



Grassroots Session FUNdamentals – U6-U8

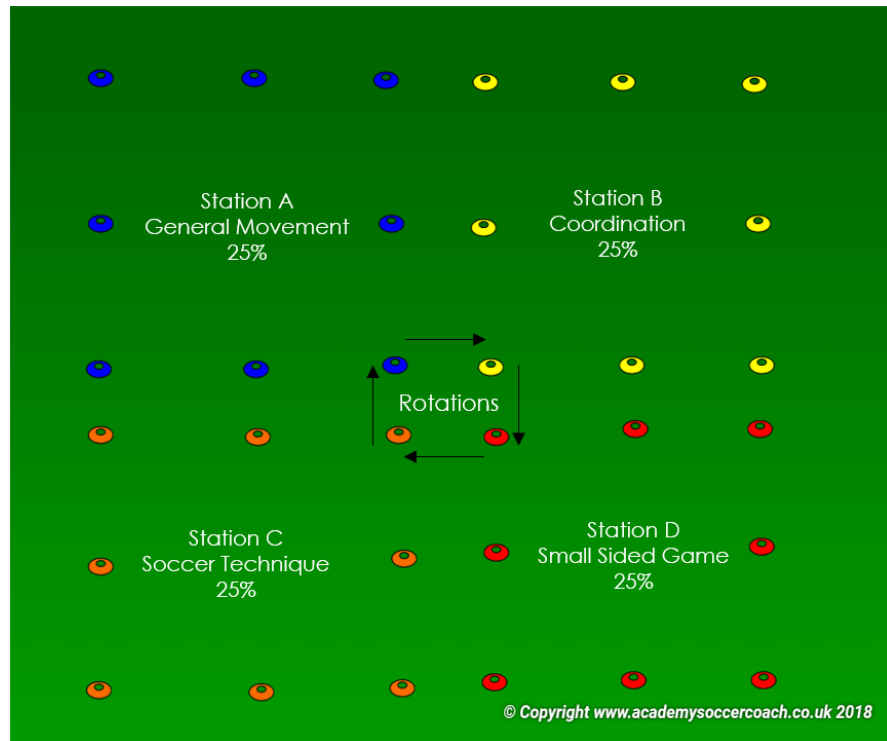


Manitoba Soccer Association
Grassroots Development



FUNdamentals – Practice Plan

How the Preferred Training Model Works



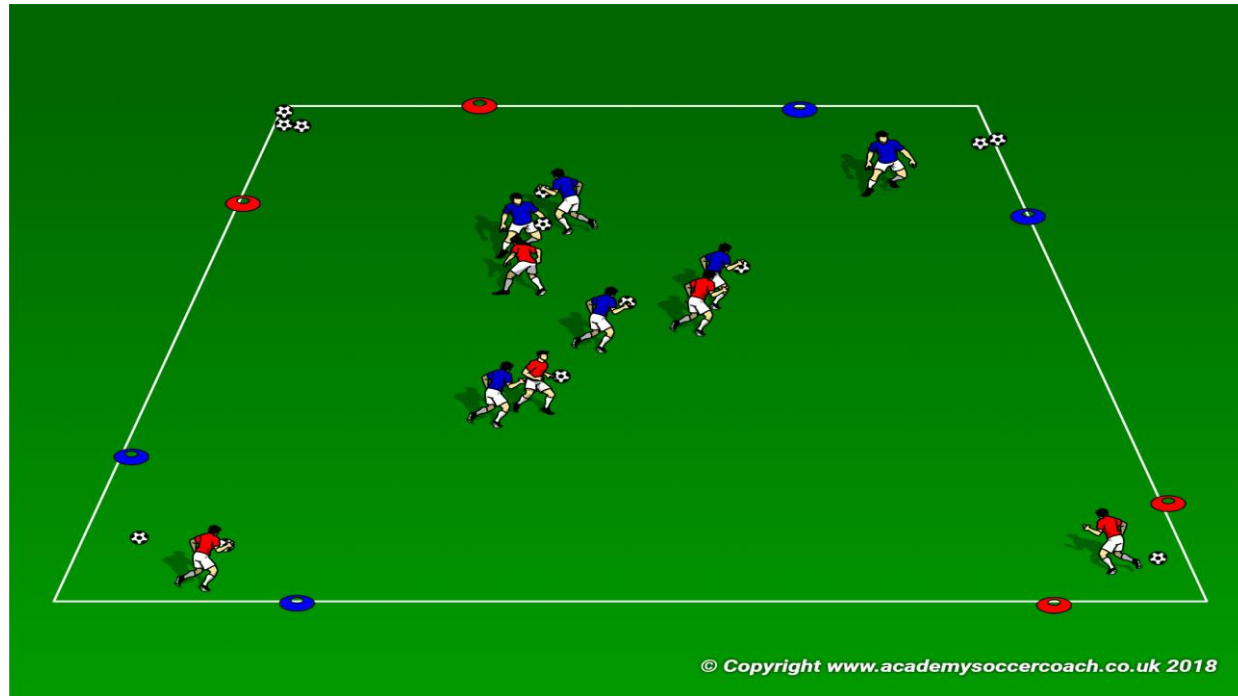
- 4 Stations (General Movement, Coordination, Soccer Technique, Small Sided-Game).
- Holistic approach - develop the individual both as a soccer player and as a person.
- Physical Literacy – develop fundamental movement skills.
- FUN! Develop a love for the game.



FUNdamentals practice plan – Week 1

Station A

General Movement



Station Time: 8-10 Minutes

Focus

FUN

All players are engaged

<p><u>Technical</u></p> <p>Awareness</p>	<p><u>Psychological</u></p> <p>Confidence</p>
<p><u>Physical</u></p> <p>ABC,s Change of Direction</p>	<p><u>Social</u></p> <p>Peer Interaction</p>

Organization: 20m x 20m Area. 4 Gates.

Procedure: Split group into two (2) teams. Begin with all balls in middle of grid. Players carry one ball at a time to either of their gates. If a player is tagged whilst they are carrying a ball they drop it. When all balls are gone from middle of grid players can steal from opponents gates. Vary movements throughout exercise, example, players carrying a ball must hop/jump/skip/crawl. Introduce passing (with hands).

Objective: Engage & activate every player



FUNdamentals practice plan – Week 1

Station B

Coordination (with ball) – Capture the Eggs



Station Time: 8-10 Minutes

Focus

Running with the Ball
Spatial Awareness

<p><u>Technical</u> Awareness Dribbling Running with the Ball</p>	<p><u>Psychological</u> Confidence Teamwork</p>
<p><u>Physical</u> ABC,s Change of Direction</p>	<p><u>Social</u> Peer Interaction Proactive</p>

Organization: 20m x 20m Area. 4 Gates. Pole/Cone between Gate & Middle of Area.

Procedure: Players retrieve balls from middle area performing tasks set by coach, example, player runs backwards to ball before dribbling around pole and back to gate. Players retrieve balls one at a time, when all balls are retrieved players can steal one ball at a time from any other gate.

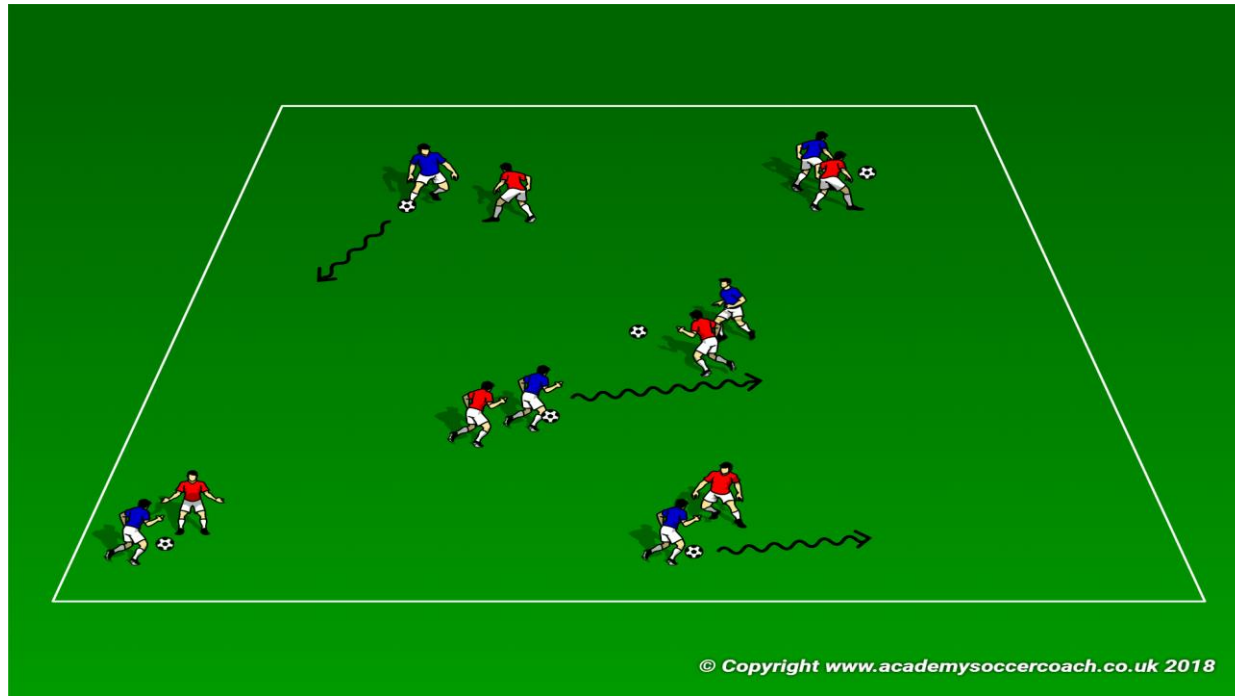
Objective: Players manipulate the ball at speed.



FUNdamentals practice plan – Week 1

Station C

Skill Development



Organization: 20m x 20m Area.

Procedure: In partners, one player with ball (attacker) and one without (defender). Attackers have 30 seconds to keep the ball away from their partner (defender). After 30 seconds switch roles. Rotate partners. Make it competitive, Blues start with ball and the team with the most balls after 1 minute wins.

Objective: Players identify open spaces.

Station Time: 8-10 Minutes

Focus

Awareness of other players
Dribbling under pressure

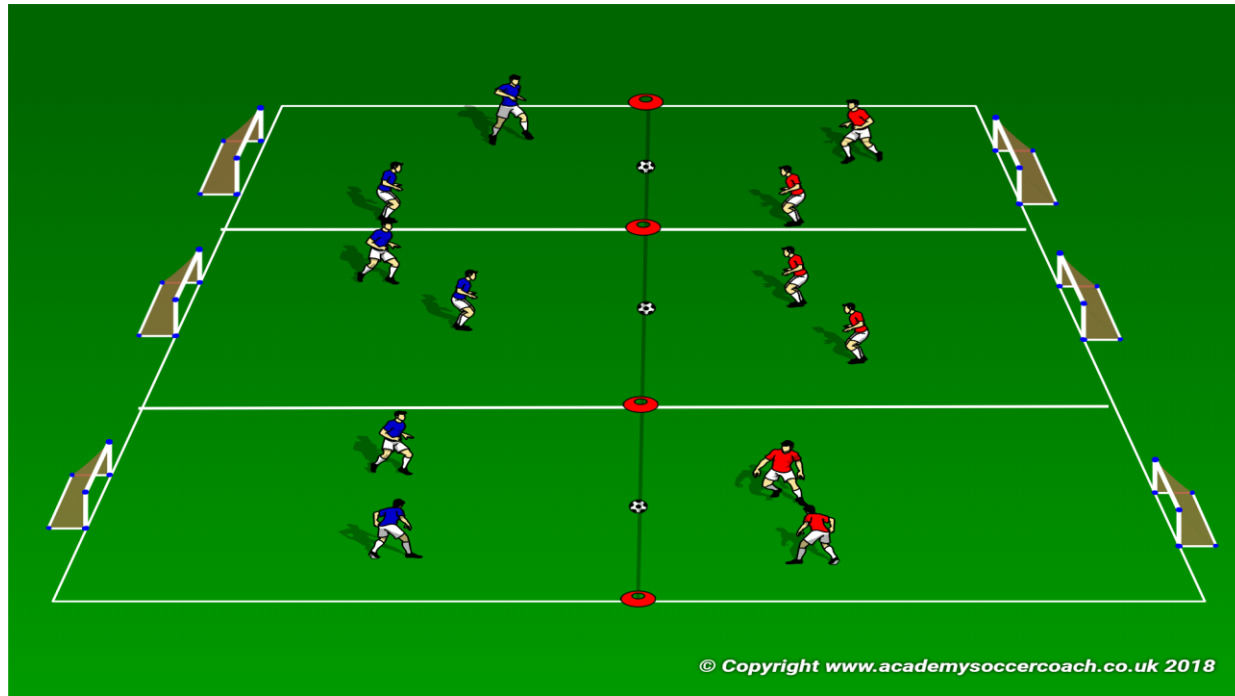
<u>Technical</u> Dribbling 1v1s	<u>Psychological</u> Confidence Standards
<u>Physical</u> Change of Direction Use of Body in 1v1s Strength	<u>Social</u> Competitive



FUNdamentals practice plan – Week 1

Station D

Small Sided Game – 2v2



Station Time: 8-10 Minutes

Focus
Creativity
FUN!

<u>Technical</u> Dribbling Running with the Ball	<u>Psychological</u> Focus Teamwork
<u>Physical</u> General Fitness Speed	<u>Social</u> Competitive

Organization: 3 x 12m x 30m Areas. Optional retreat line.

Procedure: Teams of 2. Every two (2) minutes rotate players – can make it a competition, teams moving up or down.

Objective: Fun and creativity.

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FUNdamentals Practice Plan
U6-U8

Grassroots Development





FUNdamentals

Preferred Training Model

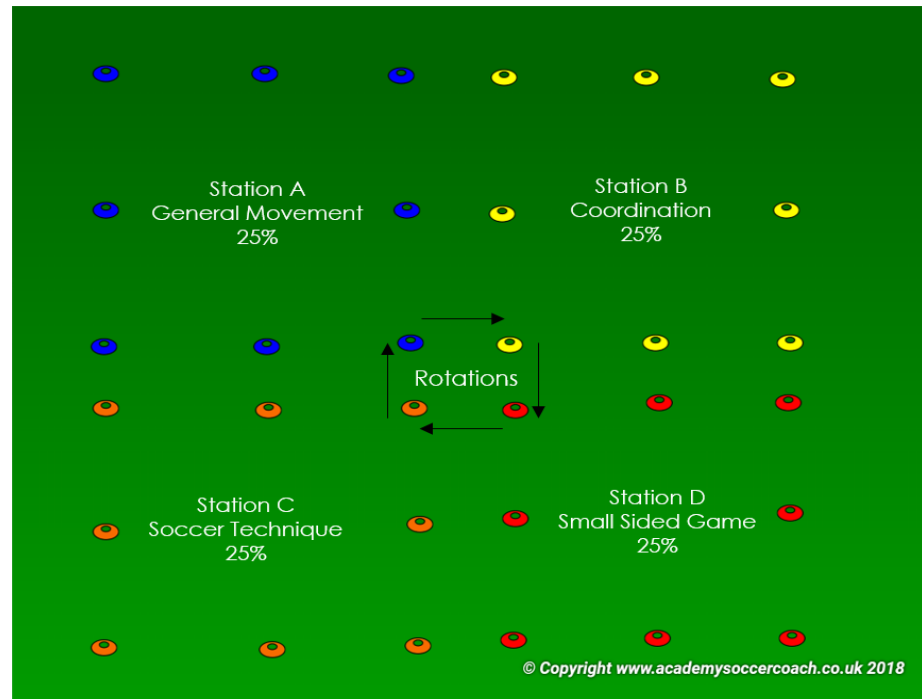
How it works



Organization
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression
Be prepared to progress an activity/game based on the level of the group.
Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
6-8 Minutes	

Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual: Collective:	





FUNdamentals

General Movement

British Bulldog



Organization

Player, parent or coach starts in the middle of area as 'Bulldog'. Players start on same side.

Procedure

1-2 players start as Bulldogs in middle of area. Players attempt to get from one side to the other without getting tagged. Be creative with different movements for both players and bulldogs. Can introduce bulldogs must be linked to encourage team building, team work and leadership.

Progression

Add more of 'Bulldogs'.

Conditions

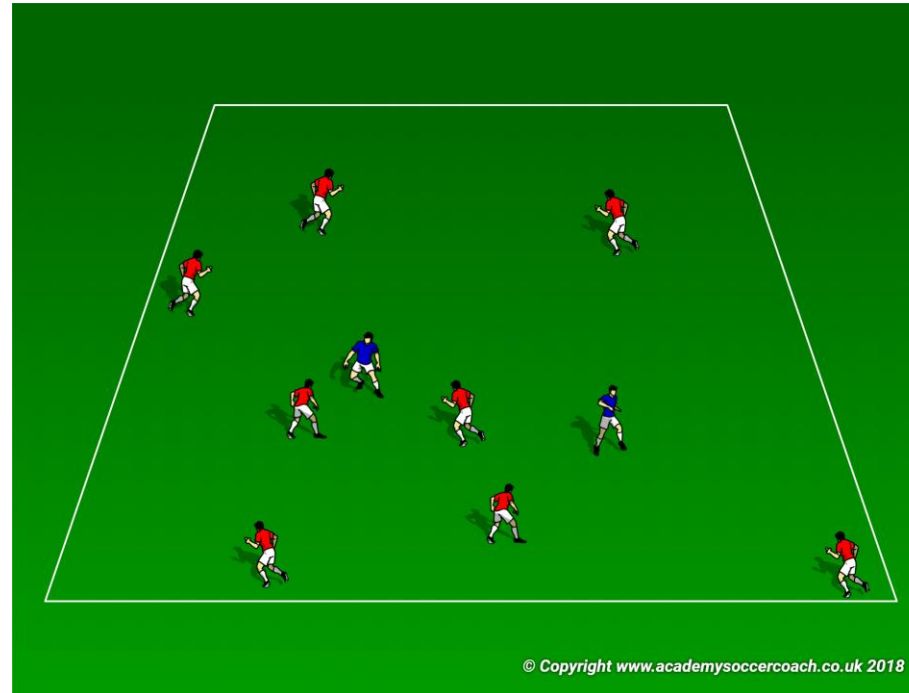
'Bulldogs' perform different movements, example: crawl, crabwalk, hop, jump, shuffle.

Station Time

8-12 Minutes

Area

25m x 25m



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Objective

Engage & activate every player

Technical

Awareness
Decision Making

Psychological

Confidence
Leadership

Physical

ABC,s
Change of Direction
General Fitness

Social

Peer Interaction

Outcome

Individual:
Collective:



FUNdamentals

Coordination Game

Cleaning out your Closet



Organization

Split field and group in half. Have at least 1 ball per player.

Procedure

Either players each start with a ball or coach places balls into area. Players pass/strike balls out of their half into opponents half – team with the least amount of balls left in their half at the end of the game wins. Challenge players to strike the ball with different surfaces of both feet.

Progression

Use weaker foot only.
Make it competitive – timed games.

Conditions

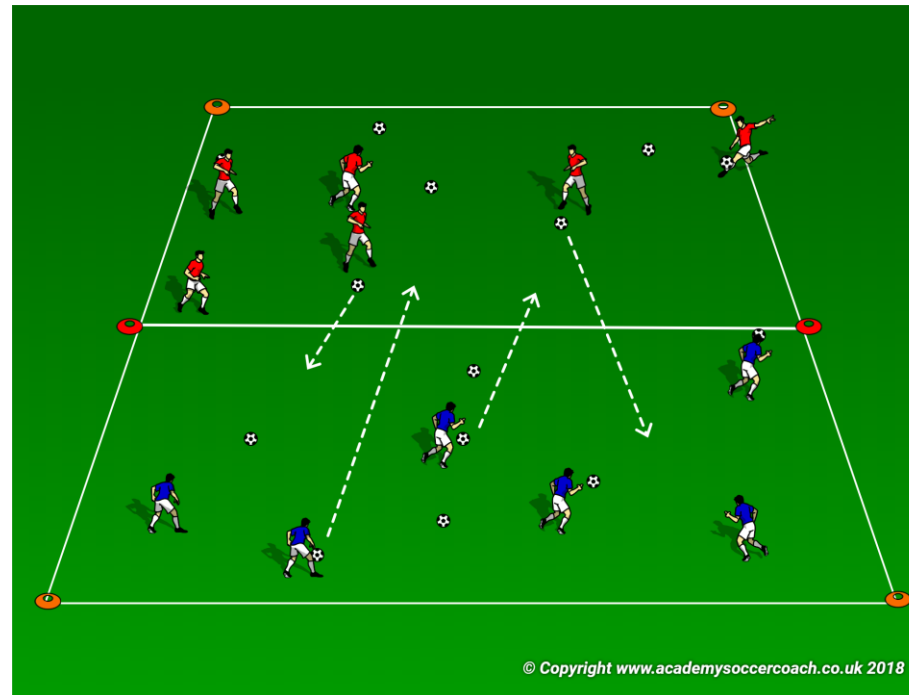
Limit number of touches receiving players can take.

Station Time

8-12 Minutes

Area

25m x 25m



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Objective

Players get repetition with striking the ball using different surfaces of both feet.

Technical

Awareness
Dribbling
Running with the Ball

Psychological

Confidence

Physical

ABC,s
Change of Direction
General Fitness

Social

Peer Interaction

Outcome

Individual: Players use a variety of techniques to strike the ball.

Collective: Players communicate, and work together.



FUNdamentals

Skill Activity

2v1 to Goal



Organization

Split group into 3 even teams. 1 team is split in half as defenders on each grid/area. Mini net or coned gate on both ends. Balls start with defenders.

Procedure

Defender plays across to 2 attacking players. Attackers attempt to score in opposite net, if defender wins the ball they try to score on attackers goal. 2 minute rounds - switch defending team.

Progression

2v2's.
Introduce a gate within the area that attackers need to dribble through before scoring.

Conditions

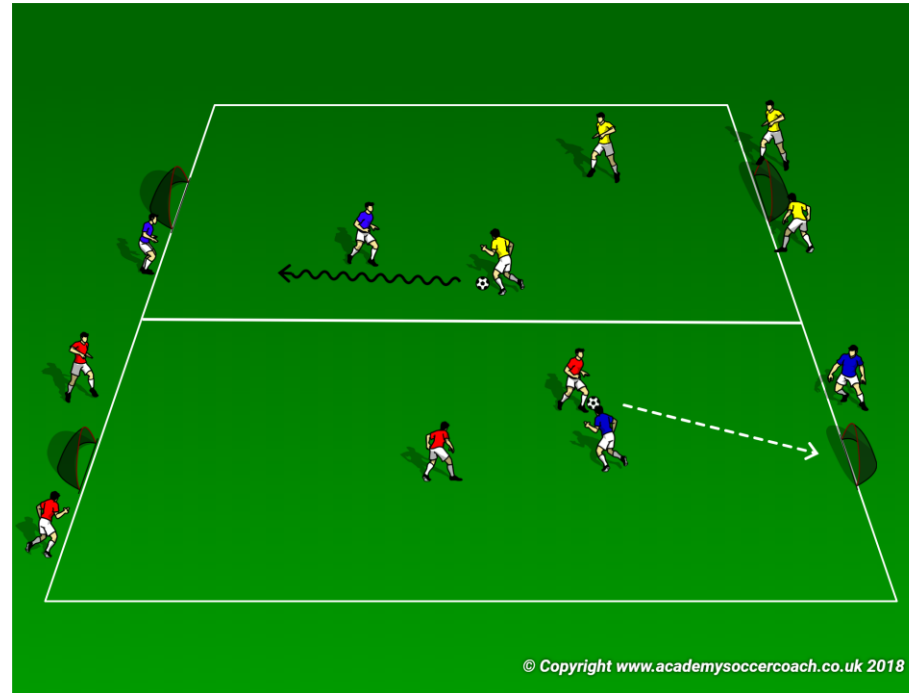
Limit time per rep – attackers have 6 seconds to score.

Station Time

6-8 Minutes

Area

2 x 15m x 25m



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Objective

Encourage players to be creative and figure out different ways to beat the defender. Example – ball carrier commits defender to give option of dribbling to beat defender or pass to teammate in goal scoring position. Different supporting runs (overlap, underlap)

Technical

Shooting
Dribbling
1v1s

Psychological

Confidence
Standards

Physical

Change of Direction
Use of Body in 1v1s
Strength

Social

Peer Interaction

Outcome

Individual: Beats opponents with change of speed, or skill move.

Collective: Players are creative with movement off the ball.



FUNdamentals

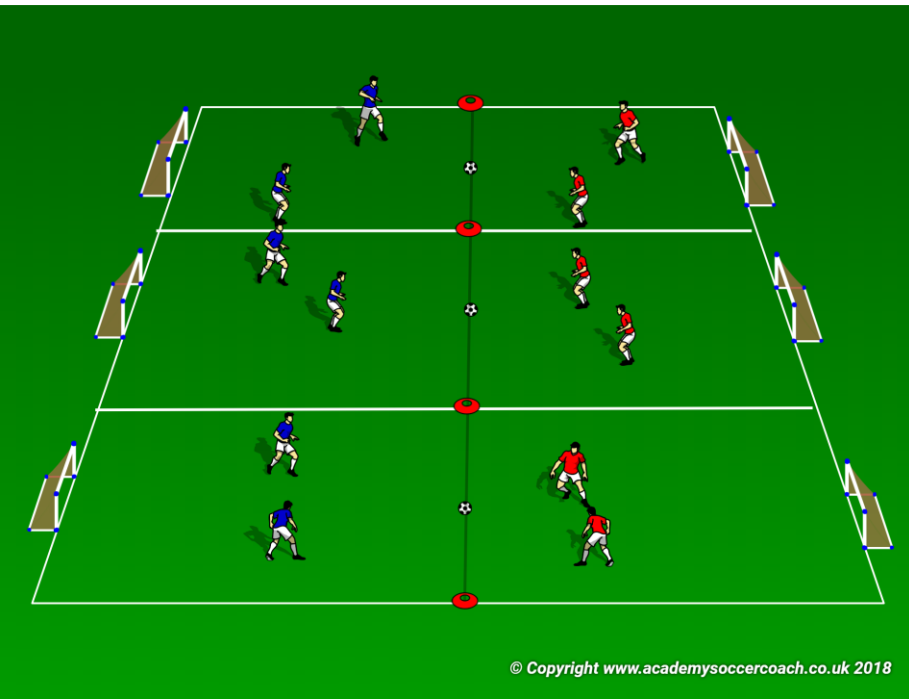
Small Sided Game

2v2



Organization	3 x fields (2v2) Optional retreat line.
Procedure	Teams of 2. Every two (2) minutes rotate players – can make it a competition, teams moving up or down.
Progression	Must beat a player before scoring.
Conditions	N/A

Station Time	Area
6-8 Minutes	3 x 12m x 30m



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Objective	
Fun and creativity.	
Technical	Psychological
Awareness Decision Making	Focus Teamwork
Physical	Social
General Fitness Speed	Peer Interaction Competitive
Outcome	
Individual: Beats opponents with change of speed, or skill move.	
Collective: Players are creative with movement off the ball.	

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FUNdamentals Practice Plan
U6-U8

Grassroots Development





FUNdamentals

Preferred Training Model

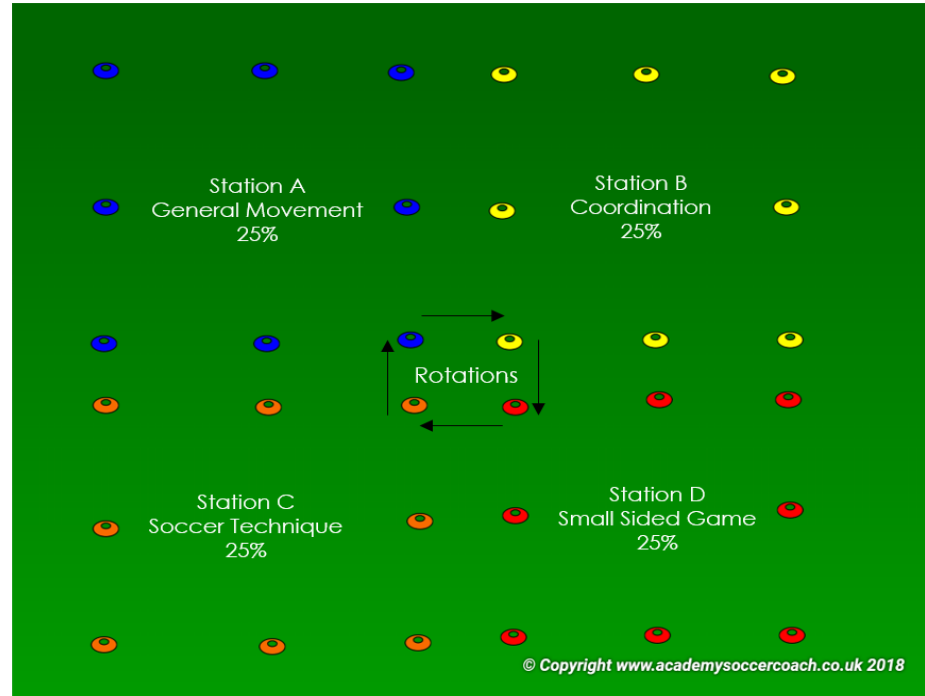
How it works



Organization
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression
Be prepared to progress an activity/game based on the level of the group.
Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
8-12 Minutes	

Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual: Collective:	





FUNdamentals

General Movement

Relay Races



Organization

Based on numbers set up obstacles/exercises for players in-between start point and ball. Split into even numbered groups.

Procedure

Players go through obstacles before striking ball into net. Either have players at station/obstacle for a set time or after 3 attempts they can move to next challenge.

Progression

1. Make it competitive (race).
2. Have players strike with weaker foot, or different surface (outside of foot).

Conditions

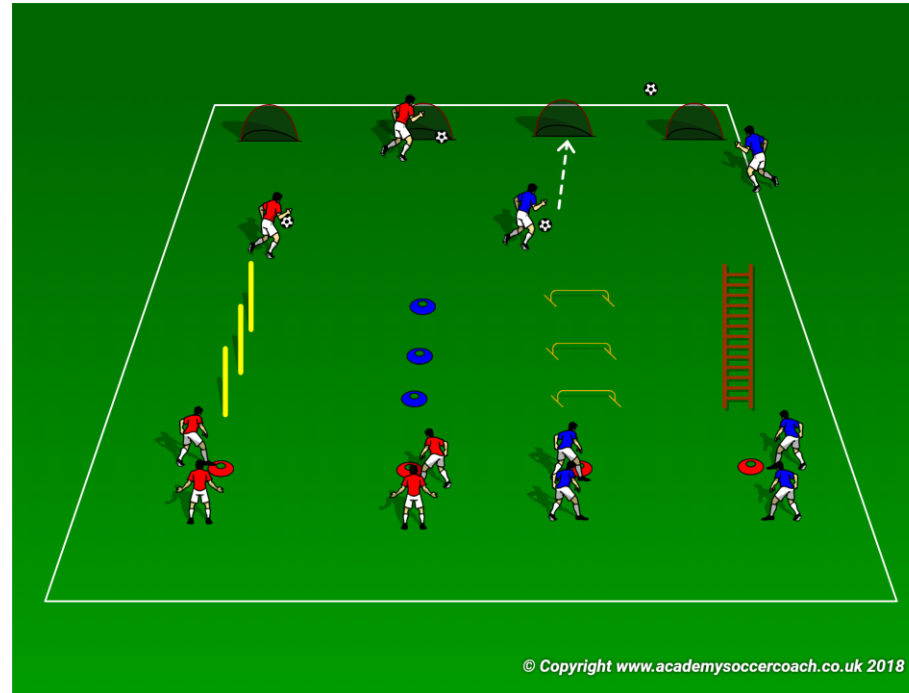
1. Move goal further away or at an angle.
2. Have players take a touch before finishing.

Station Time

8-12 Minutes

Area

25m x 25m



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Manitoba Soccer Association – Grassroots Development

Objective

Engage & activate every player

Technical

Awareness
Decision Making

Psychological

Confidence
Leadership

Physical

ABC,s
Change of Direction
General Fitness

Social

Peer Interaction

Outcome

Individual:
Collective:



FUNdamentals

Coordination Game



Organization

Position pug nets or cones gates on all sides of area. Split group in half.

Procedure

Begin every player has a ball. Give players 60-90 seconds to score as many goals as possible – competitive – be creative!

Progression

1. In Partners (1 Red/1 Blue) – Red starts and attacks any net, blue attempts to win ball and score. If red scores, blue retrieves ball and attempts to score in any other net.
2. Now in teams – all reds attempt to score on any net, if blue win it they attempt to score. Team with most goals at end of time limit wins.

