Manitoba Soccer Association

FUNdamentals Practice Plan
U6-U8

Grassroots Development
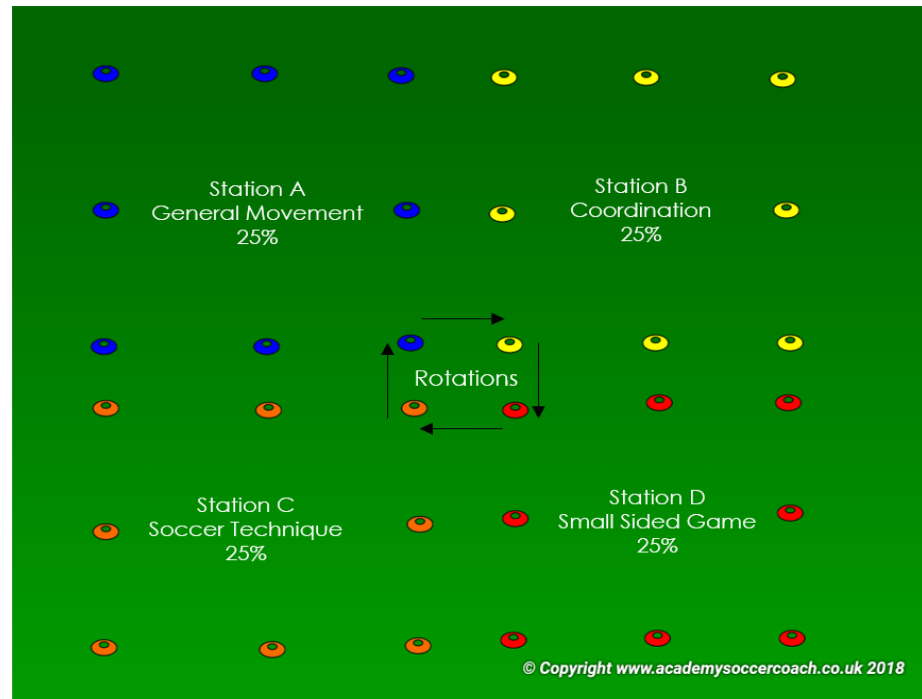
FUNdamentals
Preferred Training Model
How it works

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	

Station A
General Movement
25%

Station B
Coordination
25%

Rotations

Station C
Soccer Technique
25%

Station D
Small Sided Game
25%

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Manitoba Soccer Association – Grassroots Development

Objective

Give players opportunity to lead, and make decisions in a fun, safe environment

Technical	Psychological
Physical	Social

Outcomes

Individual:
Collective:

FUNdamentals
General Movement
Snatch

Organization

Players are partnered with each other and have 1 ball.

Procedure

Players face each other with a ball between them. When the coach says a body part (head), then the players have to touch that body part. Repeat with different body parts or actions (jump) and on the command "SNATCH" the players have to try and grab the ball before their partner does.
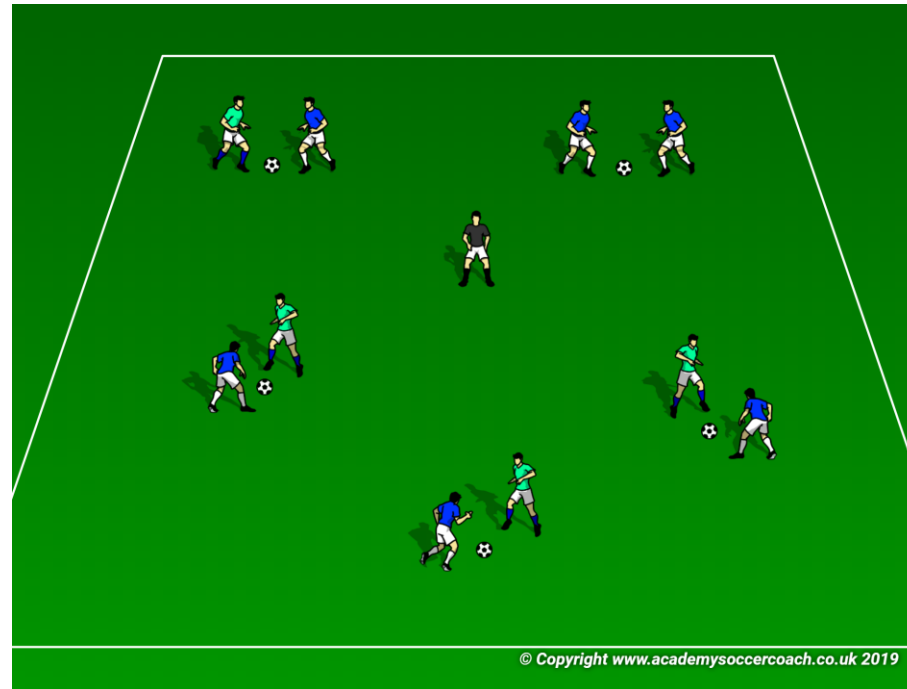
Progression

