

GRASSROOTS WORKBOOK

&

PRACTICE PLANS



The cover of the "Active Start 'First Kicks'" workbook. It features a red background with a white soccer jersey hanging from the top left corner, displaying the number "1". A young girl in a green soccer jersey is shown kicking a soccer ball. The text "Active Start 'First Kicks'" is prominently displayed in white. At the bottom, it says "For coaches of U4 to U6 year-olds". Logos for "L.T.P.D. long term player development" and the "CANADA" national emblem are also present.



Active Start practice plan Preferred training model – The Station concept



The activities provided illustrate how stations can be used during Grassroots practices. During the 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 that they are continually challenged.

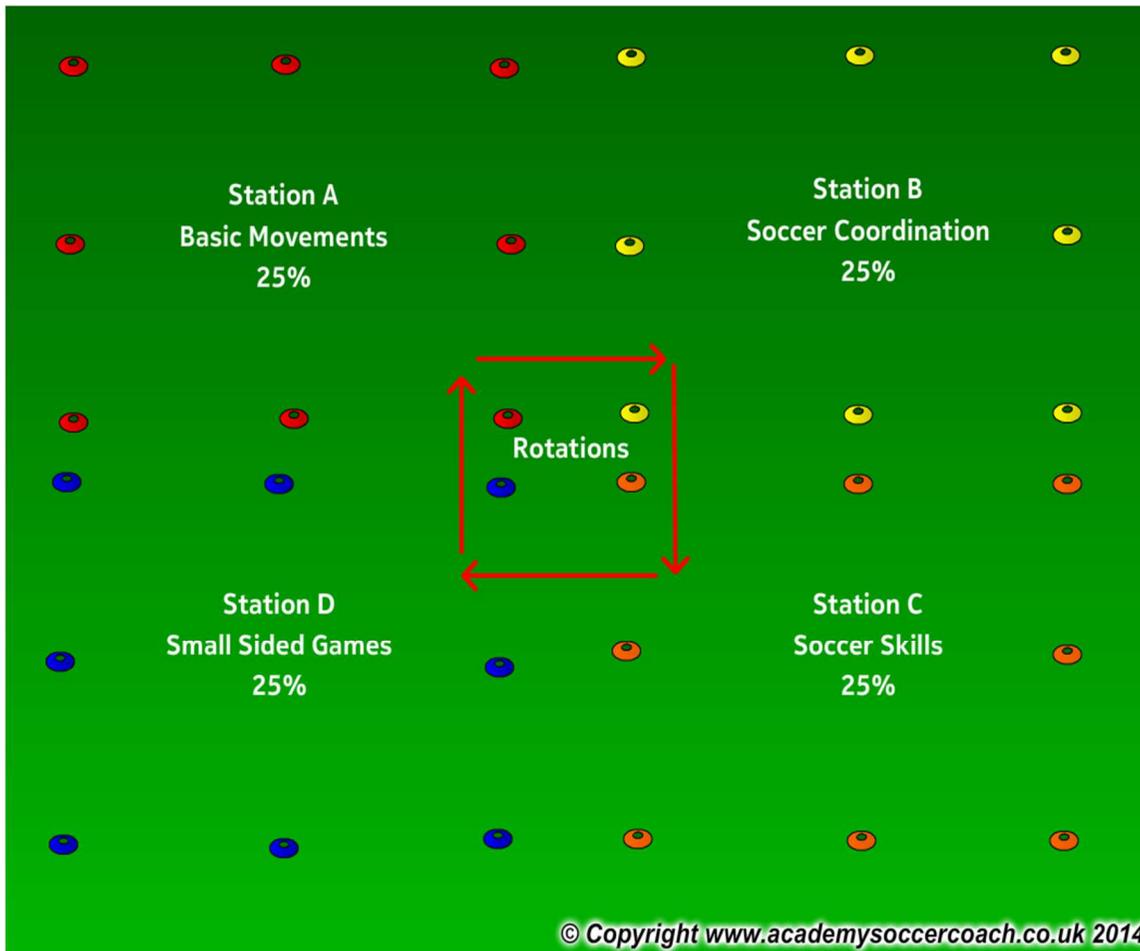
In the following activities players will travel through 4 stations. In these examples one station focuses on Physical Literacy, two stations on movements with the ball and the 4th station is focused around the game with the children playing 1v1.

