

Manitoba Soccer Association

FUNdamentals Practice Plan
U6-U8

Grassroots Development





FUNdamentals

Preferred Training Model

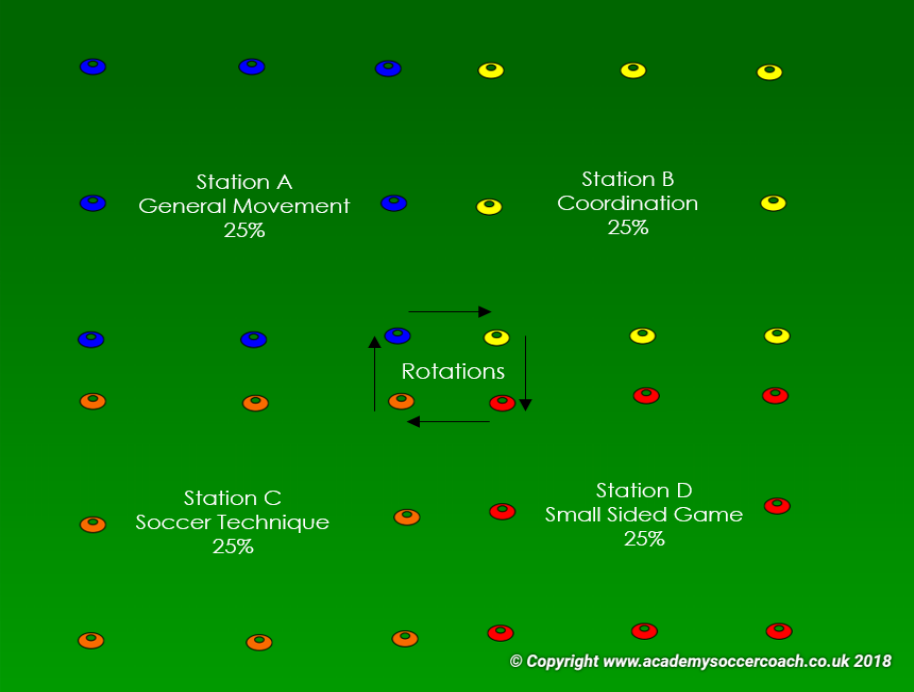
How it works



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

Handball



Organization

4 grids are placed in each corner. Players are in partners with one ball.

Procedure

Players pass the ball in their hands and move around the middle area. Give players tasks – ex. Pass and catch with only your left hand. When a coach calls a colour (ex. BLUE) then all the players must run into that coloured area. Last team does a punishment – ex. 10 jumping jacks. Add different ways to pass – ex. Thigh, head, bounce pass, etc.