N/A

Conditions

N/A

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

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Manitoba Soccer Association – Grassroots Development

Objective

Give players opportunity to lead, and make decisions in a fun, safe environment

Technical	Psychological
Reaction Body Awareness	Confidence Problem Solving

Physical	Social
Movement Skills Physical Fitness	Peer Interaction

Outcome

Individual: Players try a variety of movements.
Collective: All players are given leadership role.
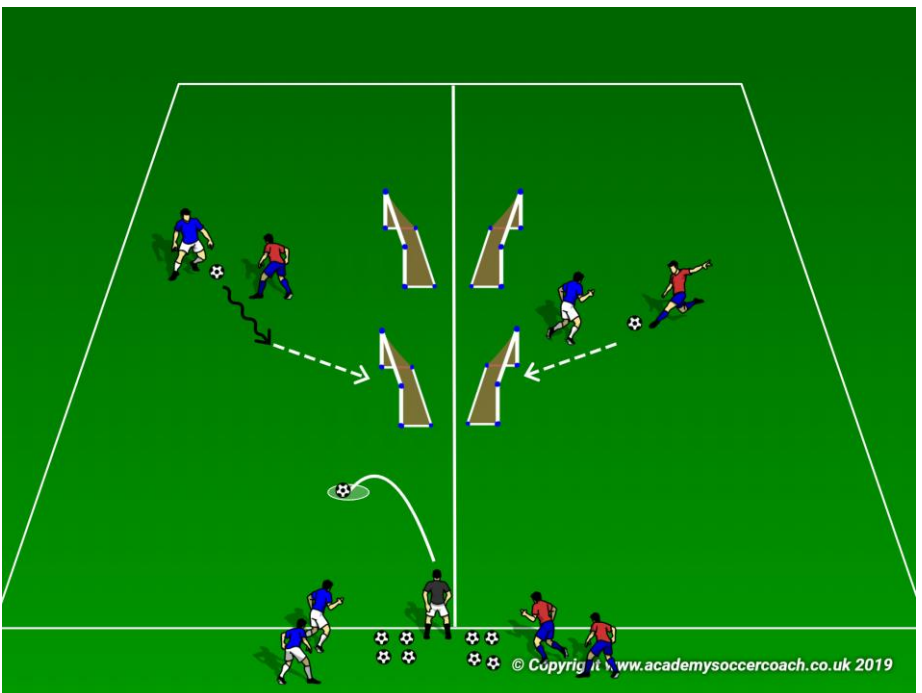
FUNdamentals
Skill Activity
1v1, 2v2 Games

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

Organization

4 nets are placed back-to-back. Players are lined up beside the coach.

Procedure

Coach plays a ball into the area and the first 2 players play until a goal is scored or goes out of play. Make the game fast-paced and play another ball in for the next 2 players so that multiple gams are going on at once.

Progression

Play 2v2s or 3v3s.

Conditions

N/A

Objective

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

Technical	Psychological
Awareness Decision Making ABC's	Confidence Motivation Competitiveness

Physical	Social
ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making

Outcome

Individual: Players can make decisions to score on different goals.
Collective: Players can confidently attack in a 1v1 situation.

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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

Players must dribble through the middle box before scoring .