All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

Total Practice time 40 minutes as per the Recreational and Development Matrix



Active Start practice plan How the preferred training model works

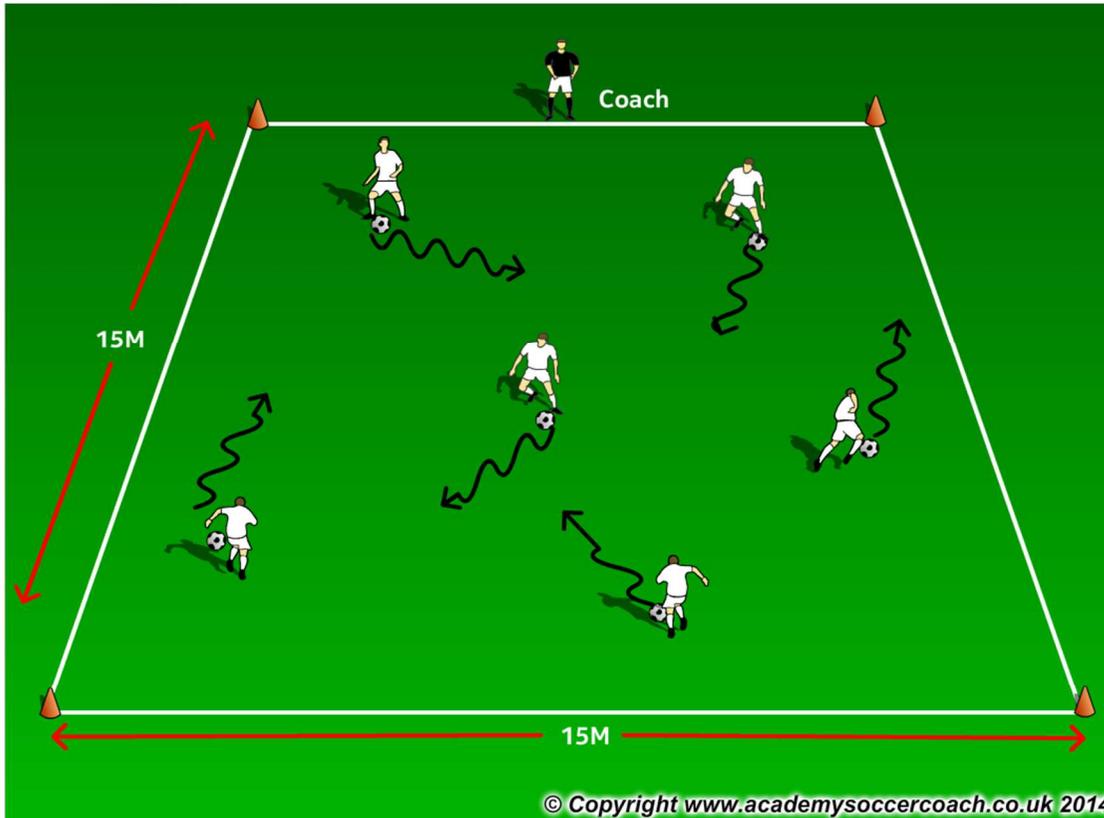


If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



Active Start practice plan – Week 9
Station A
General movement – Think fast



Organisation. 15mx15m area. Each player has a soccer ball.
Procedure. Players dribble inside the beach. Players must react as fast as they can. If the coach calls out "stop", the players use the sole of their foot to stop the ball and freeze as a statue. If the coach calls out "turn" players react by changing direction. Players aim to avoid bumping in to one another.