Conditions

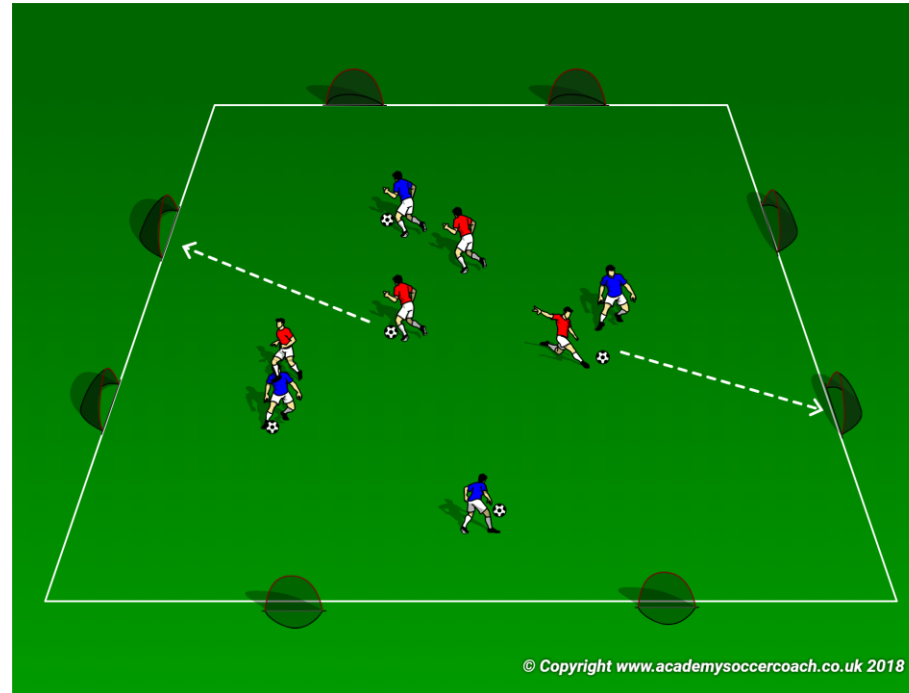
1. Players must finish with weaker foot, outside of foot instep.

Station Time

8-12 Minutes

Area

25m x 25m



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Manitoba Soccer Association – Grassroots Development

Objective

Players finish under pressure with different surfaces and both feet.

Technical

Awareness
Ball Striking
Creativity

Psychological

Confidence
Composure

Physical

ABC,s
Change of Direction
General Fitness

Social

Peer Interaction
Leadership

Outcome

Individual: Players use a variety of techniques to strike the ball.

Collective: Players communicate, and work together.



FUNdamentals

Skill Activity

Cleaning Out Your Closet



Organization
Split area in half with 2-3 pug nets behind each teams area. Either equal number of balls, or more balls than players.
Procedure
Players attempt to score in opponents pug nets whilst remaining in their own half.
Progression
<ol style="list-style-type: none"> 1. Make it competitive. 2. 1 touch or weaker foot only. 3. Add 3rd zone/area with middle goals on side.
Conditions
<ol style="list-style-type: none"> 1. Players can only play 1 ball at a time.

Station Time	Area
8-12 Minutes	2 x 15m x 25m



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Objective	
Increase players awareness, speed of play and creativity.	
Technical	Psychological
Shooting Receiving Control	Confidence Standards
Physical	Social
Change of Direction Reactions	Peer Interaction Standards
Outcome	
<p>Individual: Players finish from distance against moving opponents.</p> <p>Collective: Players are creative with movement off the ball.</p>	



FUNdamentals

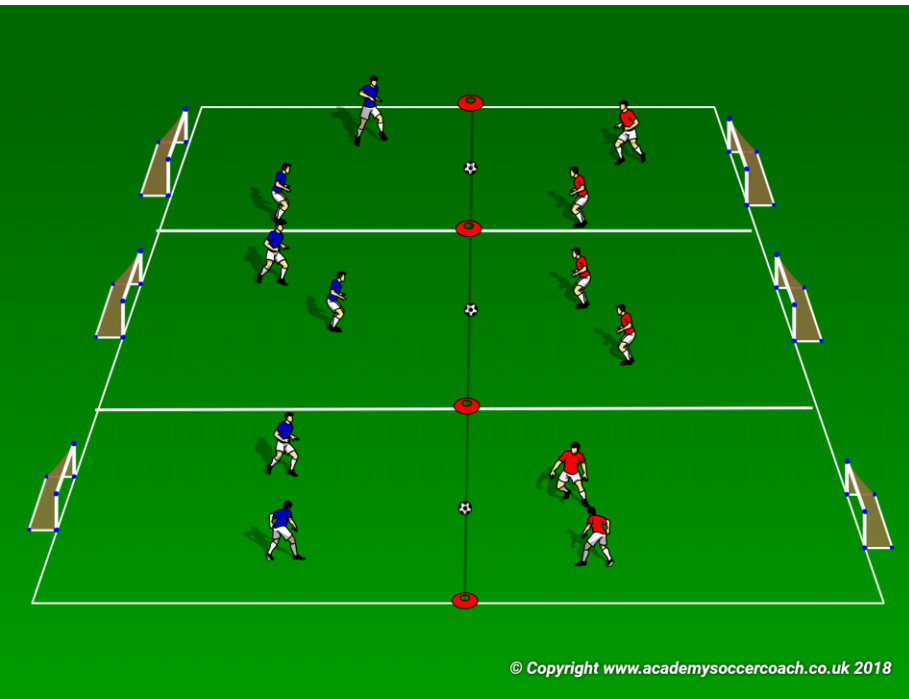
Small Sided Game

2v2



Organization
3 x fields (2v2) Optional retreat line.
Procedure
Teams of 2. Every two (2) minutes rotate players – can make it a competition, teams moving up or down.
Progression
<ol style="list-style-type: none"> 1. Players must score with 1 touch finish. 2. Players can only go forward in attacking half.
Conditions
<ol style="list-style-type: none"> 1. Finish with weaker foot (optional).

Station Time	Area
8-12 Minutes	3 x 12m x 30m



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Objective	
Fun and creativity.	
Technical	Psychological
Awareness Decision Making	Focus Teamwork
Physical	Social
General Fitness Speed	Peer Interaction Competitive
Outcome	
Individual: Looks to finish whenever possible Collective: teammates create space for ball carrier to finish.	



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FUNdamentals
Practice Plan
U6-U8

Grassroots Development





FUNdamentals

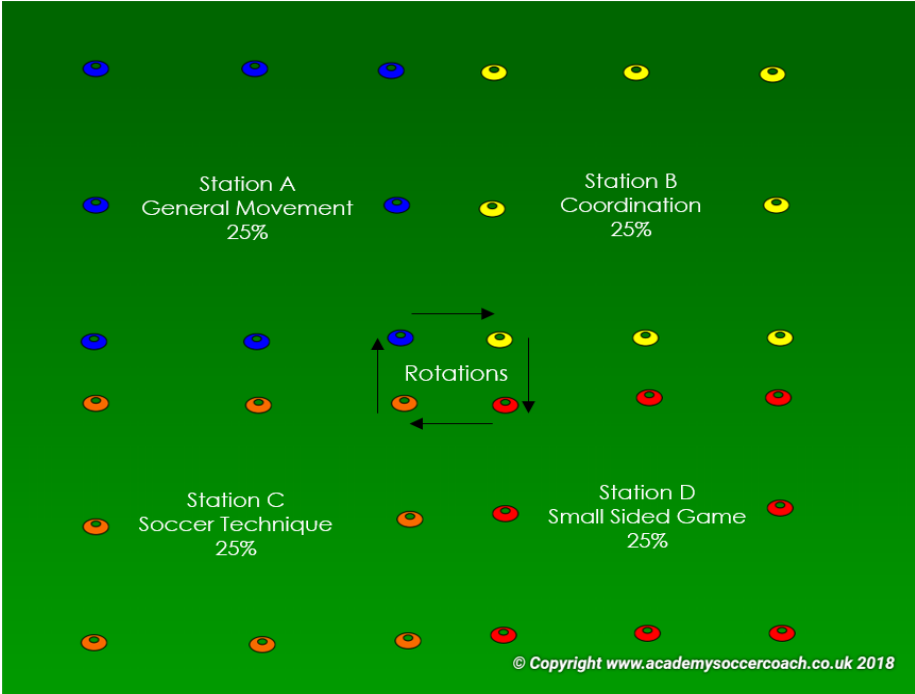
Preferred Training Model

How it works



Organization
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression
Be prepared to progress an activity/game based on the level of the group.
Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
8-12 Minutes	



Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual:	
Collective:	



FUNdamentals

General Movement

Pass & Move



Organization

Split into 2 teams. Set up cones/poles around the perimeter of the area.

Procedure

Each team with a ball – player's sprint around outside cone after pass (must be change of speed & direction).

Progression

1. Make it competitive – either player or team with most passes wins in set time.
2. Number players 1-6, 1 passes to 2, 2 to 3, after each pass players get around cone before receiving next pass. Introduce second ball.

Conditions

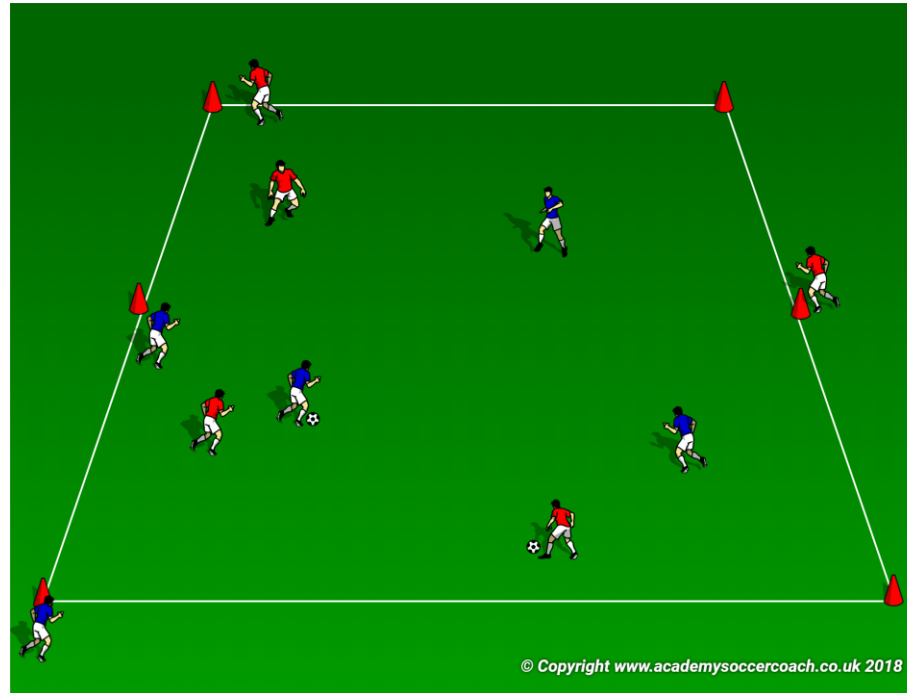
1. Play on one touch (need immediate support, and

Station Time

8-12 Minutes

Area

30m x 30m



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Objective

Players are all active and engaged.

Technical

Awareness
Decision Making

Psychological

Confidence
Leadership

Physical

ABC,s
Change of Direction
General Fitness

Social

Peer Interaction

Outcome

Individual: Players scan, communicate and provide appropriate support for ball carrier.

Collective: Players are aware of opponents and teammates.



FUNdamentals

Coordination Game

4v2 Steal & finish



Organization

Split into 2 teams, 4v2 in each side.

Procedure

Coach plays ball to team of 4 on each side. Possession team keeps the ball for as long as possible. Defending team attempts to win the ball and score on either net.

Progression

1. After 5 passes possession team attempts to score. If successful, they then start possession with a new ball.
2. Increase number of passes before scoring.
3. 3v3.
4. Make it directional.

Conditions

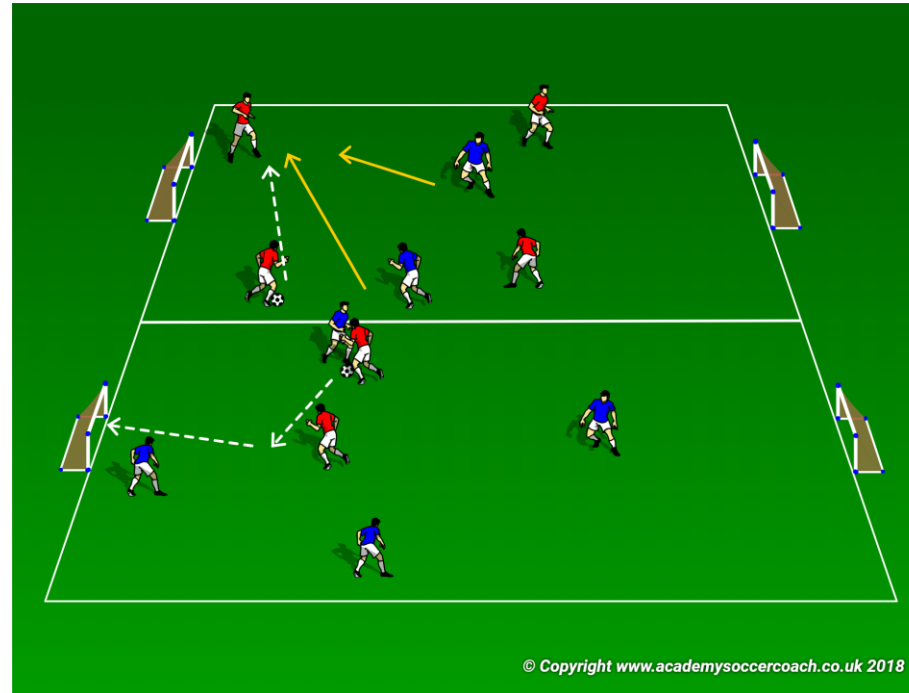
1. Limit number of touches on the ball.

Station Time

8-12 Minutes

Area

2 x 15m x 25m



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Objective

Players finish under pressure with different surfaces and both feet.

Technical

Awareness
Ball Striking
Creativity

Psychological

Confidence
Composure

Physical

ABC,s
Change of Direction
General Fitness

Social

Peer Interaction
Leadership

Outcome

Individual: Players move the ball quickly
Collective: Players communicate, and work together.



FUNdamentals

Skill Activity

Pass & Move



Organization

Set up 5+ gates within area, and pug nets around area. 1 ball between 2 players (player+ partner).

Procedure

Players pass through gate to teammate.

Progression

1. Make it competitive – first team to score in 20 gates.
2. Give gates different values (yellow coned gate = 5, blue = 1).
3. Through passes must be made with weaker foot.
4. Players can steal opponents ball and score on mini-net for a point.

Conditions

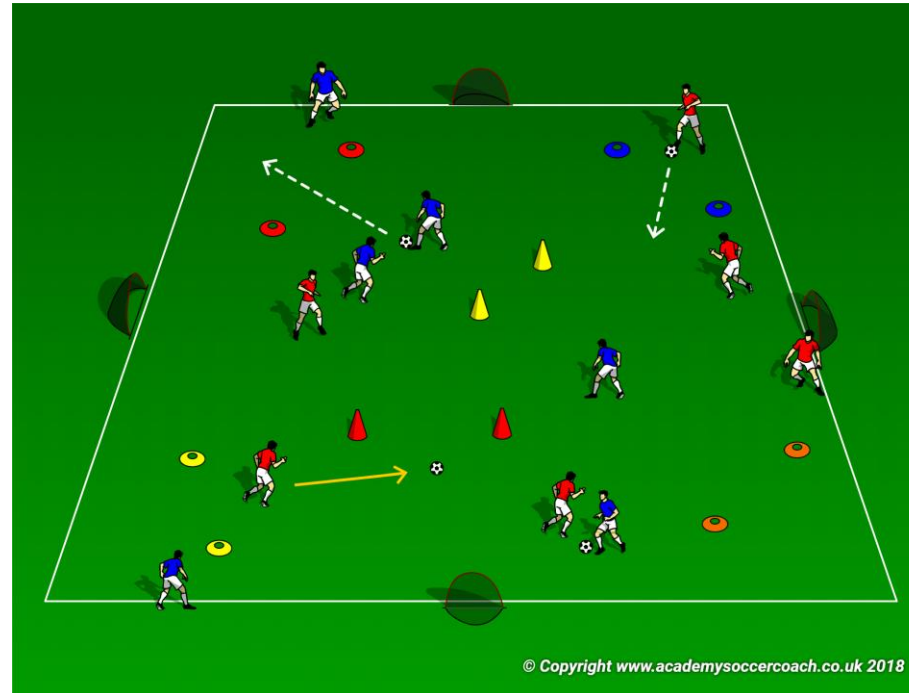
1. Players must receive the ball on the move, no points for receiving statically.

Station Time

8-12 Minutes

Area

30m x 30m



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Objective

Improve players mindset to receive on the move and identify open spaces quickly.

Technical

Passing
Receiving
Control (First Touch)

Psychological

Confidence
Standards

Physical

Change of Direction
Reactions

Social

Peer Interaction
Standards

Outcome

Individual: Players time movements to receive on the move.

Collective: Players constantly adjust their supporting positions based on teammate, opponents and ball.



FUNdamentals

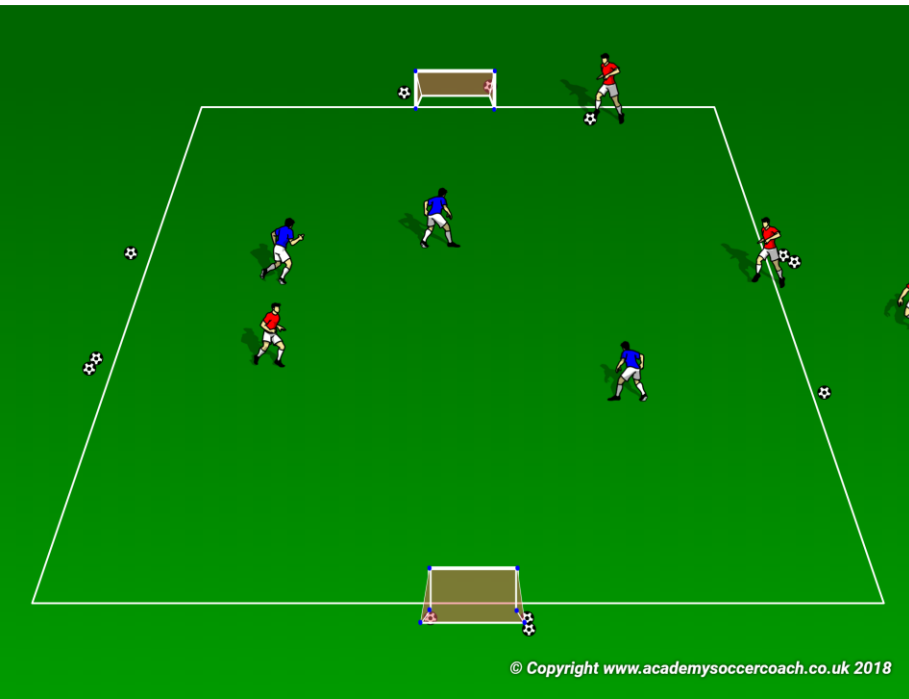
Small Sided Game

3v3 Mini world Cup



Organization
As many fields as needed based on numbers, optional retreat line.
Procedure
Teams choose favourite Country. 3 minute matches (round robin). If ball goes out, player grabs nearest ball and restarts with pass or dribble in.
Progression
1. Players must complete 2 passes before scoring.
Conditions
N/A

Station Time	Area
8-12 Minutes	25m x 30m



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Objective	
Fun and creativity.	
Technical	Psychological
Awareness Decision Making	Focus Teamwork
Physical	Social
General Fitness Speed	Peer Interaction Competitive
Outcome	
Individual: Players look for open spaces by changing their speed and direction.	
Collective: All players are competitive.	



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**FUNdamentals Practice Plan
U6-U8**

Topic: Dribbling
Grassroots Development



FUNdamentals

Preferred Training Model

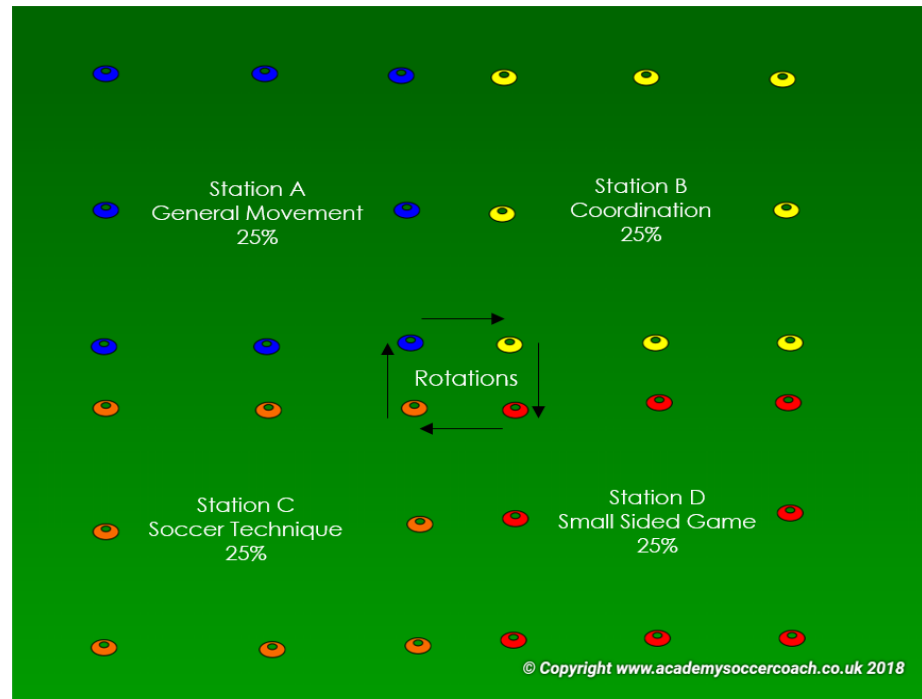
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Progression
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Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
8-12 Minutes	

Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual:	
Collective:	





FUNdamentals

General Movement

Champions League



Organization

Split group into 4 teams. Set up a base/camp for each group, and spread cones around area or pile cones in middle of area. Teams choose their favourite Champions League team.

Procedure

Begin with no ball, within a time limit team has to collect as many cones as possible and store them in their base. Players can only hold one cone at a time. Once all cones are in camps cones can be stolen. Cones are worth 1 point each.

Progression

1. Set values for cones, RED = 3 pts, Blue = 1 etc.
2. Every player with a ball.
3. 2 Teams with goals in opposite corners.

Conditions

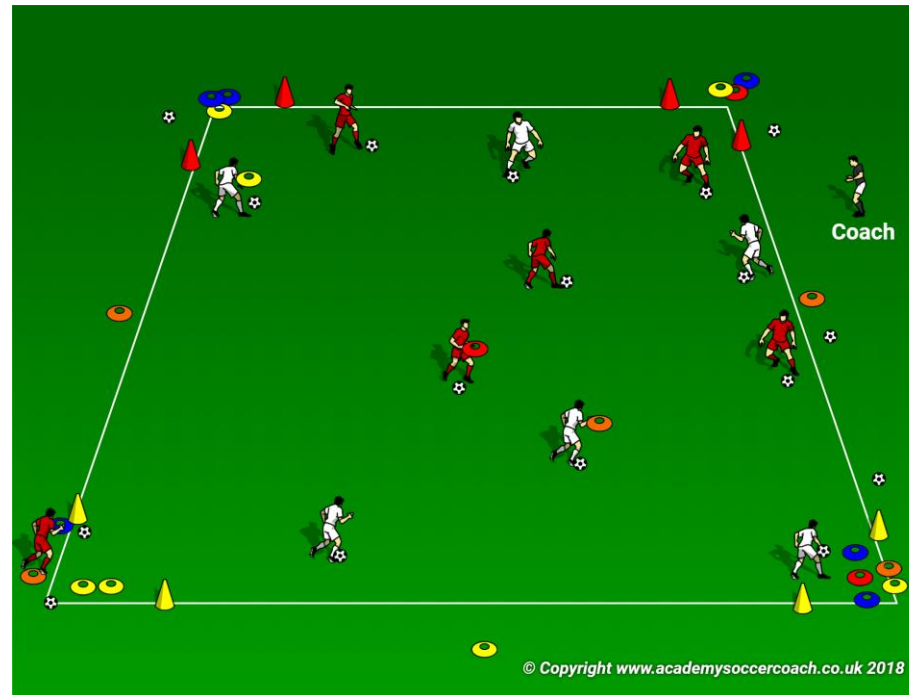
1. Players must dribble with weaker foot when holding a cone.

Station Time

8-12 Minutes

Area

30m x 30m



Manitoba Soccer Association – Grassroots Development

Objective

All Players are active and engaged.

Technical

Awareness
Dribbling
Running with Ball

Psychological

Confidence
Determination

Physical

ABC,s
Change of Direction
Soccer Fitness

Social

Problem Solving
Decision Making

Outcome

Individual: Players constantly take information (360 scanning) of surroundings
Collective: Players are aware of opponents and teammates.



FUNdamentals

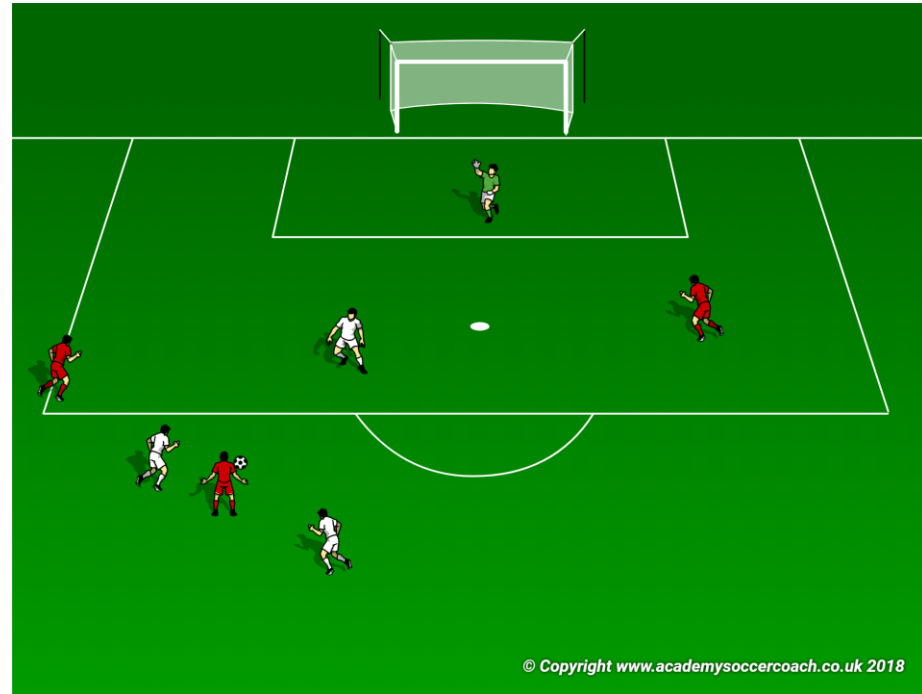
Coordination Game

Wembley



Organization
1 Goal (Any size). Players choose their favourite player (who they would like to be).
Procedure
Begin every player for themselves! GK either throws or kicks the ball out of their hands. All players then attempt to score, first player to 2 goals wins. Switch the GK every game.
Progression
<ol style="list-style-type: none"> 1. "Doubles" pair up players. 2. "Triples" players play in 3's.
Conditions
<ol style="list-style-type: none"> 1. Goals must be scored from a cross. 2. First time finishes. 3. Score from a header or volley.

Station Time	Area
8-12 Minutes	N/A



Manitoba Soccer Association – Grassroots Development

Objective	
Players take on opponents at every opportunity.	
Technical	Psychological
Creativity 1v1 Attacking Dribbling Running with Ball	Confidence Motivation Competitiveness
Physical	Social
ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
Outcome	
Individual: Players demonstrate ability to beat players. Collective: Players recognize cues from teammates and opponents, example – when teammate is about to cross the ball are you adjusting your body and position to get an act on goal.	



FUNdamentals

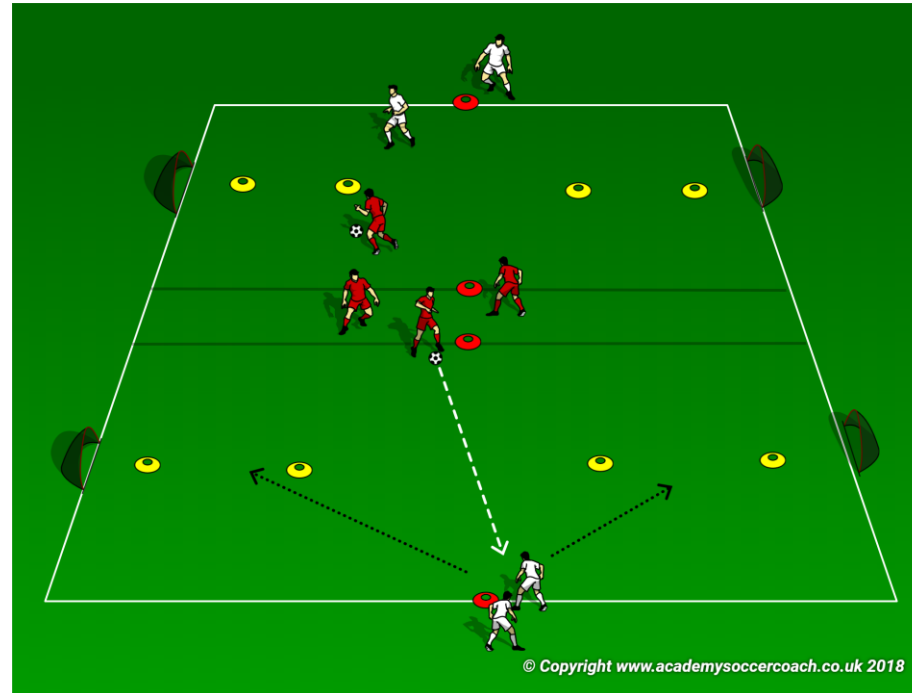
Skill Activity

1v1 to Goal



Organization
Pug nets at either end of area. A gate in front of each pug net.
Procedure
Team A passes to Team B, player must dribble through either gate before scoring. Player that passes the ball defends. Play for 90 seconds then switch roles.
Progression
1. 2v1 & 2v2.
Conditions
1. Shot Clock – players have 8 seconds to score. 2. First touch must be positive (out of feet).

Station Time	Area
8-12 Minutes	2 x 12m x 20m



Objective	
Improve players mindset to receive on the move and identify open spaces quickly.	
Technical	Psychological
Receiving Control (First Touch) Dribbling	Confidence Standards
Physical	Social
Change of Direction Reactions	Problem Solving Decision Making
Outcome	
Individual: Players deceive opponents using their body (feints/fakes)	
Collective: Can players start to recognize how to trick/deceive opponents.	



FUNdamentals

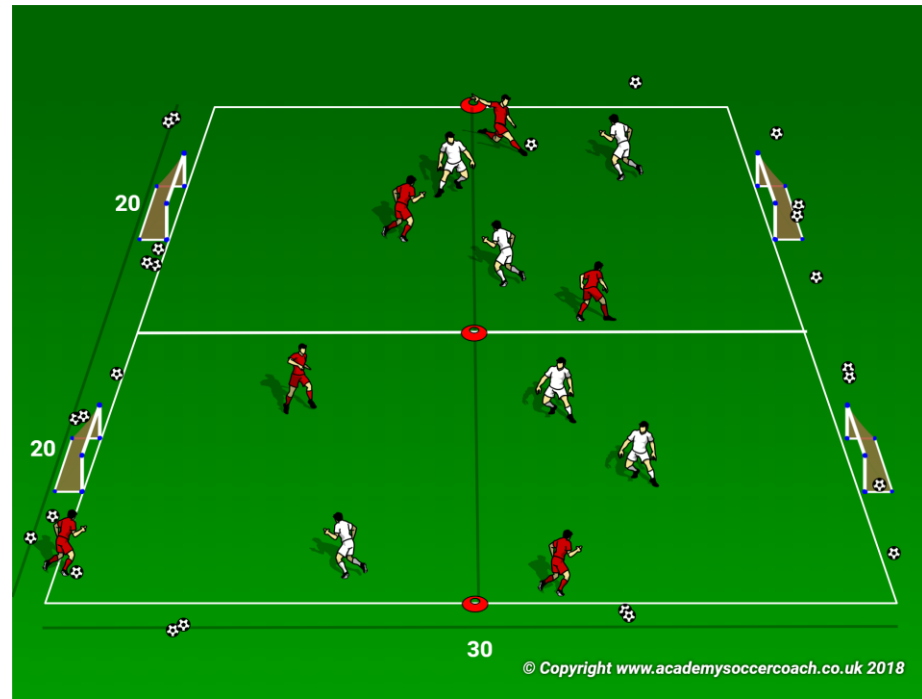
Small Sided Game

3v3 Ladder



Organization
Teams of 3. (Optional retreat line). Choose top field.
Procedure
Teams play 3 minute matches and attempt to stay on the "top" field.
Progression
N/A
Conditions
N/A

Station Time	Area
8-12 Minutes	25m x 30m



Objective	
Fun and creativity.	
Technical	Psychological
1v1 Attacking Dribbling Finishing	Concentration Teamwork Competitiveness
Physical	Social
Stamina Speed Awareness	Teamwork Communication Decision Making
Outcome	
<p>Individual: Players create space to receive ball in 1v1 positions.</p> <p>Collective: Players demonstrate motivation to compete.</p>	



Manitoba Soccer Association

**FUNdamentals Practice Plan
U6-U8**

Topic: 1v1 Attacking
Grassroots Development



FUNdamentals

Preferred Training Model

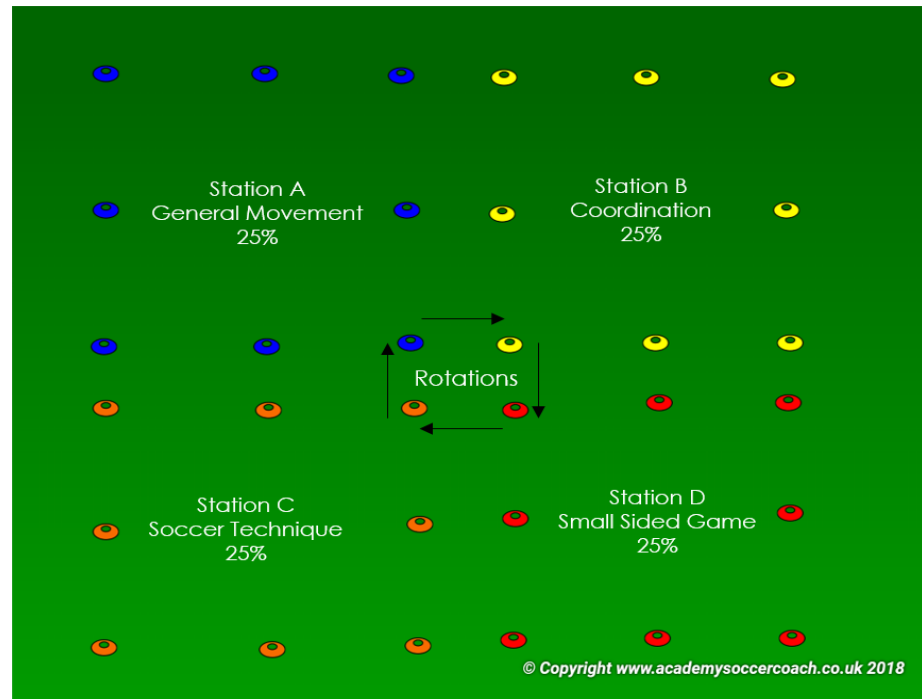
How it works



Organization
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression
Be prepared to progress an activity/game based on the level of the group.
Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
8-12 Minutes	

Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual:	
Collective:	





FUNdamentals

General Movement

Last Player Standing



Organization

Every player with ball inside 25 x 25 area.