Conditions

N/A

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

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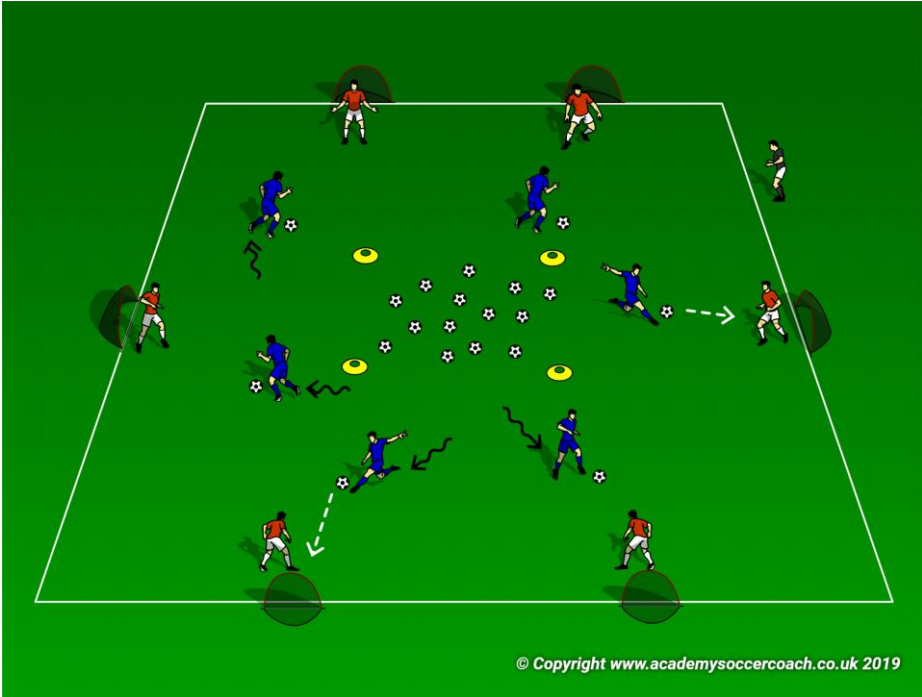
Objective

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.
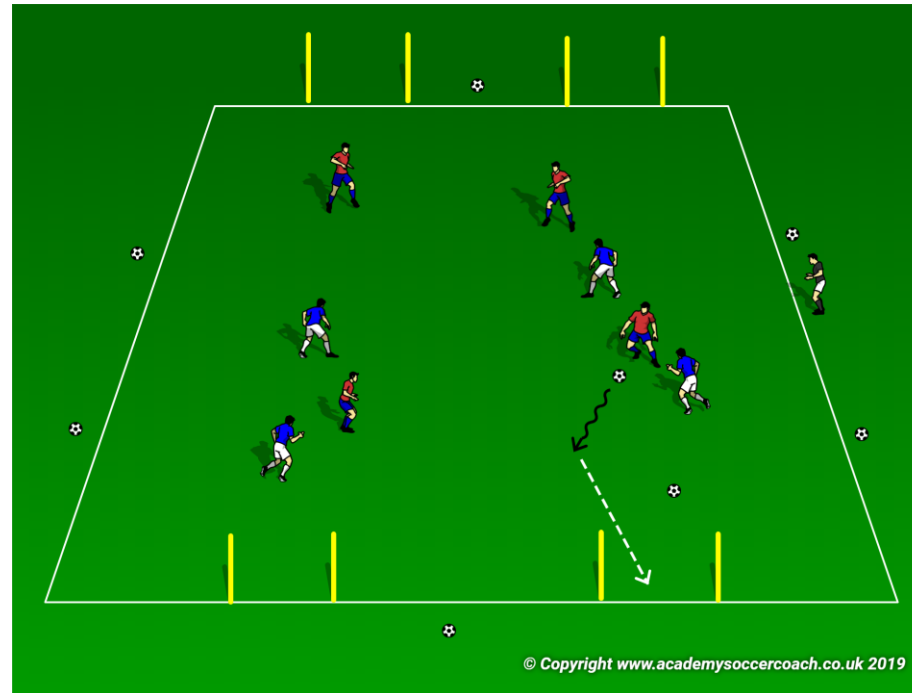
FUNdamentals
Small Sided Game
4 Goal Game

Organization

4 goals – 2 teams, each team defends 2 nets.

Procedure

Play 4v4 without goalies.

Progression

Add a goalie on each team to defend the goals,

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/Parent Interaction

Outcome

Individual: Players become more comfortable with the ball.
Collective: Players recognize support players.