



FUNdamentals U6-U8: 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-FUNDAMENTALS.pdf>

<http://www.ontariosoccer.net/images/publications/2015/player/grassroots/Grassroots-Curriculum-Fundamentals-2015.pdf>

U6 Age Characteristics:

- Able to understand very basic coaching info like stay in the area, attack in the direction etc.
- Learning through trial and error
- Biggest challenge is learning to control the moving ball with their feet



U7 Age Characteristics:

- Players now understand the game's purpose is to score more goals than their opponents
- Still a lot of individual play



U8 Age Characteristics:

- Players' understanding that acting with the ball purposefully will lead to success is developing
- Combining basic motor skills with ball control is now encouraged

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:

A, B, C's
Running
Change of Direction
Speed
Eye-foot coordination
Agility
Balance
Coordination

DEVELOPMENT STAGE	FUNdamentals		
	U6	U7	U8
PHYSICAL			
Agility	2	2	1
Balance	3	2	1
Coordination	3	2	1
Stamina	4	4	3
Strength	3	3	3
Speed	2	1	1
Suppleness	3	3	3
Acceleration	3	2	2
Reaction	3	2	2
Basic Motor Skills	1	1	1
Perception	1	1	1
Awareness	1	1	1
Other Sports	1	1	1

PRIORITY KEY	1 = HIGH	2 = MID	3 = LOW	4 = NOT APPLICABLE
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Technical Aspects:

- Dribbling
- Running with the ball
- Shooting
- Passing/Receiving
- Moves
- Turning
- Attacking/defending
- Part of the Ball/Foot
- Kicking the Ball
- Goalkeeping
- Using both feet

DEVELOPMENT STAGE	FUNdamentals		
TECHNICAL	U6	U7	U8
Dribbling	1	1	1
Shooting	1	1	1
Running with the ball	1	1	1
Ball control	3	1	1
Passing	3	3	1
Receiving	3	1	1
Heading	4	4	4
Shielding the ball	4	4	3
Crossing	4	4	3
Finishing	4	4	3
1v1 Defending	4	4	3
1v1 Attacking	3	3	2

PRIORITY KEY

1 = HIGH

2 = MID

3 = LOW

4 = NOT APPLICABLE

Social/Emotional Aspects:

Listening
Communicating
Celebrating
Fun
Interaction with peers

DEVELOPMENT STAGE	FUNdamentals		
SOCIAL/EMOTIONAL	U6	U7	U8
Listening	2	2	1
Cooperation	2	2	1
Communication	1	1	1
Sharing	3	2	1
Problem-solving	3	2	2
Decision-making	3	2	1
Empathy	3	2	2
Patience	3	2	2
Respect/Discipline	2	1	1
Fair play/Honesty	3	2	1

PRIORITY KEY

1 = HIGH

2 = MID

3 = LOW

4 = NOT APPLICABLE

Psychological/ Mental Aspects:

- Confidence
- Being safe
- Imagination
- Positive reinforcement
- Awareness
- Fun
- Feeling safe
- Decision making

DEVELOPMENT STAGE	FUNdamentals		
PSYCHOLOGICAL/ MENTAL	U6	U7	U8
Motivation	1	1	1
Self Confidence	1	1	1
Competitiveness	4	3	2
Concentration	3	3	3
Commitment	4	3	2
Self-Control	3	3	2
Determination	3	3	2

PRIORITY KEY	1 = HIGH	2 = MID	3 = LOW	4 = NOT APPLICABLE
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Practice Objectives:

Basic Movements 20%

Soccer Coordination 20%

Small Sided Games 40%

Soccer Technique 20%

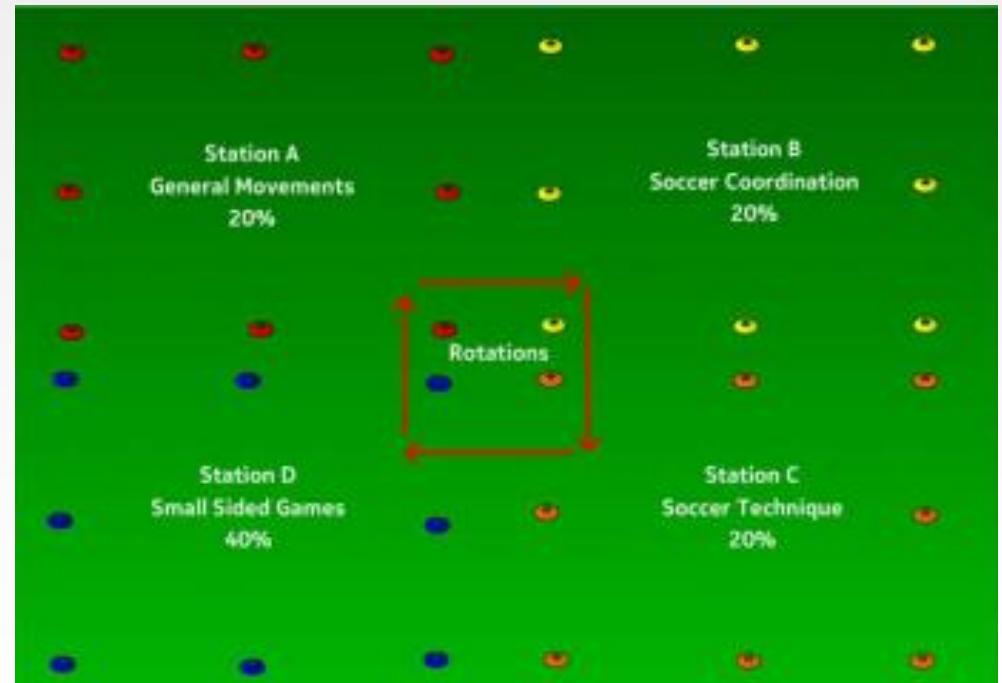
TECHNICAL	Introduce basic individual techniques
PHYSICAL	Develop agility, balance, coordination with/without the ball
TACTICAL	No tactical objectives at this stage
SOCIAL	Increase confidence with the ball and playing with teammates
PSYCHOLOGICAL	Create positive, learning environment