Procedure

Players begin by dribbling around area performing moves/tricks, and ball manipulation tasks. Have players perform a physical exercise every 5-10 touches (must jump/hop/skip to new ball). Engage in game, players must protect ball and kick opponents balls out the area. If ball goes player comes back in under a condition (example, weaker foot only)

Progression

1. Change conditions for returning players, example must do 10 jumping jacks and on return can only walk.

Conditions

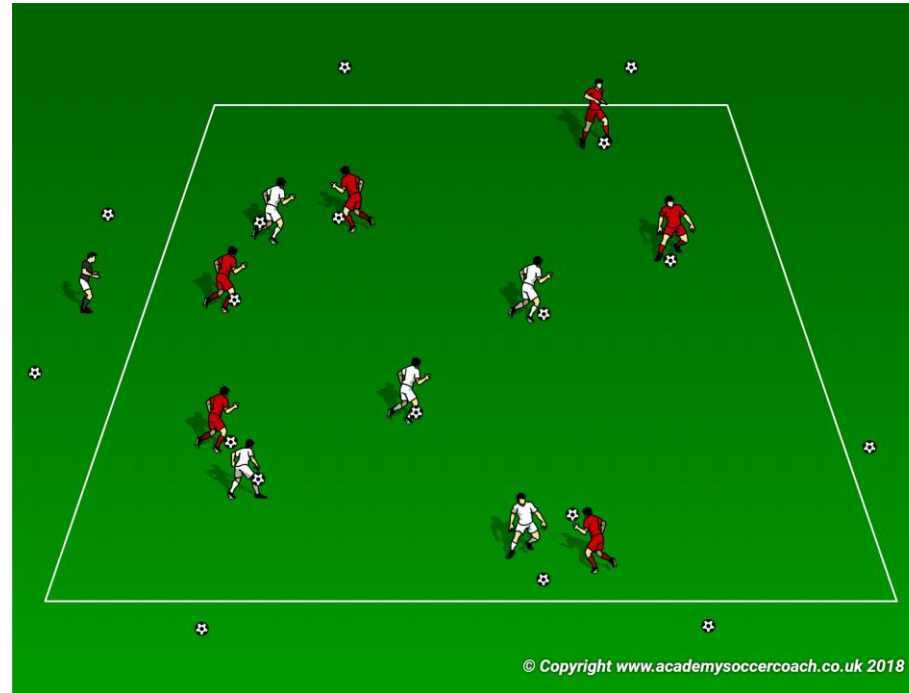
1. Players dribble with weaker foot, walk only, perform physical task when reentering game.

Station Time

8-12 Minutes

Area

30m x 30m



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Manitoba Soccer Association – Grassroots Development

Objective

All Players are active and engaged.

Technical

Awareness
Dribbling
Running with Ball

Psychological

Confidence
Determination

Physical

ABC,s
Change of Direction
Soccer Fitness

Social

Problem Solving
Decision Making

Outcome

Individual: Players constantly take information (360 scanning) of surroundings
Collective: Players are aware of opponents and teammates.



FUNdamentals

Coordination Game

2v2 Soccer



Organization

Set up a coned gate on each side. (Optional) begin in partners (1v1) or split into teams of 2 with 1 2v2 playing N/S and the remaining 2 teams playing E/W.

Procedure

Teams attempt to either dribble through gate for 3 points or dribble over any other part of line for 1 point. Play 90 second games then switch opponents.

Progression

1. Shot Clock in possession (example 8 seconds) encourage quick attacks.

Conditions

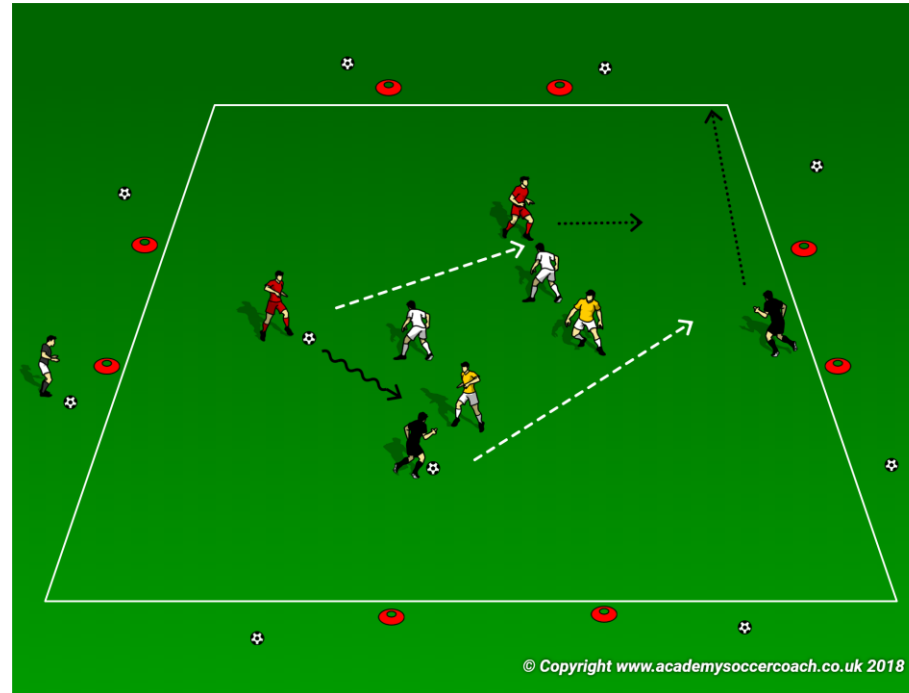
1. Player with ball must attempt to beat opponent before passing to teammate.

Station Time

8-12 Minutes

Area

N/A



Manitoba Soccer Association – Grassroots Development

Objective

Players take on opponents at every opportunity.

Technical

Creativity
1v1 Attacking
Dribbling
Running with Ball

Psychological

Confidence
Motivation
Competitiveness

Physical

ABC,s
Change of Direction
Acceleration

Social

Teamwork
Communication
Decision Making

Outcome

Individual: Players demonstrate willingness to take players on whenever possible.
Collective: Supporting players vary runs (overlap/underlap) and positioning to create space (example pull wide to isolate defender 1v1) for ball carrier.



FUNdamentals

Skill Activity

1v1 Shootout



Organization
Set up pug nets around the field
Procedure
In partners, white team knock a ball off a cone of their choice and keep it away from reds. If reds win the ball they attempt to score in any net. After 1 minute switch roles.
Progression
1. Players no longer limited to partner.
Conditions
1. Coloured cones have different values – if players either keep ball away from opponent or score they get that number of points.

Station Time	Area
8-12 Minutes	25m x 25m



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Objective	
Players must work hard to create space for themselves on the ball.	
Technical	Psychological
Receiving Control (First Touch) Dribbling	Confidence Standards
Physical	Social
Change of Direction Reactions	Problem Solving Decision Making
Outcome	
Individual: Players deceive opponents using their body (feints/fakes).	
Collective: Can players start to recognize how to trick/deceive opponents.	



FUNdamentals

Small Sided Game

Match Play



Organization	Split into 2 teams. (Optional) GKs.
Procedure	4v4 outfield. If ball goes out players restart with dribble.
Progression	N/A
Conditions	<ol style="list-style-type: none"> (Optional) Players must receive facing forward. (Optional) Players must attempt to beat opponent every time.

Station Time	Area
8-12 Minutes	25m x 30m



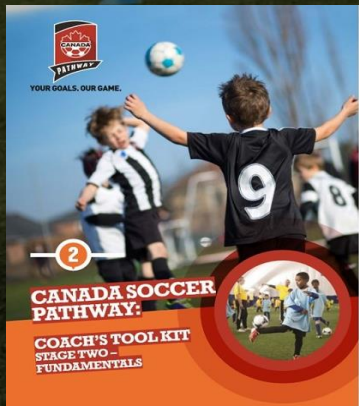
Objective	
Fun and creativity.	
Technical	Psychological
1v1 Attacking Dribbling Finishing	Concentration Teamwork Competitiveness
Physical	Social
Stamina Speed Awareness	Teamwork Communication Decision Making
Outcome	
<p>Individual: Players recognize opportunities to get into 1v1 positions.</p> <p>Collective: Players demonstrate motivation to compete.</p>	



FUNdamentals Practice Plan

Topic: Ball Mastery

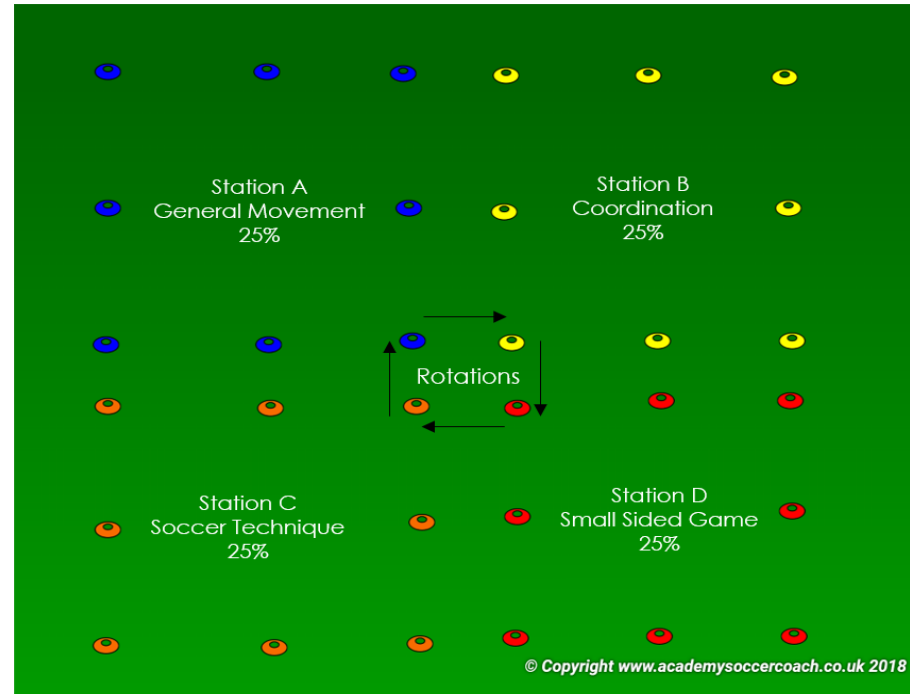
Grassroots Development U6-U8 Players



FUNdamentals

Station

Station Time	Area
6-8 Minutes	
Organization	Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure	Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression	Be prepared to progress an activity/game based on the level of the group.
Conditions	Be prepared to add a condition that challenges the group.



Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment.	
Technical	Psychological
Various Techniques	FUN
Physical	Social
Physical Literacy	Problem Solving
Outcome	

Individual: Players develop a love for the game.
Collective: Players are creative, engaged, and are having fun.



FUNdamentals

General Movement – Last Man Standing

Station Time	Area
--------------	------

8-12 Minutes	25m x 25m
--------------	-----------

Organization

Every player with ball inside 25 x 25 area.

Procedure

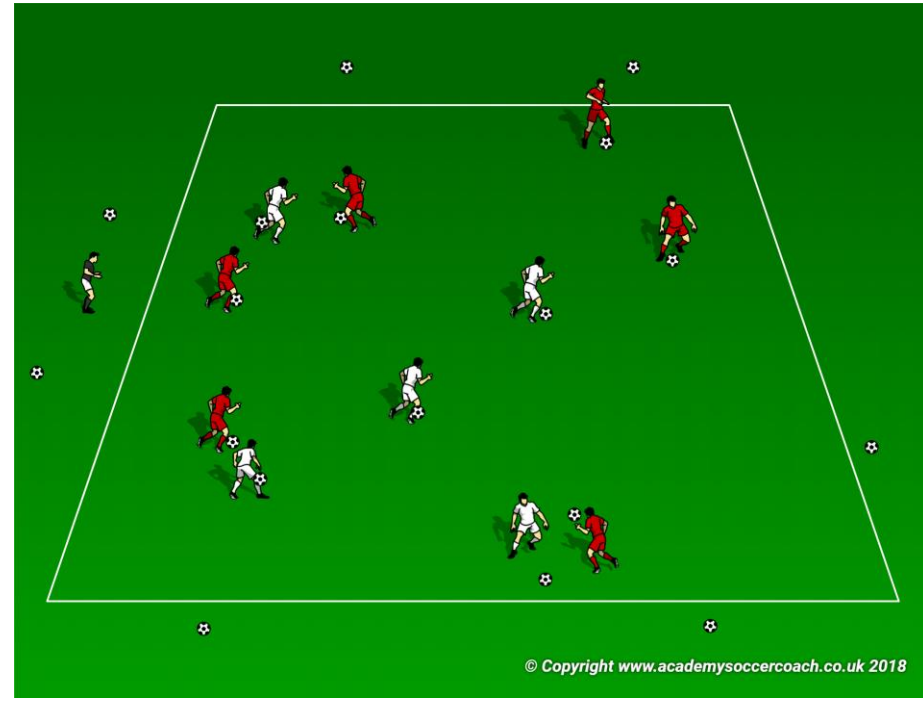
Players begin by dribbling around area performing moves/tricks, and ball manipulation tasks. Have players perform a physical exercise every 5-10 touches (must jump/hop/skip to new ball). Engage in game, players must protect ball and kick opponents balls out the area. If ball goes player comes back in under a condition (example, weaker foot only)

Progression

1. Change conditions for returning players, example must do 10 jumping jacks and on return can only walk.

Conditions

1. Players dribble with weaker foot, walk only, perform physical task when reentering game.



Objective

All Players are active and engaged.

Technical	Psychological
-----------	---------------

Awareness Dribbling Running with Ball	Confidence Determination
---	-----------------------------

Physical	Social
----------	--------

ABC,s Change of Direction Soccer Fitness	Problem Solving Decision Making
--	------------------------------------

Outcome

Individual:
Players constantly take information (360 scanning) of surroundings

Collective:
Players are aware of opponents and teammates.



FUNdamentals

Soccer Coordination – 2v2 to Targets

Station Time	Area
--------------	------

8-12 Minutes	25m x 25m
--------------	-----------

Organization

Set up a coned gate on each side. (Optional) begin in partners (1v1) or split into teams of 2 with 1 2v2 playing N/S and the remaining 2 teams playing E/W.

Procedure

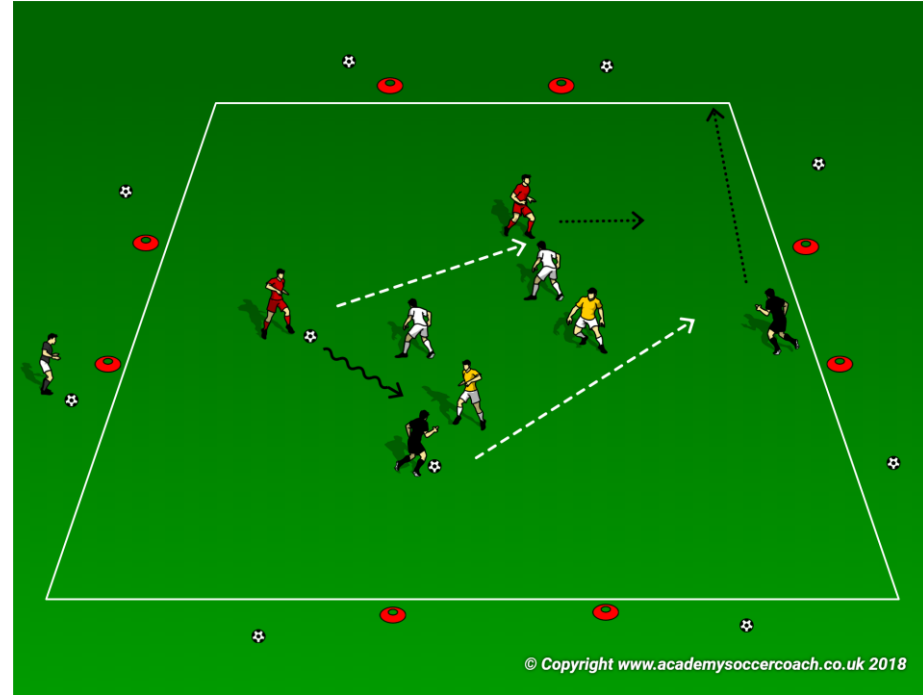
Teams attempt to either dribble through gate for 3 points or dribble over any other part of line for 1 point. Play 90 second games then switch opponents.

Progression

1. Shot Clock in possession (example 8 seconds) encourage quick attacks.

Conditions

1. Player with ball must attempt to beat opponent before passing to teammate.



Objective

Players take on opponents at every opportunity.

Technical	Psychological
-----------	---------------

Creativity 1v1 Attacking Dribbling Running with Ball	Confidence Motivation Competitiveness
---	---

Physical	Social
----------	--------

ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
--	--

Outcome

Individual:
 Players demonstrate willingness to take players on whenever possible.

Collective:
 Supporting players vary runs (overlap/underlap) and positioning to create space (example pull wide to isolate defender 1v1) for ball carrier.



FUNdamentals

Skill Activity – Shootout

Station Time	Area
--------------	------

8-12 Minutes 25m x 25m

Organization

Set up pug nets around the field

Procedure

In partners, white team knock a ball off a cone of their choice and keep it away from reds. If reds win the ball they attempt to score in any net. After 1 minute switch roles.

Progression

1. Players no longer limited to partner.

Conditions

1. Coloured cones have different values – if players either keep ball away from opponent or score they get that number of points.



Objective

Players must work hard to create space for themselves on the ball.

Technical	Psychological
-----------	---------------

Receiving Control (First Touch) Dribbling	Confidence Standards
---	-------------------------

Physical	Social
----------	--------

Change of Direction Reactions	Problem Solving Decision Making
----------------------------------	------------------------------------

Outcome

Individual:
Players deceive opponents using their body (feints/fakes).

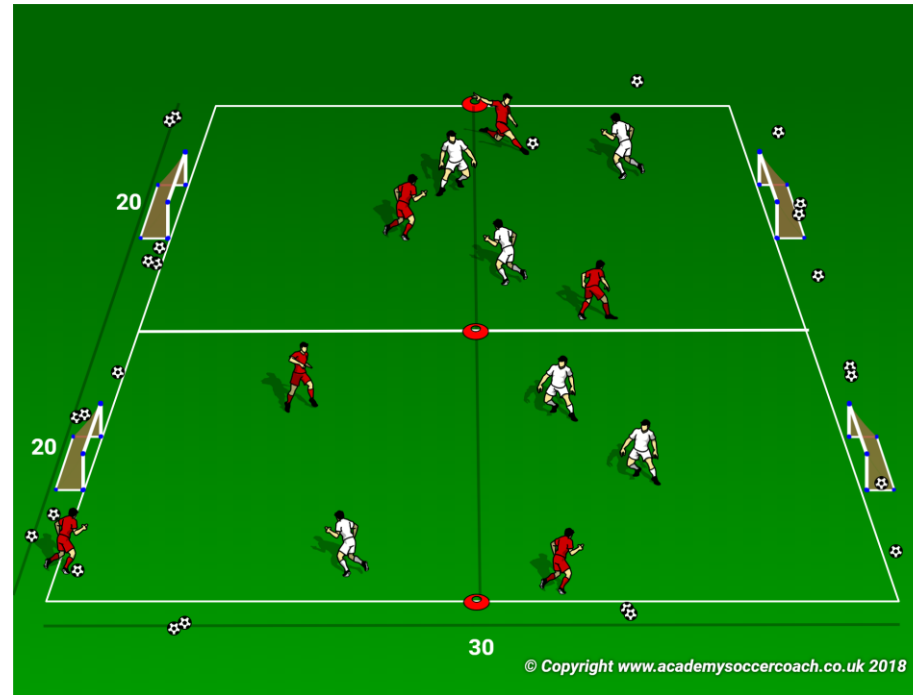
Collective:
Can players start to recognize how to trick/deceive opponents.



FUNdamentals

Small Sided Game – World Cup Ladder

Station Time	Area
8-12 Minutes	25m x 25m
Organization	
	Teams of 3. (Optional retreat line). Choose top field. Teams choose country to represent.
Procedure	
	Teams play 3 minute matches and attempt to stay on the "top" field.
Progression	
	N/A
Conditions	
	N/A



Objective

Fun and creativity.

Technical	Psychological
1v1 Attacking Dribbling Finishing	Concentration Teamwork Competitiveness
Physical	Social
Stamina Speed Awareness	Teamwork Communication Decision Making
Outcome	

Individual:

Players create space to receive ball in 1v1 positions.

Collective:

Players demonstrate motivation to compete.





FUNdamentals Practice Plan

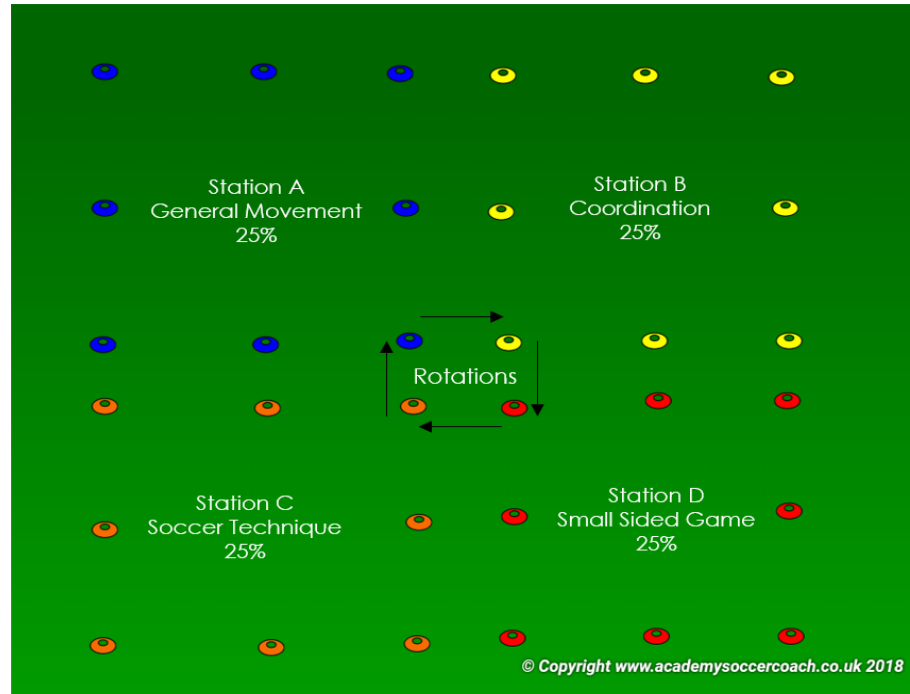


Topic: Ball Mastery & 1v1 Attacking
Grassroots Development U6-U8 Players

FUNdamentals

Preferred Training Model

Station Time	Area
6-8 Minutes	
Organization	
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.	
Procedure	
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.	
Progression	
Be prepared to progress an activity/game based on the level of the group.	
Conditions	
Be prepared to add a condition that challenges the group.	



Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment.	
Technical	Psychological
Various Techniques	FUN
Physical	Social
Physical Literacy	Problem Solving
Outcome	

Individual: Players develop a love for the game.
Collective: Players are creative, engaged, and are having fun.



FUNdamentals

General Movement – Animal Kingdom

Station Time	Area
--------------	------

8-12 Minutes	20m x 20m
--------------	-----------

Organization

Set-up 'safe' zones around area, with pug net in centre of area.

Procedure

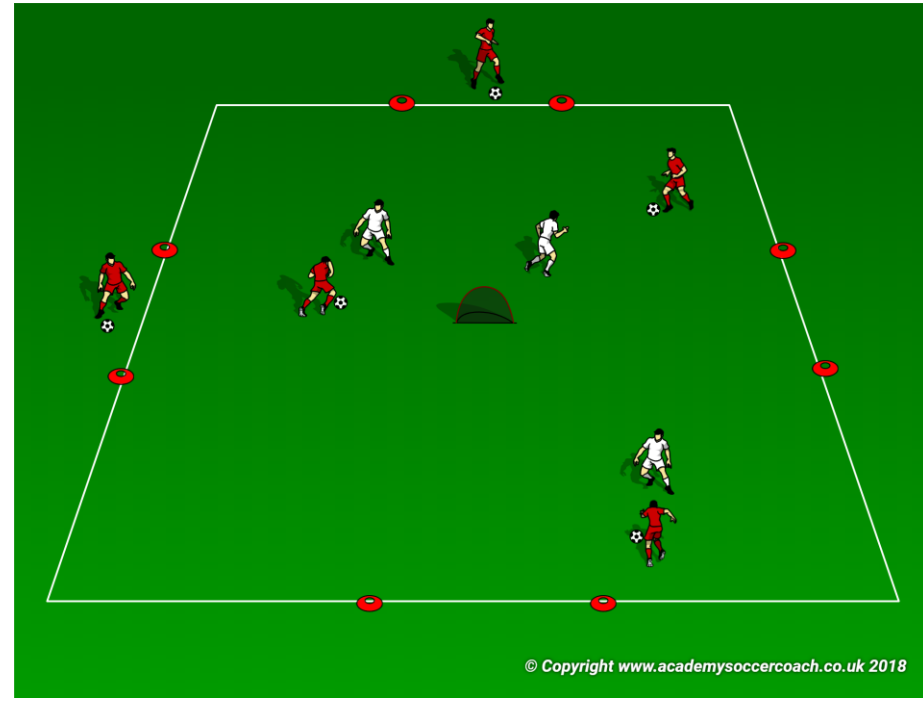
Begin, simple tag game – tags must be on opponents back (every player for themselves). Player's choose animal, when tagging opponent player makes their animals sound. No 'safe' zones to start.

Progression

1. Introduce safe zones where players can go for up to 3 seconds.
2. Make it competitive between teams (Reds vs Whites).
3. Introduce ball. Have 2-3 defenders without a ball and the rest with a ball, defenders try to win ball and score in pug net.
4. No 'safe' zones.

Conditions

1. Give players different movements (crab walk/bear walk/hop)
2. Players must use weaker foot.
3. Defenders can only walk.



Objective

All Players are active and engaged.

Technical	Psychological
-----------	---------------

Shielding Dribbling Running with Ball	Confidence Determination Competitiveness
---	--

Physical	Social
----------	--------

ABC,s Change of Direction Basic Motor Skills	Problem Solving Decision Making Fair Play
--	---

Outcome

Individual:
Players can identify when to change speed and direction.

Collective:
Players can change speed and direction.



FUNdamentals

Soccer Coordination – 1v1 World Cup Ladder

Station Time	Area
--------------	------

8-12 Minutes	(4) 12m x 15m
--------------	---------------

Organization

Set-up multiple fields with coned end lines (yellow markers) and a retreat zone (red middle cones). 2 players on each field. Fields are a ladder (Example: Top Field could be named World Cup Final) Players are a country and represent them in this World Cup.

Procedure

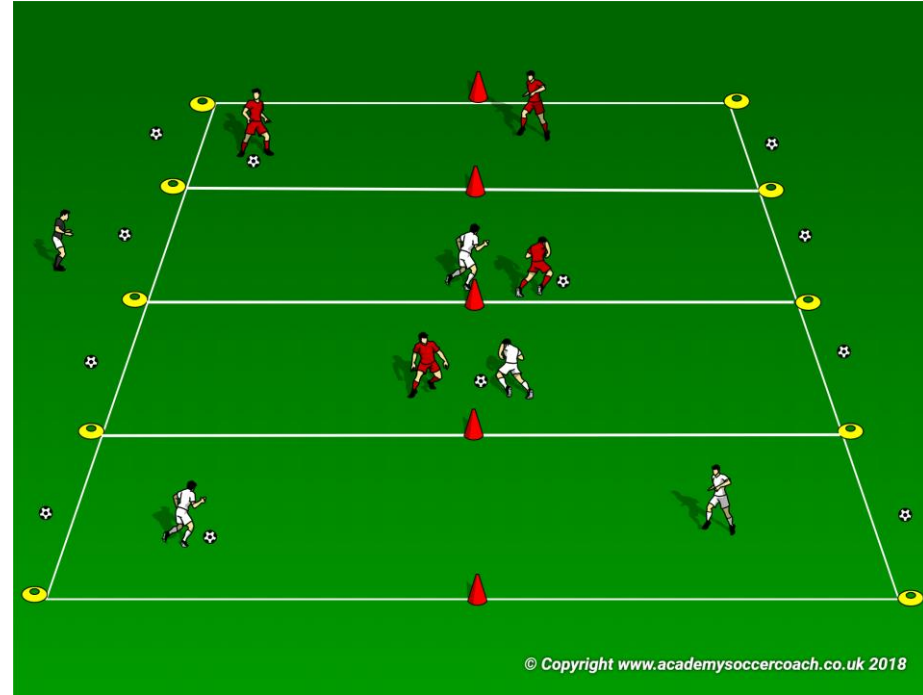
Players A starts with ball on own end line, opponent (Player B) retreats behind red markers and cannot engage Player A until they pass retreat line. Objective is to dribble over opponents end line. (1 point). Games are 60 seconds, at the end of each game winner moves up and opponent moves down.

Progression

1. Defenders can now engage opponent in 'safe' zone but only after touching a retreat cone marker.
2. If player successfully dribbles over line they now keep possession and try to score in opposite direction.

Focus

Players are unpredictable, and attack at speed.



Objective

Players demonstrate confidence and ability to deceive opponents by changing speed and direction.

Technical	Psychological
-----------	---------------

Creativity 1v1 Attacking Dribbling Running with Ball	Confidence Motivation Competitiveness
---	---

Physical	Social
----------	--------

ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
--	--

Outcome

Individual:
 Players use moves (Ex, stepovers/body feints) to create opportunities to beat opponents.

Collective:
 Players recognize moments



FUNdamentals

Skill Activity – Keep Away Shootout

Station Time	Area
--------------	------

8-12 Minutes	20m x 20m
--------------	-----------

Organization

Set up 2-4 Pug-Nets in Middle of field, with 4 gates (red markers) one on each end line. Reds all start with a ball, Whites defend. 1 minute games.

Procedure

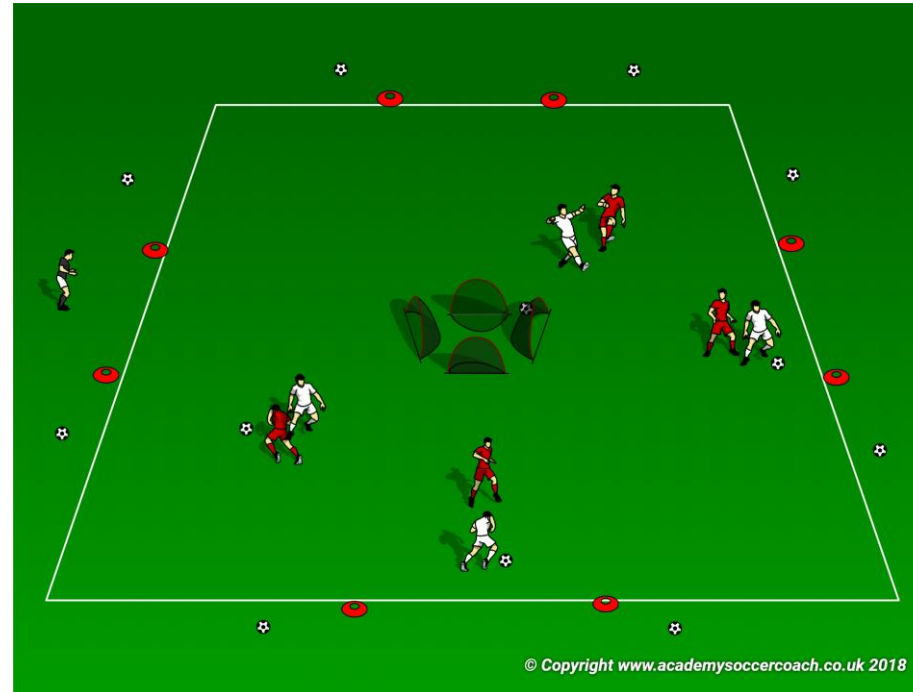
(In partners) Reds objective is to keep the ball for 60 seconds. Whites objective is to win the ball and either score on pug net (3 points) or dribble through outside gate (1 point). If white scores, or dribbles through gate – red retrieves ball and keeps it from reds. If red keeps ball for 90 seconds they score (10) points. Switch roles.

