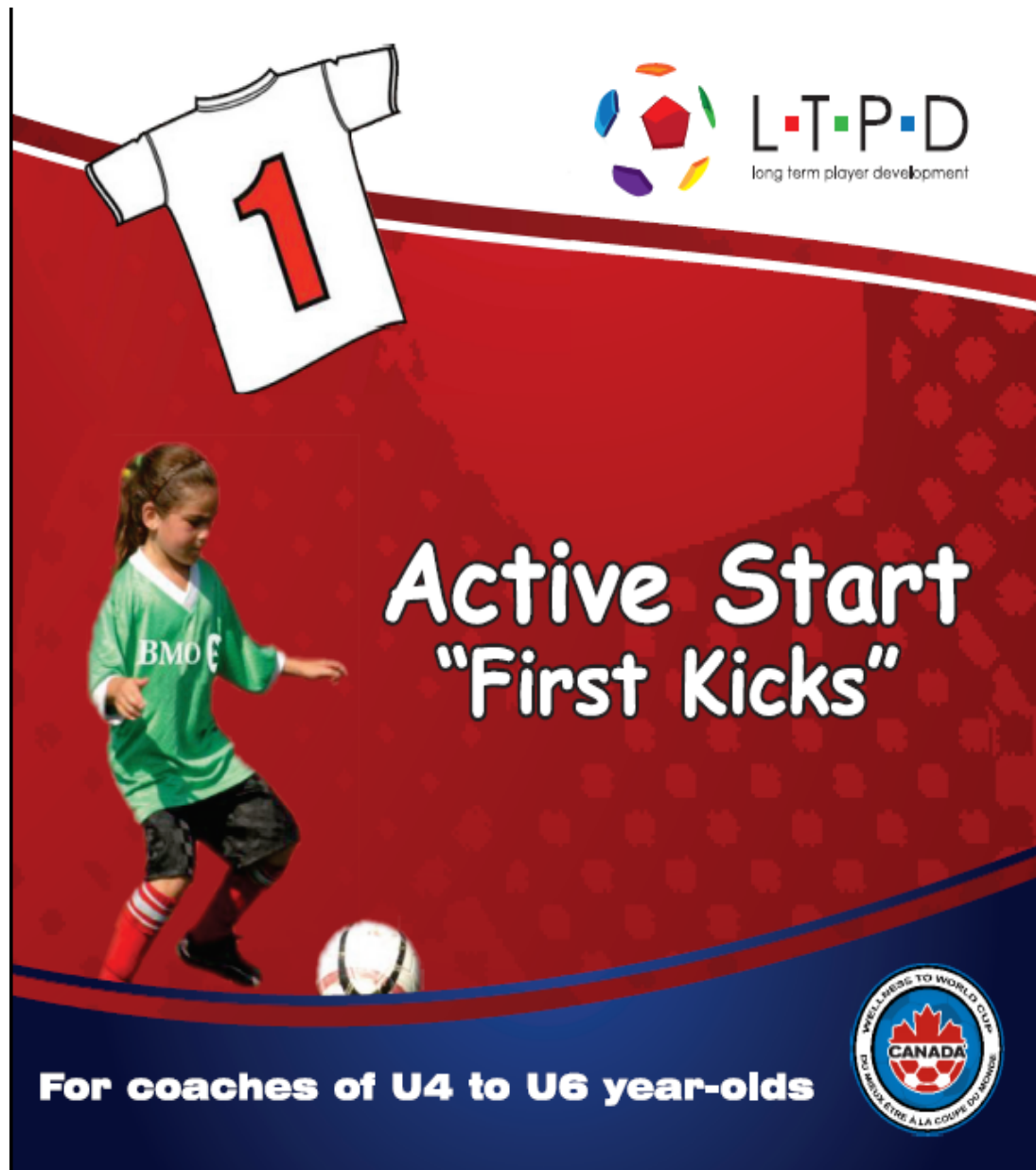




GRASSROOTS WORKBOOK & PRACTICE PLANS





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.

