

# Manitoba Soccer Association

FUNdamentals Practice Plan  
U6-U8

*Grassroots Development*





# FUNdamentals

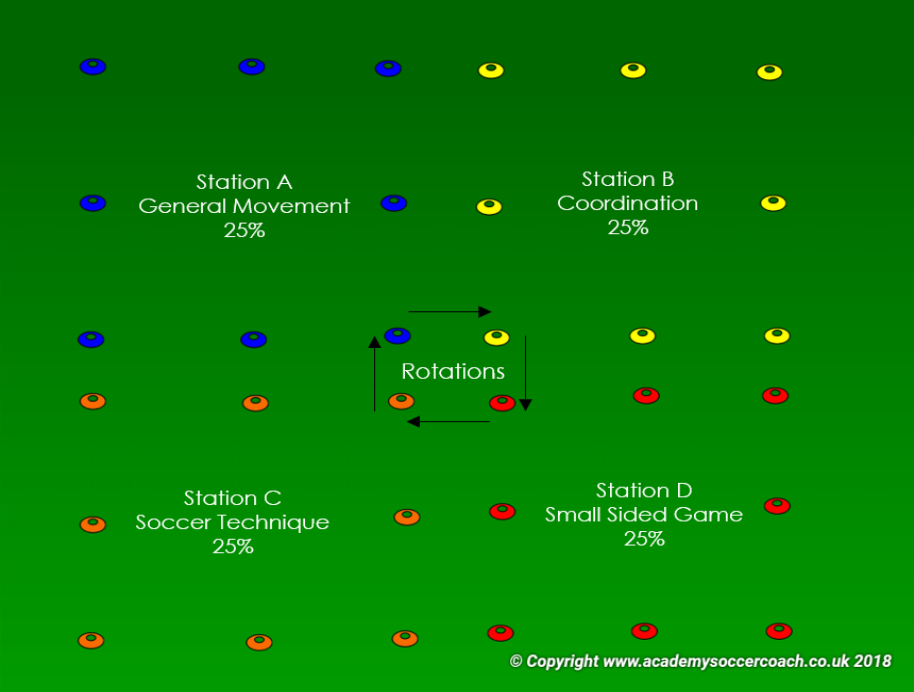
## Preferred Training Model

### 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

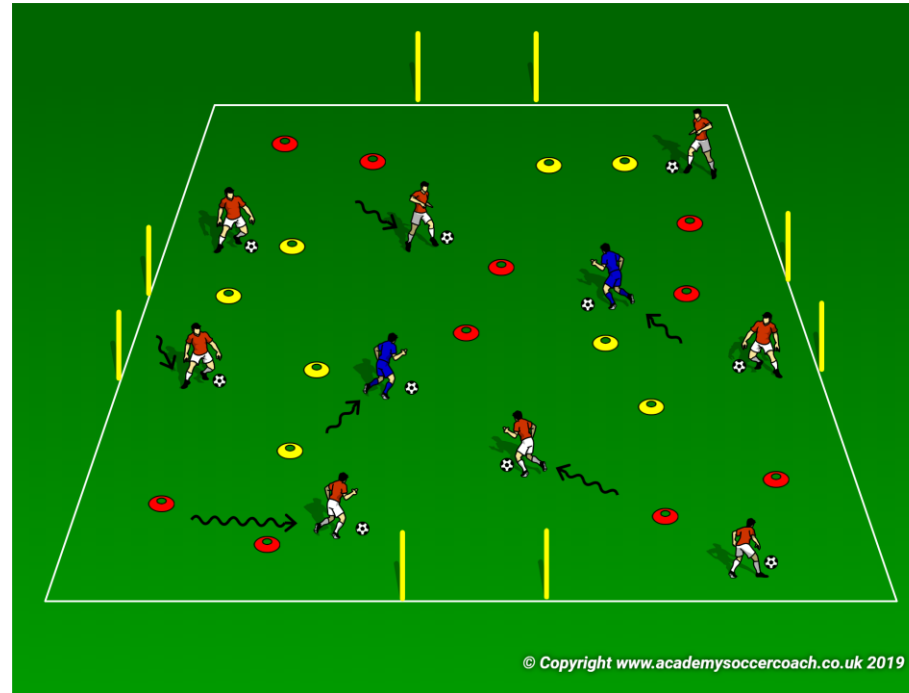
Players can recognize space away from opponents.