Progression

1. Players no longer limited to partner – work in teams.

Focus

Creativity with the ball.



Objective

Players must work hard to create space for themselves on the ball.

Technical	Psychological
-----------	---------------

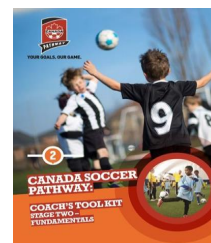
Receiving Control (First Touch) Dribbling	Confidence Standards
---	-------------------------

Physical	Social
----------	--------

Change of Direction Reactions	Problem Solving Decision Making
----------------------------------	------------------------------------

Outcome

- Individual:**
Players deceive opponents using their body (feints/fakes).
- Collective:**
Can players start to recognize how to trick/deceive opponents.



FUNdamentals

Small Sided Game – 2v2 World Cup Ladder

Station Time	Area
--------------	------

8-12 Minutes	(3 or 4) 15m x 20m
--------------	--------------------

Organization

Teams of 2. Retreat line (Red markers). Choose top field. Teams choose country to represent.

Procedure

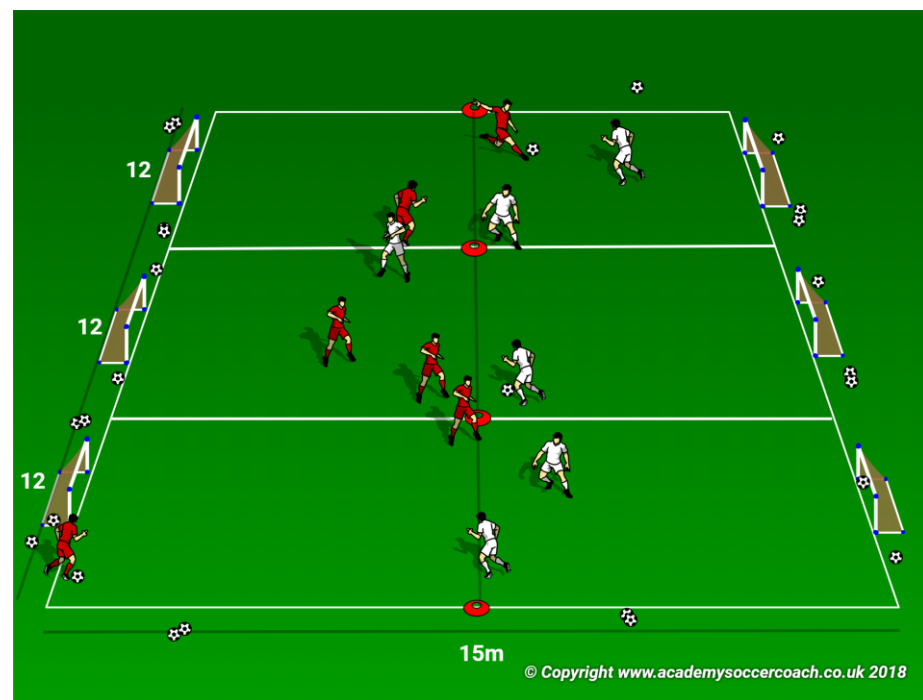
Teams play 2 minute matches and attempt to get to the “top” field. Team that defends must have 1 player touching their net until opponents pass retreat line.

Progression

1. Remove retreat line – when a team scores one player must touch their goal before engaging opponents creating a momentary 2v1.

Focus

Players are not afraid to attack/commit players.



Objective

Fun and creativity.

Technical	Psychological
-----------	---------------

1v1 Attacking Dribbling Finishing	Concentration Teamwork Competitiveness
---	--

Physical	Social
----------	--------

Stamina Speed Awareness	Teamwork Communication Decision Making
-------------------------------	--

Outcome

Individual:

Players create space to receive ball in 1v1 positions.

Collective:

Players demonstrate motivation to compete.





FUNdamentals Practice Plan

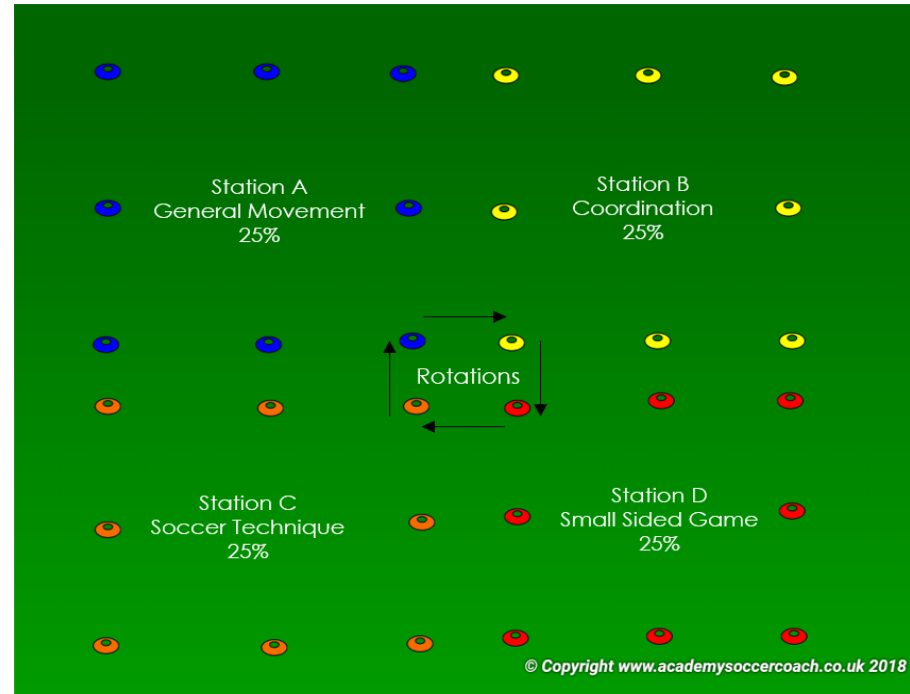


Topic: Receiving & Playing Forward
Grassroots Development U6-U8 Players

FUNdamentals

Preferred Training Model

Station Time	Area
8-12 Minutes	
Organization	
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.	
Procedure	
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.	
Progression	
Be prepared to progress an activity/game based on the level of the group.	
Conditions	
Be prepared to add a condition that challenges the group.	



Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment.	
Technical	Psychological
Various Techniques	FUN
Physical	Social
Physical Literacy	Problem Solving
Outcome	

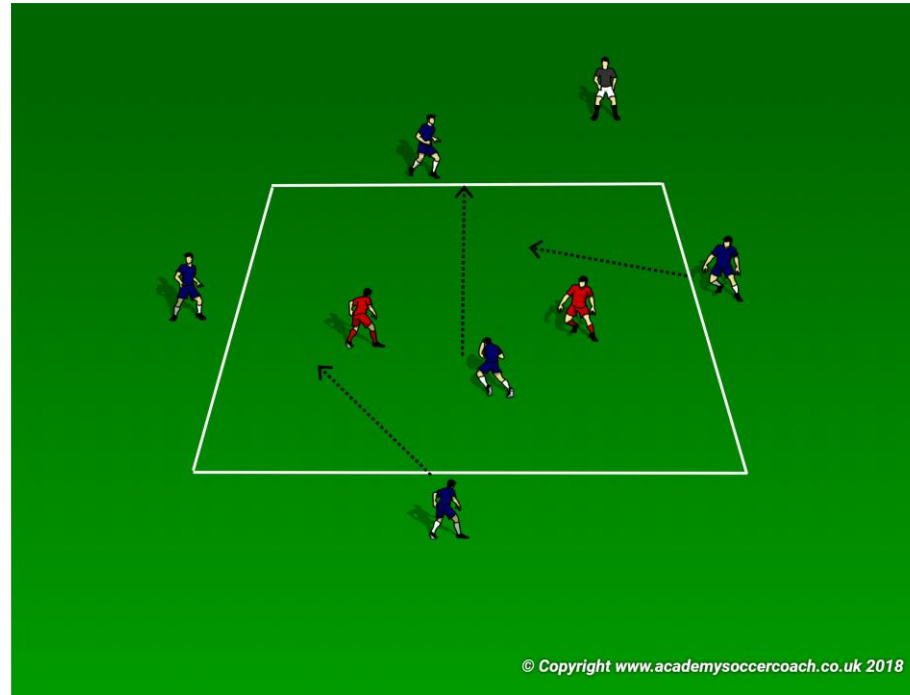
Individual: Players develop a love for the game.
Collective: Players are creative, engaged, and are having fun.



FUNdamentals

General Movement – Sharks at Sea

Station Time	Area
12 Minutes	20m x 20m
Organization	Set-up a 10m x 10m grid inside the area. 1-3 defenders (sharks) in the middle box.
Procedure	Outside players attempt to run through the zone without getting tagged by sharks. If tagged, players witch roles.
Progression	1. Introduce a ball – players must now dribble through central zone.
Conditions	1. There can only be 1-2 players on one side of the area (depending on overall numbers). If a 2 nd ,3 rd player joins side – player(s) that were already there must make a run for it!



Objective	
Players take positive touches to attack space at speed.	
Technical	Psychological
Dribbling Running with Ball 1v1 Attacking	Confidence Determination Competitiveness
Physical	Social
ABC,s Change of Direction Basic Motor Skills	Problem Solving Decision Making Fair Play
Outcome	

Individual:
Players can change direction at speed when under pressure.

Collective:
Players identify open spaces.



FUNdamentals

Soccer Coordination – 2v2 World Cup Ladder

Station Time	Area
--------------	------

12 Minutes (3) 12m x 15m

Organization

Set-up multiple fields with coned end lines and a retreat zone (red middle cones). 2 teams of 2 on each field. Fields are a ladder (Example: Top Field could be named World Cup Final) Players are a country and represent them in this World Cup.

Procedure

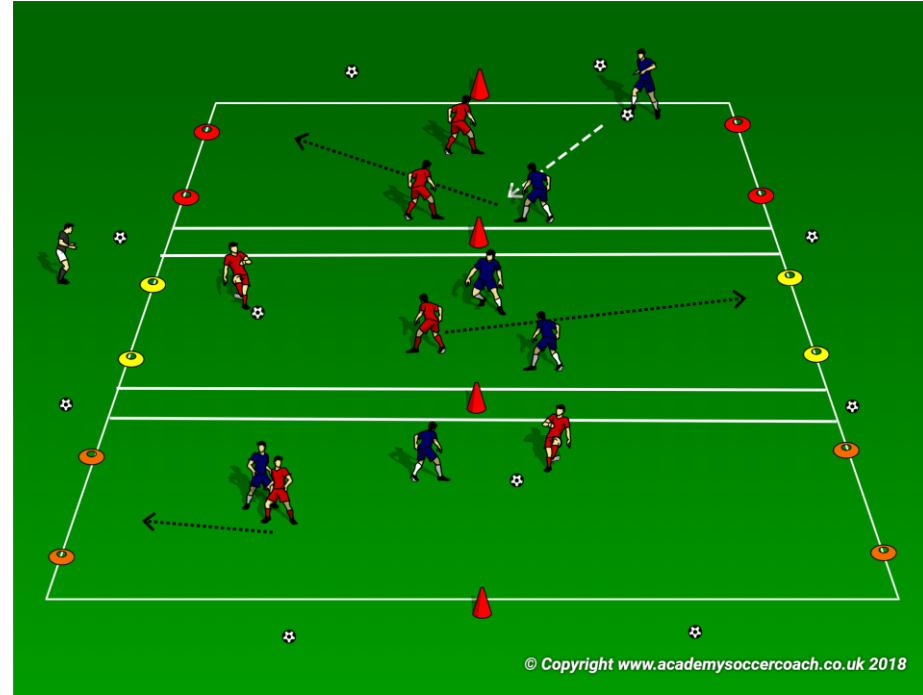
Team A starts with ball on own end line, opponent (Team B) retreats behind red markers and cannot engage Team A until they reach retreat line. Objective is to dribble over opponents end line. (1 point). Games are 90 seconds, at the end of each game winner moves up and opponent moves down.

Progression

1. Defenders can now engage opponent in 'safe' zone but only after touching a retreat cone marker.
2. If player successfully dribbles over line they now keep possession and try to score in opposite direction.

Conditions

1. Players cannot go backwards!



Objective

Players demonstrate confidence and ability to deceive opponents by changing speed and direction.

Technical	Psychological
-----------	---------------

Creativity 1v1 Attacking Dribbling Running with Ball Control (First Touch)	Confidence Motivation Competitiveness
--	---

Physical	Social
----------	--------

ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
--	--

Outcome

Individual:
 Players shoulder check before receiving, and are creative & positive in attacking half.

Collective:
 Players are creative in attacking half.



FUNdamentals

Skill Activity – Mario Karts

Station Time

Area

12 Minutes

20m x 20m

Organization

Set up coloured gates throughout the area. Partner up players – 1 ball per pair. Teams choose their favourite Mario Kart Race Driver (Mario, Luigi, Princess Peach, Yoshi, Bowser, Donkey Kong Jr., Koopa Troopa, Toad)

Procedure

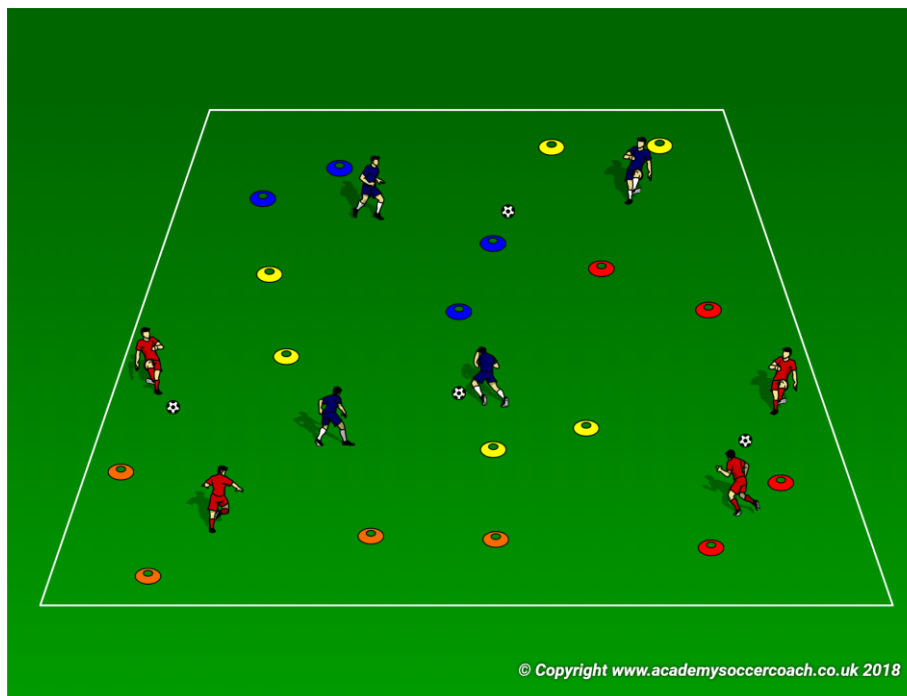
Player A passes to Player B, who attacks any gate, dribbles through, then plays back to Player A to do the same. Challenge players to be creative, turn in different directions. Make it competitive – first team to 20 gates, or most points in 60 seconds. Switch partners.

Progression

1. Give different coloured gates different values (yellow = 3pts, red = 1pt).
2. Play 4v4 or 5v5 each team starts with 2 balls – Most gates wins, teams can win opponents balls.

Conditions

1. Players must turn every time they receive the ball (minus 1 point) every time they do not.
2. Players receive on weaker foot.



Objective

Players must work hard to create space for themselves on the ball.

Technical

Receiving
Control (First Touch)
Dribbling

Psychological

Confidence
Standards
Competitiveness

Physical

Change of Direction
Reactions

Social

Problem Solving
Decision Making

Outcome

Individual:

Players look (scan) before receiving and can change direction at speed.

Collective:

Can players identify open gates before receiving and take a positive touch to attack the gate.



Manitoba Soccer Association – Grassroots Development

FUNdamentals

Small Sided Game – 3v3 Winner Stays

Station Time	Area
--------------	------

12 Minutes	20m x 25m
------------	-----------

Organization

If 12 players 2 fields. Less than 12 – split into 3 teams. Gk's optional. Retreat line (Red Markers).

Procedure

Teams play 90 second matches – winner stays on, if team scores opponents are off and new team comes in. Can begin with every time ball goes out of play, the team that touches it last is off, and new team comes in.

Progression

1. Time limit in final third (encourage quick final act).

Conditions

1. Cannot go backwards in final third.



Objective

Fun and creativity.

Technical	Psychological
-----------	---------------

1v1 Attacking Dribbling Finishing Control (First Touch)	Concentration Teamwork Competitiveness
--	--

Physical	Social
----------	--------

Stamina Speed Awareness	Teamwork Communication Decision Making
-------------------------------	--

Outcome

Individual:
Players receive and turn in attacking half.
Collective:
Players demonstrate motivation to compete.





FUNdamentals Practice Plan



Topic: Finishing 1v1 Defending
Grassroots Development U6-U8 Players



FUNdamentals

Preferred Training Model

Station Time	Area
--------------	------

6-8 Minutes

Organization

Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.

Procedure

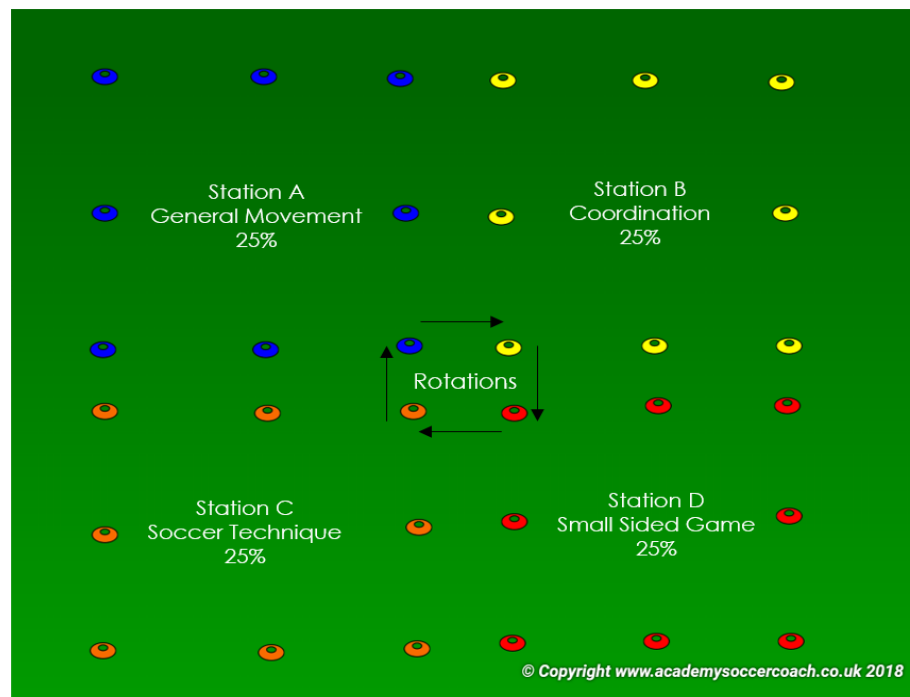
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.

Progression

Be prepared to progress an activity/game based on the level of the group.

Conditions

Be prepared to add a condition that challenges the group.



Objective

Give players opportunity to lead, and make decisions in a fun, safe environment.

Technical	Psychological
-----------	---------------

Various Techniques

FUN

Physical	Social
----------	--------

Physical Literacy

Problem Solving

Outcome

Individual: Players develop a love for the game.

Collective: Players are creative, engaged, and are having fun.



FUNdamentals

General Movement – 1v1 Defending

Station Time	Area
--------------	------

12 Minutes	15m x 20m
------------	-----------

Organization

Set up multiple gates inside area. Split group into Attackers/Defenders.

Procedure

Begin with more attackers so they have success. Defenders attempt to tag attackers, whilst protecting the gates. Attackers score 1 point for successfully moving through a gate, defenders score 2 for tagging opponent. Play for a minute then switch roles.

Progression

1. When defenders tag the attacker they transition/switch roles – the defender becomes the attacker until tagged. Most points in timed game.

Focus

Players transition from attack to defence quickly.



Objective

Players are active, and engaged.

Technical	Psychological
-----------	---------------

1v1 Defending
1v1 Attacking

Confidence
Competitiveness
Determination

Physical	Social
----------	--------

ABC,s
Change of Direction
Basic Motor Skills

Decision Making
Fair Play
Motivation

Outcome

Individual:

Players can change direction at speed when under pressure.

Collective:

Players start to recognize when to pressure opponent and when to occupy spaces that make it difficult for opponent to progress through a gate.



FUNdamentals

Soccer Coordination – 2v2 MLS Cup

Station Time	Area
--------------	------

12 Minutes	(2) 12m x 20m
------------	---------------

Organization

Set-up multiple fields with coned end lines and a retreat zone (red middle cones). 2 teams of 2 (GK +1 outfield) on each field. Fields are a ladder (Example: Top Field could be named Championship Field) Players pick MLS team to represent (Vancouver Whitecaps/Toronto FC/Montreal Impact). 2 minute matches, winners move up.

Procedure

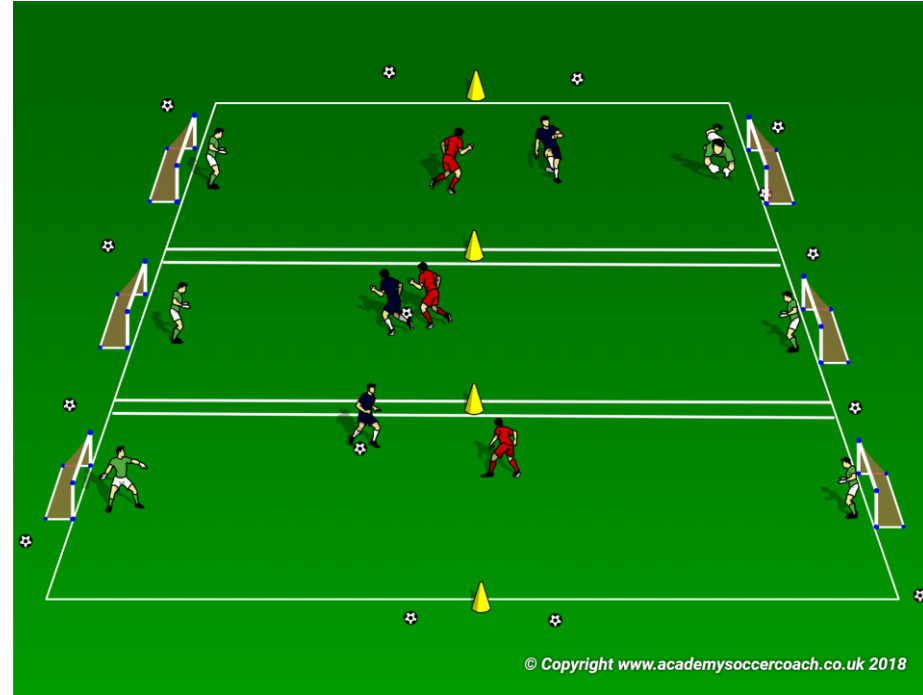
1v1 outfield, GK's, can join attack too. Retreat line at half for defending team. If ball goes out, restart with a dribble in.

Progression

1. Shot Clock in own half or remove retreat line.

Conditions

1. Teams get a bonus point for every clean sheet (shutout) team with most clean sheets is the overall winner.



Objective

Players demonstrate confidence and ability to deceive opponents by changing speed and direction.

Technical	Psychological
-----------	---------------

1v1 Defending 1v1 Attacking Creativity	Confidence Motivation Competitiveness
--	---

Physical	Social
----------	--------

ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
--	--

Outcome

Individual:
Players can shift the ball either side to create space to finish in attacking half.

Collective:
Players are confident in possession.



FUNdamentals

Skill Activity - 1v1 Shootout

Station Time

12 Minutes

Area

(2) 15m x 20m

Organization

2 Gates on outside, closest to defenders (can bring them infield further depending on level of group). One gate on the attackers end line. Attackers start with ball. If you have 12 players set up 2 fields/grids with 3 players per team round robin format – every 4 minutes teams switch fields.

Procedure

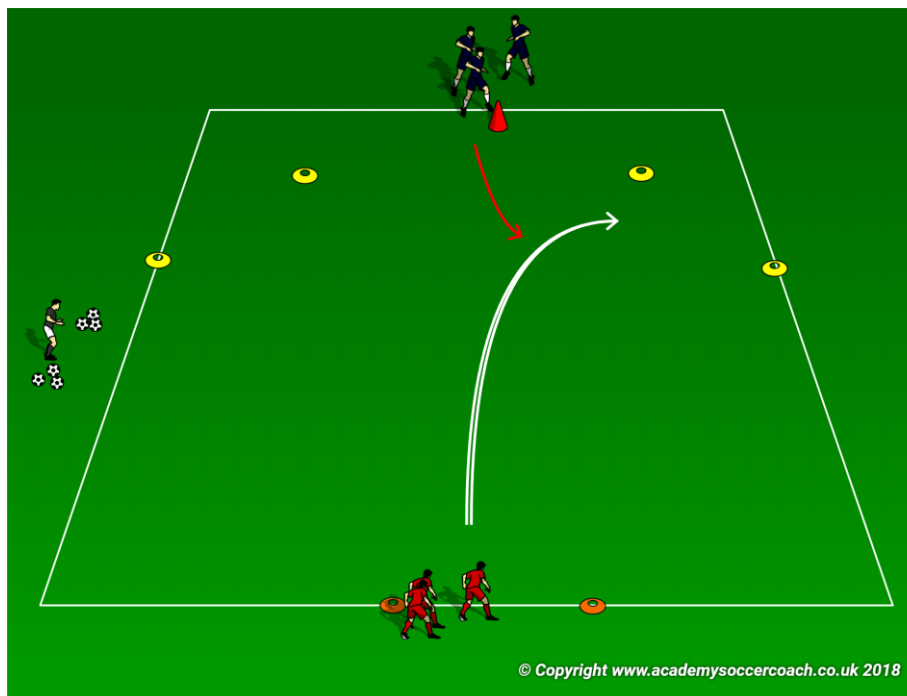
Attacker & defender play out 1v1 – Attacker scores point by dribbling through either yellow gate, defender scores a point if they can successfully win the ball and dribble through attackers orange gate.

Progression

1. Coach plays ball to attacker (vary delivery to test attackers first touch).
2. Add third central gate at the defenders starting point worth 3 points to encourage central attacking.

Focus

Defenders make play predictable.



Objective

Players show desire and competitiveness to defend.

Technical

1v1 Defending
1v1 Attacking
Running with the Ball
Dribbling

Psychological

Confidence
Standards
Competitiveness

Physical

Change of Direction
Reactions

Social

Problem Solving
Decision Making

Outcome

Individual:

Defenders are proactive, forcing opponents to one side by bending/curving run towards attacker.

Collective:

Defenders look to intercept the ball so they can regain possession.



FUNdamentals

Small Sided Game – 3v3 Winner Stays

Station Time	Area
12 Minutes	20m x 25m
Organization	
	If 12 players 2 fields. Less than 12 – split into 3 teams. Gk's optional. Retreat line (Red Markers).
Procedure	
	Teams play 90 second matches – winner stays on, if team scores opponents are off and new team comes in. Can begin with every time ball goes out of play, the team that touches it last is off, and new team comes in.
Progression	
	1. Reds & Blues partner up (1 Red/1 Blue) whilst playing the 3v3 match – players can only tackle their partners.



Objective	
Fun and creativity.	
Technical	Psychological
1v1 Defending Dribbling Finishing	Concentration Teamwork Competitiveness
Physical	Social
Stamina Speed Awareness	Teamwork Communication Decision Making
Outcome	

Individual:
Defenders dominate 1v1 battles.

Collective:
Defenders compete in every 1v1 situation.





**Topic: Passing
Grassroots Development**



**FUNdamentals
Practice Plan
U6-U8**



FUNdamentals

Preferred Training Model

Station Time	Area
--------------	------

8-12 Minutes

Organization

Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.

Procedure

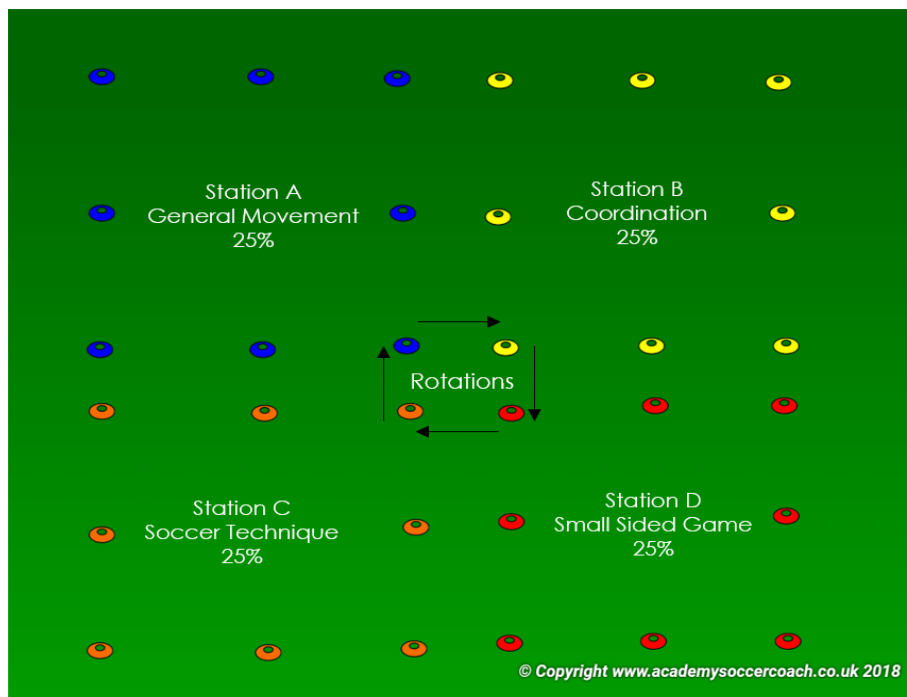
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.

Progression

Be prepared to progress an activity/game based on the level of the group.

Conditions

Be prepared to add a condition that challenges the group.



Objective

Give players opportunity to lead, and make decisions in a fun, safe environment.

Technical	Psychological
-----------	---------------

Various Techniques

FUN

Physical	Social
----------	--------

Physical Literacy

Problem Solving

Outcome

Individual: Players develop a love for the game.

Collective: Players are creative, engaged, and are having fun.



FUNdamentals

General Movement – Warm Up

Station Time

10 Minutes

Area

20m x 20m

Organization

Begin by splitting group in half – (one group in pinnies).

Procedure

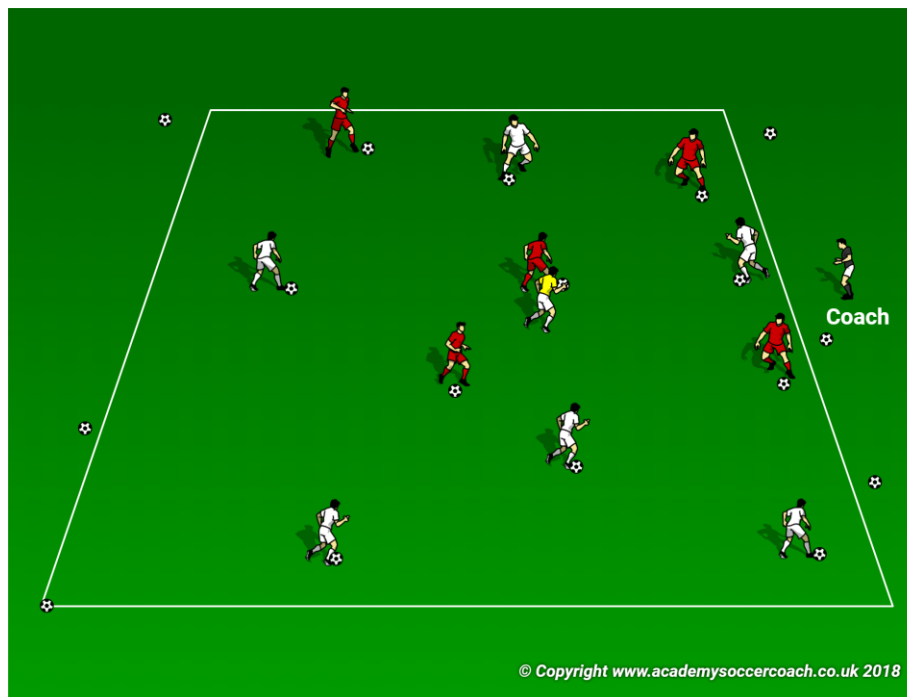
One team has 1 ball in hands and are taggers. They cannot move when ball is in their hands. They move the ball and can tag an opponent only when ball is in their hands. Play 60 seconds then switch. Move to ball on ground and play same game but players must now pass & tag while they have the ball. Finish with all taggers having a ball and now they have to dribble/run with the ball and tag an opponent – if they tag an opponent they leave the ball and the tagged player is now the tagger.

