted from the goalkeeper.</p> <p>After 3 minutes, rotate the teams. Make sure goalkeepers also rotate and play outfield.</p> <p>Relate the 2 outfield players to your game model. 2 defenders and a goalkeeper vs two strikers and a midfielder.</p> <p>Include celebrations with team mates, high 5's, come up with their own etc.</p>
Emphasis
Fun, creating a safe environment, positive reinforcement, allowing players to make decisions, demonstration of the activity
Progression
N/A

Objective	
Players are able to defend effectively 1v1	
Outcomes	
<b>All Players</b> - are able to delay the opponent in a 1v1 situation and can identify the 3 P's of defending	
<b>Most Players</b> - are able to delay the opponent in a 1v1 situation and can demonstrate the 3 P's of defending	
<b>Some Players</b> - are able to delay the opponent in a 1v1 situation, demonstrate the 3 P's of defending and start a counter or quick attack	
Technical / Tactical	Psychological
1v1 Defending Pressure Position Patience	Fun Safety Motivation Self Confidence Decision Making
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Coordination

**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.





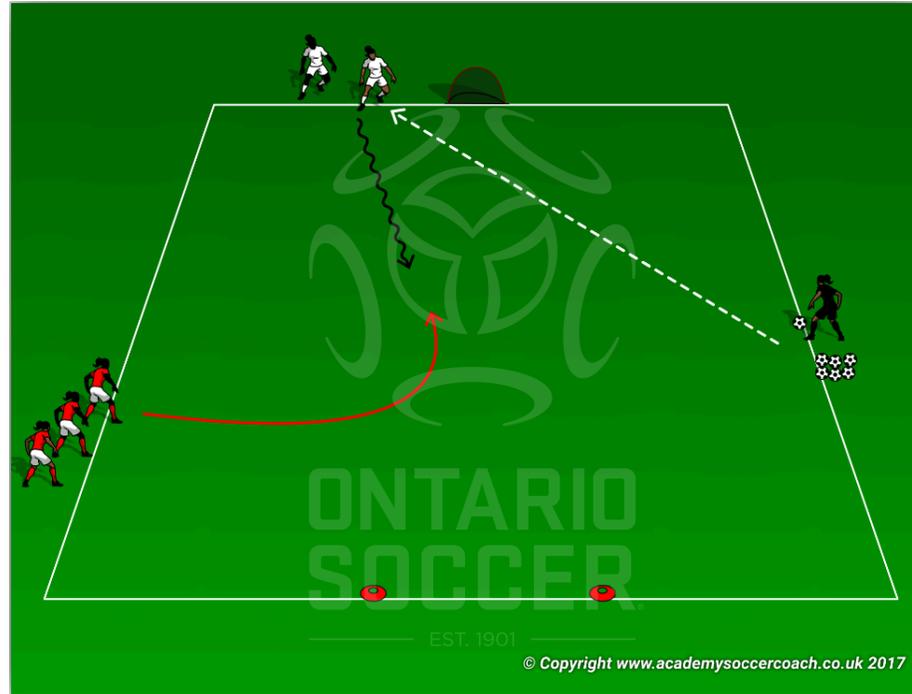
# Learn to Train

## Station C - Analytical Activity

### Pressure, Position...Patience



Organization
12 players are placed in to 3 groups of 4. In the groups of 4, players are divided in to 2 teams. Then one player plays as an outfield player while the other plays in goal.
Procedure
Players play 1v1 for 1 minute and try and score past the opposition goalkeeper. If the ball goes out of play, the goalkeeper plays in the ball while the defender drops behind the retreat line. After 1 minute, they swap roles and play again.
Winning team moves up to play the winners of the previous game. Winners on the top pitch (MLS Final) stay where they are. The team that lost in the MLS Final goes down to the bottom pitch (1/4 final) to play the losers of the previous 1/4 final.
Emphasis
Fun, 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	Area
12 Minutes	20m x 40 m 20m x 12m (set up 3 times)

Objective	
Players are able to defend effectively 1v1	
Outcomes	
<b>All Players</b> - are able to delay the opponent in a 1v1 situation and can identify the 3 P's of defending	
<b>Most Players</b> - are able to delay the opponent in a 1v1 situation and can demonstrate the 3 P's of defending	
<b>Some Players</b> - are able to delay the opponent in a 1v1 situation, demonstrate the 3 P's of defending and start a counter or quick attack	
Technical / Tactical	Psychological
1v1 Defending Pressure Position Patience	Fun Safety Motivation Self Confidence Decision Making
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Coordination

**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



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

### 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.  
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

### Objective

Players are able to defend effectively 1v1

### Outcomes

- All Players** - are able to delay the opponent in a 1v1 situation and can identify the 3 P's of defending
- Most Players** - are able to delay the opponent in a 1v1 situation and can demonstrate the 3 P's of defending
- Some Players** - are able to delay the opponent in a 1v1 situation, demonstrate the 3 P's of defending and start a counter or quick attack

Technical / Tactical	Psychological
1v1 Defending Pressure Position Patience	Fun Safety Motivation Self Confidence Decision Making
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Coordination

**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.



# 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