Time Frame. 8 minutes

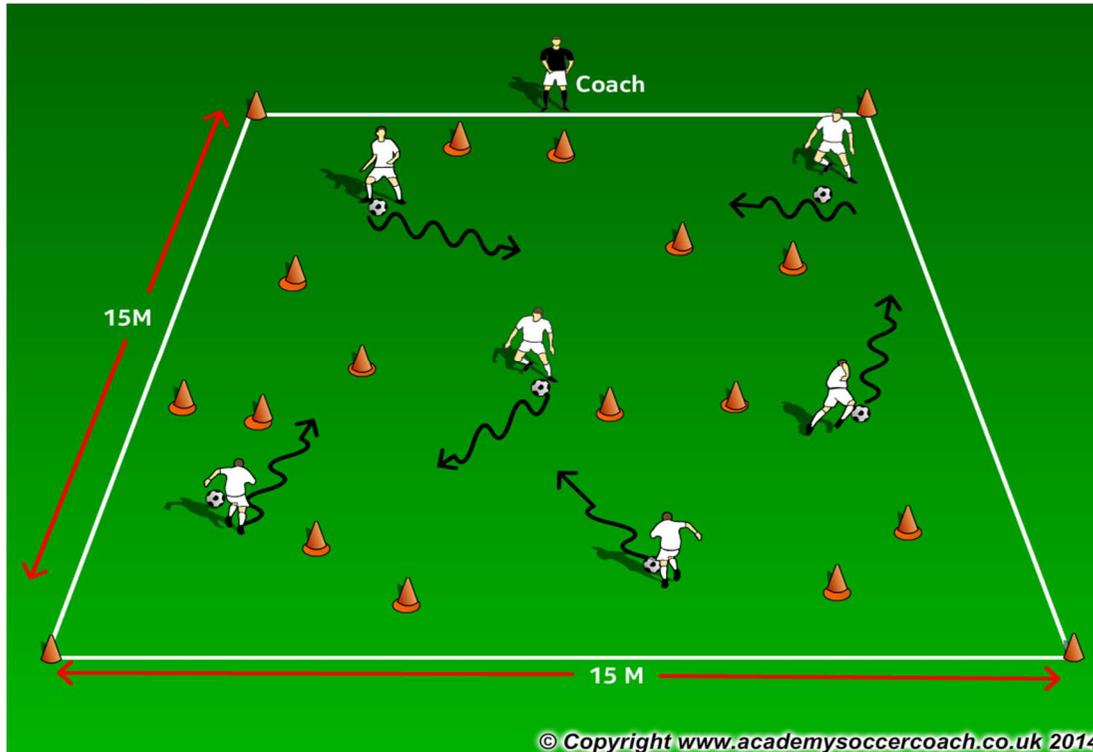
Emphasis:

Listening
 Dribbling
 Changing direction
 Agility, Balance, Coordination
FUN!

<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>Dribbling</p>
<p><u>Physical</u></p> <p>A,B,C's Change of Direction</p>	<p><u>Social</u></p> <p>Listening Communicating Celebrating</p>



Active Start practice plan – Week 9
Station B
Soccer Technique – Beach soccer



Organization. Each player has a ball in the 15m x15m area
Procedure. Players dribble inside the beach. (outs ide the beach is water, players are asked to use their imagination) Players must react as fast as they can. If the coach calls out "stop", the players use the sole of their foot to stop the ball and freeze as a statue. When the coach calls "palm trees" the players have to pass their ball against the cones "palm trees" and knock them over. Every time they knock a palm tree over they score 1 point.
 If the coach calls out "dive" the players pick up their ball and dive into the water to go swimming.

Time Frame. 8 minutes

Emphasis:

Lots of touches on the ball
 Different parts of the foot
 Imagination
 FUN!