FUNDamental PRACTICE CONTENT DISTRIBUTION			
TECHNICAL	PHYSICAL	TACTICAL	SOCIAL
50%	30%	0%	20%

	U6	U7	U8
Game	3v3	4v4 or 5v5	5v5
Practice	45 min max	45 min max	45 min max
Prc x/week	1	2	2

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



Time Frame: 8 - 10 minutes

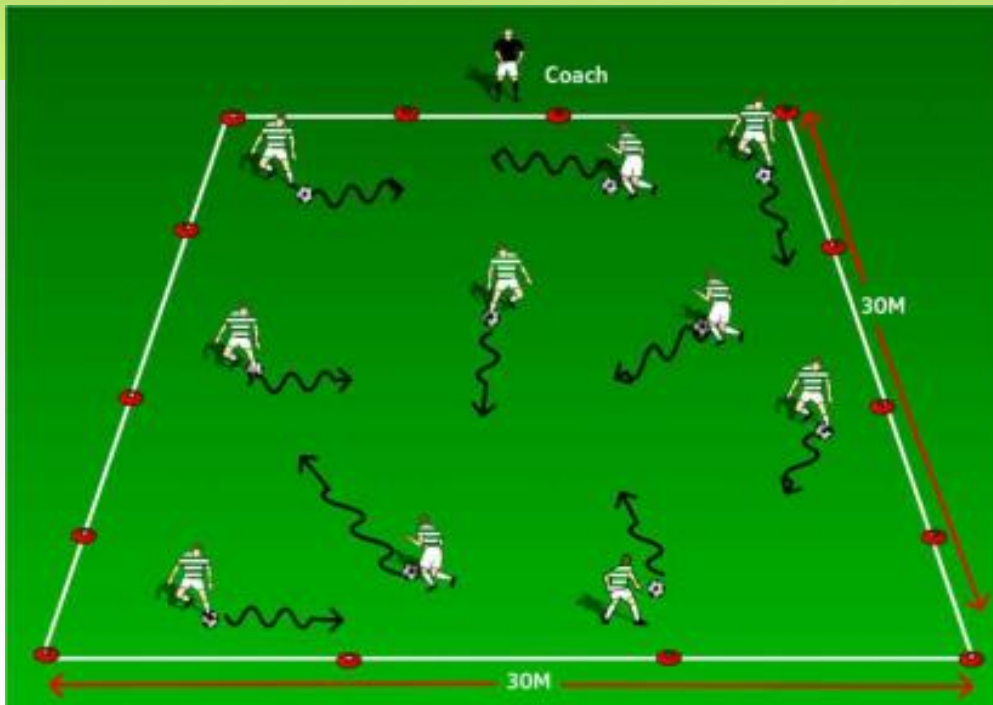
Emphasis: Listening, different types of running/movements, changing direction, agility, balance, coordination, fun

Organization: Players are placed into pairs in a 25m x 25m area.

Procedure: 1 player becomes the leader and the 2nd player becomes the follower. Encourage the players to use different movements such as walking, running, jumping, rolling, running backwards and also sideways. After 30 seconds players switch.

Progression: Each player has a ball.

Station B- Soccer Coordination (Ball Familiarity)



Organization: Players dribble freely inside 30m x 30m area.
Procedure: Players are asked to express them self's and be creative by attacking space and showing different moves. On coaches command players will perform different touches on the ball, for example Toe Taps.

Time Frame: 8 - 10 minutes

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

Station C- Soccer Technique (Numbers Game)



Organization: Players are organized into 2 teams. Each player is given a number. Field is 30m x 25m with a goal at each end.

Procedure: The coach calls a specific number and that number runs into the field. These 2 players now play 1v1 to goal. Progression: The coach can call out more than one number to create a 2v2 or 3v3.

Time Frame: 8 - 10 minutes

Emphasis: Listening, running with the ball, dribbling, 1v1, attacking/defending, shooting, changing direction, agility, balance, coordination, imagination, fun

Station D- Small Sided Game (5 v 5 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: 8 - 10 minutes

Emphasis: Listening, running with the ball, passing, shooting, dribbling, team work changing direction, agility, balance, coordination, imagination, 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)

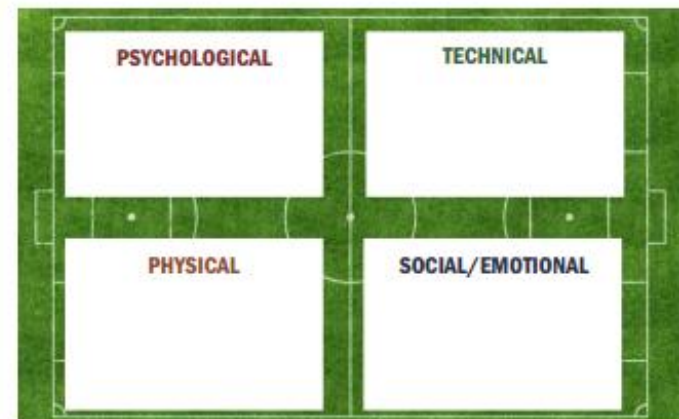
Blank Practice Plan:

STATION A - GENERAL MOVEMENT

For coaches to plan their own sessions

Time Frame: 8 minutes

Emphasis:





Thank You

