

Manitoba Soccer Association

FUNdamentals Practice Plan
U6-U8

Grassroots Development





FUNdamentals

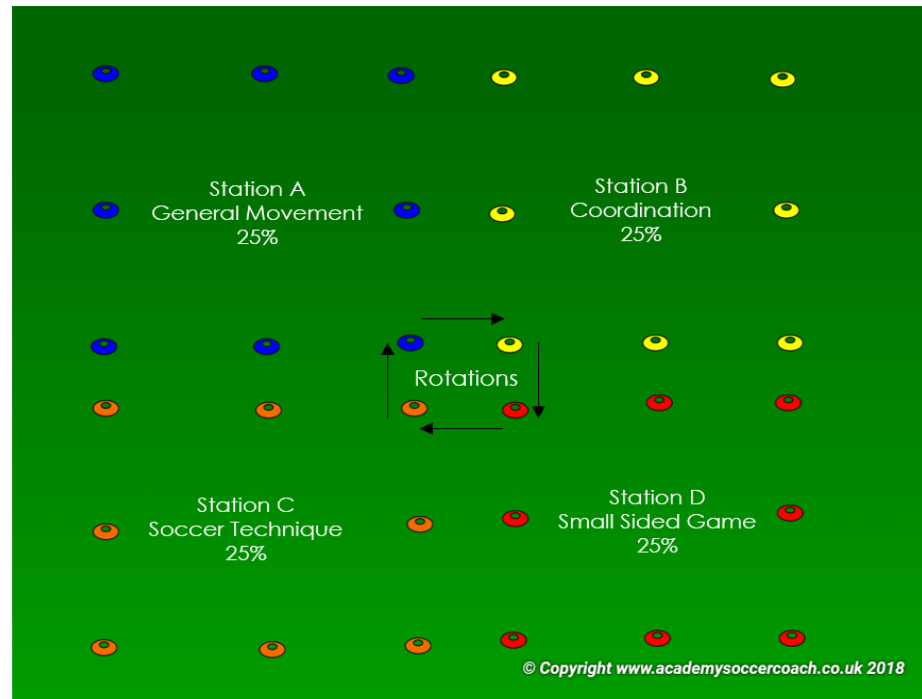
Preferred Training Model

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

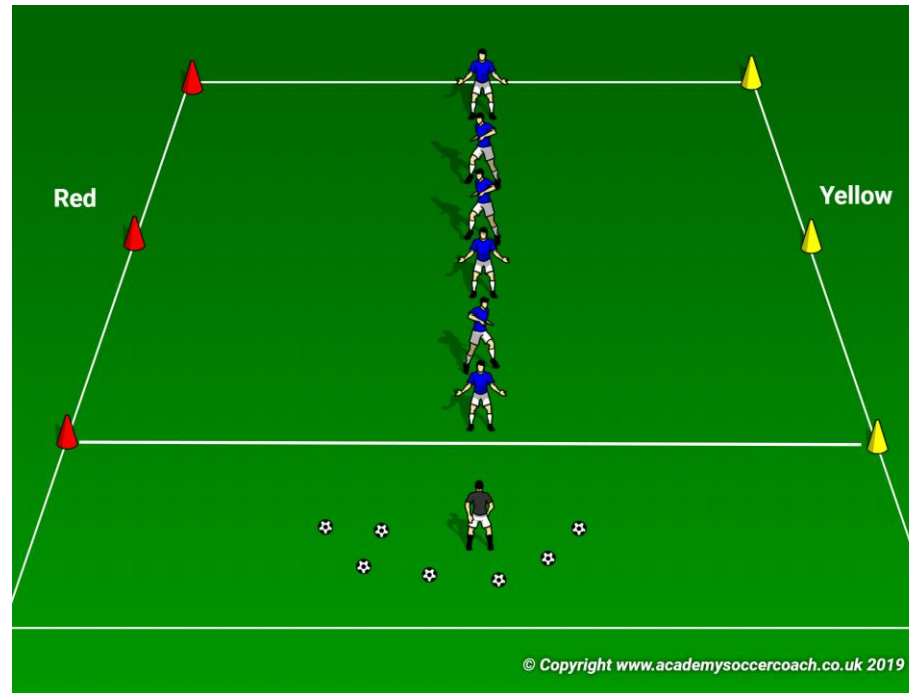
Listening and reaction time.