Progression

1. Add second ball, team without ball can only walk, hop, skip.

Focus

Players use body feints & quick changes of direction to beat opponents.



Objective

All Players are active and engaged.

Technical

Creativity
Dribbling
Running with the Ball

Psychological

Confidence
Determination
Competitiveness

Physical

ABC,s
Awareness
Change of Direction

Social

Problem Solving
Decision Making
Fair Play

Outcome

Individual:

Players change speed and direction away from opponents.

Collective:

Players are aware of opponents and teammates.



FUNDamentals

Soccer Coordination – 2v2 to Goal

Station Time	Area
--------------	------

10 Minutes (2x) 20m x 10m

Organization

Each field has a gated end line – split into teams of 2.

Procedure

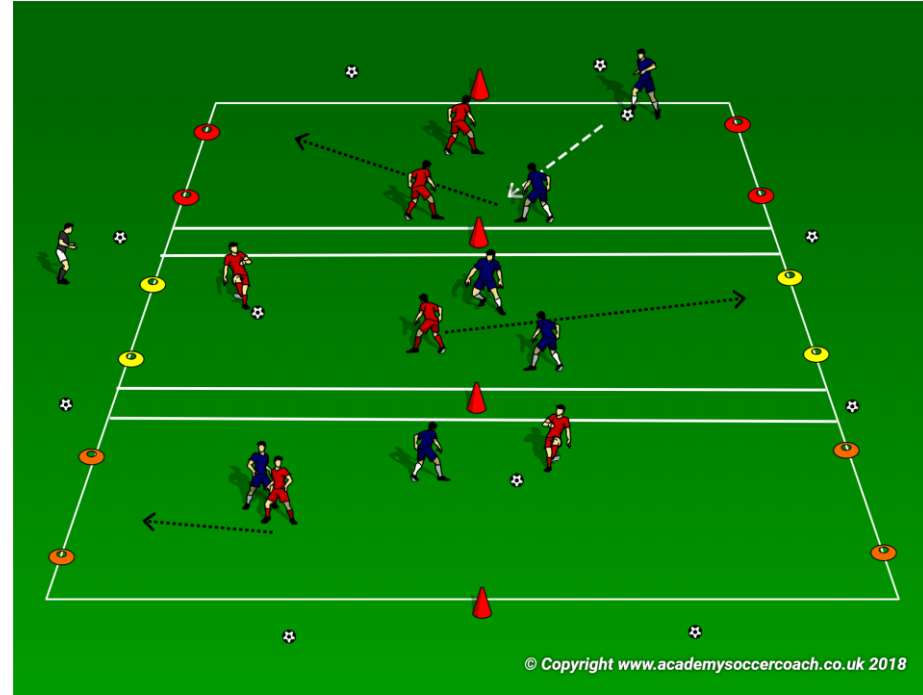
Teams must make 1 pass before they can dribble over end line. Play 2 minute games before switching, play round robin.

Progression

1. Players cannot go backwards!

Focus

Players are confident & creative on the ball.



Objective

Players take on opponents at every opportunity.

Technical	Psychological
-----------	---------------

Creativity 1v1 Attacking Dribbling Running with Ball	Confidence Motivation Competitiveness
---	---

Physical	Social
----------	--------

ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
--	--

Outcome

Individual:
Players demonstrate willingness to take players on whenever possible.

Collective:
Supporting players vary runs (overlap/underlap) and positioning to create space (example pull wide to isolate defender 1v1) for ball carrier.



FUNdamentals

Skill Activity – 3v3 to 3 Gates

Station Time **Area**

10 Minutes 25m x 15m

Organization

Set up 3 gates on each end line. Split group evenly, 1 player acts as GK behind the end line – 3v3 inside area.

Procedure

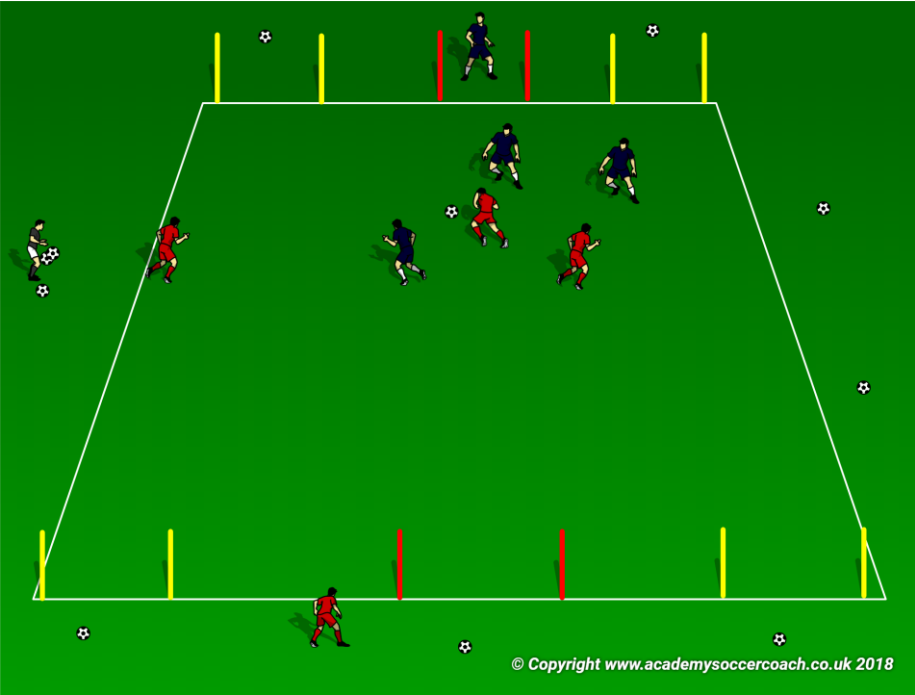
Teams attempt to either pas/shoot ball through any of the three gates. However, teams cannot score through the gate that the player behind the gates is standing between.

Progression

1. Player behind the gates has a pinnie so they can block 2 gates – 1 with the pinnie & 1 which they are stood behind.

Focus

Players constantly scan the field to see which net is open, and look to switch the play to take advantage of open gate.



Objective

Players make intelligent decisions to help their team win the game.

Technical **Psychological**

- | | |
|---|---|
| <ul style="list-style-type: none"> Creativity Dribbling Running with Ball Passing Switching the Play | <ul style="list-style-type: none"> Confidence Motivation Competitiveness |
|---|---|

Physical **Social**

- | | |
|--|--|
| <ul style="list-style-type: none"> ABC,s Change of Direction Acceleration | <ul style="list-style-type: none"> Teamwork Communication Decision Making |
|--|--|

Outcome

- Individual:**
 Players deceive the player behind the net by showing intention to pass/dribble to one side.
- Collective:**
 Players are constantly scanning to identify opponents weak areas.



FUNdamentals

Small Sided Game – 4v4

Station Time Area

10 Minutes (3) 12m x 20m

Organization

Teams of 4

Procedure

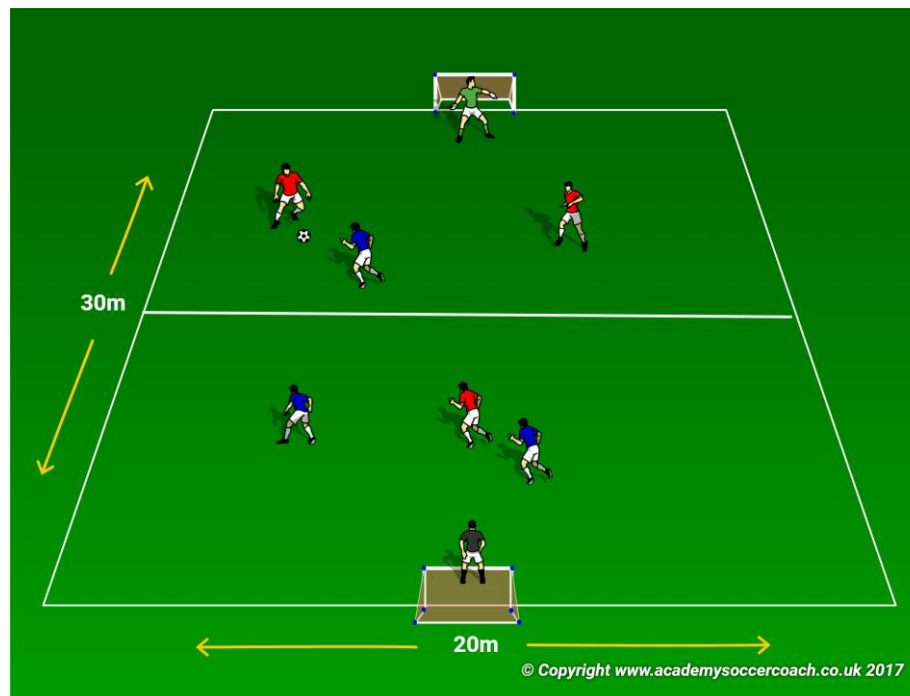
Regular game rules, pass/dribble in.

Progression

N/A

Focus

Players are competitive & have fun!



Objective

Fun and creativity.

Technical

1v1 Attacking
Dribbling
Finishing

Psychological

Concentration
Teamwork
Competitiveness

Physical

Stamina
Speed
Awareness

Social

Teamwork
Communication
Decision Making

Outcome

Individual:

Players create space to receive ball in 1v1 positions.

Collective:

Players demonstrate motivation to compete.



Manitoba Soccer Association – Grassroots Development

Manitoba Soccer Association

FUNdamentals Practice Plan
U6-U8

Grassroots Development





FUNdamentals

Preferred Training Model

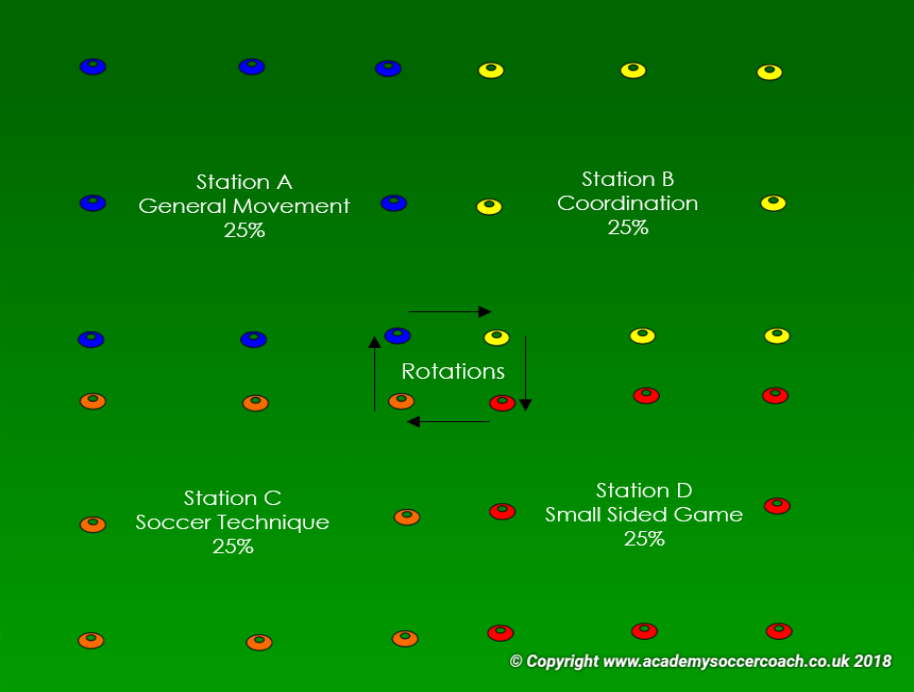
How it works



Organization
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression
Be prepared to progress an activity/game based on the level of the group.
Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
6-8 Minutes	

Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual:	
Collective:	





FUNdamentals

General Movement

Catch/Head



Organization

Coach or Parent stand in the middle with players in a circle

Procedure

Players stand around coach and perform a movement (ex. jumping jacks). Coach tosses ball and calls out either "catch/head". The player must play the ball with the OPPOSITE that is called back to the coach - ex. "Head", therefore player must catch the ball. "Catch", player must head the ball back

Progression

Play elimination if players understand the game.

Conditions

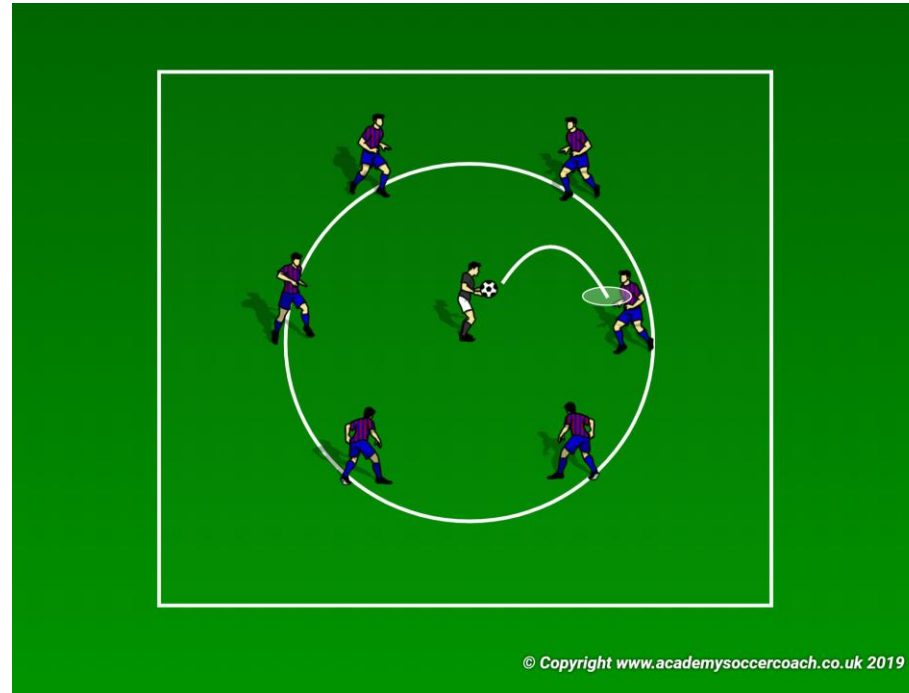
Players must be moving at all times and not flat-footed.

Station Time

8-12 Minutes

Area

25m x 25m



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Objective

Engage & activate every player

Technical

Awareness
Decision Making

Psychological

Confidence
Leadership

Physical

ABC,s
Change of Direction
General Fitness

Social

Peer Interaction

Outcome

Individual:
Collective:



FUNdamentals

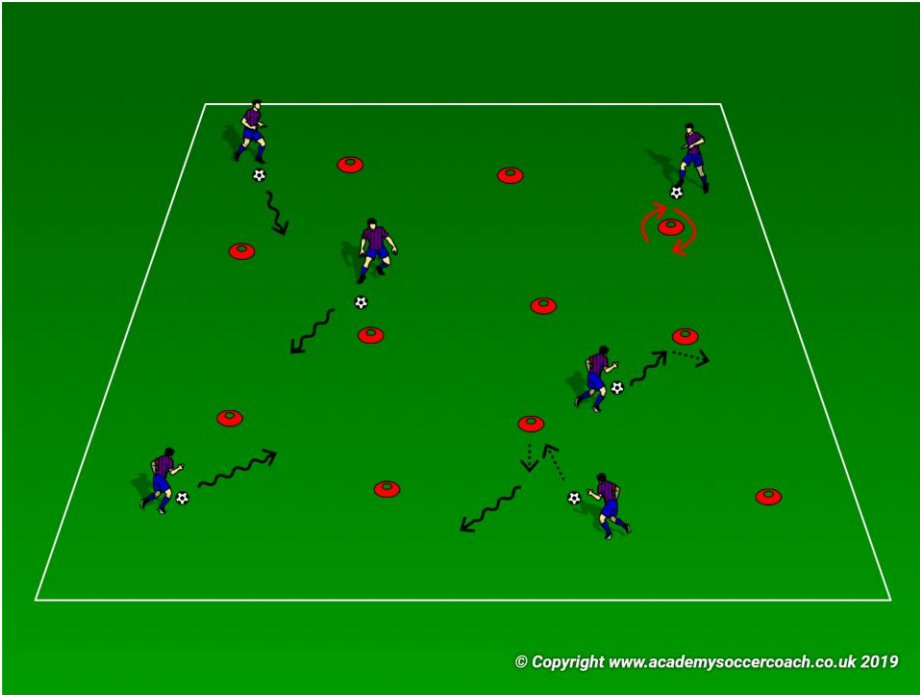
Skill Activity

Volcanoes



Organization
Every player has a ball. Cones are scattered around the field.
Procedure
Players use a variety of skill moves to move around the cones (dribbling with only outside/inside of feet). As they approach the cone, they can perform different skills (toe-taps, pull-backs, turns). Introduce each skill one at a time.
Progression
Progress to competition – ex, First player to do a turn 5 times around 5 different cones.
Conditions
N/A

Station Time	Area
6-8 Minutes	25m x 25m



Objective	
Opportunity to use all parts of both their feet. Confidence to use skill moves.	
Technical	Psychological
Awareness Decision Making	Confidence
Physical	Social
ABC,s Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players try various dribbling techniques.	
Collective: Players are aware of other players.	



FUNdamentals

Skill Activity

1v1 to Goal



Organization

Teams of 3 start at opposite goals. Balls start with the coach at the middle. No goalies.

Procedure

Coach calls out a number between 1-3. This number corresponds to the number of players from each team will play – ex. (1=1v1, 2=2v2, 3=3v3)

Progression

Introduce a gate within the area that attackers need to dribble through before scoring.

Conditions

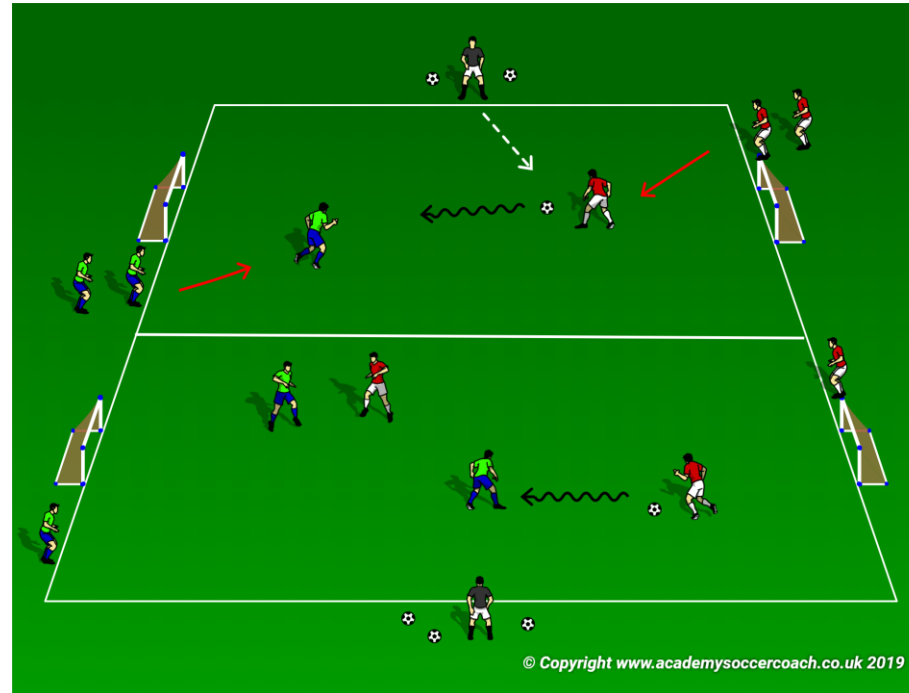
Limit time per rep – 10 seconds to score

Station Time

6-8 Minutes

Area

2 x 15m x 25m



Manitoba Soccer Association – Grassroots Development

Objective

Encourage players to be creative and figure out different ways to beat the defender. Example – ball carrier commits defender to give option of dribbling to beat defender or pass to teammate in goal scoring position. Different supporting runs (overlap, underlap)

Technical

Shooting
Dribbling
1v1s

Psychological

Confidence
Standards

Physical

Change of Direction
Use of Body in 1v1s
Strength

Social

Peer Interaction

Outcome

Individual: Beats opponents with change of speed, or skill move.

Collective: Players are creative with movement off the ball.



FUNdamentals

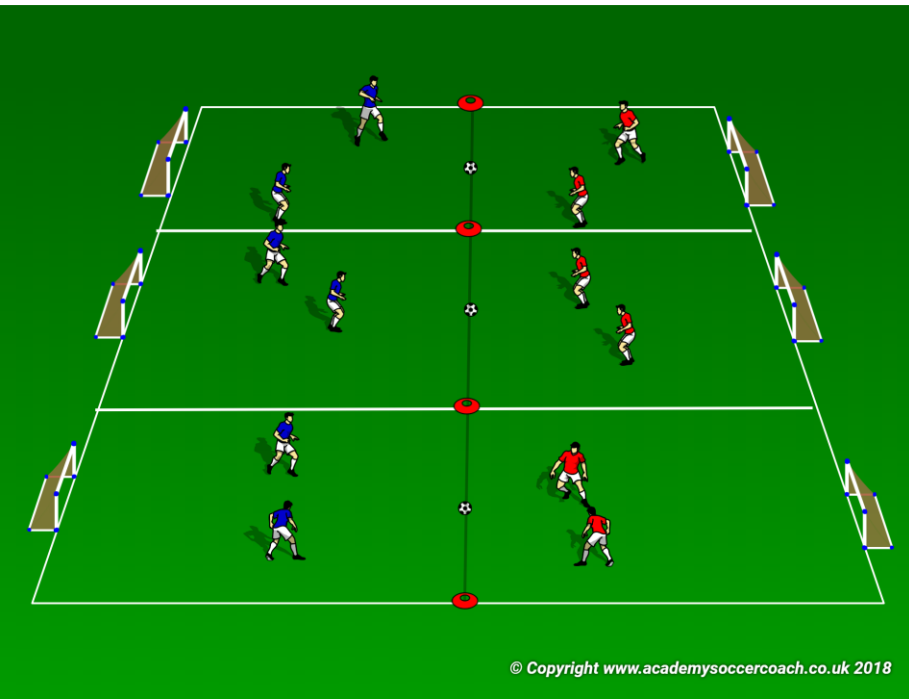
Small Sided Game

2v2



Organization	3 x fields (2v2) Optional retreat line.
Procedure	Teams of 2. Every two (2) minutes rotate players – can make it a competition, teams moving up or down.
Progression	Must beat a player before scoring.
Conditions	N/A

Station Time	Area
6-8 Minutes	3 x 12m x 30m



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Objective	
Fun and creativity.	
Technical	Psychological
Awareness Decision Making	Focus Teamwork
Physical	Social
General Fitness Speed	Peer Interaction Competitive
Outcome	
Individual: Beats opponents with change of speed, or skill move.	
Collective: Players are creative with movement off the ball.	

Manitoba Soccer Association

FUNdamentals Practice Plan
U6-U8

Grassroots Development





FUNdamentals

Preferred Training Model

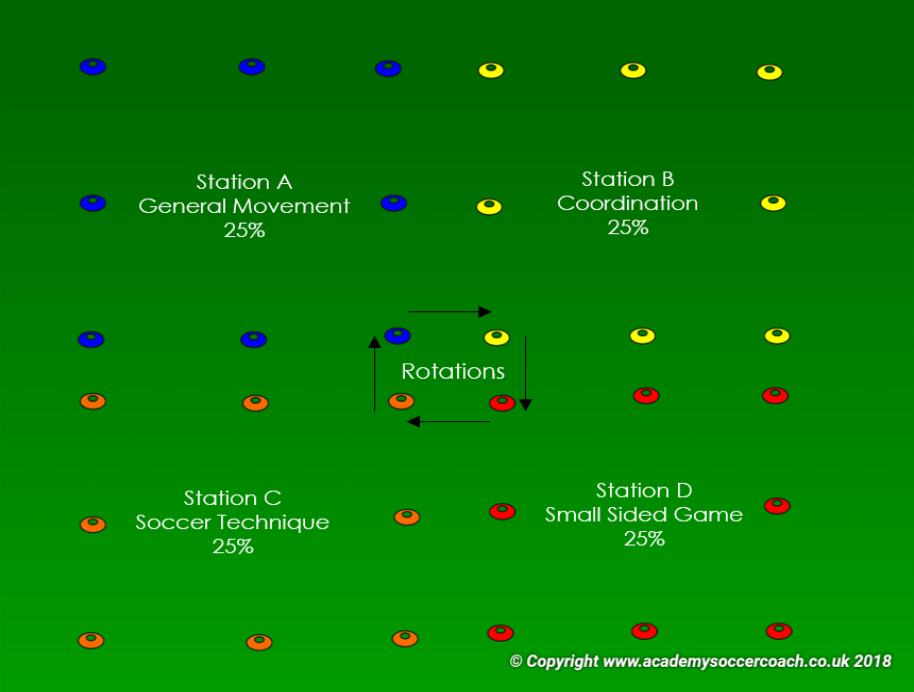
How it works



Organization
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression
Be prepared to progress an activity/game based on the level of the group.
Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
6-8 Minutes	

Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual: Collective:	





FUNdamentals

General Movement

Pinnie Tag



Organization

3 taggers with their pinnies in their hand. Other players start without a ball.

Procedure

Tagger (player in green) must throw and make direct contact with another player with the pinnie. If hit, then that player takes the pinnie and tries to hit another player. The boxes represent a "free-zone" and only one player can stand in there at a time for a maximum of 5 seconds. Play 2-3 minute games.

Progression

All players except tagger have a ball. Taggers must hit the ball with the pinnie.

Conditions

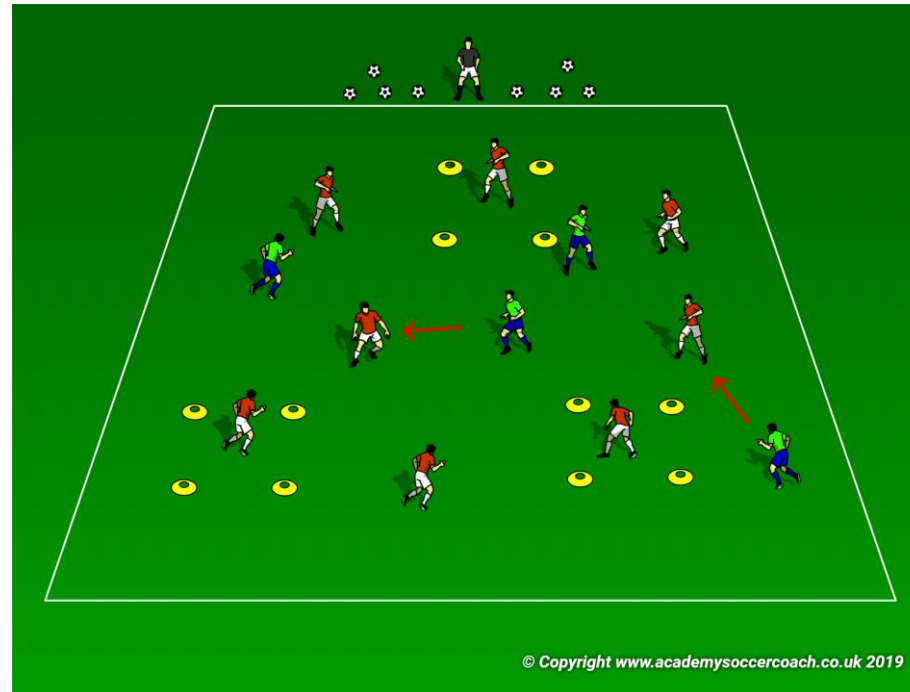
N/A

Station Time

6-8 Minutes

Area

25m x 25m



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Objective

Give players opportunity to lead, and make decisions in a fun, safe environment

Technical

Awareness
Running with the Ball
Protecting the ball

Psychological

Confidence
Problem Solving

Physical

Movement Skills
Physical Fitness

Social

Peer Interaction

Outcome

Individual: Players try a variety of movements.
Collective: All players are given leadership role.



FUNdamentals

Coordination Game

Zombie Chase



Organization

All players have a ball except the zombies (green). Goals are back to back in the middle of the area.

Procedure

Zombies try and steal the players' balls and score in either net. If successful, then that player becomes a zombie and tries to do find a player with a ball to do the same. Try to be the last survivor!

Progression

Parents/Coaches are the zombies.

Conditions

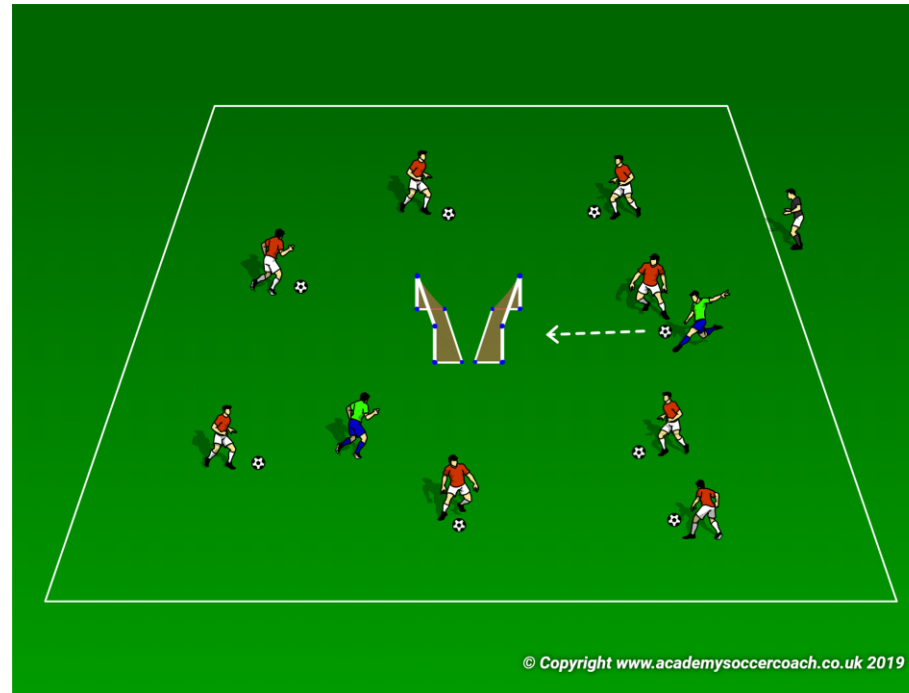
N/A

Station Time

8-10 Minutes

Area

25m x 25m



Objective

Awareness of other players
Dribbling under pressure

Technical

Awareness
Dribbling
Running with the Ball

Psychological

Confidence

Physical

Change of Direction
General Fitness

Social

Peer Interaction

Outcome

Individual: Players challenge each other with various of dribbling techniques and moves.
Collective: All players are given leadership role.



FUNdamentals

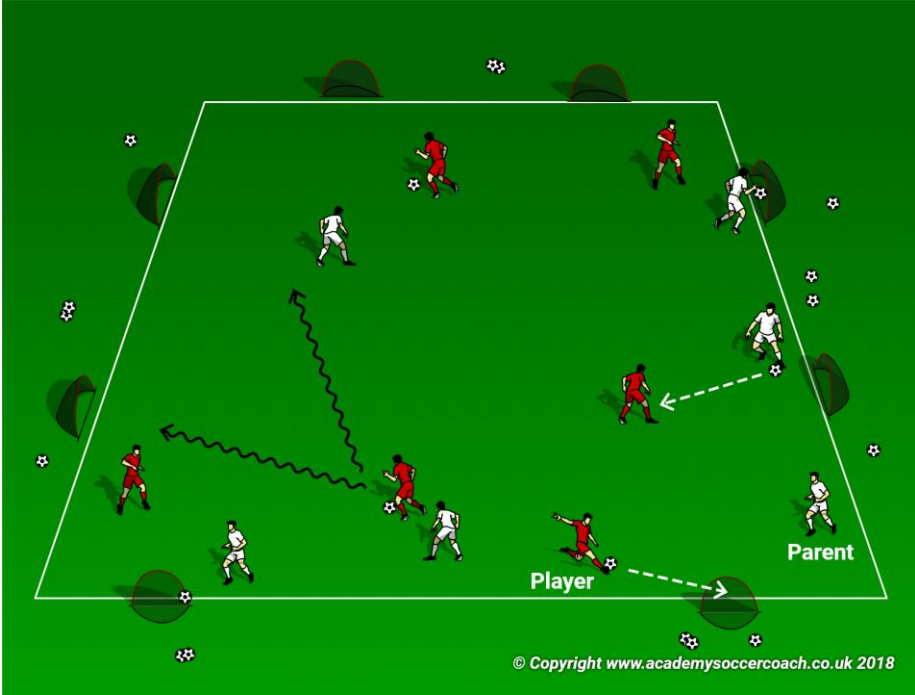
Skill Activity

Scoring Frenzy



Organization
Every player has a ball. Pug goals are set up on the outer area.
Procedure
Players try to dribble and score as many goals as possible in the time limit Focus on tight dribbling and keeping head up.
Progression
Parents and coaches are defenders and force the players to change directions to get around and score.
Conditions
Have to score in a different goal each time.

Station Time	Area
6-8 Minutes	25m x 25m



Objective	
Opportunity to use all parts of both their feet. Confidence to use skill moves.	
Technical	Psychological
Awareness Decision Making	Confidence
Physical	Social
ABC,s Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players try various dribbling techniques.	
Collective: Players are aware of other players.	



