

# Manitoba Soccer Association

FUNdamentals Practice Plan  
U6-U8

*Grassroots Development*





# FUNdamentals

## Preferred Training Model

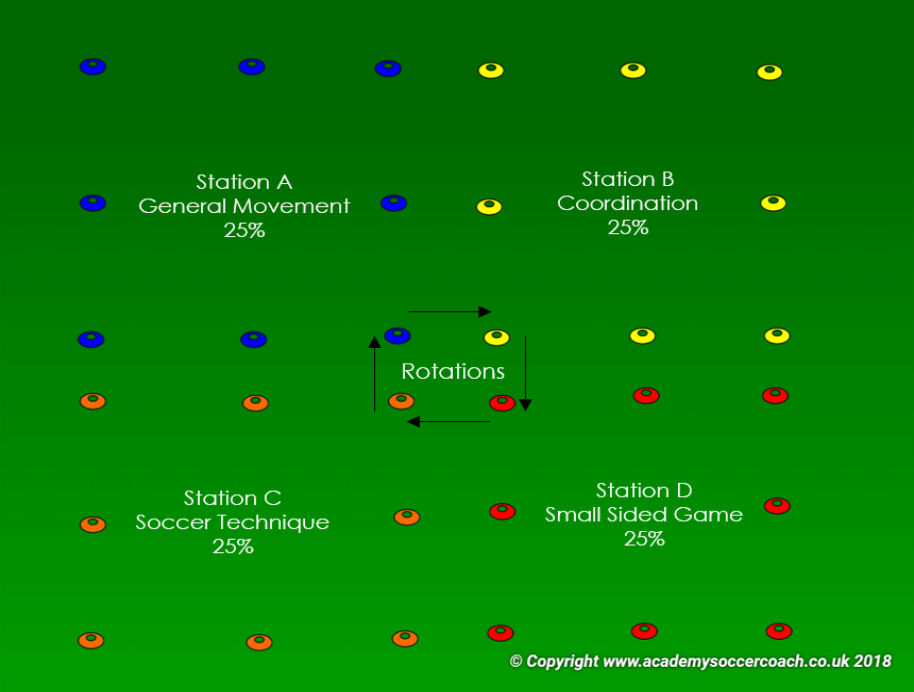
### How it works



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:	





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## General Movement

### Attack the Gate



#### Organization

4 pug-nets around field. Coned gates inside the area, split group into 2 teams with 1-3 balls per team).

#### Procedure

Teams move the ball with hands, players cannot move with the ball in their hands. Objective is for players with the ball to always have supporting options. Make it competitive – team with most number of passes (with hands) through gates in a minute.

#### Progression

- 1-2 balls per team, teams score a point for every successful pass through gate but now with opposition. Players can block & steal opponents ball – if opponent wins ball they must make 1 pass before throwing into any net for 5 points. Finish with 1 ball for the game.
- Ball on the ground.

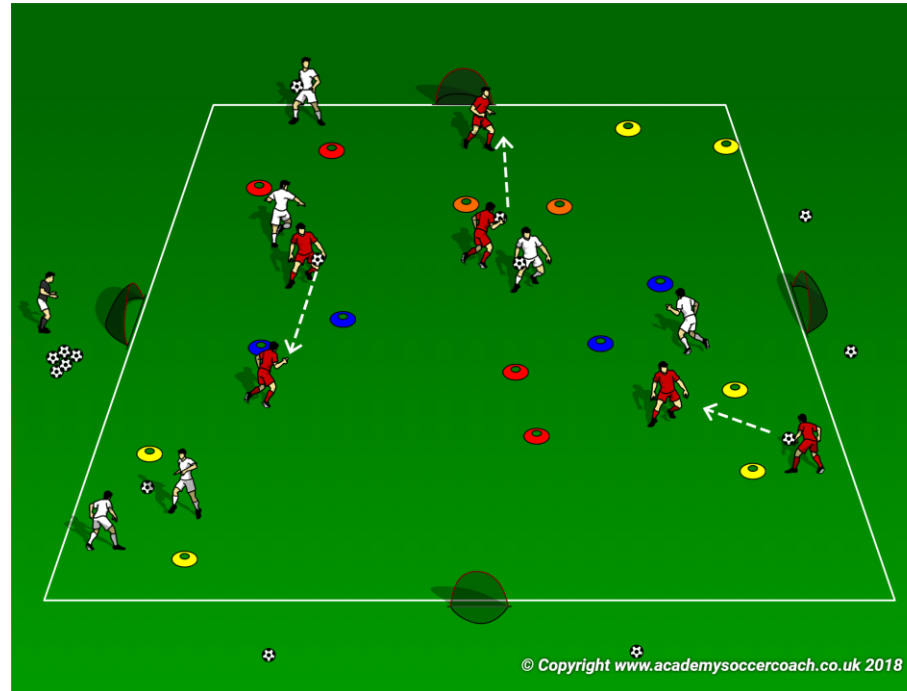
#### Conditions

#### Station Time

6-8 Minutes

#### Area

25m x 25m



Manitoba Soccer Association – Grassroots Development

#### Objective

Players perform a variety of movement exercises and tasks, whilst having fun and being creative in suggestions for group.

