

Manitoba Soccer Association

FUNdamentals Practice Plan
U6-U8

Grassroots Development





FUNdamentals

Preferred Training Model

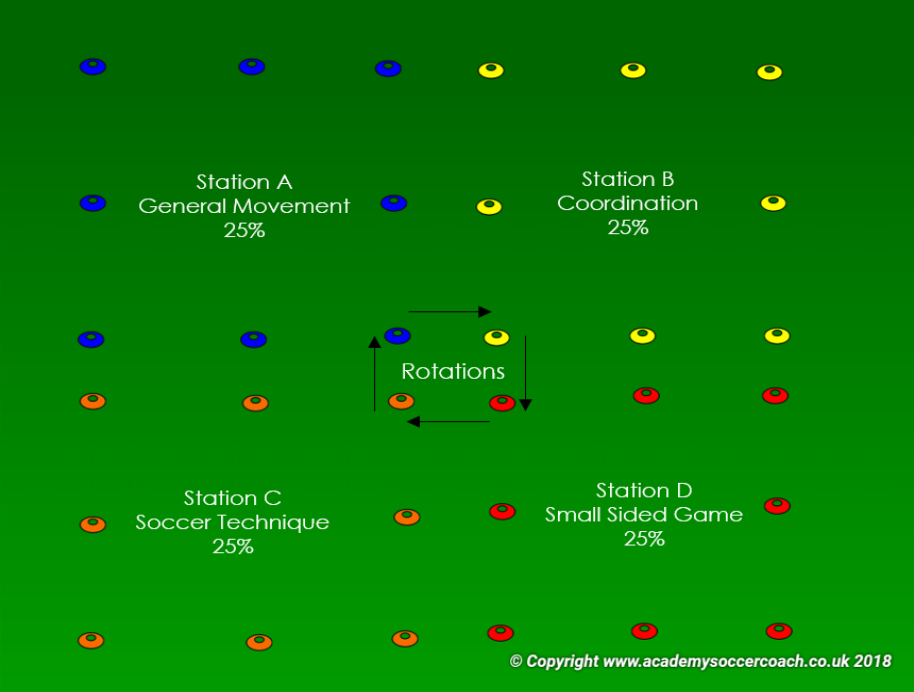
How it works



| 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

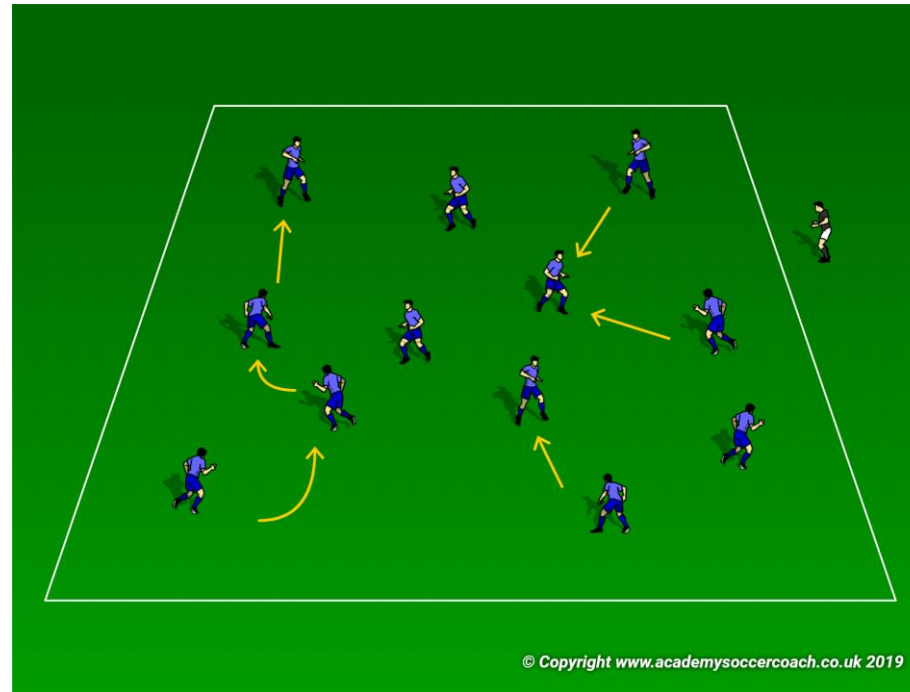
N/A

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

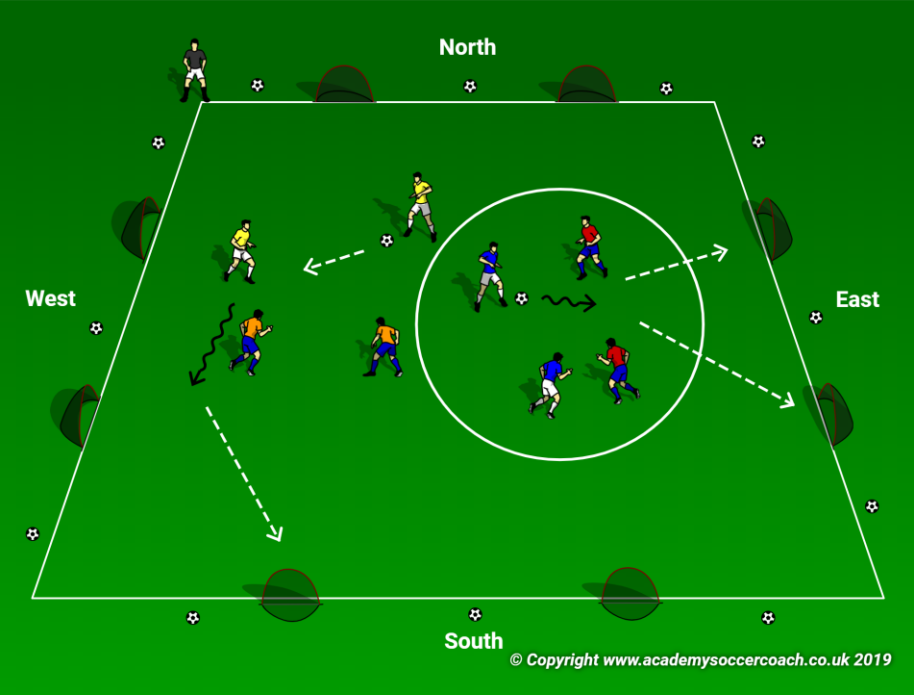
Skill Activity

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 |
| <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. | |