

Manitoba Soccer Association

FUNdamentals Practice Plan
U6-U8

Grassroots Development





FUNdamentals

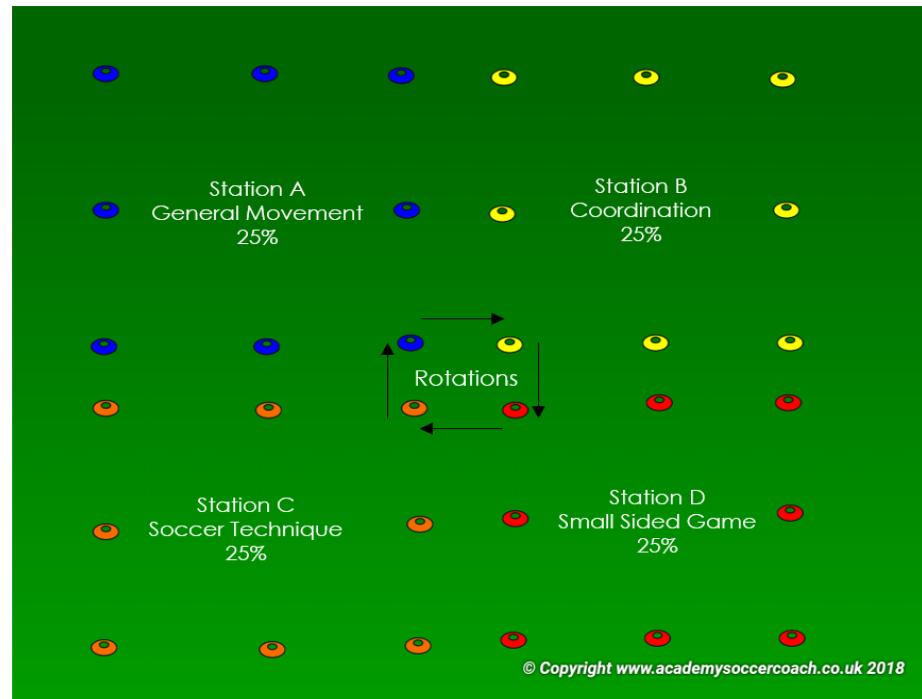
Preferred Training Model

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

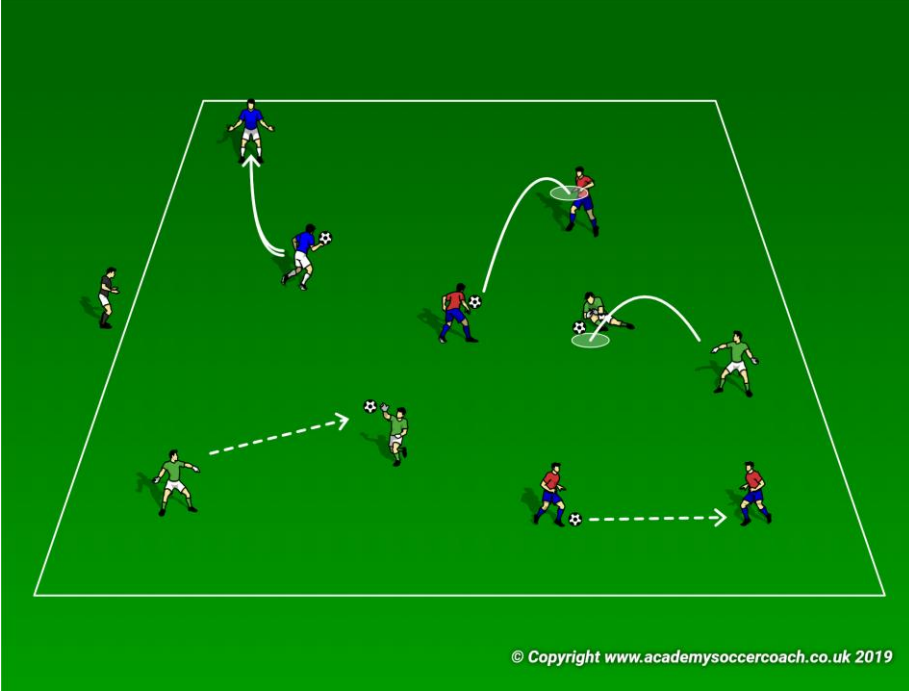
General Movement

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

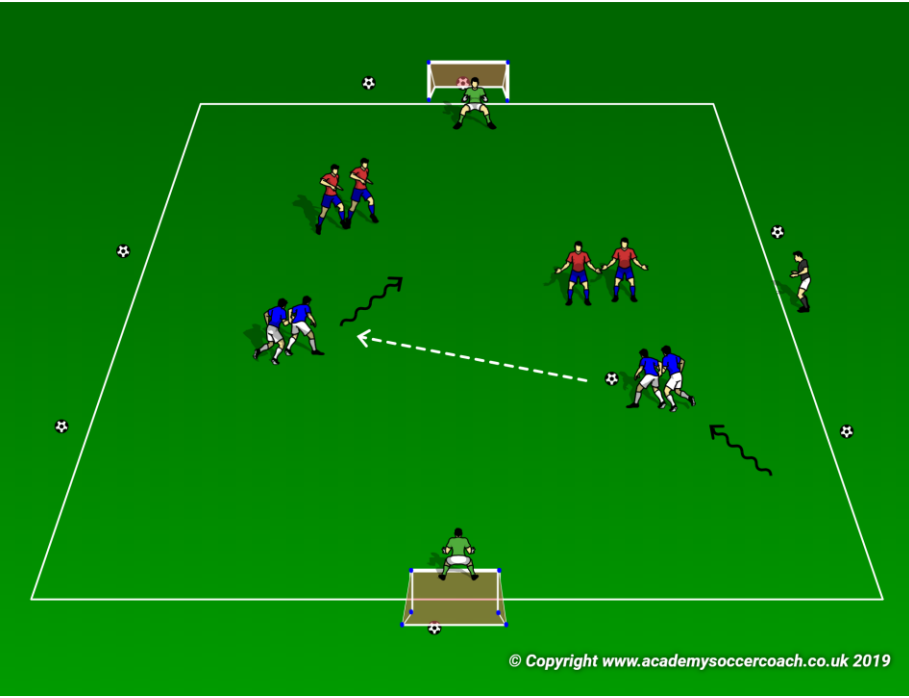