#### Technical

Creativity  
1v1 Attacking  
Running with the Ball  
Dribbling

#### Psychological

Confidence  
Awareness  
Motivation

#### Physical

ABC,s  
Change of Direction  
Basic Motor Skills

#### Social

Problem Solving  
Decision Making  
Communication

#### Outcome

**Individual:** Players support using appropriate angles and distances.

**Collective:** Players are constantly scanning and taking information of their surrounding



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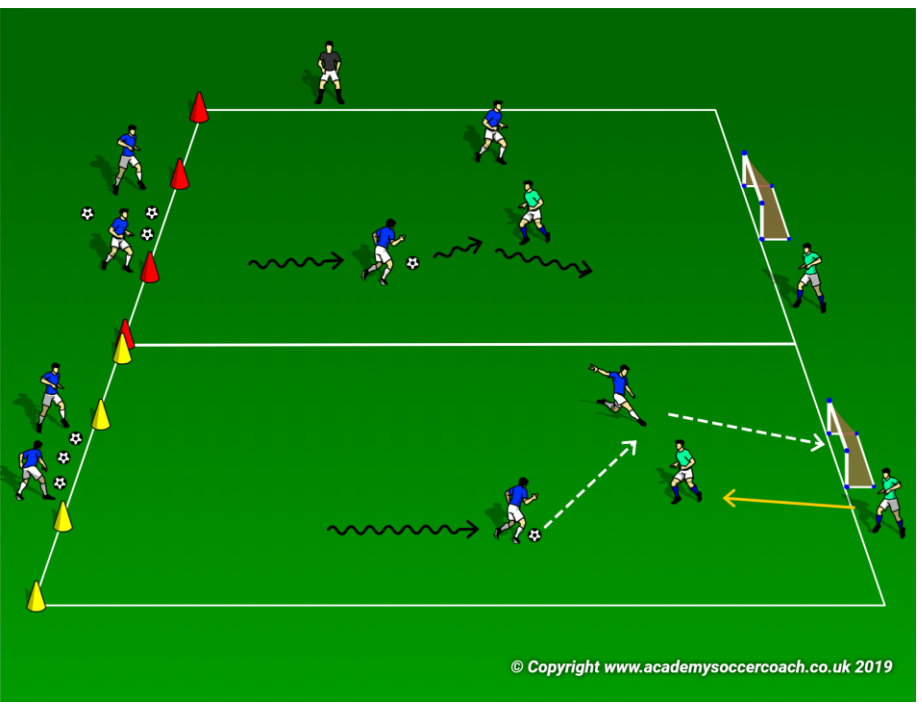
## Skill Activity

### 2v1 - Attacking



Organization
2 attackers on one end and 1 defender on the end line.
Procedure
Attackers play a 2v1 and attempt to score into the net. If the defender wins the ball, they can score in the 2 gates.
Progression
Play 2v2 if successful with 1 defender.
Conditions
N/A

Station Time	Area
6-8 Minutes	2x 10m x 12m



Objective	
Opportunity to use all parts of both their feet. Confidence to use skill moves.	
Technical	Psychological
Awareness Decision Making ABC's	Confidence Motivation Competitiveness
Physical	Social
ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
Outcome	
<b>Individual:</b> Players take a positive first touch to advance the ball	
<b>Collective:</b> Players can confidently attack in a 1v1 situation.	