FUNdamentals

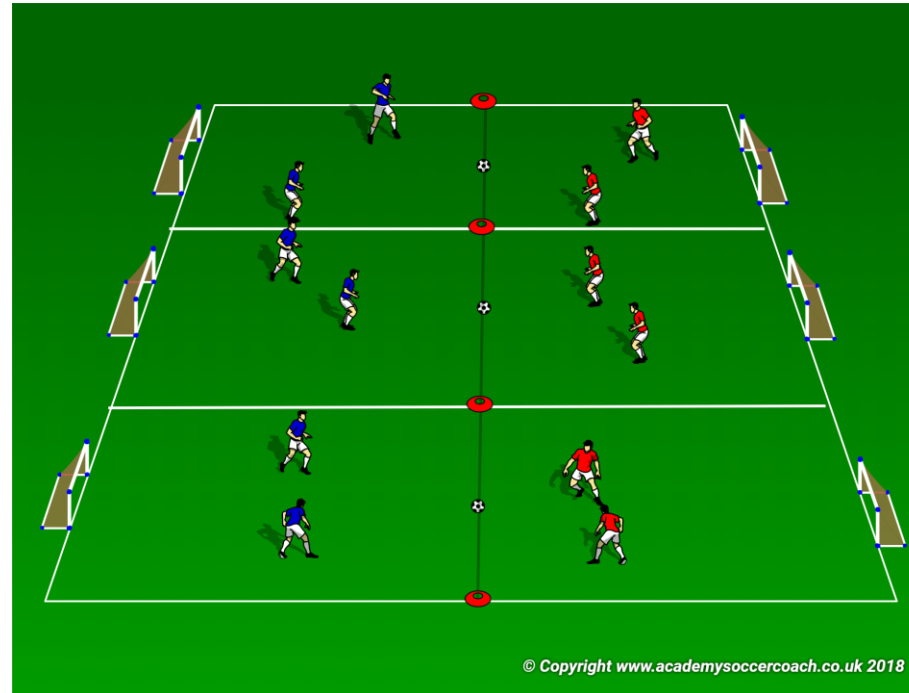
Small Sided Game

2v2



Organization
3 fields (2v2)
Procedure
Teams of 2. Every two (2) minutes rotate players
Progression
N/A
Conditions
N/A

Station Time	Area
8-10 Minutes	3 x 12m x 30m



Objective	
Fun and creativity.	
Technical	Psychological
Awareness Decision Making	Focus Teamwork
Physical	Social
General Fitness Speed	Peer Interaction Competitive
Outcome	
Individual: Beats opponents with change of speed, or skill move.	
Collective: Players are creative with movement off the ball.	

Manitoba Soccer Association

FUNdamentals Practice Plan
U6-U8

Grassroots Development





FUNdamentals

Preferred Training Model

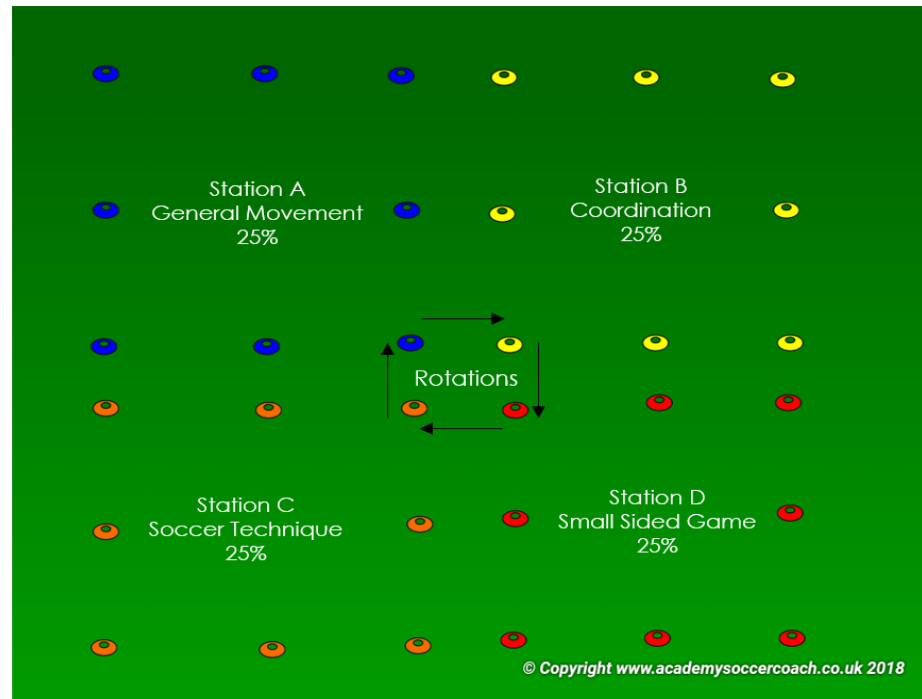
How it works



Organization
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression
Be prepared to progress an activity/game based on the level of the group.
Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
6-8 Minutes	

Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual: Collective:	





FUNdamentals

General Movement

Tail Tag



Organization

Players have a pinnie tucked inside their shorts. Leave enough of the pinnie so that it can be grabbed.

Procedure

Players try to grab another players' tail by pulling it out and placing it on the ground. If a player loses their tail then they must perform a type of movement – ex. Jumping jacks, ladder climbs. Play 1 minute games.

Progression

Show players how to move and to protect their tail – ex. Shielding, turning, etc.

Conditions

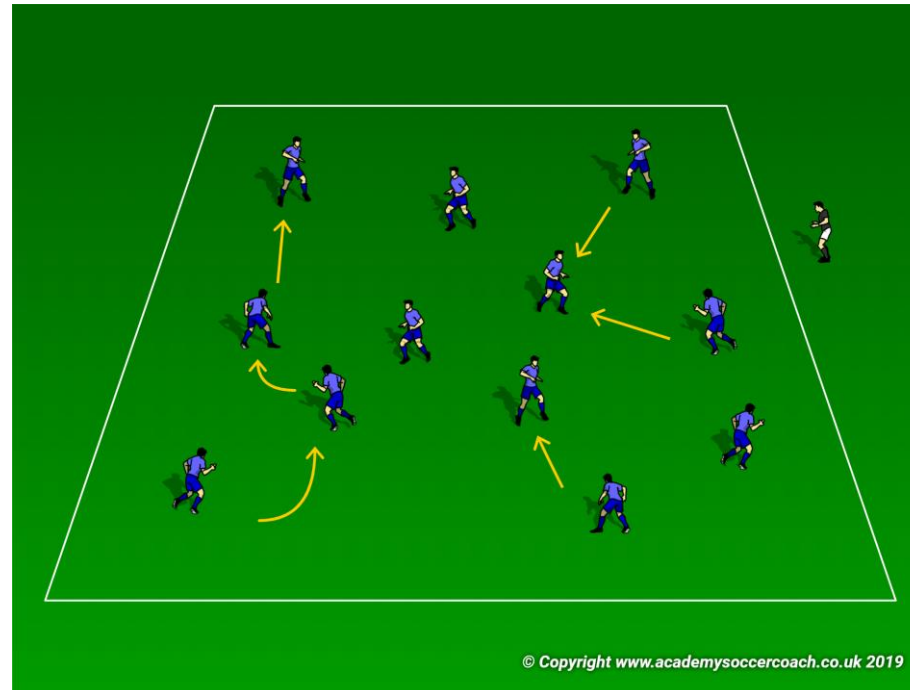
N/A

Station Time

6-8 Minutes

Area

20m x 20m



Objective

Give players opportunity to lead, and make decisions in a fun, safe environment

Technical

Awareness
Body movements
Protecting the pinnie

Psychological

Confidence
Problem Solving

Physical

Movement Skills
Physical Fitness

Social

Peer Interaction

Outcome

Individual: Players try a variety of movements.
Collective: All players are given leadership role.



FUNdamentals

Coordination Game

Feint to Beat the Player



Organization
All players have a ball and 2 colours of cones are scattered around the area.
Procedure
Players move with the ball and when they approach a cone: they stop the ball, perform a feint (like they are beating a player), and then move to a next one.
Progression
Yellow cones = 2 feints Red cones = 1 feint Players perform the feint while moving when they approach the cone.
Conditions
N/A

Station Time	Area
8-10 Minutes	25m x 25m



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Objective	
Awareness of other players Dribbling under pressure	
Technical	Psychological
Awareness Dribbling Running with the Ball	Confidence
Physical	Social
Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players challenge each other with various forms of dribbling techniques and moves.	
Collective: All players are given leadership role.	



FUNdamentals

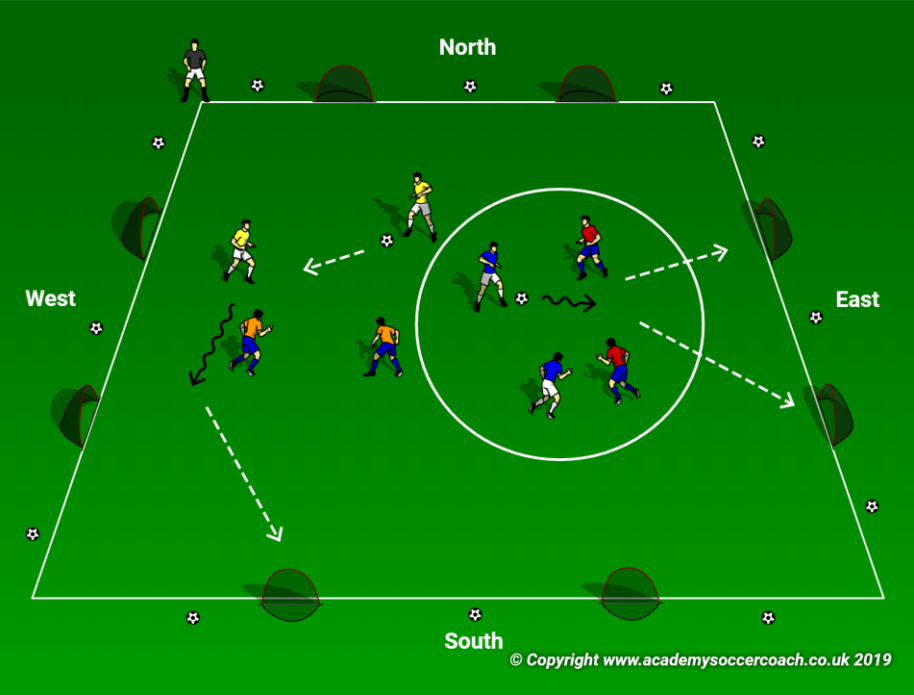
Skill Activity

2v2 – World Cup



Organization
Teams of 2 players each. 2 teams play North-South. Other 2 teams play East-West. Extra teams play N-S or E-W.
Procedure
Players play 1-2 minute games. Win = 3 points Tie = 1 point Lose = 0 points
Progression
Change the directions that teams will go. Ex - One team plays North and the other team plays East.
Conditions
N/A

Station Time	Area
6-8 Minutes	25m x 25m



Objective	
Opportunity to use all parts of both their feet. Confidence to use skill moves.	
Technical	Psychological
Awareness Decision Making	Confidence
Physical	Social
Change of Direction General Fitness Acceleration	Peer Interaction Communication
Outcome	
Individual: Players try various dribbling techniques and runs to beat players. Collective: Players are aware of other players.	



FUNdamentals

Small Sided Game

4v4 – 4 Goal Game



Organization
3 teams of 4 players.
Procedure
Teams of 4. Every two (2) minutes change teams or first team to score twice stays. Ask the players which nets they want to score on. Ex – Blue wants to score on nets 1 and 3.
Progression
Make the game directional. Ex – 1 team scores on nets 1 and 2, other team scores on 3 and 4.
Conditions
N/A

Station Time	Area
8-10 Minutes	30m x 30m



Objective	
Fun and creativity.	
Technical	Psychological
Awareness Decision Making	Focus Teamwork
Physical	Social
General Fitness	Peer Interaction Competitive
Outcome	
Individual: Beats opponents with change of speed, or skill move.	
Collective: Players are creative with movement off the ball.	

Manitoba Soccer Association

FUNdamentals Practice Plan
U6-U8

Grassroots Development





FUNdamentals

Preferred Training Model

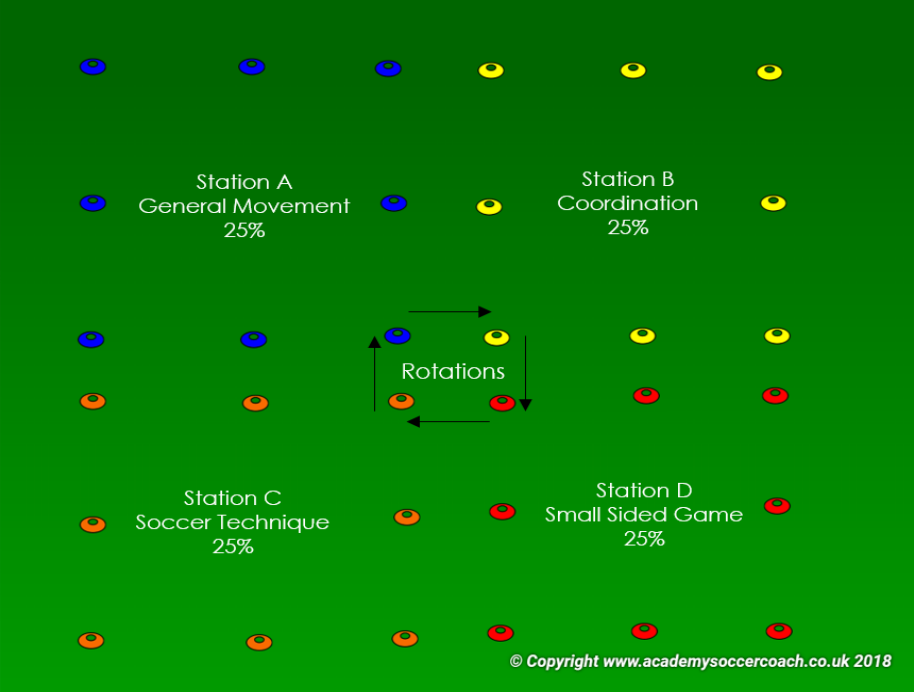
How it works



Organization
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression
Be prepared to progress an activity/game based on the level of the group.
Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
6-8 Minutes	

Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual:	
Collective:	





FUNdamentals

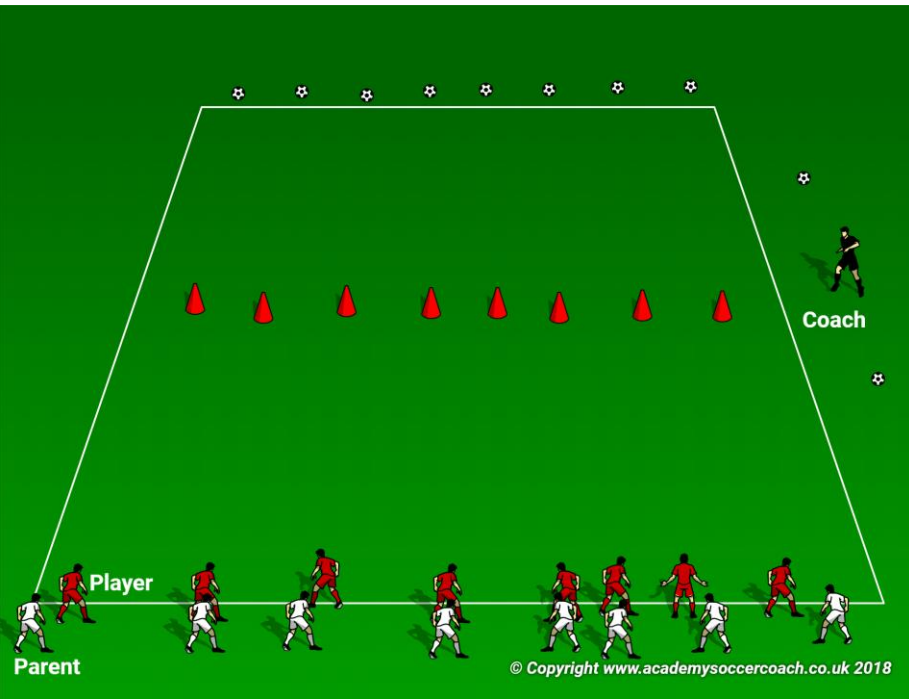
General Movement

Relay Races



Organization
Partner player with a parent. (Optional) obstacles, and soccer balls in-between or at either start/end point. (Be creative)
Procedure
Coach sets tasks that incorporate as many of the following movements as possible; walking, running, hopping, skipping, backwards, crab/bear walking, slithering, crawling. Ask the players to give suggestions.
Progression
1. Add a ball.
Conditions
1. Relate movement to an animal of choice and include animal sounds. 2. Players set conditions.

Station Time	Area
6-8 Minutes	25m x 25m



Objective	
Players perform a variety of movement exercises and tasks, whilst having fun and being creative in suggestions for group.	
Technical	Psychological
Dribbling Running with Ball	Confidence Competitiveness
Physical	Social
ABC,s Change of Direction	Listening Communication
Outcome	
Individual: Players try a variety of movements and ball manipulation tasks.	
Collective: Players feel valued.	



FUNdamentals

Coordination Game

Rob the Candy Store



Organization

Players partner up with their parent and each pair chooses a net. Ball, cones, and pinnies are placed centrally.

Procedure

Players and parents run to the middle and take 1 candy (ball, cone, or pinnie) and have to bring it back to their shopping cart (net). The player has to bring a different item each time. Once all the candy is gone, the players count how many they have and return it back to the middle.

Progression

Ask players if they can carry the candy with different body parts or move in a different way ex. Can't run or use only one foot

Conditions

N/A

Station Time

8-10 Minutes

Area

25m x 25m



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Manitoba Soccer Association – Grassroots Development

Objective

Awareness of other players
Dribbling under pressure

Technical

Awareness
Dribbling
Running with the Ball

Psychological

Confidence

Physical

Change of Direction
General Fitness
ABC's

Social

Peer Interaction
Competitive

Outcome

Individual: Players challenge each other with various forms of dribbling techniques and moves.

Collective: All players are given leadership role.



FUNdamentals

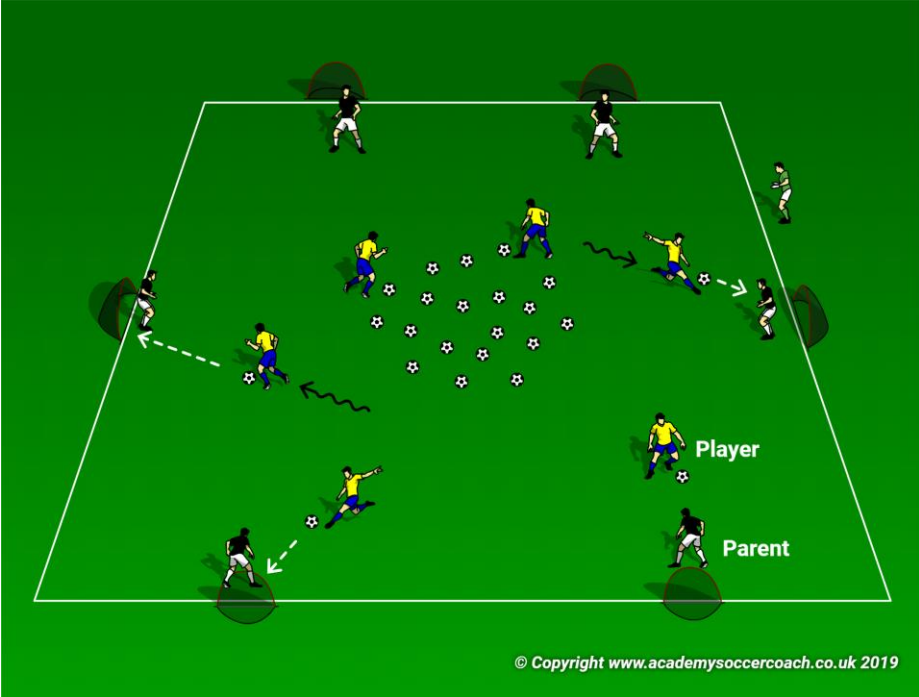
Skill Activity

Free for All



Organization	Players and balls start in the middle. Parents will be defenders/goalies.
Procedure	Players try to score into any net, but not in the same net twice. The game goes until all the balls are scored.
Progression	Let the players be defenders/goalies.
Conditions	N/A

Station Time	Area
6-8 Minutes	25m x 25m



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Manitoba Soccer Association - Grassroots

Objective	
Opportunity to use all parts of both their feet. Confidence to use skill moves.	
Technical	Psychological
Awareness Decision Making Dribbling Shooting	Confidence
Physical	Social
Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players try various dribbling techniques. Collective: Players are aware of other players.	



FUNdamentals

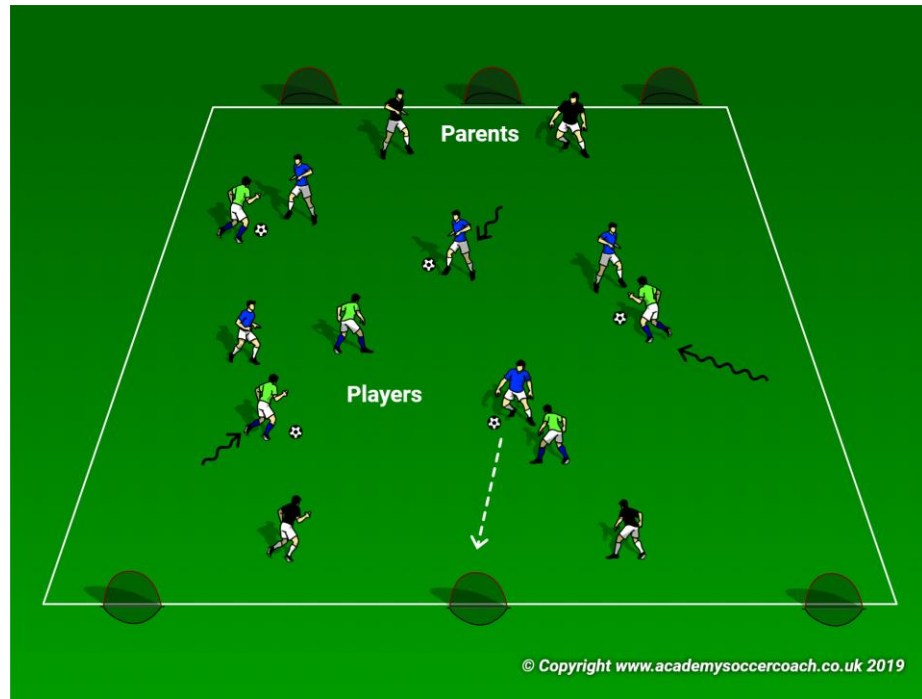
Coordination Game

5v5 – 6 Goals



Organization	Set up 2-3 goals for each team and play 5v5. Parents start as goalies and then players can decide to play goalie later on.
Procedure	Teams play 5v5 with 5 balls for maximum goals!
Progression	N/A
Conditions	N/A

Station Time	Area
6-8 Minutes	3 x 15m x 25m



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Objective	
Players become more comfortable with the ball.	
Technical	Psychological
Awareness Decision Making	Confidence
Physical	Social
ABC,s Change of Direction General Fitness	Peer Interaction FUN!
Outcome	
Individual: Players become more comfortable with the ball.	
Collective: Players recognize support players.	

Manitoba Soccer Association

FUNdamentals Practice Plan
U6-U8

Grassroots Development





FUNdamentals

Preferred Training Model

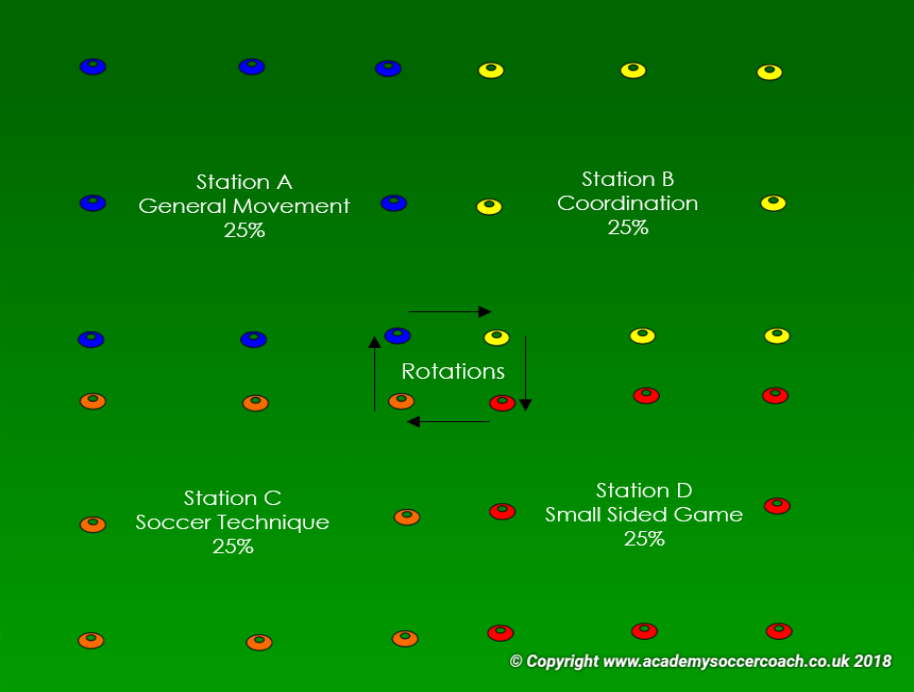
How it works



Organization
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression
Be prepared to progress an activity/game based on the level of the group.
Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
6-8 Minutes	

Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual:	
Collective:	





FUNdamentals

General Movement

Agility - Reaction



Organization

Players stand in a row and on either side are cones of different colours.

Procedure

Players start by moving on the spot (high knees, jumping, etc.) and on the coaches call players run to the desired colour (ex. "RED").

Progression

1. Change the names of the sides (Red=Barcelona, Yellow=Arsenal)
2. Players will go in the opposite direction called

Conditions

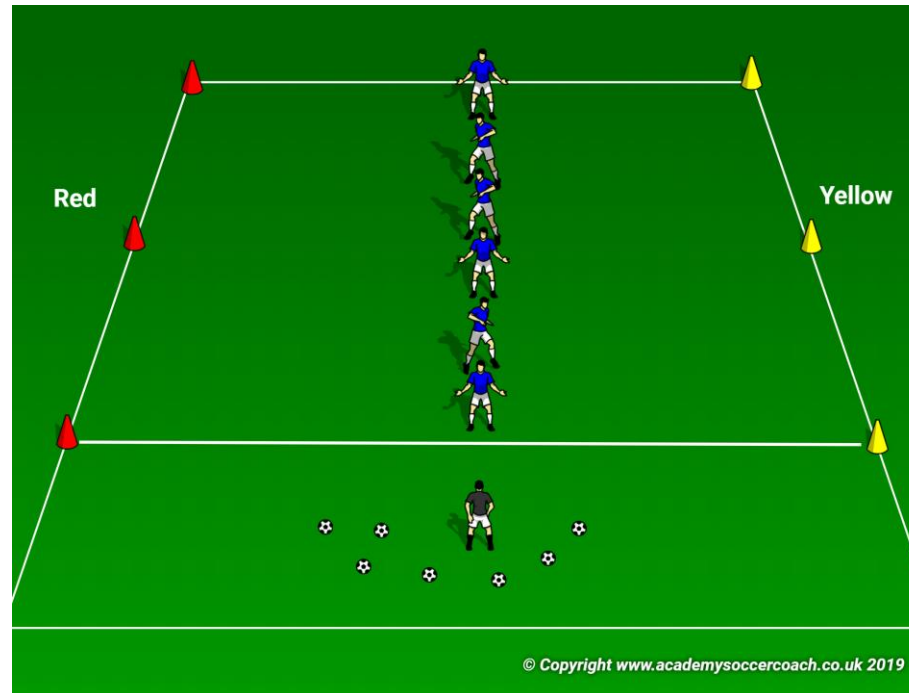
Listening and reaction time.

Station Time

6-8 Minutes

Area

25m x 25m



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Objective

Players perform a variety of movement exercises and tasks, whilst having fun and being creative in suggestions for group.

Technical

N/A

Psychological

Reaction
Competitiveness

Physical

ABC,s
Change of Direction

Social

Listening
Communication

Outcome

Individual: Reactions and accelerating
Collective: Players make a competitive environment



FUNdamentals

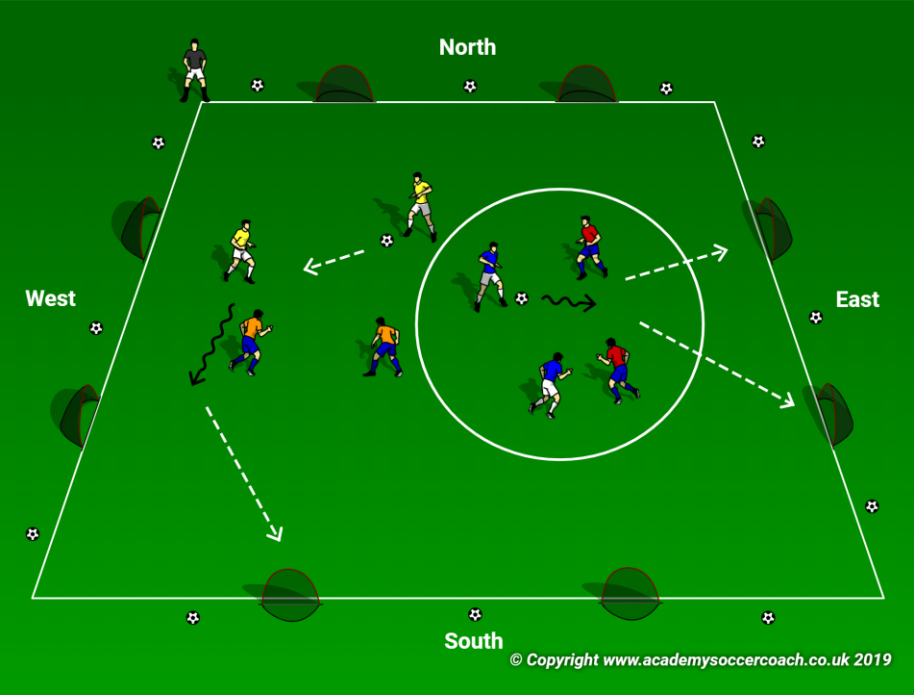
Skill Activity

2v2 – World Cup



Organization
Teams of 2 players each. 2 teams play North-South. Other 2 teams play East-West. Extra teams play N-S or E-W.
Procedure
<p>Players play 1-2 minute games.</p> <p>Win = 3 points</p> <p>Tie = 1 point</p> <p>Lose = 0 points</p>
Progression
Change the directions that teams will go. Ex - One team plays North and the other team plays East.
Conditions
N/A

Station Time	Area
6-8 Minutes	25m x 25m



Objective	
Opportunity to use all parts of both their feet. Confidence to use skill moves.	
Technical	Psychological
Awareness Decision Making	Confidence
Physical	Social
Change of Direction General Fitness Acceleration	Peer Interaction Communication
Outcome	
<p>Individual: Players try various dribbling techniques and runs to beat players.</p> <p>Collective: Players are aware of other players.</p>	



FUNdamentals

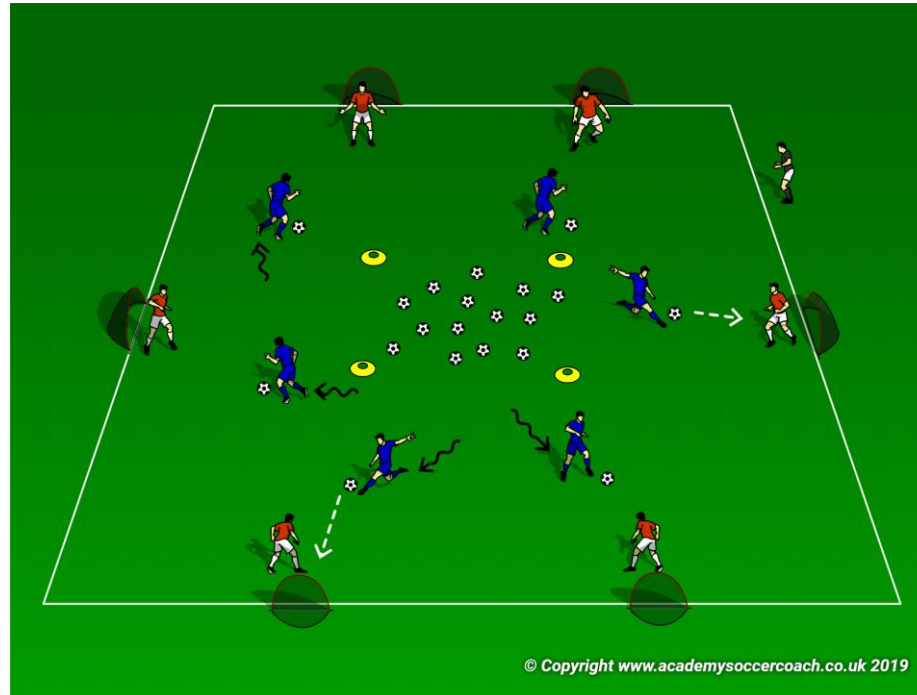
Skill Activity

Free for All



Organization	Players and balls start in the middle. One team will be defenders/goalies.
Procedure	Players try to score into any net, but not in the same net twice. The game goes until all the balls are scored.
Progression	Fewer nets and defenders
Conditions	N/A

Station Time	Area
6-8 Minutes	25m x 25m



Objective	
Opportunity to use all parts of both their feet. Confidence to use skill moves.	
Technical	Psychological
Awareness Decision Making Dribbling Shooting	Confidence
Physical	Social
Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players try various dribbling techniques.	
Collective: Players are aware of other players.	



