



Learn to Train U9-U12: Curriculum

Grassroots Program



Disclaimer:

- All information enclosed in this presentation can be found on the OSA website stated below:

www.ontariosoccer.net

- More information on the Grassroots, Active Start Curriculum can be found at the following links:

<http://www.ontariosoccer.net/images/publications/2015/player/grassroots/Physical-Literacy-Provincial-Curriculum-LEARNING-TO-TRAIN.pdf>

<http://www.ontariosoccer.net/images/publications/2015/player/grassroots/Grassroots-Curriculum-Learn-To-Train-Web-2015.pdf>



U9 Age Characteristics:

- Now playing on a 7 v7 field
- The understanding of team play, direction and opponent is developing
- Optimum age to work on soccer specific techniques and skills



U10 Age Characteristics:

- More and more understanding and feeling for teamwork
- Understanding of playing without the ball (running off the ball) develops

U11 Age Characteristics:

- Perfect mental and physical ability for developing motor skills
- Preference for specific positions becomes clearer
- Developing an understanding of individual roles in relation to team

U12 Age Characteristics:

- Likes to compete and compare
- Socially aware, critical of own performance and that of others
- Ideal mental and physical condition in this age group
- Imitates idols

Four Corner Development Model:



- Consists of technical, psychological, physical and social/emotional components
- Each corner reflects a wide aspect of a player's development that has to be considered
- The progressive development of players is fundamental to the enjoyment, technical competency and retention in the game
- Places players at the centre of the development process with soccer experiences that meet the four key needs

Physical Aspects:

DEVELOPMENT STAGE	LEARN TO TRAIN			
	U9	U10	U11	U12
Agility	1	1	1	1
Balance	1	1	1	1
Coordination	1	1	1	1
Stamina	2	2	2	1
Strength	2	2	2	1
Speed	1	1	1	1
Suppleness	2	2	2	2
Acceleration	1	1	1	1
Reaction	1	1	1	1
Basic Motor Skills	1	1	1	1
Perception	1	1	1	1
Awareness	1	1	1	1

PRIORITY KEY

1 = HIGH

2 = MID

3 = LOW

4 = NOT APPLICABLE

Technical Aspects:

DEVELOPMENT STAGE	LEARN TO TRAIN			
	U9	U10	U11	U12
Dribbling	1	1	1	1
Shooting	1	1	1	1
Running with the ball	1	1	1	1
Ball control	2	1	1	1
Passing	2	1	1	1
Receiving	2	1	1	1
Heading	4	4	4	3
Shielding the ball	3	2	2	1
Crossing	3	2	2	1
Finishing	3	2	2	1
1v1 Defending	3	3	2	1
1v1 Attacking	2	1	1	1

PRIORITY KEY

1 = HIGH

2 = MID

3 = LOW

4 = NOT APPLICABLE

Tactical Aspects:

DEVELOPMENT STAGE	LEARN TO TRAIN			
	U9	U10	U11	U12
Possession	2	2	2	2
Transition	2	2	2	2
Combination Play	2	2	2	1
Switching Play	4	4	4	3
Counter Attacking	4	4	4	4
Playing out from the back	2	2	2	1
Attacking Principles	3	3	3	3
Zonal Defending	4	4	4	4
Pressing	3	2	2	2
Retreat	3	3	3	3
Recovery	3	3	3	3
Compactness	3	3	3	2

PRIORITY KEY

1 = HIGH

2 = MID

3 = LOW

4 = NOT APPLICABLE

Social/Emotional Aspects:

DEVELOPMENT STAGE	LEARN TO TRAIN			
SOCIAL/EMOTIONAL	U9	U10	U11	U12
Listening	2	2	1	1
Cooperation	2	2	1	1
Communication	1	1	1	1
Sharing	2	1	1	1
Problem-solving	2	2	1	1
Decision-making	2	2	1	1
Empathy	3	2	1	1
Patience	3	2	1	1
Respect/Discipline	2	2	1	1
Fair play/Honesty	2	1	1	1

PRIORITY KEY

1 = HIGH

2 = MID

3 = LOW

4 = NOT APPLICABLE

Psychological/Mental Aspects:

DEVELOPMENT STAGE	LEARN TO TRAIN			
PSYCHOLOGICAL/ MENTAL	U9	U10	U11	U12
Motivation	1	1	1	1
Self Confidence	1	1	1	1
Competitiveness	2	2	1	1
Concentration	2	2	1	1
Commitment	2	2	2	1
Self-Control	2	2	1	1
Determination	2	2	1	1

PRIORITY KEY

1 = HIGH

2 = MID

3 = LOW

4 = NOT APPLICABLE

Practice Objectives:

Basic Movements 10%

Soccer Coordination 10%

Small Sided Games 40%

Soccer Technique 40%

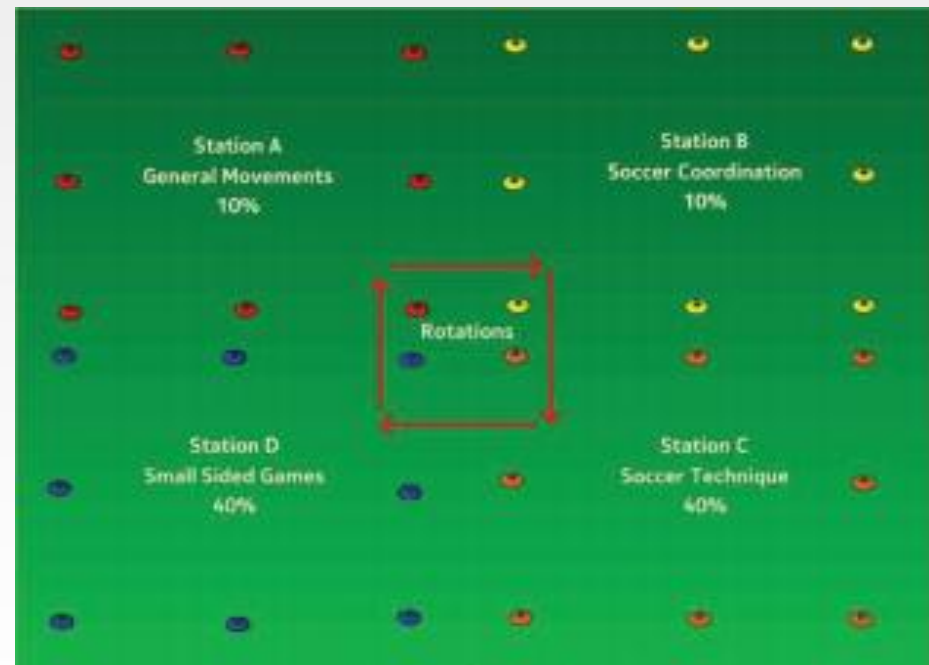
Learn to Train PRACTICE OBJECTIVES	
TECHNICAL	Improve possession and transition
PHYSICAL	Improve speed, agility, balance, coordination with/without the ball
TACTICAL	Minimal introduction at the older ages of this stage
SOCIAL	Cooperation with teammates in collective tasks during practice
PSYCHOLOGICAL	Create positive, challenging learning environment

Learn to Train PRACTICE CONTENT			
TECHNICAL 70%	PHYSICAL 17%	TACTICAL 3%	SOCIAL 10%

	U9	U10	U11	U12
Game	7v7	7v7	9v9	9v9
Practice	50 min max	50 min max	50 min max	60 min max
Prc x/week	2/3	3	4	4/5

LaSalle Player Development Model— Station Concept

The activities provided illustrate how stations can be used during Grassroots practices. During practice players will spend an allotted time at each station having fun, developing specific skills and qualities before moving onto the next station. By using station work we create an environment where players are continually motivated and challenged.



Station A- General Movement



Organization: A 30m x 30m area is divided into equal smaller boxes. 3 players in each group. Each group has 1 ball.

Procedure: Players move in their box, passing, and receiving, and are asked to perform different movements. I.e. Step over, Matthew's move. On the coach's call, players move to another box.

Time Frame: 12 - 15 minutes

Emphasis: Changing direction, eye-foot coordination, aware of surroundings, balance, fun

Station B- Soccer Coordination



Organization: Mark out two courses. Two to four players stand at each starting cone. Each team has a ball.

Procedure: On coach's call, the first player rolls the ball with hands around the far cone, and back to the next player in line. Which team can complete the activity first? Variation: Players bounce the ball around the far cone, run with the ball around the far cone or they can head a balloon around the far cone.

Time Frame: 12 - 15 minutes

Emphasis: Listening, running with the ball, changing direction, eye- hand(foot) coordination, fun

Station C- Soccer Technique (Dribbling/Creativity)



Organization: 30m x 15m area is divided to three equal grids, one player is a defender in each grid.

Procedure: Attacker runs to 1st defender and performs a dribbling move, when he/she passes the first defender, then he/she runs to 2nd defender performing different dribbling move. Once they pass the final defender the attacker gets to shoot on goal.

Progression: This exercise could be done in 2v1 situation, working on when to pass, and when to dribble. Rotate players

Time Frame: 12 - 15 minutes

Emphasis: Changing direction, change of speed, agility, balance, coordination, shooting, finishing, fun

Station D- Small Sided Game with Retreat Line



Organization: Players play 5v5 on a 35m x 25m field. The Retreat line is located at the half way line.

Procedure: Once the ball goes out for a goal kick or the goalkeeper has control of the ball the opposition must retreat behind the retreat line. Once the player receives the pass from the goalkeeper the game is live. If you have odd numbers you can have the extra player become a neutral player in the game.

Time Frame: 12 - 15 minutes

Emphasis: Running with the ball, dribbling, 1v1, changing direction, change of speed, agility, balance, coordination, imagination, creativity, fun

Retreat Line:

- Comes into play when the ball has gone out for a goal kick or when the goalkeeper has the ball in his/her arms
- All opponents must be behind the retreat line and cannot cross the retreat line until the ball
 - Is touched by a player of the team taking the goal kick OR
 - Leaves the field of play OR,
 - Goes over the retreat line. (If the goalkeeper chooses to play the ball across the retreat line prior to the opposition crossing the retreat line 7v7/9v9)

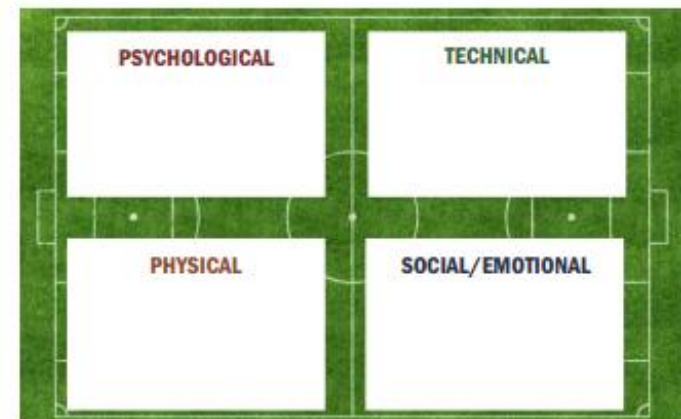
Blank Practice Plan:

STATION A - GENERAL MOVEMENT

For coaches to plan their own sessions

Time Frame: 8 minutes

Emphasis:







Thank You

