

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.

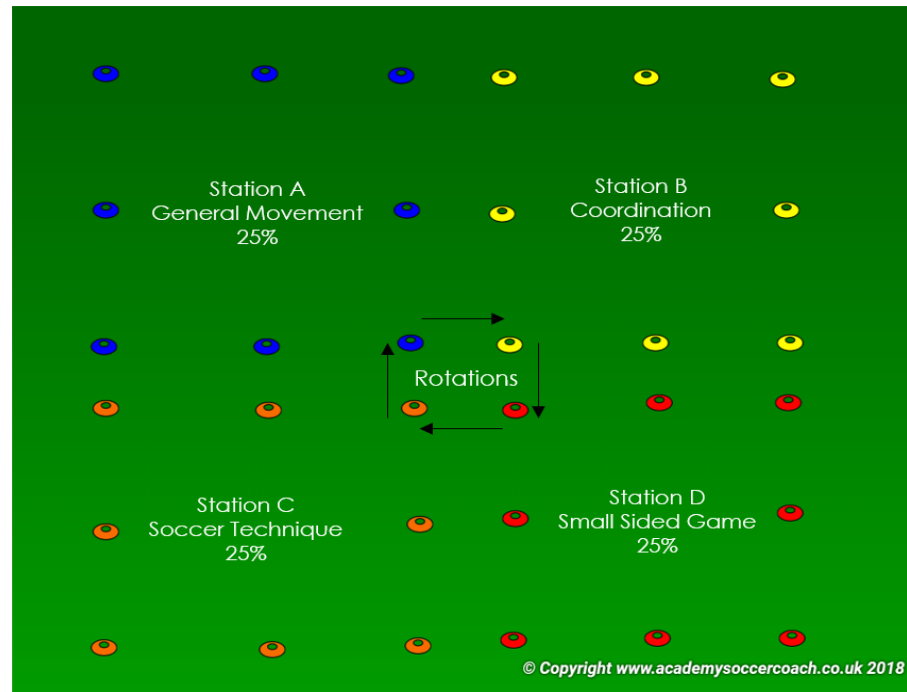
Conditions

Be prepared to add a condition that challenges the group.

Station Time

6-8 Minutes

Area



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

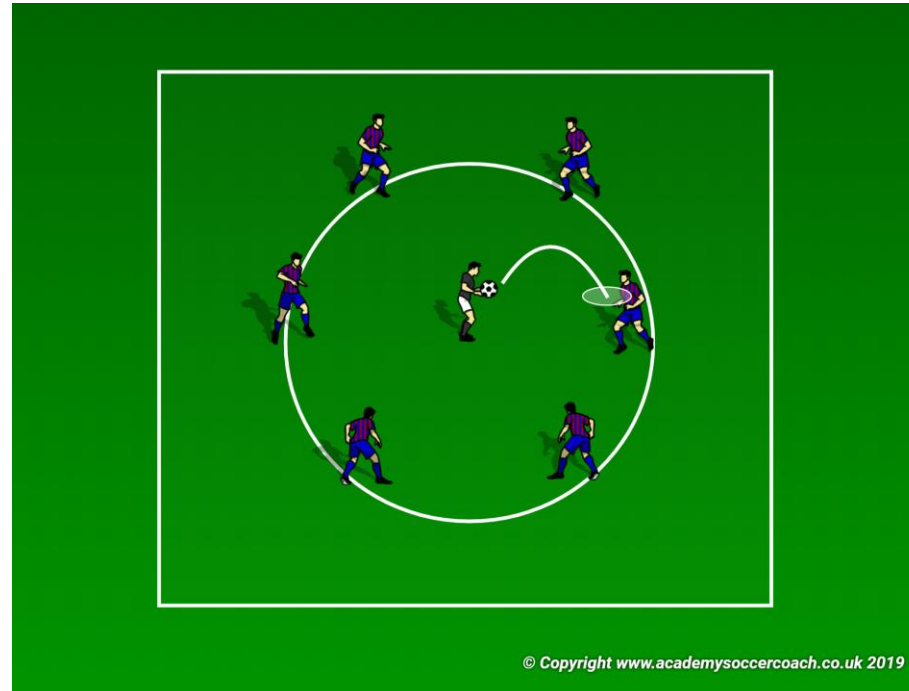
Players must be moving at all times and not flat-footed.