FUNdamentals

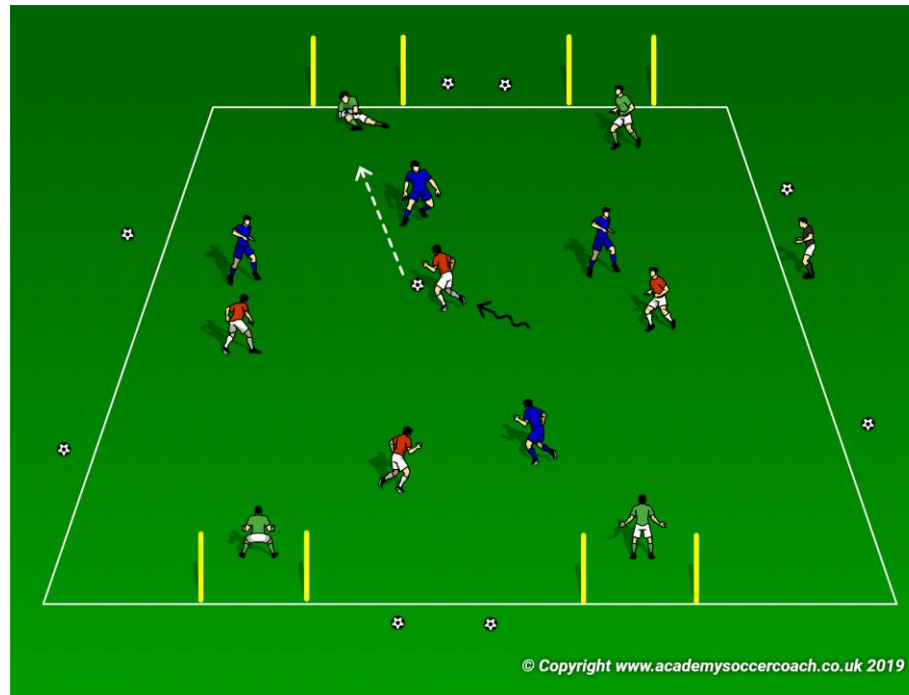
Coordination Game

4v4 – 4 Goals



Organization
3 teams of 4 players. One team are the goalies.
Procedure
Teams play 4v4 games
Progression
N/A
Conditions
N/A

Station Time	Area
6-8 Minutes	25m x 25m



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Manitoba Soccer Association - Grassroots

Objective	
Players become more comfortable with the ball.	
Technical	Psychological
Awareness Decision Making	Confidence
Physical	Social
ABC,s Change of Direction General Fitness	Peer Interaction FUN!
Outcome	
Individual: Players become more comfortable with the ball.	
Collective: Players recognize support players.	

Manitoba Soccer Association

FUNdamentals Practice Plan
U6-U8

Grassroots Development





FUNdamentals

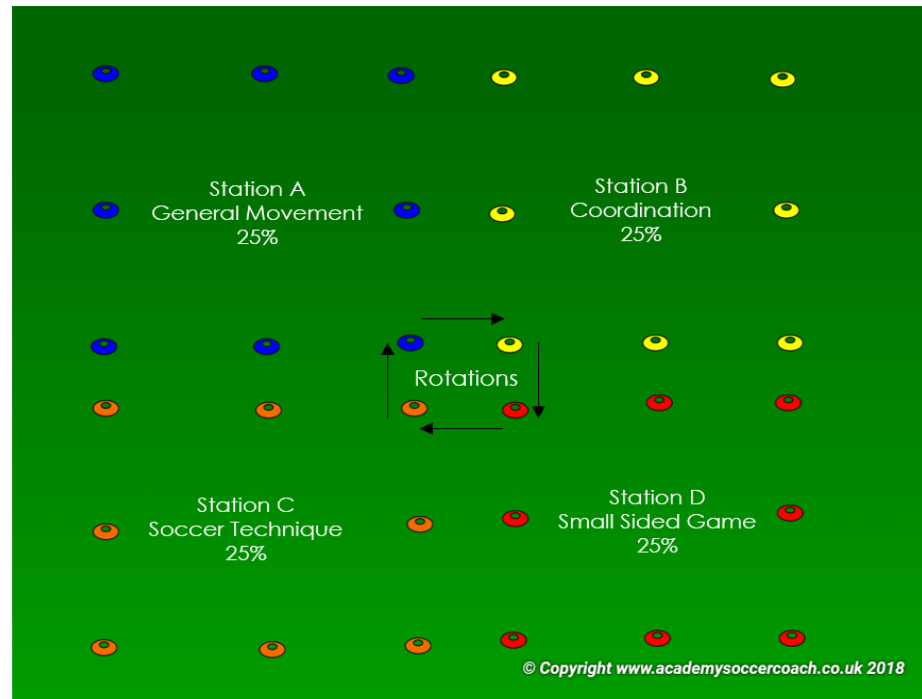
Preferred Training Model

How it works



Organization
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression
Be prepared to progress an activity/game based on the level of the group.
Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
6-8 Minutes	



Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual: Collective:	



FUNdamentals

General Movement

Attack the Gate



Organization

Gates/Poles on outside of grid.. Gates of different colours placed around the area. Everyone starts with the ball.

Procedure

Players dribble through gates and coaches say what skill move to perform (yellow gate = 5 toe taps, red gate = turn on the ball). Make it a competition, who can dribble through the most gates (1 gate = 1 point)

Progression

Add 2-4 defenders without a ball. Play the gate game and introduce "dribble only through the yellow cones – 1 gate = 1 point", if the defender wins the ball then they dribble through the poles and they become an attacker.

Conditions

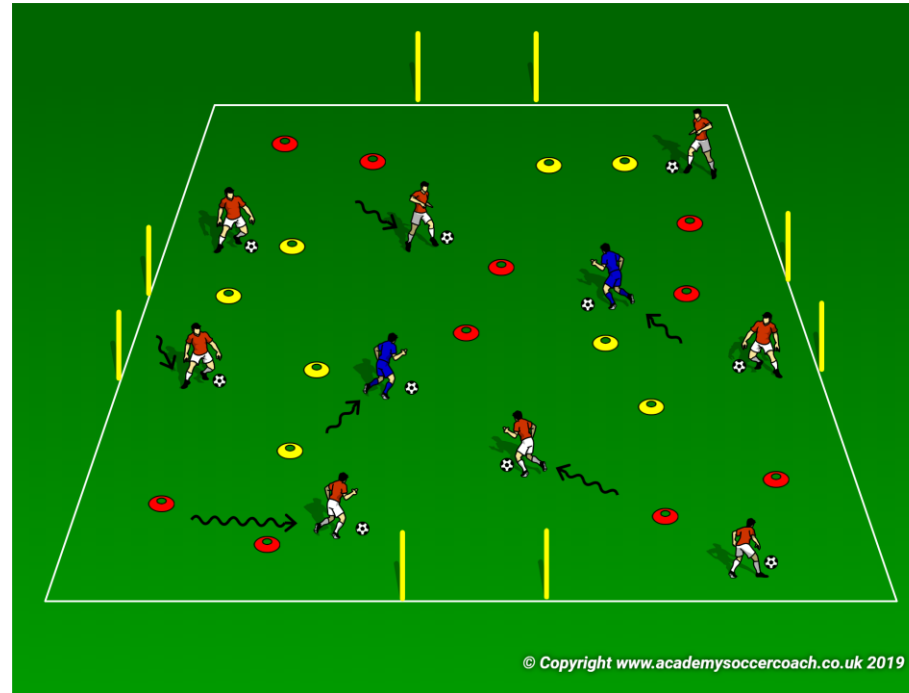
Players can recognize space away from opponents.

Station Time

6-8 Minutes

Area

25m x 25m



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Manitoba Soccer Association – Grassroots Development

Objective

Players perform a variety of movement exercises and tasks, whilst having fun and being creative in suggestions for group.

Technical

Dribbling
Running with Ball
Transition

Psychological

Confidence
Awareness
Motivation

Physical

ABC,s
Change of Direction

Social

Problem Solving
Decision Making
Communication

Outcome

Individual: Players can change direction at speed.

Collective: Players make a competitive environment



FUNdamentals

Skill Activity

Shadow Tag



Organization

Each player has a partner. Gates are scattered around the area.

Procedure

In partners, one player performs different movements and the other has to shadow. Encourage skipping, jumping, running fast/slow, etc. Use the coloured gates as a trigger for a specific movement (Yellow=bunny hop). Switch roles after a minute.

Progression

1. Play tag. One player is the tagger and the other has to run through gates without being tagged while running through.
2. Add a ball

Conditions

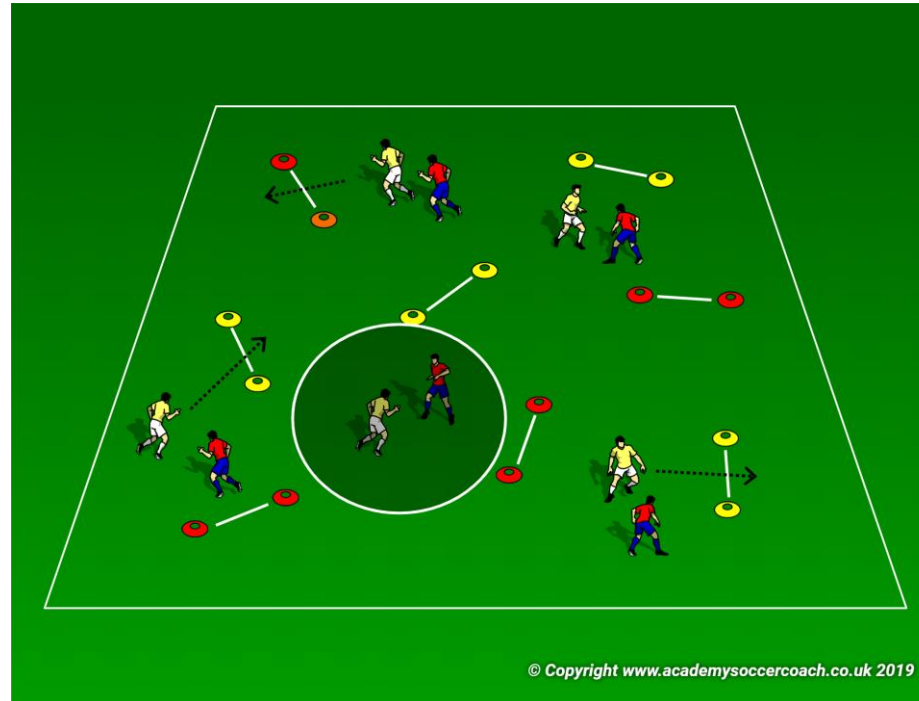
N/A

Station Time

6-8 Minutes

Area

20m x 20m



Manitoba Soccer Association - Grassroots

Objective

Opportunity to use all parts of both their feet.
Confidence to use skill moves.

Technical

Awareness
Decision Making
ABC's

Psychological

Confidence

Physical

Change of Direction
General Fitness
Acceleration

Social

Peer Interaction
Communication

Outcome

Individual: Players try various dribbling techniques and runs to beat players.
Collective: Players are aware of other players.



FUNdamentals

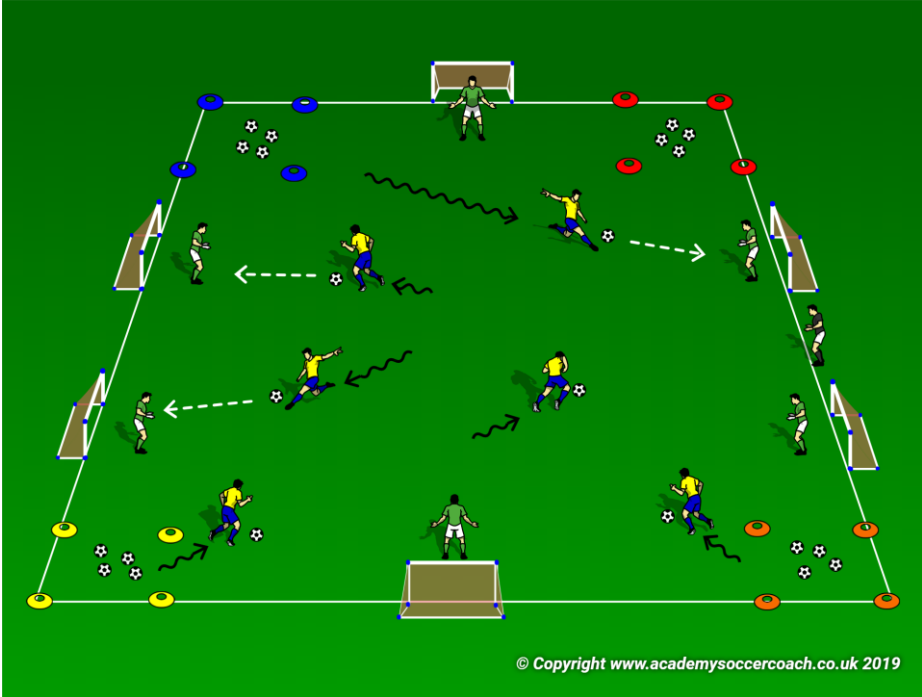
Skill Activity

GOOOAAALLLL



Organization
Half the players start in the middle and the other half are goalies. Balls start in the corners.
Procedure
Players take a ball from a corner and perform a task according to the colour (Blue=5 toe-taps, Red=3 burpees). After the player can choose a net to shoot on. The game stops when all balls are gone from the corners. Switch the shooters and the goalies.
Progression
Make it a competition – attackers vs goalies
Conditions
N/A

Station Time	Area
6-8 Minutes	25m x 25m



Objective	
Opportunity to use all parts of both their feet. Confidence to use skill moves.	
Technical	Psychological
Awareness Decision Making Dribbling Shooting	Confidence
Physical	Social
Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players try various shooting techniques.	
Collective: Players are aware of other players.	



FUNdamentals

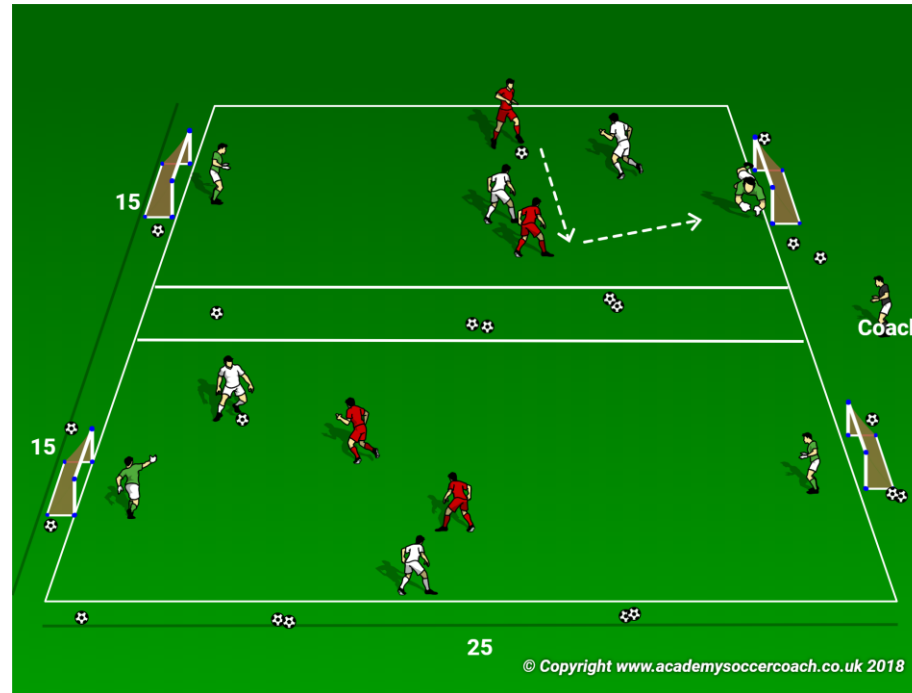
Coordination Game

3v3 – Match Play



Organization
2 fields – nets/gates on each field. 4 teams of 3.
Procedure
Regular match play with (offsides) all restarts are pass/dribble in's.
Progression
N/A
Conditions
N/A

Station Time	Area
6-8 Minutes	2x 15m x 20m



Objective	
Players become more comfortable with the ball.	
Technical	Psychological
Awareness Decision Making	Confidence
Physical	Social
ABC,s Change of Direction General Fitness	Peer Interaction FUN!
Outcome	
Individual: Players become more comfortable with the ball.	
Collective: Players recognize support players.	

Manitoba Soccer Association

FUNdamentals Practice Plan
U6-U8

Grassroots Development





FUNdamentals

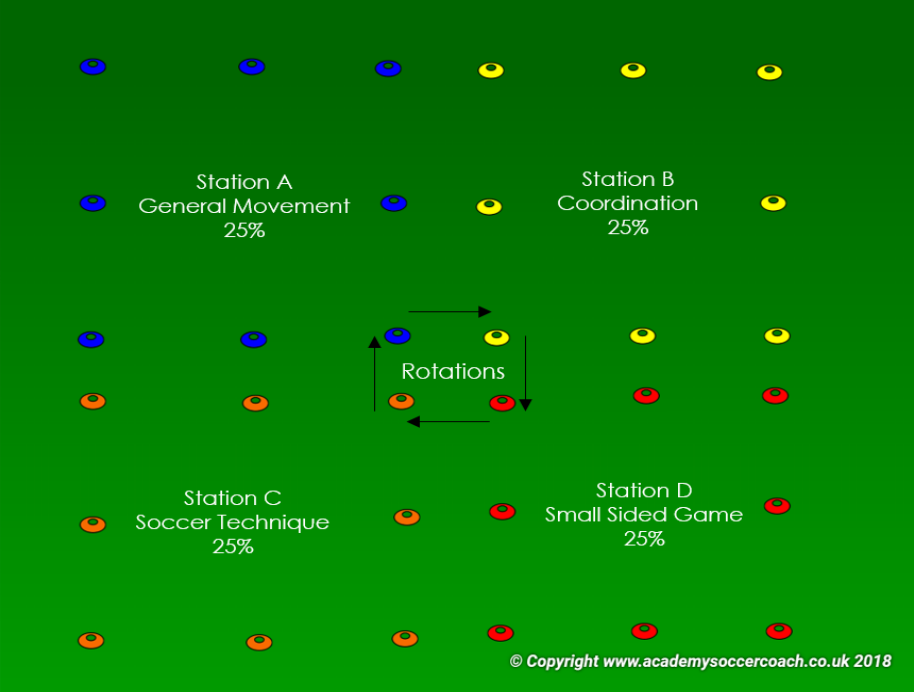
Preferred Training Model

How it works



Organization
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression
Be prepared to progress an activity/game based on the level of the group.
Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
6-8 Minutes	



Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual: Collective:	



FUNdamentals

General Movement

Attack the Gate



Organization

4 pug-nets around field. Coned gates inside the area, split group into 2 teams with 1-3 balls per team).

Procedure

Teams move the ball with hands, players cannot move with the ball in their hands. Objective is for players with the ball to always have supporting options. Make it competitive – team with most number of passes (with hands) through gates in a minute.

Progression

- 1-2 balls per team, teams score a point for every successful pass through gate but now with opposition. Players can block & steal opponents ball – if opponent wins ball they must make 1 pass before throwing into any net for 5 points. Finish with 1 ball for the game.
- Ball on the ground.

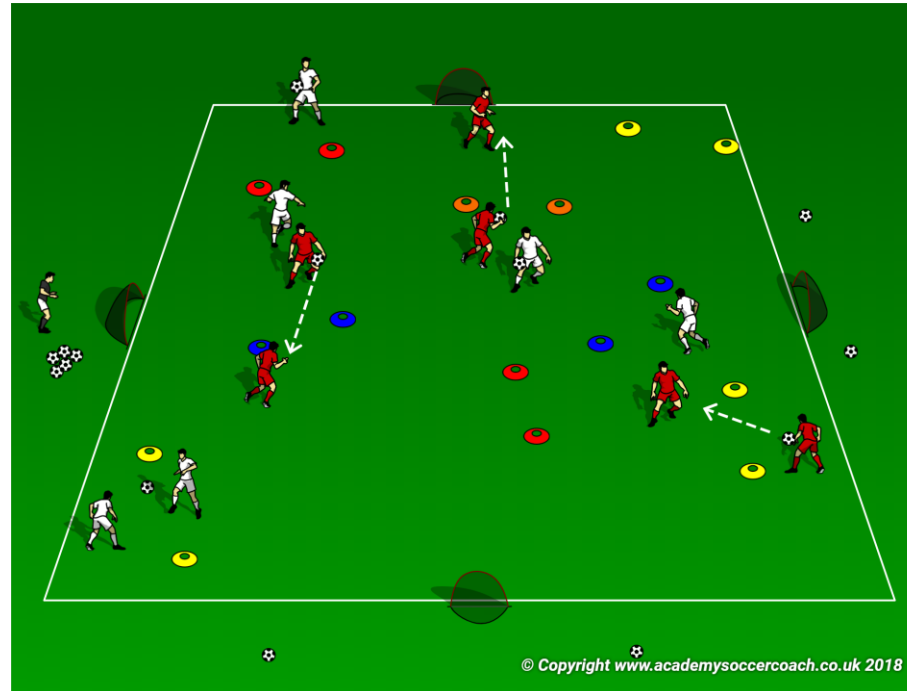
Conditions

Station Time

6-8 Minutes

Area

25m x 25m



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Manitoba Soccer Association – Grassroots Development

Objective

Players perform a variety of movement exercises and tasks, whilst having fun and being creative in suggestions for group.

Technical

Creativity
1v1 Attacking
Running with the Ball
Dribbling

Psychological

Confidence
Awareness
Motivation

Physical

ABC,s
Change of Direction
Basic Motor Skills

Social

Problem Solving
Decision Making
Communication

Outcome

Individual: Players support using appropriate angles and distances.

Collective: Players are constantly scanning and taking information of their surrounding



FUNdamentals

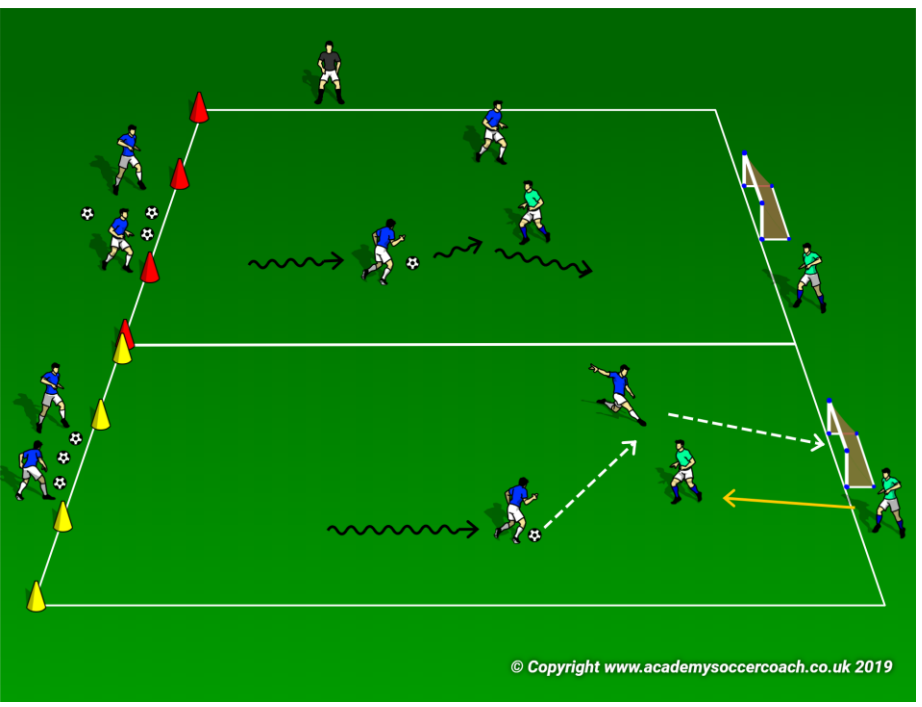
Skill Activity

2v1 - Attacking



Organization
2 attackers on one end and 1 defender on the end line.
Procedure
Attackers play a 2v1 and attempt to score into the net. If the defender wins the ball, they can score in the 2 gates.
Progression
Play 2v2 if successful with 1 defender.
Conditions
N/A

Station Time	Area
6-8 Minutes	2x 10m x 12m



Objective	
Opportunity to use all parts of both their feet. Confidence to use skill moves.	
Technical	Psychological
Awareness Decision Making ABC's	Confidence Motivation Competitiveness
Physical	Social
ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
Outcome	
Individual: Players take a positive first touch to advance the ball	
Collective: Players can confidently attack in a 1v1 situation.	



FUNdamentals

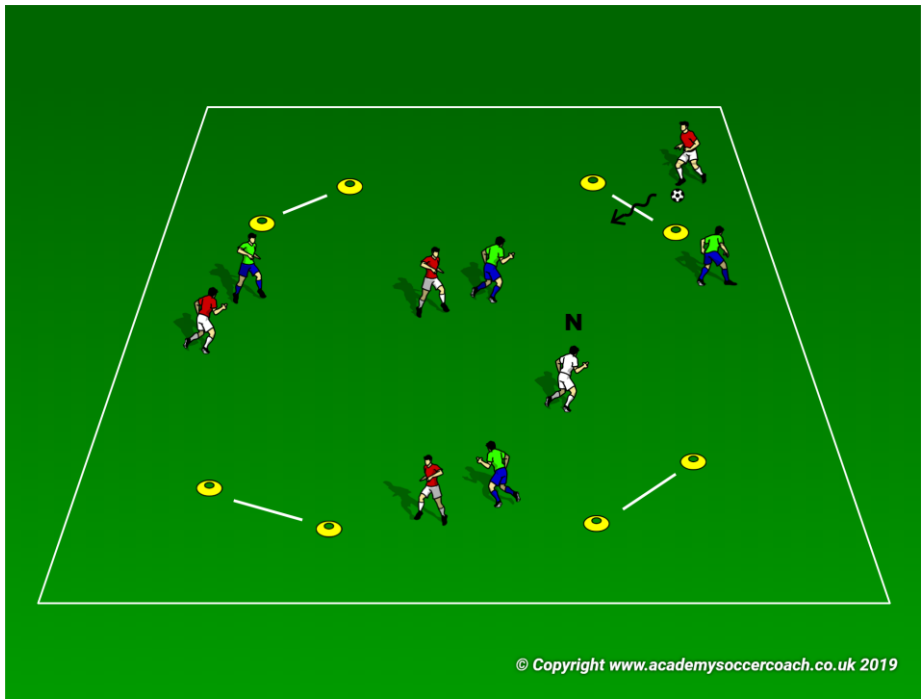
Skill Activity

4 Gate Game



Organization
2-3 Teams of 4. Gates are placed near the corners of the field.
Procedure
4v4 - Teams score a point when a player dribbles through any gate. Add a second ball to encourage more goals and success.
Progression
<ol style="list-style-type: none"> 1. Pass through the gate to another teammate to score a point 2. Play directional – both teams defend 2 gates.
Conditions
N/A

Station Time	Area
6-8 Minutes	20m x 20m



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Objective	
Opportunity to use all parts of both their feet. Confidence to use skill moves.	
Technical	Psychological
1v1 Attacking Dribbling Transition Counter Attack	Confidence Standards Motivation Concentration
Physical	Social
Change of Direction General Fitness	Problem Solving Decision Making Patience
Outcome	
<p>Individual: Players can attack the space where there are less defenders</p> <p>Collective: Players are aware of other players.</p>	



FUNdamentals

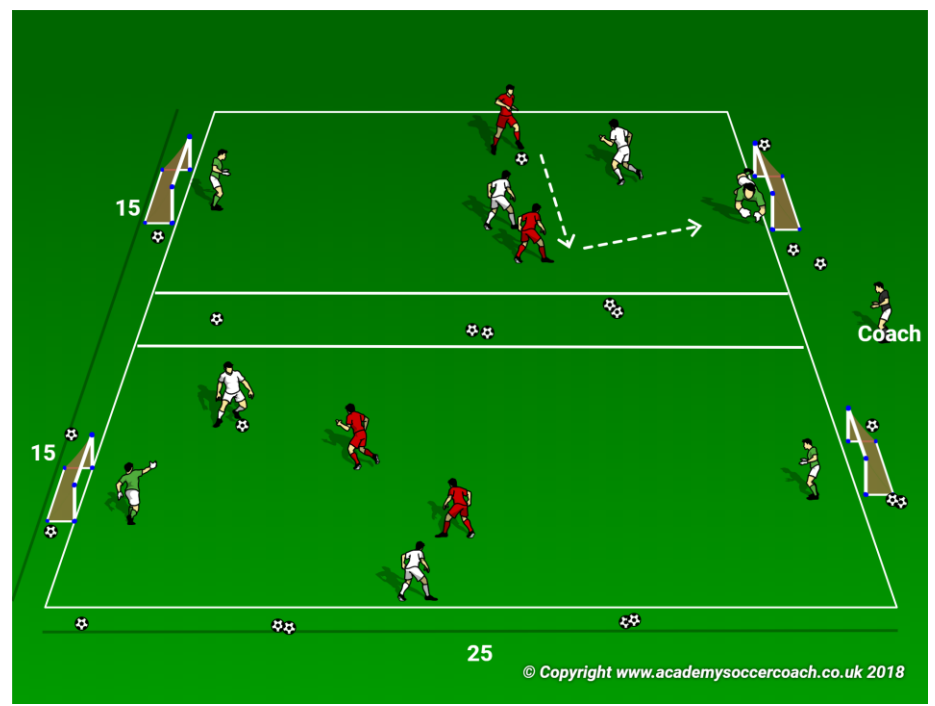
Coordination Game

3v3 – Mini World Cup



Organization
2 fields – nets/gates on each field. 4 teams of 3.
Procedure
2 mini fields. 3v3 (GK + 2 players). Teams choose country to represent – 3 points for winning game, 1 point for draw – play round robin.
Progression
1. Players cannot go backwards in possession.
Conditions
N/A

Station Time	Area
6-8 Minutes	2x 15m x 20m



Objective	
Players become more comfortable with the ball.	
Technical	Psychological
Creativity 1v1 Attacking Running with the Ball Counter Attack	Awareness Confidence Motivation Competitiveness
Physical	Social
ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
Outcome	
Individual: Players become more comfortable with the ball.	
Collective: Players recognize support players.	

Manitoba Soccer Association

FUNdamentals Practice Plan
U6-U8

Grassroots Development





FUNdamentals

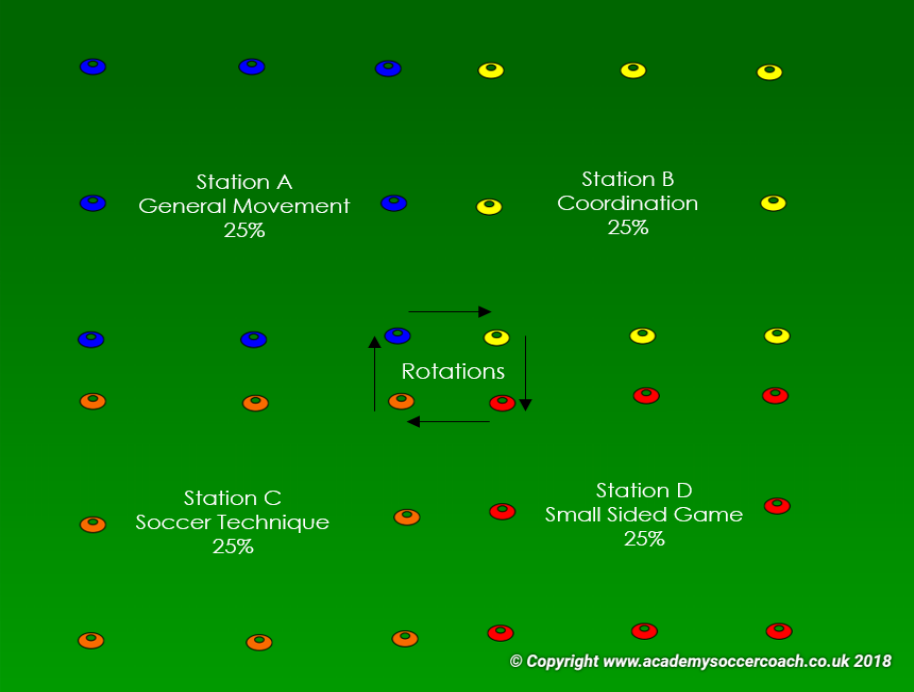
Preferred Training Model

How it works



Organization
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression
Be prepared to progress an activity/game based on the level of the group.
Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
6-8 Minutes	



Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual: Collective:	



FUNdamentals

General Movement

Handball



Organization

4 grids are placed in each corner. Players are in partners with one ball.

Procedure

Players pass the ball in their hands and move around the middle area. Give players tasks – ex. Pass and catch with only your left hand. When a coach calls a colour (ex. BLUE) then all the players must run into that coloured area. Last team does a punishment – ex. 10 jumping jacks. Add different ways to pass – ex. Thigh, head, bounce pass, etc.