Progression

1. Passing with the ball on the ground
2. Make teams of 3-4 and make it competitive.

Conditions

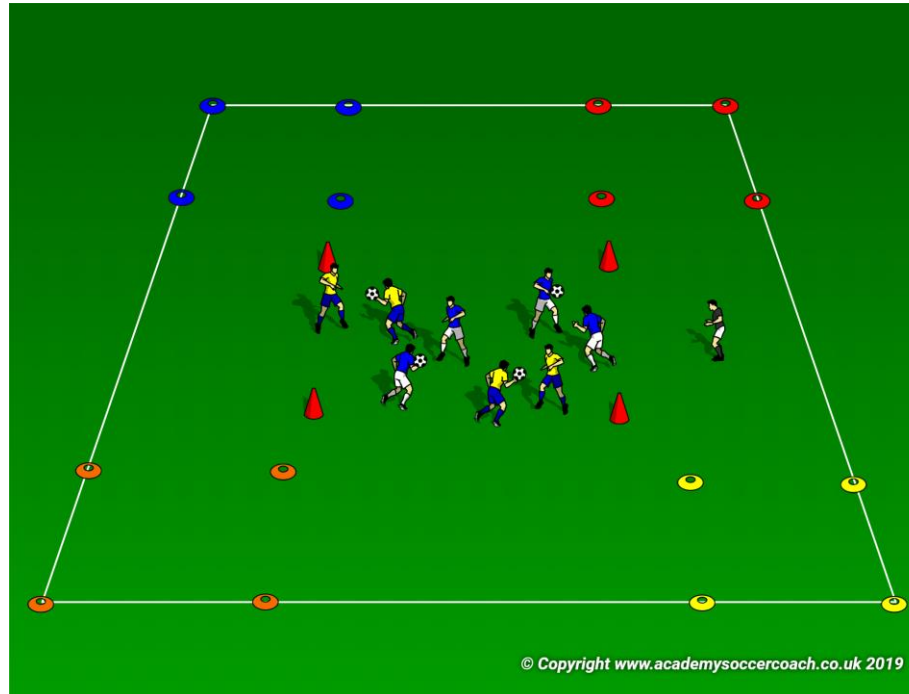
N/A

Station Time

6-8 Minutes

Area

30m 30m



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



FUNdamentals

Skill Activity

3v3 to targets



Organization

2 Targets – 1 in each end zone. 3 teams of 3 players. 1 team has 2 targets and 1 neutral player.

Procedure

Players play a possession game and to score a point they must pass to the target on either side. Once they pass to one target, they have to pass to the other target to score another point. Play 2 minute games and then switch the targets and neutral player.

Progression

No neutral – add this player as another target.

Conditions

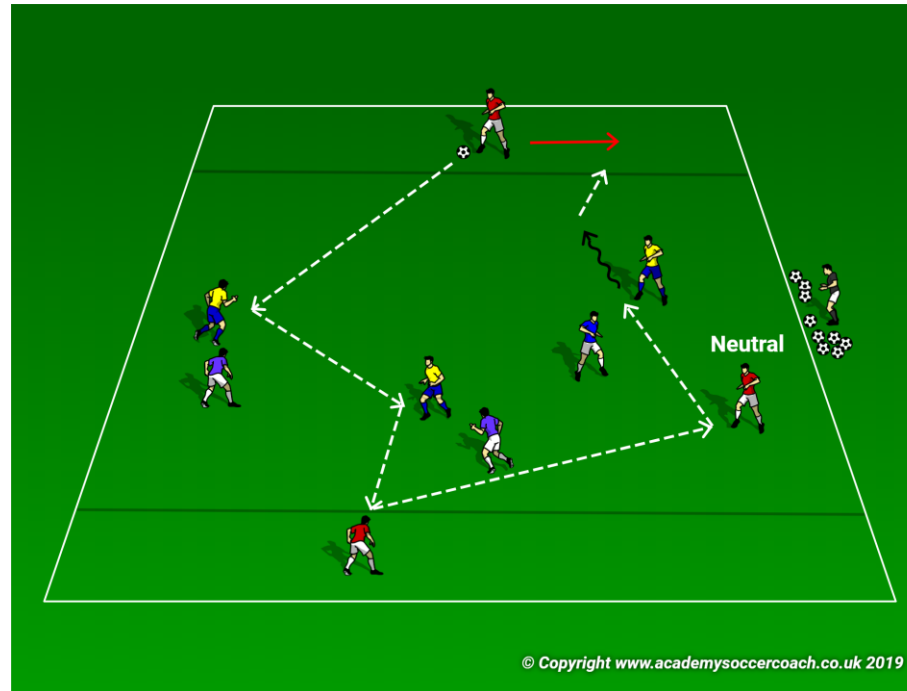
N/A

Station Time

6-8 Minutes

Area

25m x 25m



Objective

Players can move the ball quickly and efficiently from one side to the other.

Technical

Awareness
Decision Making
ABC's

Psychological

Confidence
Motivation
Competitiveness

Physical

ABC,s
Change of Direction
Acceleration

Social

Teamwork
Communication
Decision Making

Outcome

Individual: Players take a positive first touch to advance the ball

Collective: Players can confidently attack in a 1v1 situation.