Coordination Game

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



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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

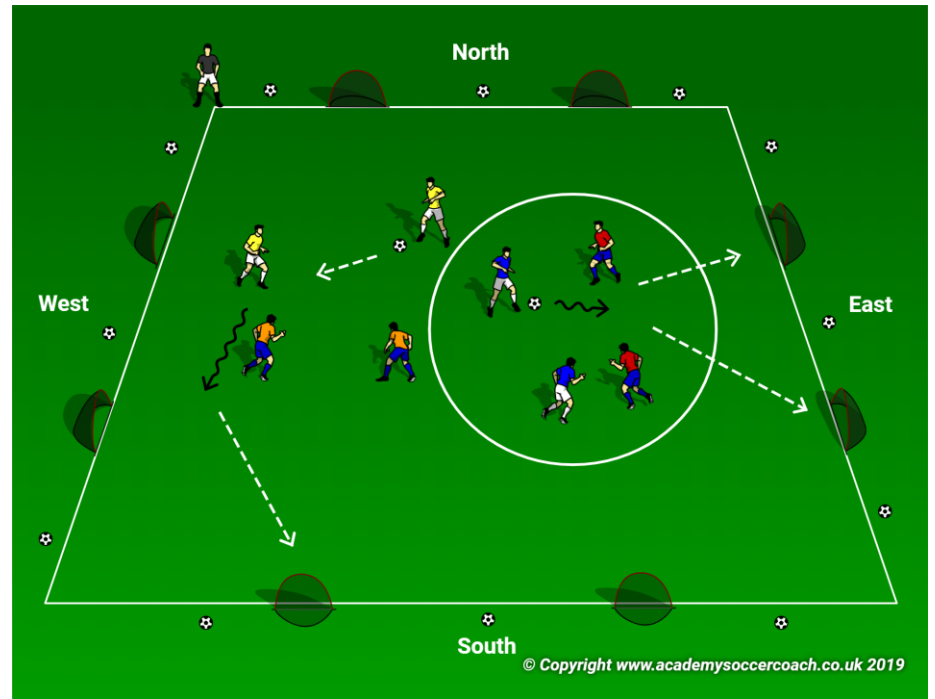
Skill Activity

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
<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.	