



L.T.P.D.  
long term player development



# FUNdamentals "Fun with the ball"

**For coaches of U6 to U8 females  
and U6 to U9 males**



# FUN with the ball

Coach, skill development at this stage should be well structured, positive, FUN and should concentrate on developing the ABC's of Agility, Balance and Coordination plus speed.

Encourage your players to take part in unstructured play, every day, with their friends.

Learning to read the movements going on around them are critical skills to be developed at this age. Playing small- sided games, 3v3, 4v4 etc. can develop players' ability to read what others are going to do based on the movements.

Let your players make decisions, expose them to working out problems and coming up with solutions.

## Practice Focus

Coach, the above chart indicates how your practice sessions should be structured for players in the FUNdamental development stage.



### Small-sided games

Can be 3v3, 4v4 or 5v5 as they grow.  
Small fields and small goals.

### Soccer Technique

Fun activities and games with a ball each, concentrate on dribbling, passing, shooting.

All done in a positive, fun , safe, interactive environment.

Practice duration should be no more than 45 minutes.

No tournaments at this stage, but as they get older jamboree-type events and festivals can be planned.

### Soccer Coordination

Ball each, lots of touches, left and right foot, different parts of foot and body.

### General Movements

Running, jumping, twisting, rolling, hopping, moving backwards, etc.

## Role of the FUNdamentals Coach

- Provide fun, safe and enjoyable activity.
- Provide well organized practices and games.
- Provide stimulating activities that promote fundamental skills and movement.
- Communicate appropriately with children.



The U6-U8 female and U6-U9 male FUNdamental age group is the second stage of soccer development that our players go through. However, we have to recognize that in this stage there are players who are participating in soccer for the first time.

The most important focus at this age is the continued development of physical literacy and the recognition that individual technique development is paramount. That being said, coaches in this stage have to create a learning environment that is stimulating and engaging where players learn in a fun-filled small-sized game environment.

The programs now start to move into a team format with head and assistant coaches. Teams will also now start to play games within their own organization.

*Create an environment of FUN and Freedom!*

# Four-Corner Approach

The gradual progressive development of players is fundamental to the enjoyment, technical competency and retention in the game. The “four corner” approach places the player at the center of the development process with soccer experiences that meet the four key needs of the player.



## FUNDamental Coaches' Tips

- Create a stimulating learning environment where the atmosphere is “Freedom and FUN”.
- Ensure that you have enough soccer balls for every child.
- Are water bottles available?
- Check your playing area, to ensure it's safe. No rocks or holes.
- Organize your practice to have all the children active, all of the time.
- Playing situations work best for teaching understanding and building basic game sense.
- Game formats can progress from 3v3 to 5v5 as the children grow.
- During games everyone should play equal time, in all positions.
- Be enthusiastic, have fun!
- No scores or standings are kept.
- “High fives”, praise for everyone.
- Practice length 30- 45 minutes.



*We want players at stage to have basic movement skills, be comfortable with a ball, be more confident and try new challenges.*

# Model For Community Sport



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## FUNDamentals Game Format

Game	Squad Size	Duration	Ball Size	Field	Goal
3v3	Max 6	2 x 15 min	3	18m x 25m	5ft x 8 ft
4v4	Max 8	2 x 15 min	3	20m x 30m	5ft x 8 ft
5v5	Max 10	2 x 15 min	3/4	25m x 30m	5ft x 8 ft

# Fundamentals Coaching Clinic

For the players to enjoy their soccer experience the most we recommend that each coach attend a FUNdamentals Coaching Clinic. During the fun, interactive 7 hour course you will be introduced to games and activities that are designed for the FUNdamental development stage players. Learn how to design and run a safe, age appropriate practice. For more info contact your club, district or OSA.

## Resources

For further information on Coaching clinics, practice sessions, LTPD information game formats etc. please contact any of the resources listed below.

Ontario Soccer Association - [www.soccer.on.ca](http://www.soccer.on.ca)

Canadian Soccer Association - [www.canadasoccer.com](http://www.canadasoccer.com)

Canadian Sport 4 Life - [www.canadiansportforlife.ca](http://www.canadiansportforlife.ca)

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