Progression

1. Passing with the ball on the ground
2. Make teams of 3-4 and make it competitive.

Conditions

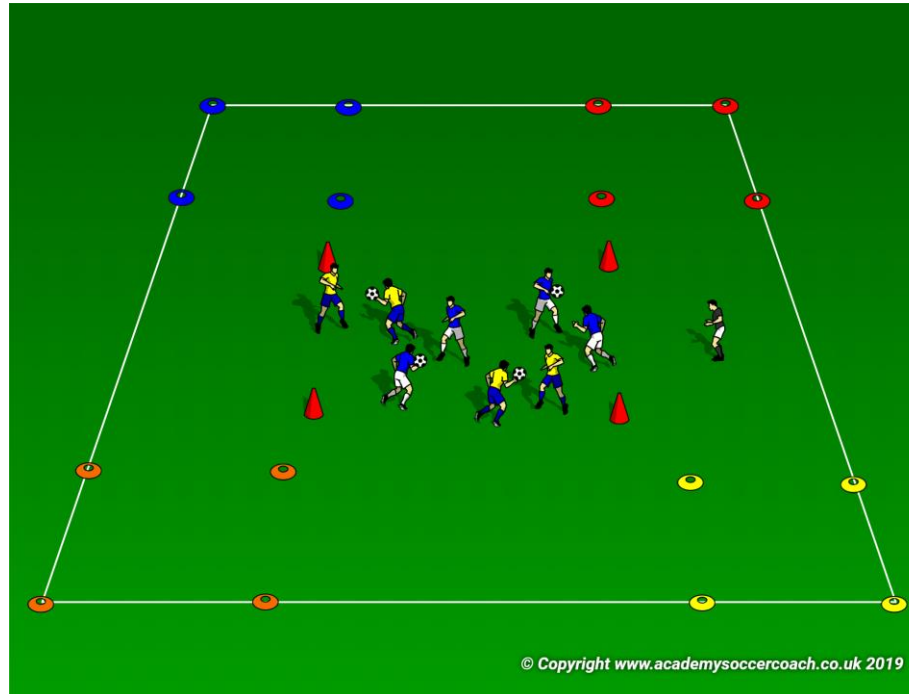
N/A

Station Time

6-8 Minutes

Area

30m 30m



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Manitoba Soccer Association – Grassroots Development

Objective

Players perform a variety of movement exercises and tasks, whilst having fun and being creative in suggestions for group.

Technical

Creativity
1v1 Attacking
Running with the Ball
Dribbling

Psychological

Confidence
Awareness
Motivation

Physical

ABC,s
Change of Direction
Basic Motor Skills

Social

Problem Solving
Decision Making
Communication

Outcome

Individual: Players support using appropriate angles and distances.

Collective: Players are constantly scanning and taking information of their surrounding



FUNdamentals

Skill Activity

3v3 to targets



Organization

2 Targets – 1 in each end zone. 3 teams of 3 players. 1 team has 2 targets and 1 neutral player.

Procedure

Players play a possession game and to score a point they must pass to the target on either side. Once they pass to one target, they have to pass to the other target to score another point. Play 2 minute games and then switch the targets and neutral player.

Progression

No neutral – add this player as another target.

Conditions

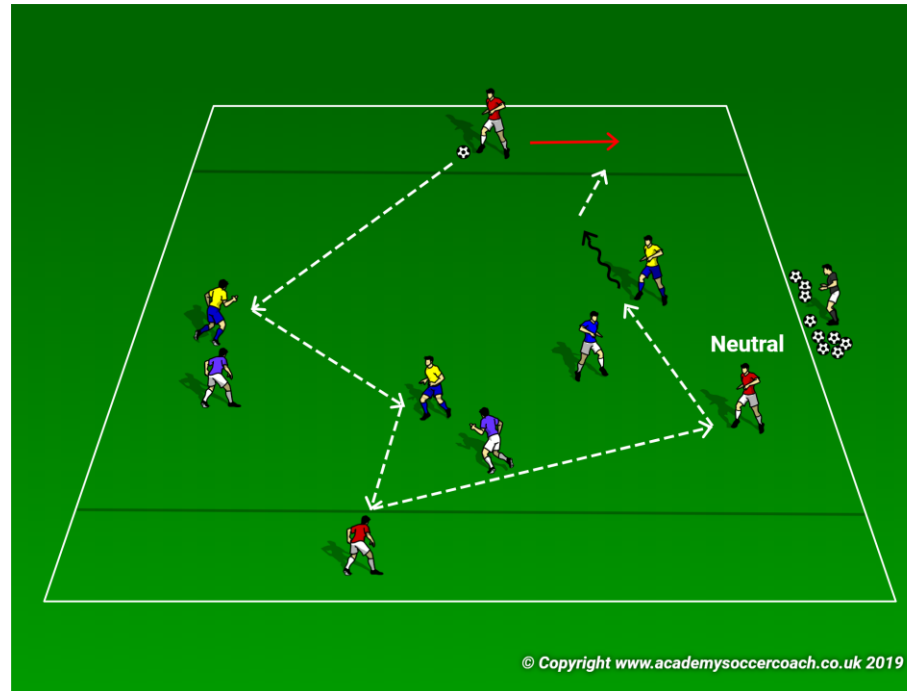
N/A

Station Time

6-8 Minutes

Area

25m x 25m



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Objective

Players can move the ball quickly and efficiently from one side to the other.

Technical

Awareness
Decision Making
ABC's

Psychological

Confidence
Motivation
Competitiveness

Physical

ABC,s
Change of Direction
Acceleration

Social

Teamwork
Communication
Decision Making

Outcome

Individual: Players take a positive first touch to advance the ball

Collective: Players can confidently attack in a 1v1 situation.



FUNdamentals

Skill Activity

King Louis



Organization

2 teams of 5. Field is split in half. Teams must stay in their own half.

Procedure

Ball starts from the goalkeeper and is passed to the outfield players. Every player must touch the ball before they can shoot, but the shot must be in their own half. Make sure everyone gets a chance to shoot. Add in a defender in the opponents half that can intercept the ball as well as receive a ball from their teammates.

Progression

1. Add in a defender in the opponents half that can intercept the ball as well as receive a ball from their teammates.
2. Add multiple defenders.

Conditions

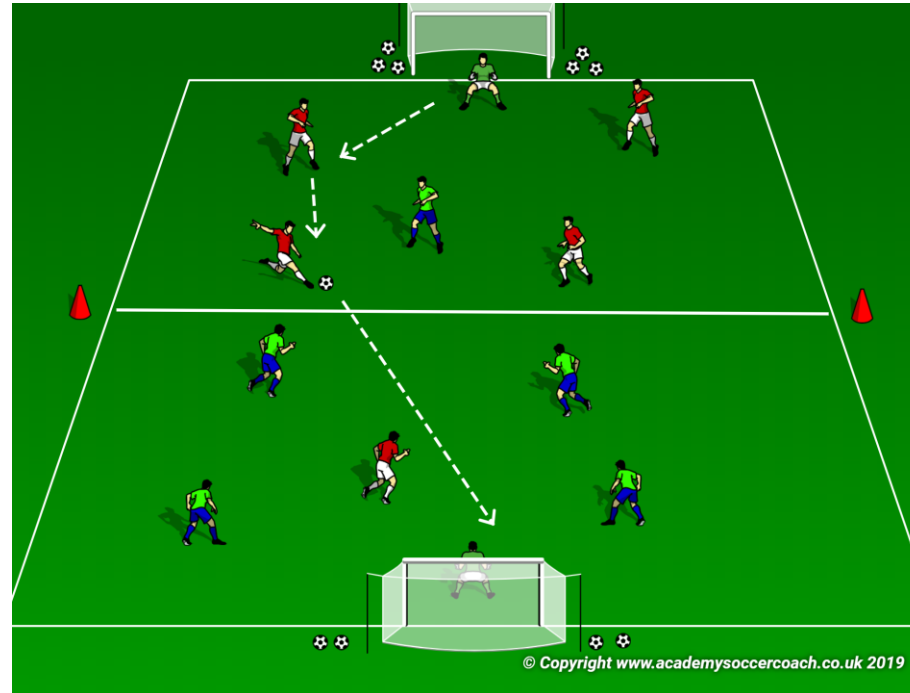
N/A

Station Time

6-8 Minutes

Area

20m x 20m



Manitoba Soccer Association - Grassroots

Objective

Opportunity to use all parts of both their feet.
Confidence to use skill moves.

Technical

1v1 Attacking
Dribbling
Transition
Counter Attack

Psychological

Confidence
Standards
Motivation
Concentration

Physical

Change of Direction
General Fitness

Social

Problem Solving
Decision Making
Patience

Outcome

Individual: Players can take positive first touches.

Collective: Players can now receive a ball with proper body position.



FUNdamentals

Small Sided Game

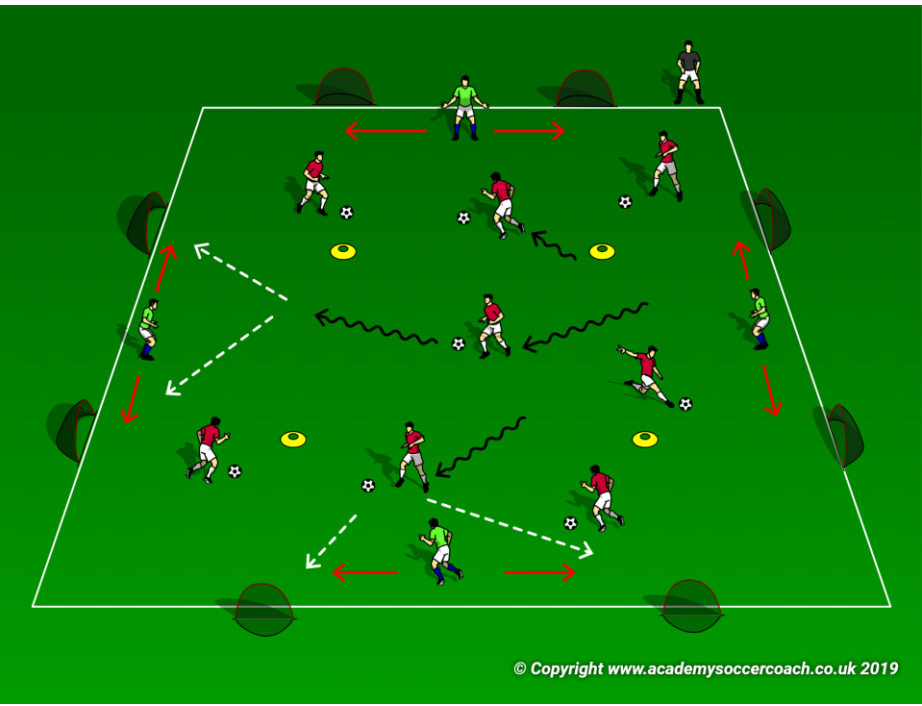
Scoring Frenzy



Organization
Multiple nets are placed around the area. Each player has a ball.
Procedure
Players have to score as many goals as they can in 1 minute. After each goal, they have to dribble through the middle square to score a next goal. Add parents in the middle and the player has to high-five their parent after each goal.
Progression
Parents are the defenders against all the players.
Conditions
N/A

Station Time	Area
6-8 Minutes	25m x 25m

Objective	
Players become more comfortable with the ball.	
Technical	Psychological
Awareness Decision Making	Confidence
Physical	Social
ABC,s Change of Direction General Fitness	Peer/Parent Interaction
Outcome	
Individual: Players become more comfortable with the ball.	
Collective: Players recognize support players.	



Manitoba Soccer Association

FUNdamentals Practice Plan
U6-U8

Grassroots Development





FUNdamentals

Preferred Training Model

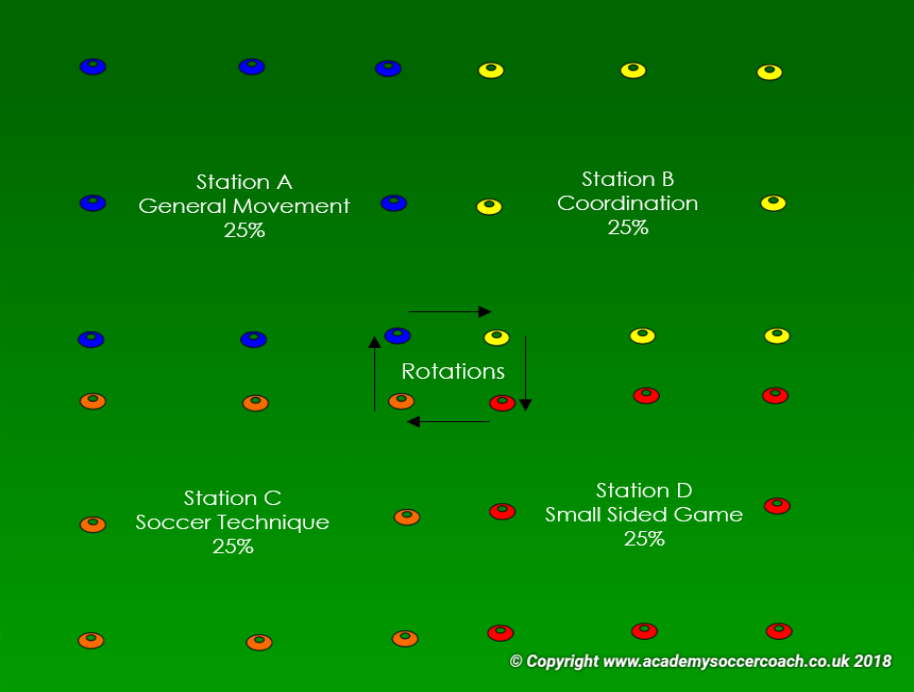
How it works



Organization
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression
Be prepared to progress an activity/game based on the level of the group.
Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
6-8 Minutes	

Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual: Collective:	





FUNdamentals

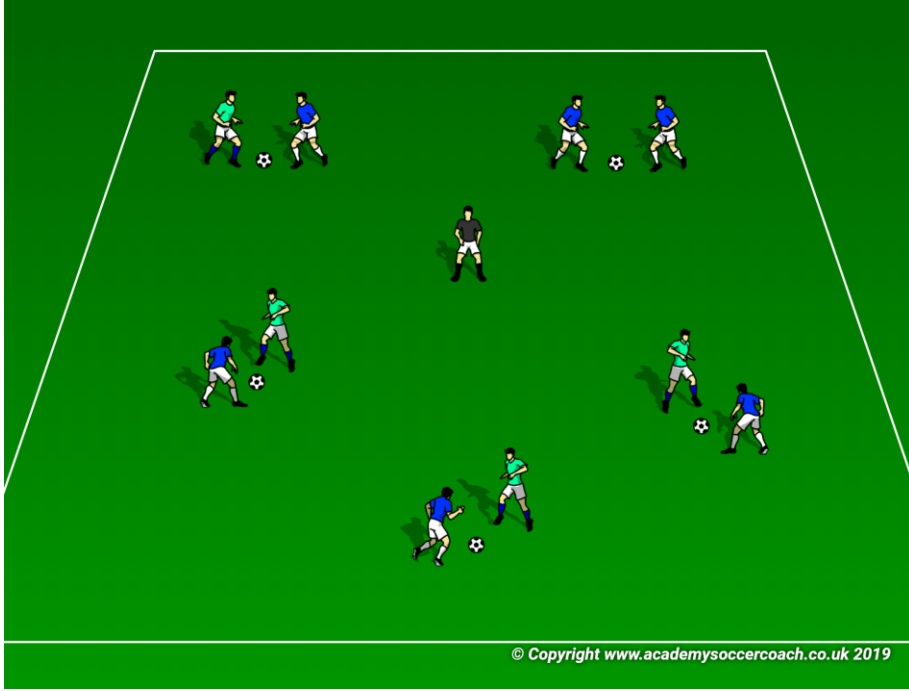
General Movement

Snatch



Organization
Players are partnered with each other and have 1 ball.
Procedure
Players face each other with a ball between them. When the coach says a body part (head), then the players have to touch that body part. Repeat with different body parts or actions (jump) and on the command "SNATCH" the players have to try and grab the ball before their partner does.
Progression
N/A
Conditions
N/A

Station Time	Area
6-8 Minutes	25m x 25m



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Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Reaction Body Awareness	Confidence Problem Solving
Physical	Social
Movement Skills Physical Fitness	Peer Interaction
Outcome	
Individual: Players try a variety of movements. Collective: All players are given leadership role.	



FUNdamentals

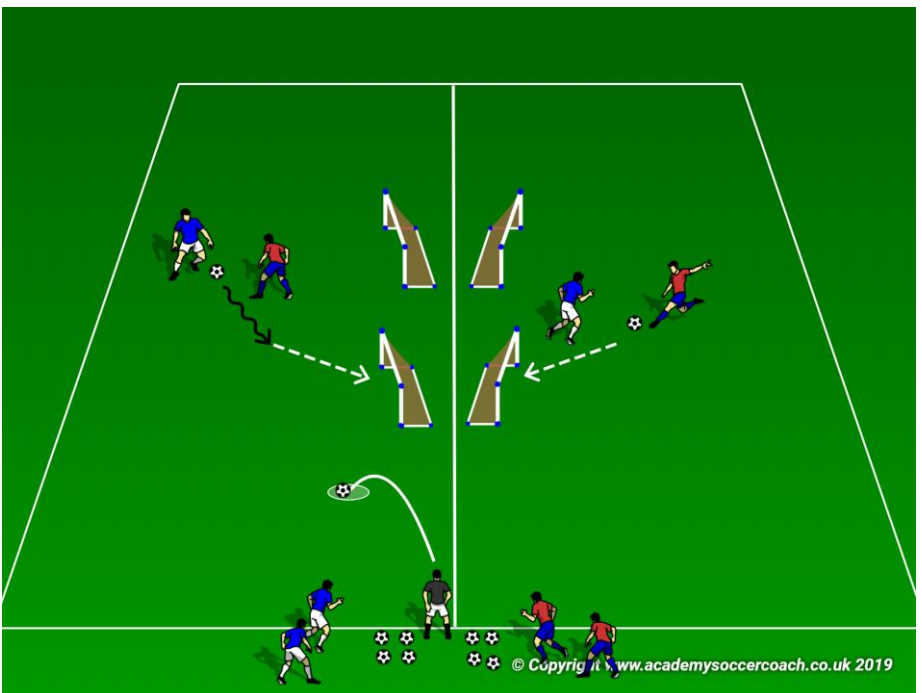
Skill Activity

1v1, 2v2 Games



Organization
4 nets are placed back-to-back. Players are lined up beside the coach.
Procedure
Coach plays a ball into the area and the first 2 players play until a goal is scored or goes out of play. Make the game fast-paced and play another ball in for the next 2 players so that multiple games are going on at once.
Progression
Play 2v2s or 3v3s.
Conditions
N/A

Station Time	Area
6-8 Minutes	25m x 25m



Objective	
Players can move the ball quickly and efficiently from one side to the other.	
Technical	Psychological
Awareness Decision Making ABC's	Confidence Motivation Competitiveness
Physical	Social
ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
Outcome	
Individual: Players can make decisions to score on different goals.	
Collective: Players can confidently attack in a 1v1 situation.	



FUNdamentals

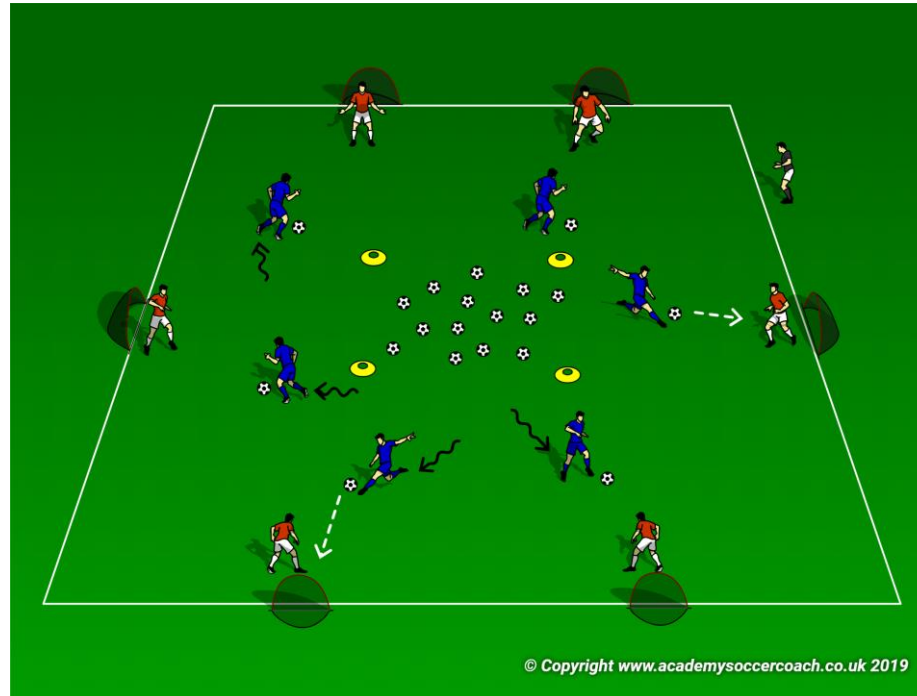
Skill Activity

Free for All



Organization	Players and balls start in the middle. One team will be defenders/goalies.
Procedure	Players try to score into any net, but not in the same net twice. The game goes until all the balls are scored.
Progression	Players must dribble through the middle box before scoring .
Conditions	N/A

Station Time	Area
6-8 Minutes	25m x 25m



Objective	
Opportunity to use all parts of both their feet. Confidence to use skill moves.	
Technical	Psychological
Awareness Decision Making Dribbling Shooting	Confidence
Physical	Social
Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players try various dribbling techniques. Collective: Players are aware of other players.	



FUNdamentals

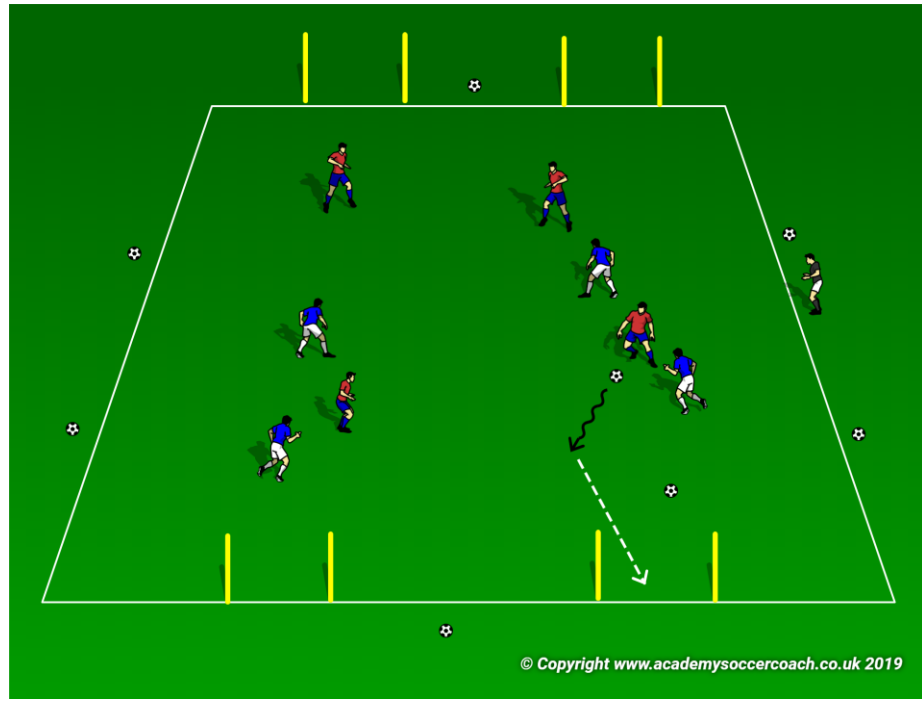
Small Sided Game

4 Goal Game



Organization	4 goals – 2 teams, each team defends 2 nets.
Procedure	Play 4v4 without goalies.
Progression	Add a goalie on each team to defend the goals,
Conditions	N/A

Station Time	Area
6-8 Minutes	25m x 25m



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Manitoba Soccer Association - Grassroots

Objective		Players become more comfortable with the ball.	
Technical	Psychological	Awareness Decision Making	Confidence
Physical	Social	ABC,s Change of Direction General Fitness	Peer/Parent Interaction
Outcome			
Individual: Players become more comfortable with the ball.			
Collective: Players recognize support players.			

Manitoba Soccer Association

FUNdamentals Practice Plan
U6-U8

Grassroots Development





FUNdamentals

Preferred Training Model

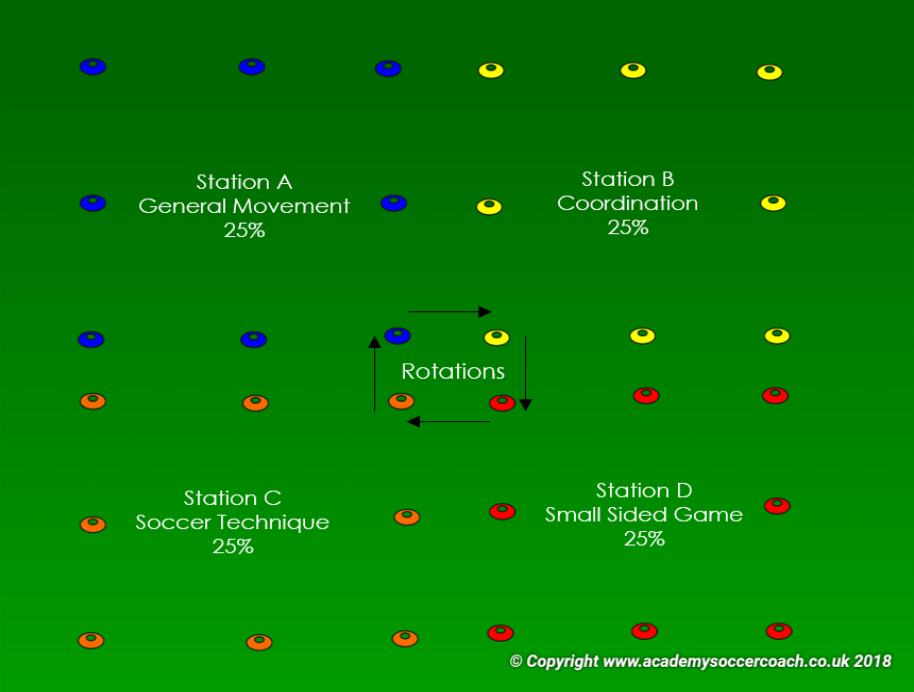
How it works



Organization
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression
Be prepared to progress an activity/game based on the level of the group.
Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
6-8 Minutes	

Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual:	
Collective:	





FUNdamentals

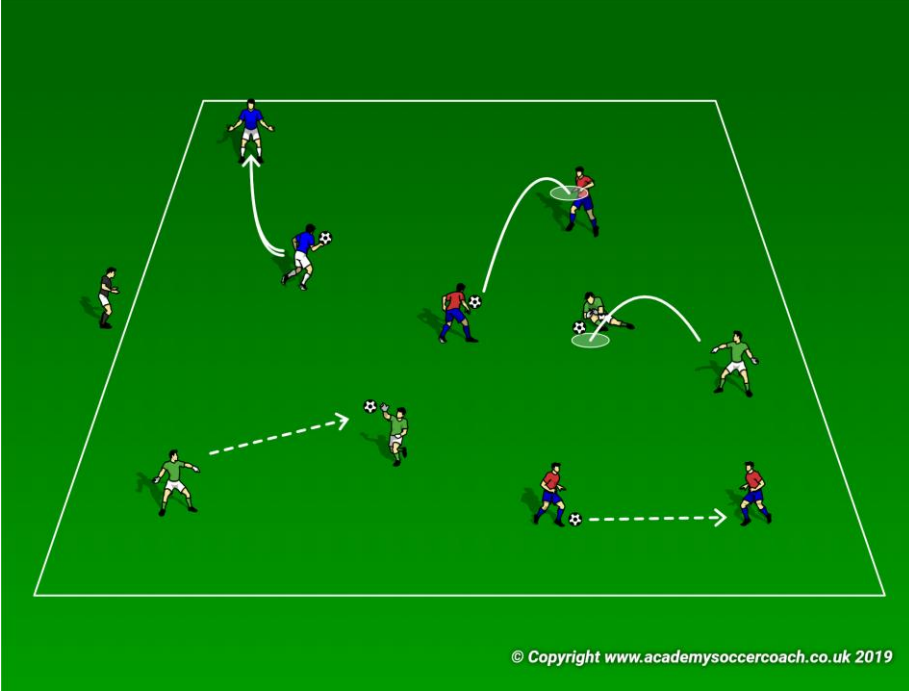
General Movement

Pass and Move



Organization
3 teams of 3-4 players.
Procedure
Players use their hands/feet to pass the ball to their teammates. The coach determines ways to pass (between the legs, behind the back, "football snap", volley). After the pass, the player has to touch the corner cones by moving in a certain way (skip, jump, gallop).
Progression
Make it competitive – first team for all players to pass the ball twice wins.
Conditions
N/A

Station Time	Area
6-8 Minutes	20m x 20m



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Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Awareness Body movements Body Awareness	Confidence Problem Solving
Physical	Social
Movement Skills Physical Fitness Physical Literacy	Peer Interaction
Outcome	
Individual: Players try a variety of movements. Collective: All players are given leadership role.	



FUNdamentals

Coordination Game

4v4 Game - Partners



Organization
4v4 - Players are partnered with a teammate.
Procedure
Game - Players have to hold hands/bands and move around the area the entire time. Add a second ball for more goals!
Progression
Players are partnered with a player on the other team. They are only allowed to take the ball of their specific player. If one of the partners scores, then the other player has to do 3 jumping jacks.
Conditions
N/A

Station Time	Area
8-10 Minutes	25m x 25m



Objective	
Awareness of other players Dribbling under pressure	
Technical	Psychological
Awareness Dribbling Running with the Ball	Confidence
Physical	Social
Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players challenge each other with various forms of dribbling techniques and moves.	
Collective: All players are given leadership role.	



FUNdamentals

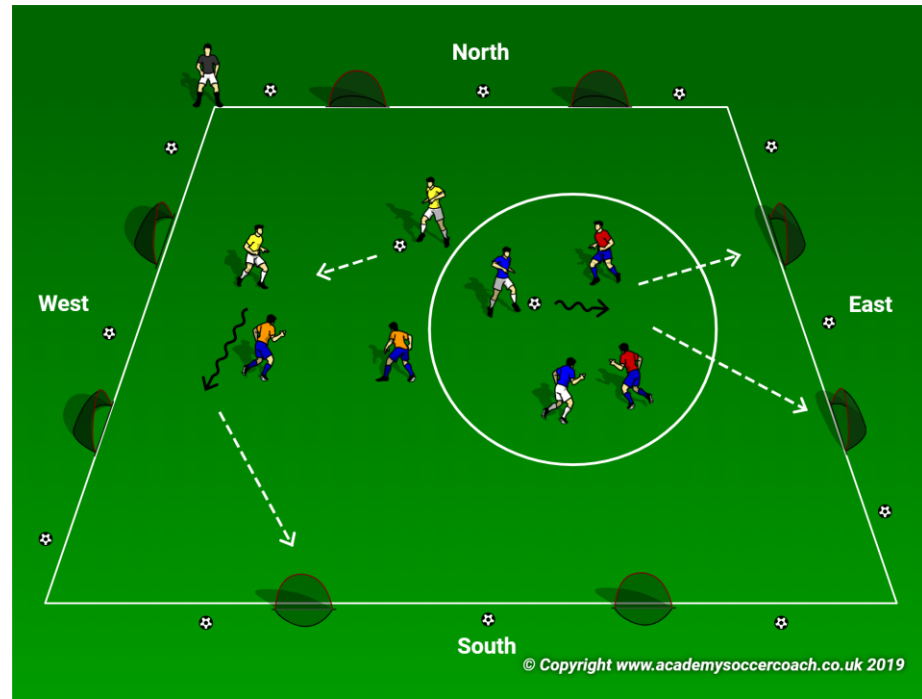
Skill Activity

2v2 – World Cup



Organization
Teams of 2 players each. 2 teams play North-South. Other 2 teams play East-West. Extra teams play N-S or E-W.
Procedure
<p>Players play 1-2 minute games.</p> <p>Win = 3 points</p> <p>Tie = 1 point</p> <p>Lose = 0 points</p>
Progression
Change the directions that teams will go. Ex - One team plays North and the other team plays East.
Conditions
N/A

Station Time	Area
6-8 Minutes	25m x 25m



Objective	
Opportunity to use all parts of both their feet. Confidence to use skill moves.	
Technical	Psychological
Awareness Decision Making	Confidence
Physical	Social
Change of Direction General Fitness Acceleration	Peer Interaction Communication
Outcome	
<p>Individual: Players try various dribbling techniques and runs to beat players.</p> <p>Collective: Players are aware of other players.</p>	



FUNdamentals

Small Sided Game

4v4 – 4 Goal Game



Organization
3 teams of 4 players.
Procedure
Teams of 4. Every two (2) minutes change teams or first team to score twice stays. Ask the players which nets they want to score on. Ex – Blue wants to score on nets 1 and 3.
Progression
Make the game directional. Ex – 1 team scores on nets 1 and 2, other team scores on 3 and 4.
Conditions
N/A

Station Time	Area
8-10 Minutes	30m x 30m



Objective	
Fun and creativity.	
Technical	Psychological
Awareness Decision Making	Focus Teamwork
Physical	Social
General Fitness	Peer Interaction Competitive
Outcome	
Individual: Beats opponents with change of speed, or skill move.	
Collective: Players are creative with movement off the ball.	