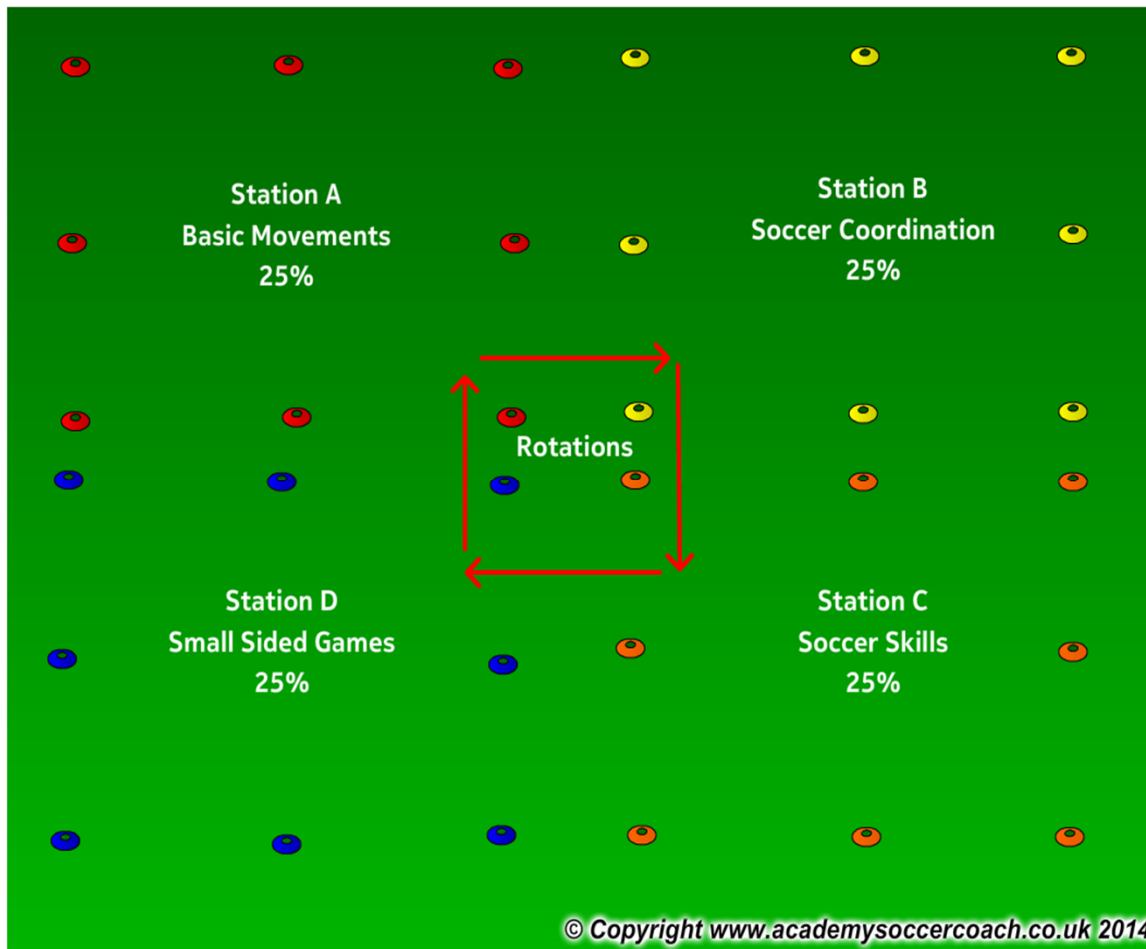
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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.

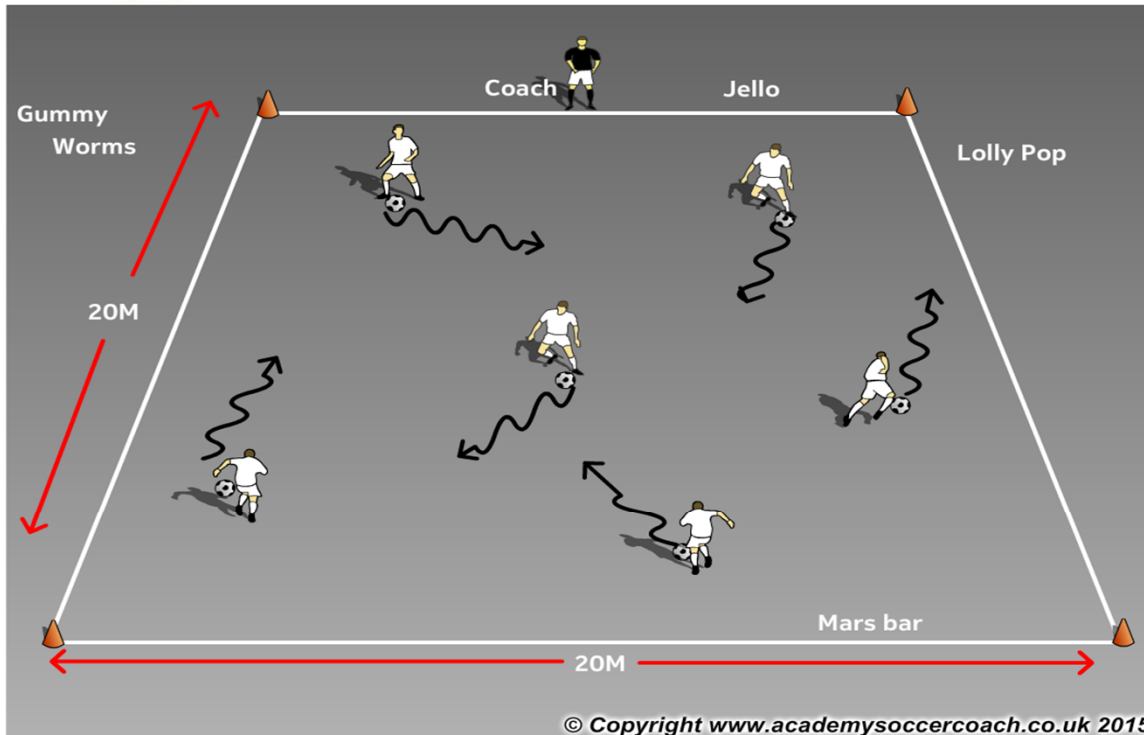
If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