#### Station Time

6-8 Minutes

#### Area

25m x 25m



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#### 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



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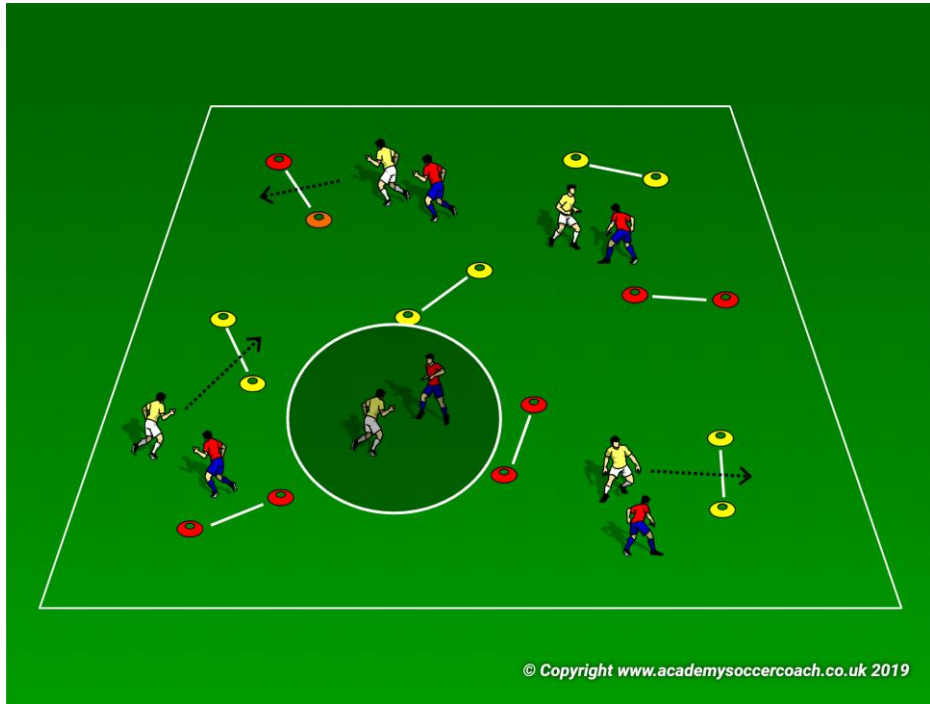
## Skill Activity

### 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	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
Awareness Decision Making ABC's	Confidence
Physical	Social
Change of Direction General Fitness Acceleration	Peer Interaction Communication
Outcome	
<b>Individual:</b> Players try various dribbling techniques and runs to beat players. <b>Collective:</b> Players are aware of other players.	