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

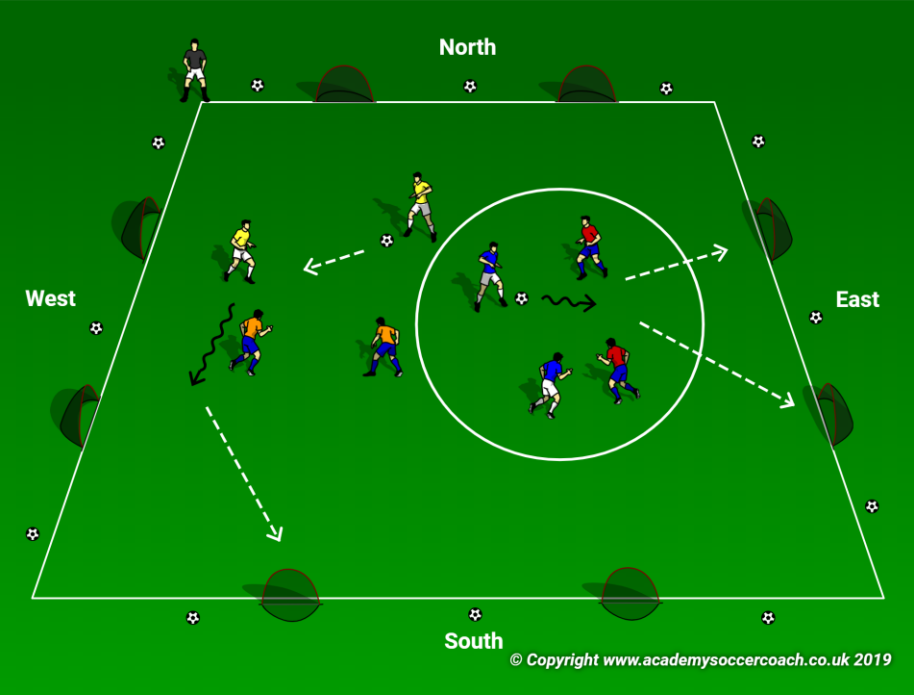
Skill Activity

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

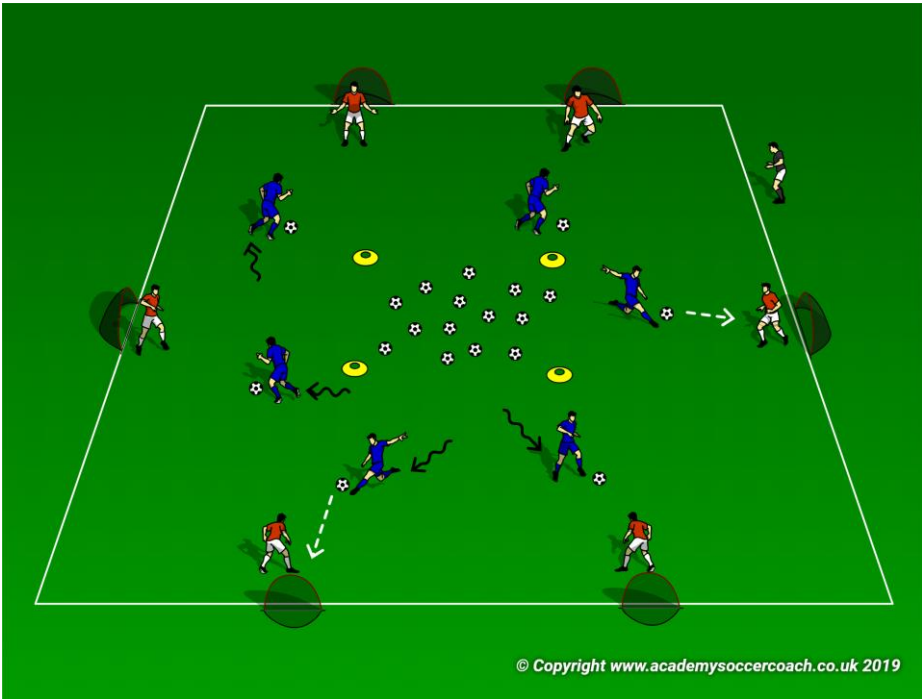
Skill Activity

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



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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

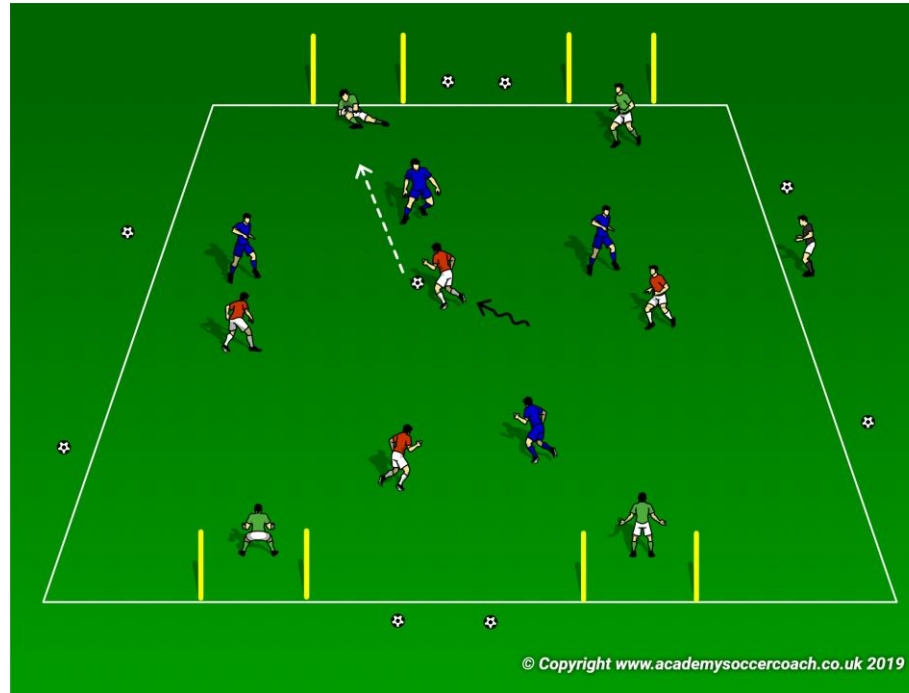
Coordination Game

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.	