Active Start practice plan – Week 13

Station A

General movement – Candy Store



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Organization: 20m x 20m area. Each player has a soccer ball.

Procedure: All players dribble inside the area. The area now becomes a candy store and the players explore by shouting out their favourite candies. The coach names each side of the area after a different candy and when the coach calls out that specific candy the players dribble to the correct side and perform a specific challenge. I.e. toe taps, (players touch ball 1 foot at the time using their sole) inside inside etc. (Players use the inside of their feet to knock the ball back and forth between each foot).

Time Frame. 8 minutes

Emphasis:

Listening

Dribbling

Changing direction

Agility, Balance, Coordination

FUN!

Psychological

Confidence
Being safe
FUN

Technical

Dribbling

Physical

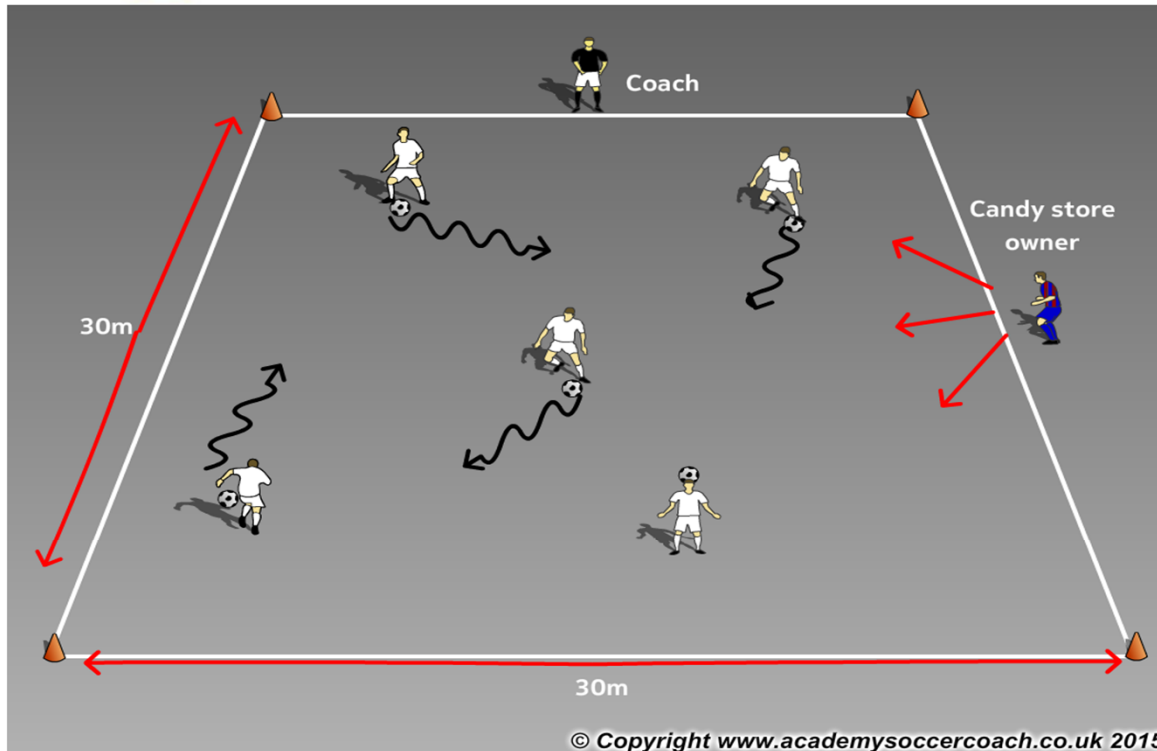
A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating



Active Start practice plan – Week 13
Station B
Soccer Technique – Candy store owner!