FUNdamentals

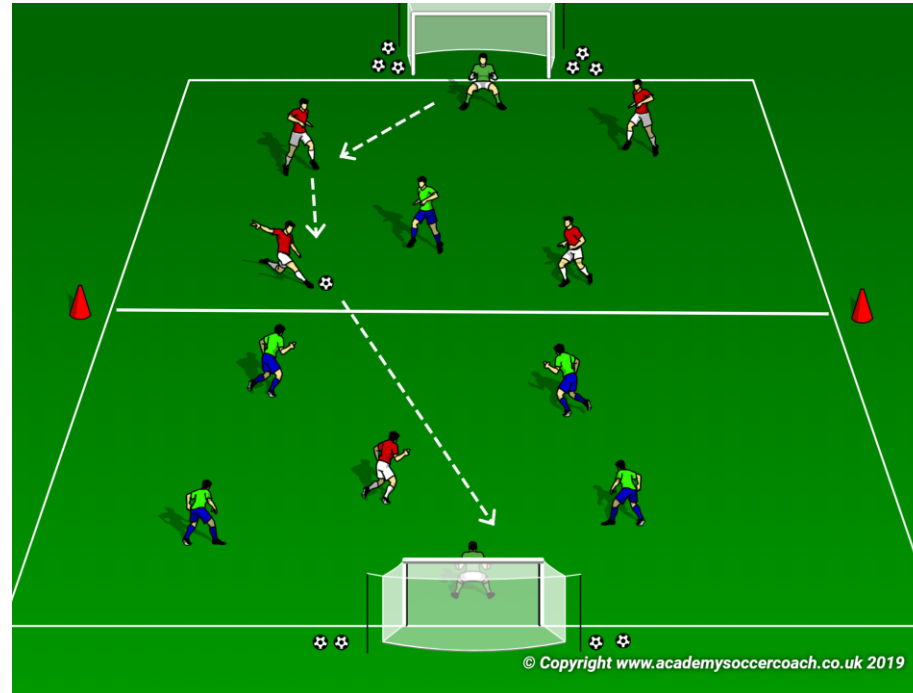
Skill Activity

King Louis



Organization
2 teams of 5. Field is split in half. Teams must stay in their own half.
Procedure
Ball starts from the goalkeeper and is passed to the outfield players. Every player must touch the ball before they can shoot, but the shot must be in their own half. Make sure everyone gets a chance to shoot. Add in a defender in the opponents half that can intercept the ball as well as receive a ball from their teammates.
Progression
<ol style="list-style-type: none"> 1. Add in a defender in the opponents half that can intercept the ball as well as receive a ball from their teammates. 2. Add multiple defenders.
Conditions
N/A

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



Manitoba Soccer Association - Grassroots

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	
<p>Individual: Players can take positive first touches.</p> <p>Collective: Players can now receive a ball with proper body position.</p>	



FUNdamentals

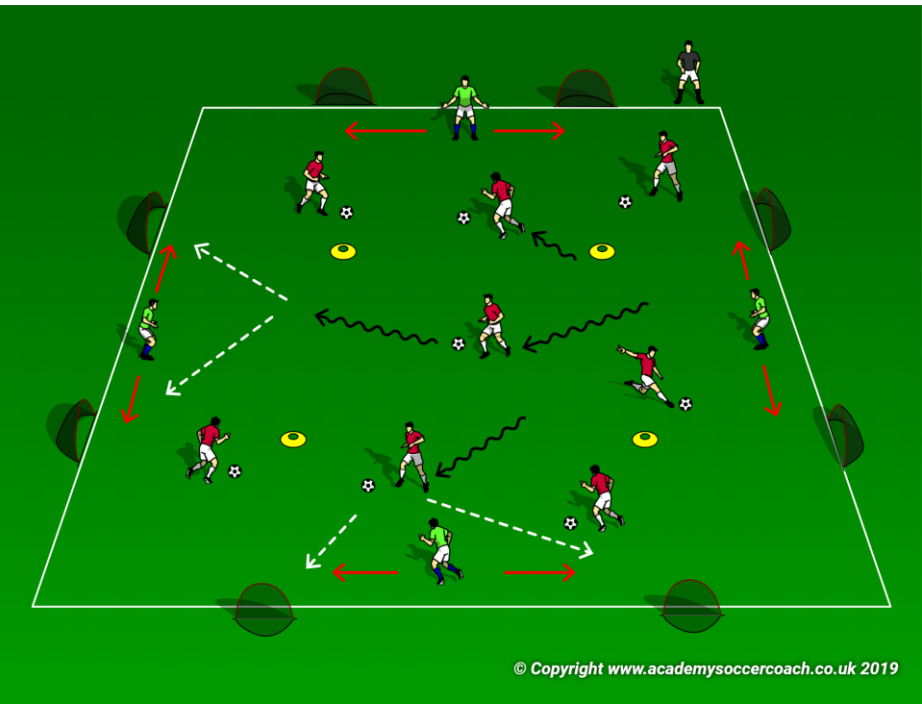
Small Sided Game

Scoring Frenzy



Organization
Multiple nets are placed around the area. Each player has a ball.
Procedure
Players have to score as many goals as they can in 1 minute. After each goal, they have to dribble through the middle square to score a next goal. Add parents in the middle and the player has to high-five their parent after each goal.
Progression
Parents are the defenders against all the players.
Conditions
N/A

Station Time	Area
6-8 Minutes	25m x 25m



Objective	
Players become more comfortable with the ball.	
Technical	Psychological
Awareness Decision Making	Confidence
Physical	Social
ABC,s Change of Direction General Fitness	Peer/Parent Interaction
Outcome	
Individual: Players become more comfortable with the ball.	
Collective: Players recognize support players.	