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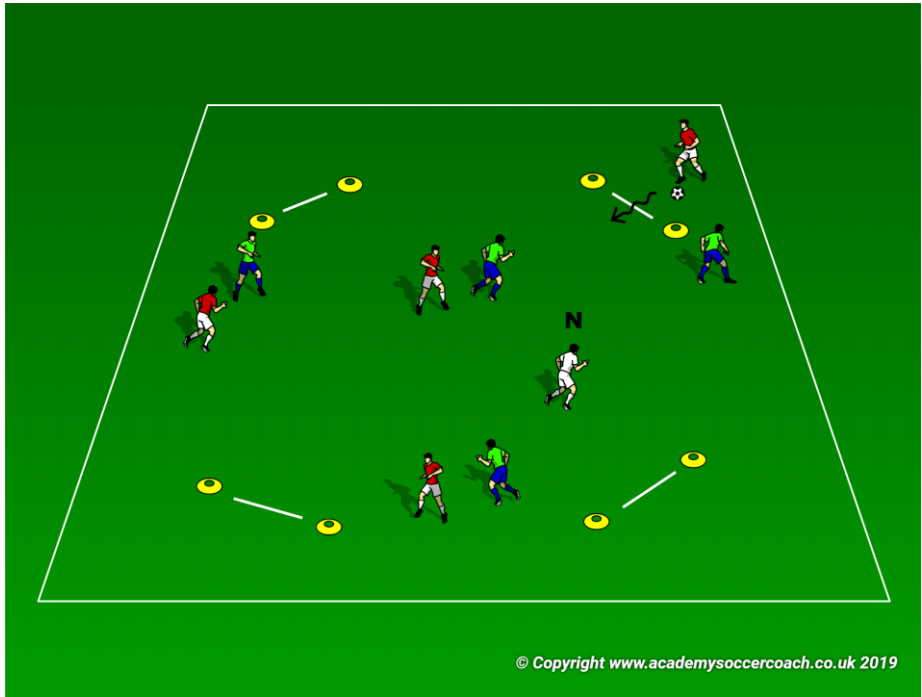
## Skill Activity

### 4 Gate Game



Organization
2-3 Teams of 4. Gates are placed near the corners of the field.
Procedure
4v4 - Teams score a point when a player dribbles through any gate. Add a second ball to encourage more goals and success.
Progression
<ol style="list-style-type: none"> <li>1. Pass through the gate to another teammate to score a point</li> <li>2. Play directional – both teams defend 2 gates.</li> </ol>
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
1v1 Attacking Dribbling Transition Counter Attack	Confidence Standards Motivation Concentration
Physical	Social
Change of Direction General Fitness	Problem Solving Decision Making Patience
Outcome	
<b>Individual:</b> Players can attack the space where there are less defenders <b>Collective:</b> Players are aware of other players.	



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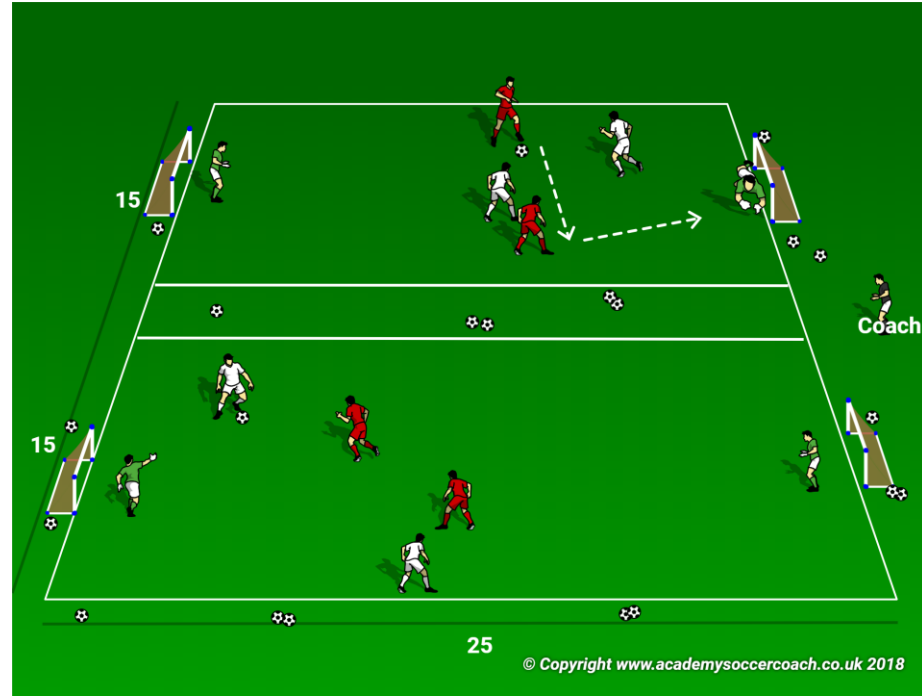
## Coordination Game

### 3v3 – Mini World Cup



Organization	2 fields – nets/gates on each field. 4 teams of 3.
Procedure	2 mini fields. 3v3 (GK + 2 players). Teams choose country to represent – 3 points for winning game, 1 point for draw – play round robin.
Progression	1. Players cannot go backwards in possession.
Conditions	N/A

Station Time	Area
6-8 Minutes	2x 15m x 20m



Objective	
Players become more comfortable with the ball.	
Technical	Psychological
Creativity 1v1 Attacking Running with the Ball Counter Attack	Awareness Confidence Motivation Competitiveness
Physical	Social
ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
Outcome	
<b>Individual:</b> Players become more comfortable with the ball.	
<b>Collective:</b> Players recognize support players.	