Station Time

8-12 Minutes

Area

25m x 25m



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

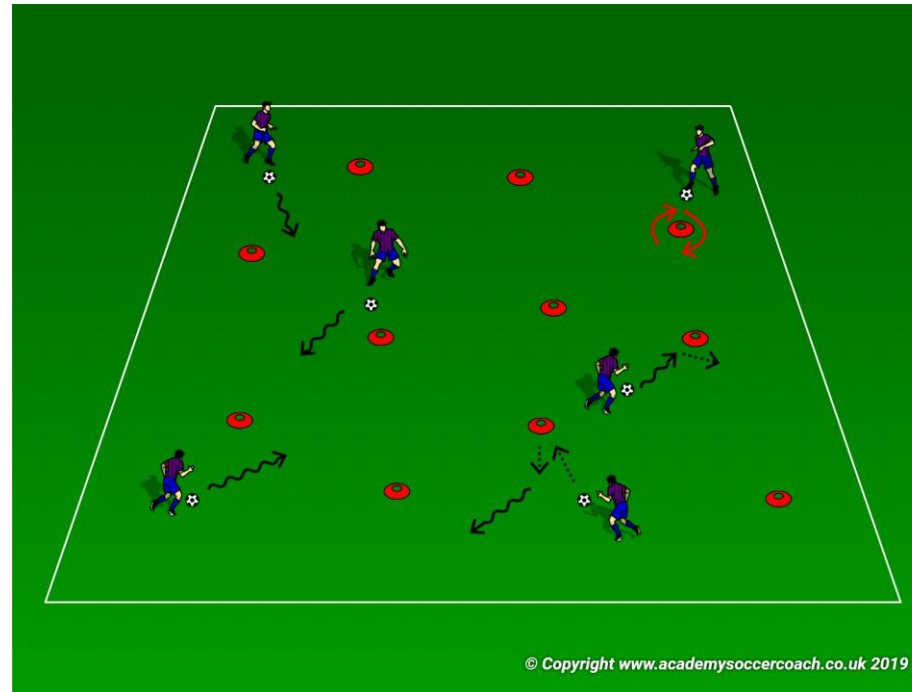
N/A

Station Time

6-8 Minutes

Area

25m x 25m



Objective

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

Technical

Awareness
Decision Making

Psychological

Confidence

Physical

ABC,s
Change of Direction
General Fitness

Social

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

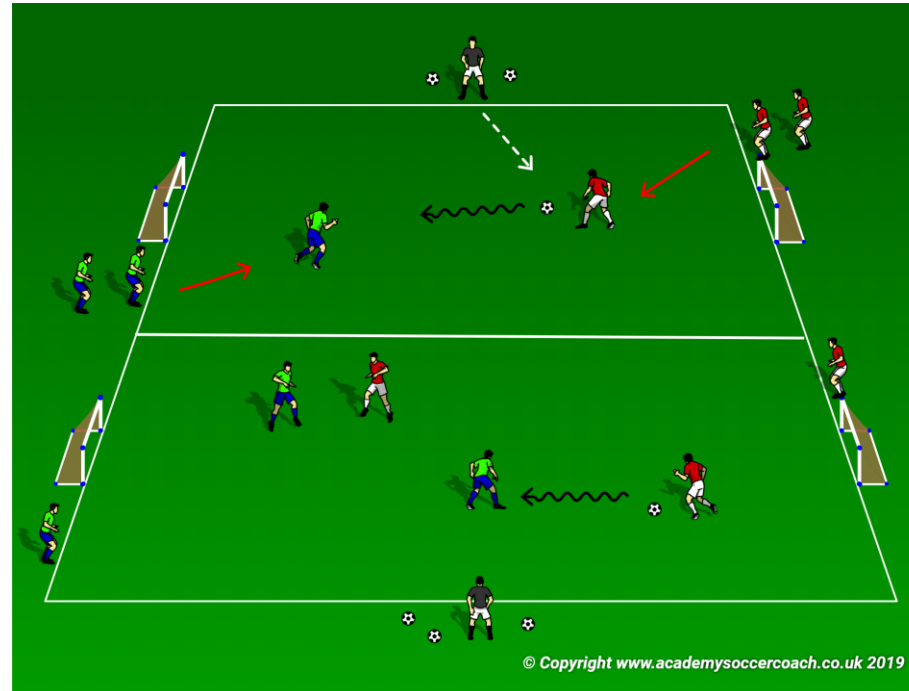
Limit time per rep – 10 seconds to score

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

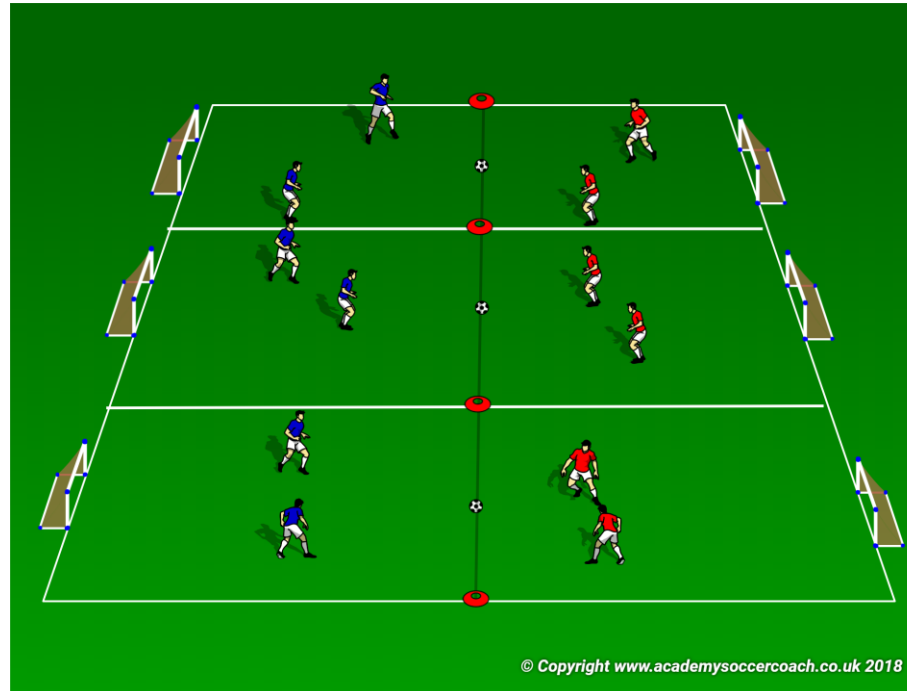
N/A

Station Time

6-8 Minutes

Area

3 x 12m x 30m



Objective

Fun and creativity.

Technical

Awareness
Decision Making

Psychological

Focus
Teamwork

Physical

General Fitness
Speed

Social

Peer Interaction
Competitive

Outcome

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

Collective: Players are creative with movement off the ball.