Organization: 30m x 30m area set up. Every player has a soccer ball apart from the "Candy store owner"

Procedure: All players dribble around inside the area. 1 player at a time is selected to become the "Candy store owner". When the coach calls "go" the candy store owner comes in and attempts to tag the players. If a player is tagged they must stand with their legs apart, holding the soccer ball in their head shouting, "help, help I'm stuck in the candy store" to be freed a player who is dribbling crawls through the back of their legs. Each player gets to be the candy store owner for 1 minute.

Time Frame. 8 minutes

Emphasis:

Lots of touches on the ball
Different parts of the foot
Changing direction
FUN!

Psychological

Confidence
Being safe
FUN

Technical

Dribbling
Running with the ball

Physical

A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating



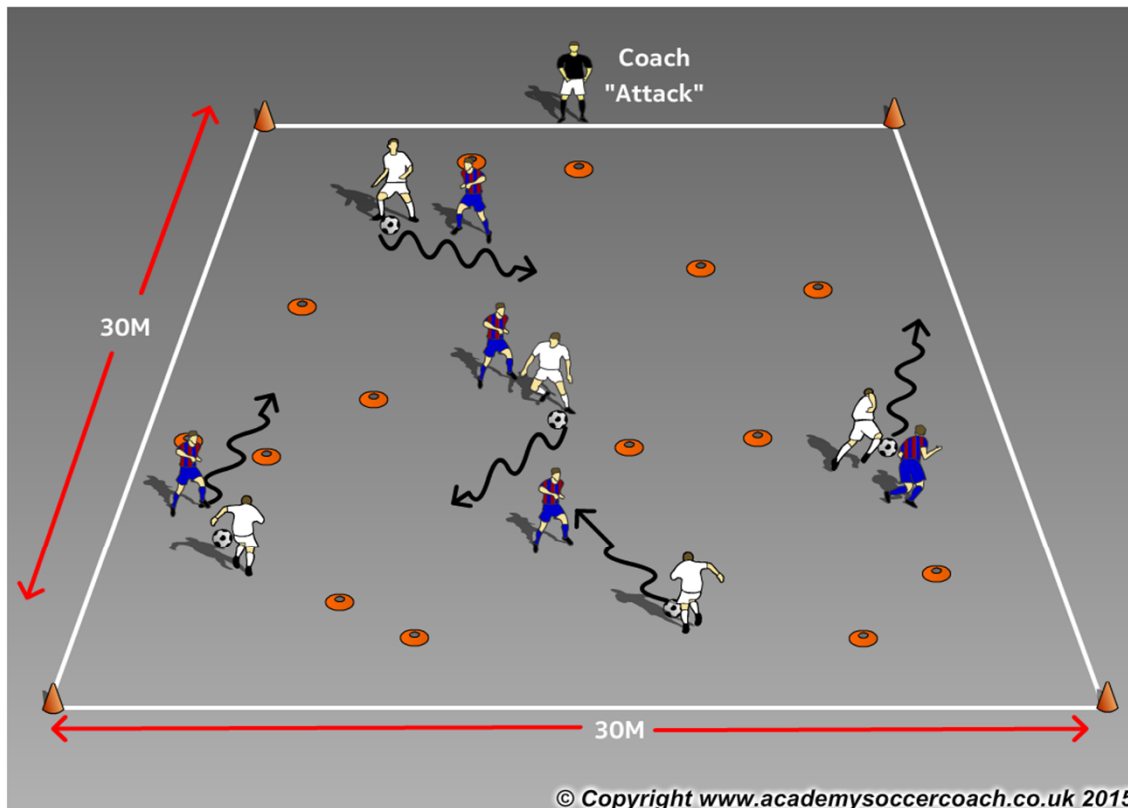
Active Start practice plan – Week 13
Station C
Soccer Technique – 1v1 through gates



Time Frame. 8 minutes

Emphasis:

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



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Organization: Players are paired inside a 30m x 30m area.