<p><u>Psychological</u> Confidence Being safe Imagination</p>	<p><u>Technical</u> Dribbling Running with the ball</p>
<p><u>Physical</u> A,B,C's Change of Direction Jumping/landing</p>	<p><u>Social</u> Listening Communicating Celebrating</p>



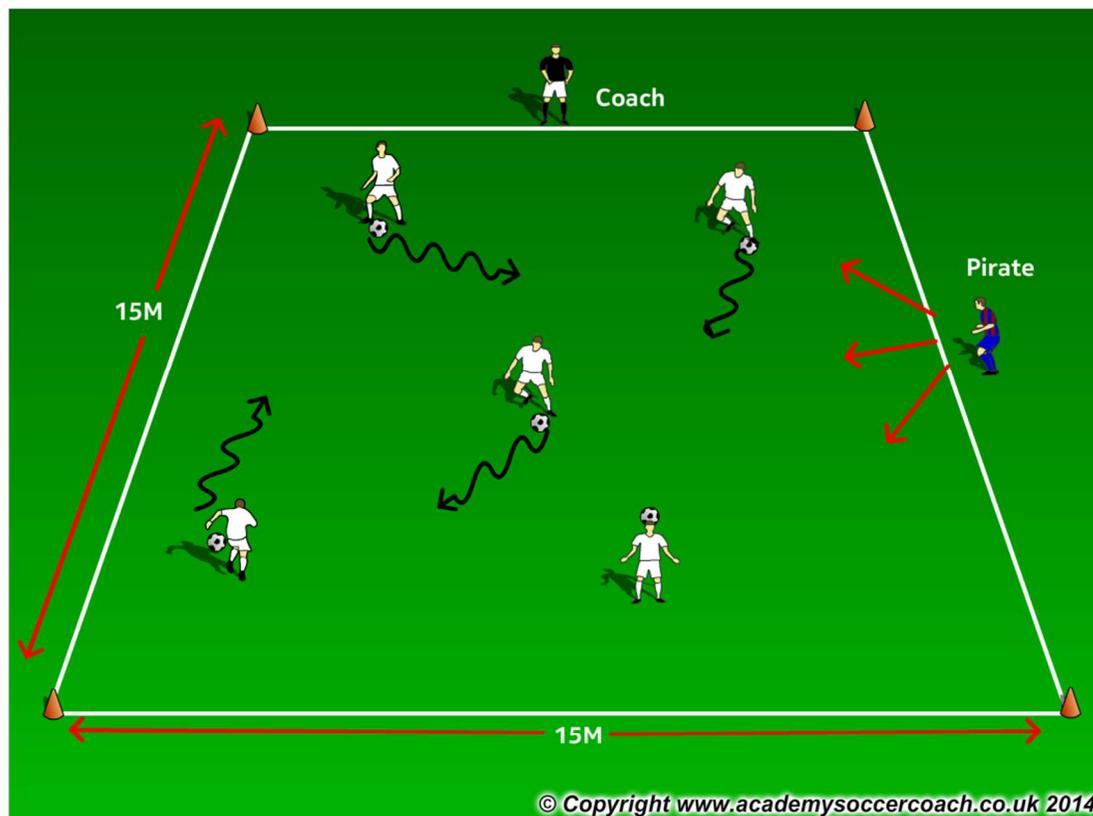
Active Start practice plan – Week 9
Station C
Soccer Technique - Pirates



Time Frame. 8 minutes

Emphasis:

- Listening
- Dribbling
- Changing direction
- Agility, Balance, Coordination
- Imagination
- FUN!**

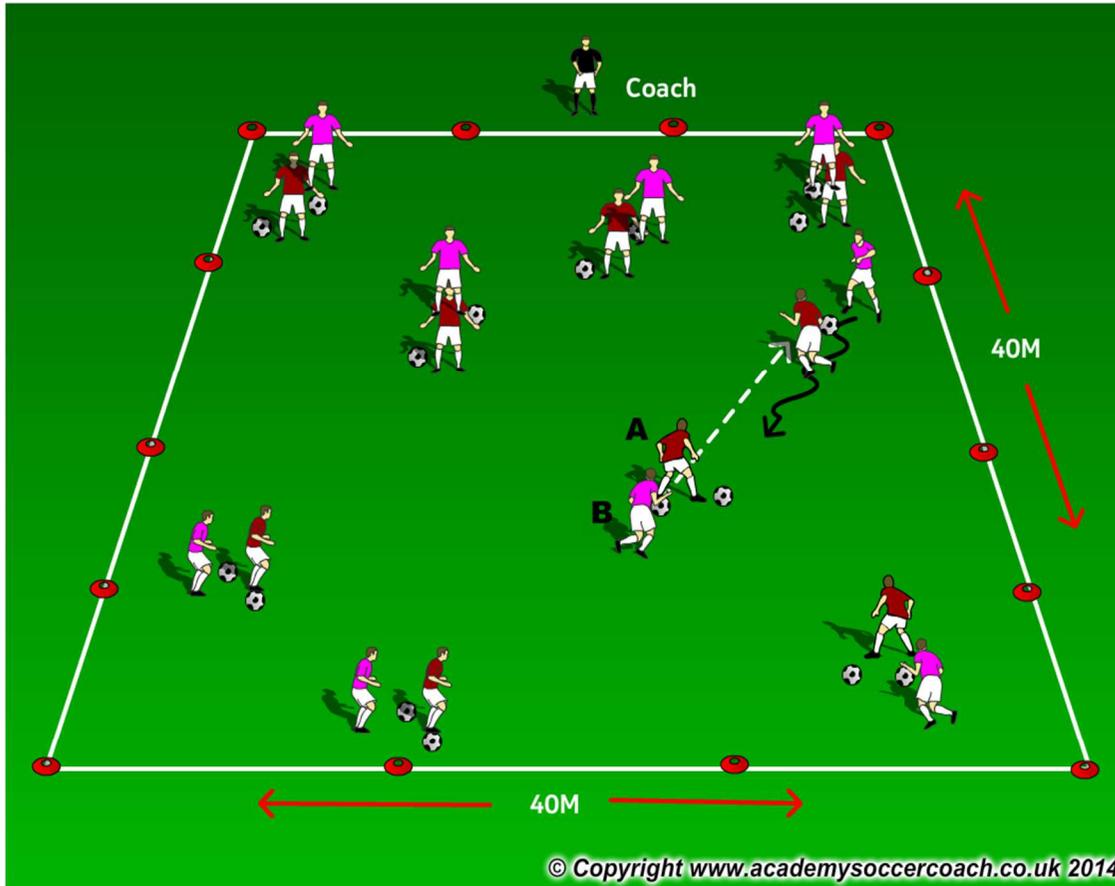


Organisation. All players dribble around on the beach.
Procedure. 1 player at a time is selected to become the "Pirate". When the coach says go the Pirate comes on to the beach and attempts to tag the players. If a player is tagged they must stand with their legs apart, holding the soccer ball and their head shouting, Help help the Pirate got me!" to be freed a player who is dribbling crawls through the back of their legs. Each player gets to be the Pirate for 1 minute.

<u>Psychological</u> Confidence Being safe	<u>Technical</u> Dribbling Running with the ball
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Listening Communicating Celebrating



Active Start practice plan - Week 9
Station D
Small sided game – 1v1 beach ball!



1v1 to a ball:
 Players play 1v1 to a ball. Player B passes the ball through player A's legs. Once the ball is played, the game is live and players compete to hit the target ball with the game ball. Players compete for 2 minutes. Once a goal is scored, players switch and restart the game.

Time Frame. 8 minutes

Emphasis:

- Listening
- Running with the ball
- Dribbling
- Changing direction
- Agility, Balance, Coordination
- Imagination
- FUN!**

<p><u>Psychological</u> Confidence Being safe Imagination</p>	<p><u>Technical</u> Dribbling Running with the ball</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Celebrating</p>