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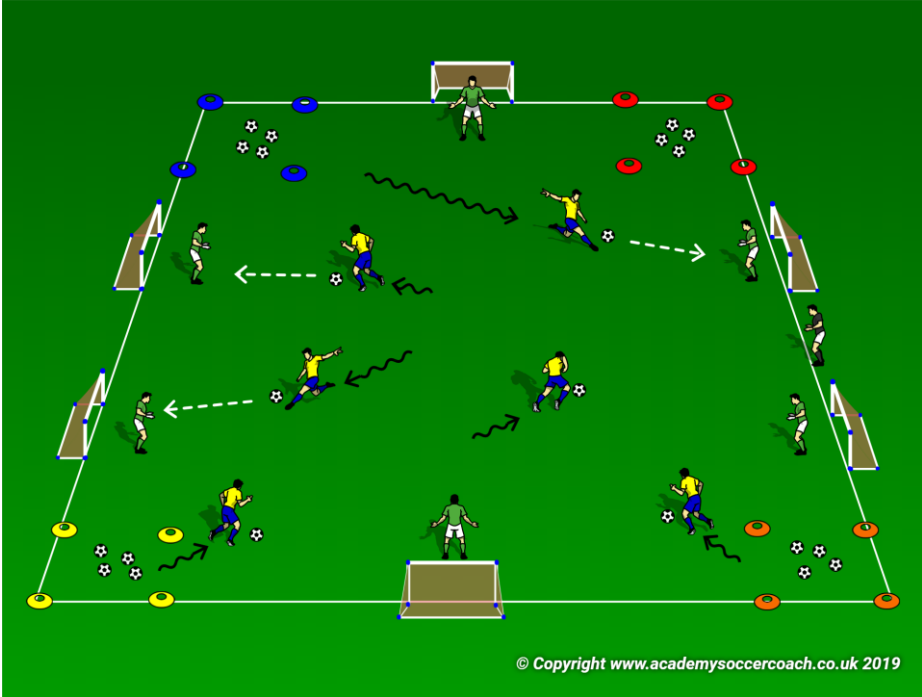
## Skill Activity

### 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	Confidence	
Awareness Decision Making Dribbling Shooting		Physical	Social
Change of Direction General Fitness		Peer Interaction	
Outcome			
<b>Individual:</b> Players try various shooting techniques.			
<b>Collective:</b> Players are aware of other players.			



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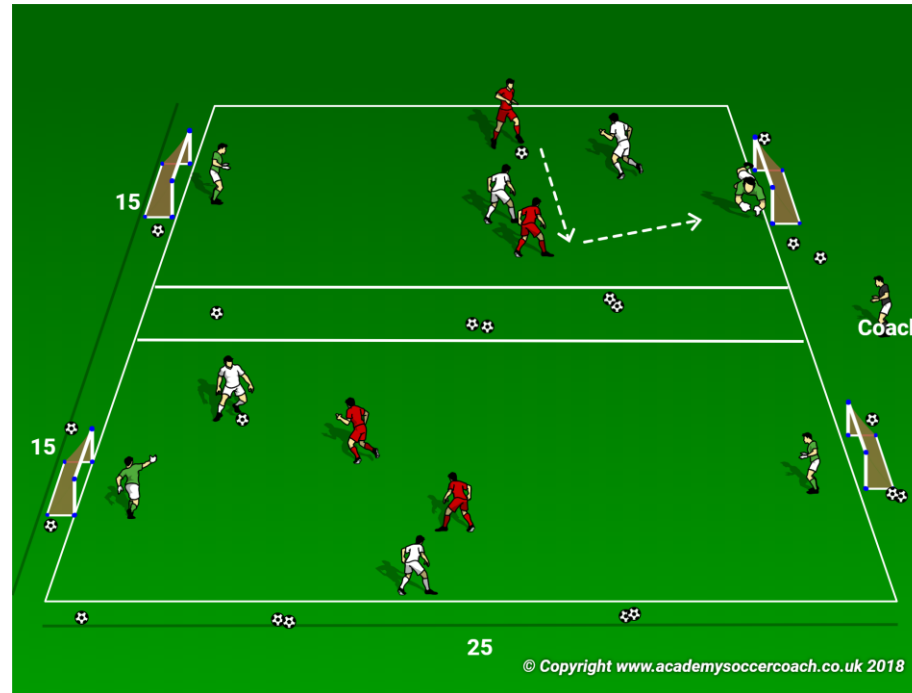
## Coordination Game

### 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	
<b>Individual:</b> Players become more comfortable with the ball.	
<b>Collective:</b> Players recognize support players.	