Procedure: When the coach calls "Attack" the player with ball attempts to dribble through the gates. The player without the ball becomes the defender. If the defender wins the ball he/she then becomes the attacker and vice versa. Players play for 1 minute and score a point every time they go through a gate. Player's cannot go straight back through the same gate. After 1 minute players change partners.

Psychological

Confidence
Being safe

Technical

Dribbling
Running with the ball

Physical

A,B,C's
Change of Direction

Social

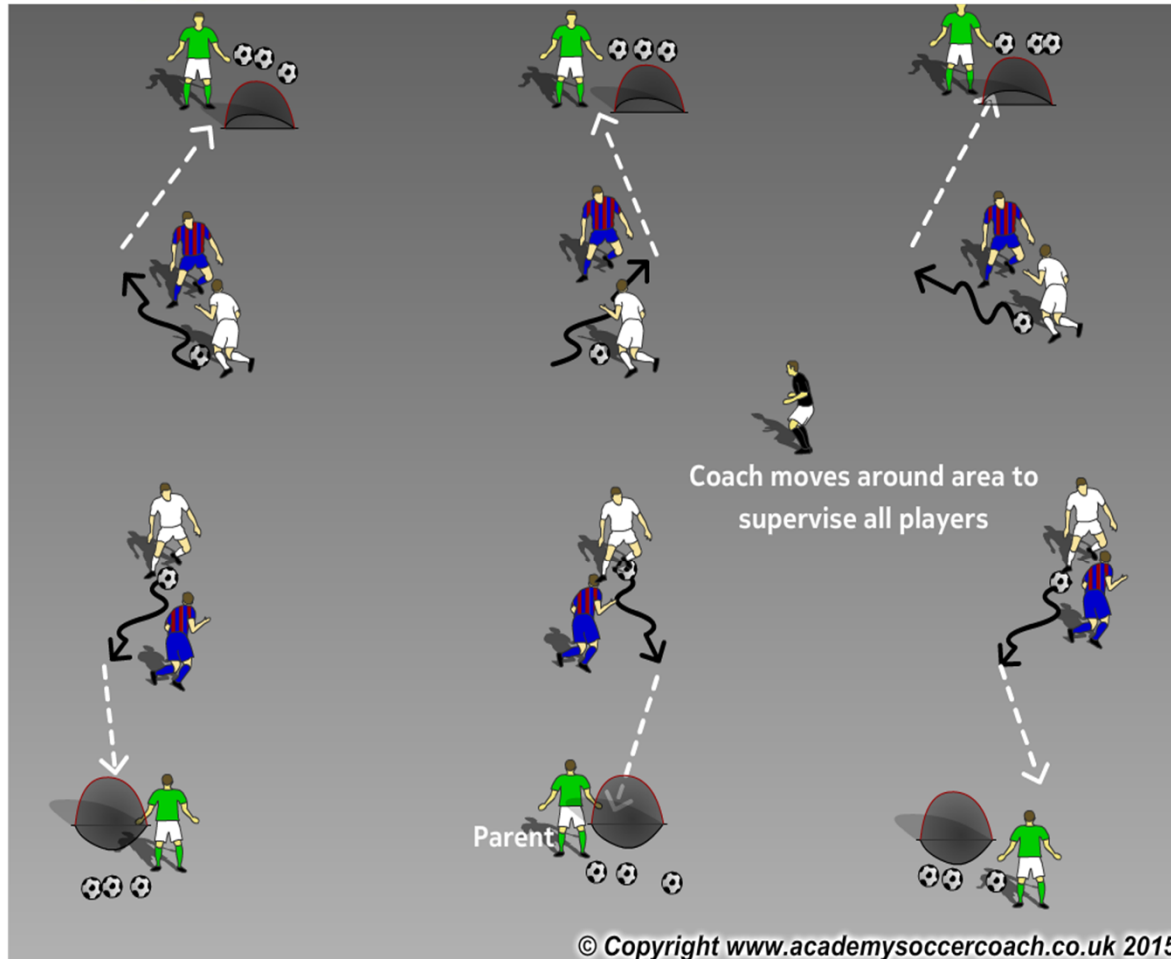
Listening
Communicating
Celebrating



Active Start practice plan - Week 13

Station D

Small sided game – 1v1 TO GOAL



Organization: Player placed into groups of 2. They play 1v1 to goal.
Procedure: Parent rolls the ball out and the 2 players play 1v1. Players look to score in the pug goal. After 90 seconds rotate partners.

Time Frame. 8 minutes

Emphasis:

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

Psychological

Confidence
Being safe
FUN

Technical

Dribbling
Running with the ball
Shooting

Physical

A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating