

# GRASSROOTS WORKBOOK & PRACTICE PLANS





## **FUNDamentals practice plans**

### **The OSA Player Development 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 general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a small sided soccer game of 2v2, 3v3, 4v4 or 5v5.

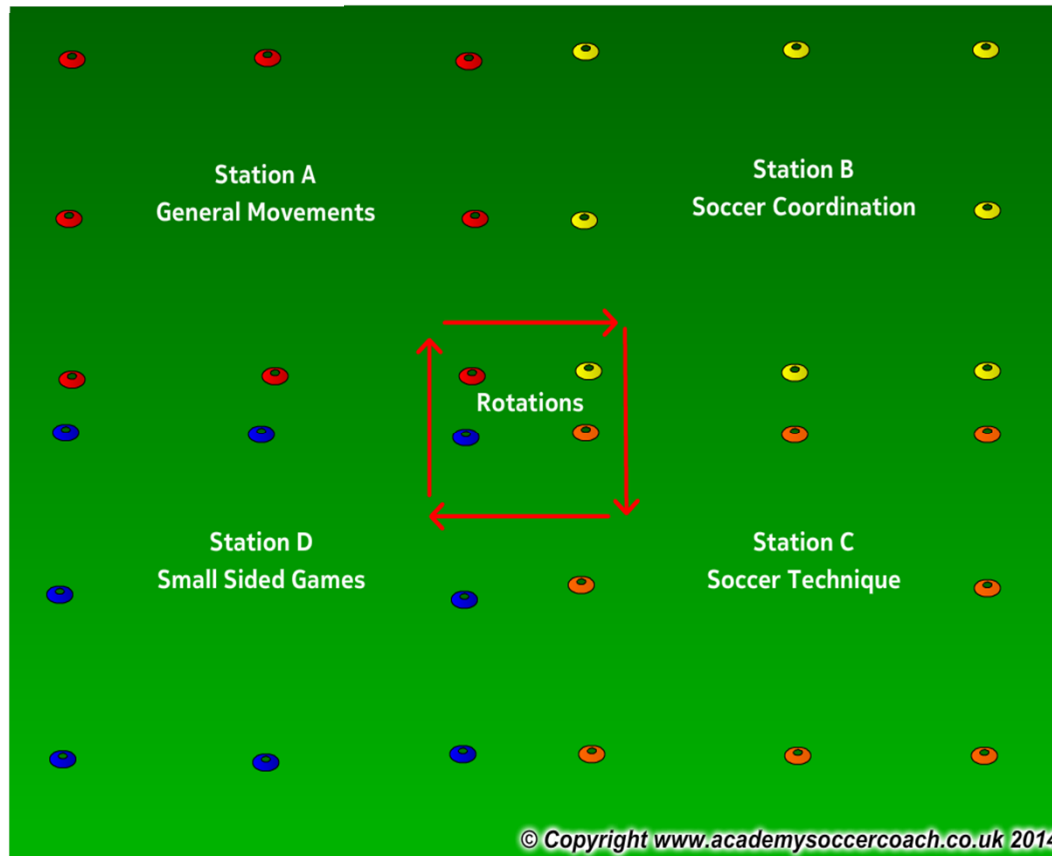
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

Total Practice time 45 minutes as per the Recreational and Development Matrix



## FUNDamentals practice plans

### How the OSA Player Development Model works



If working with a larger group organize players into groups of 8-10. Each station has a coach who will lead that specific station for the session. Players rotate every 8-10 minutes with a 2 minute break in between each station to have a water break and move to the next station.

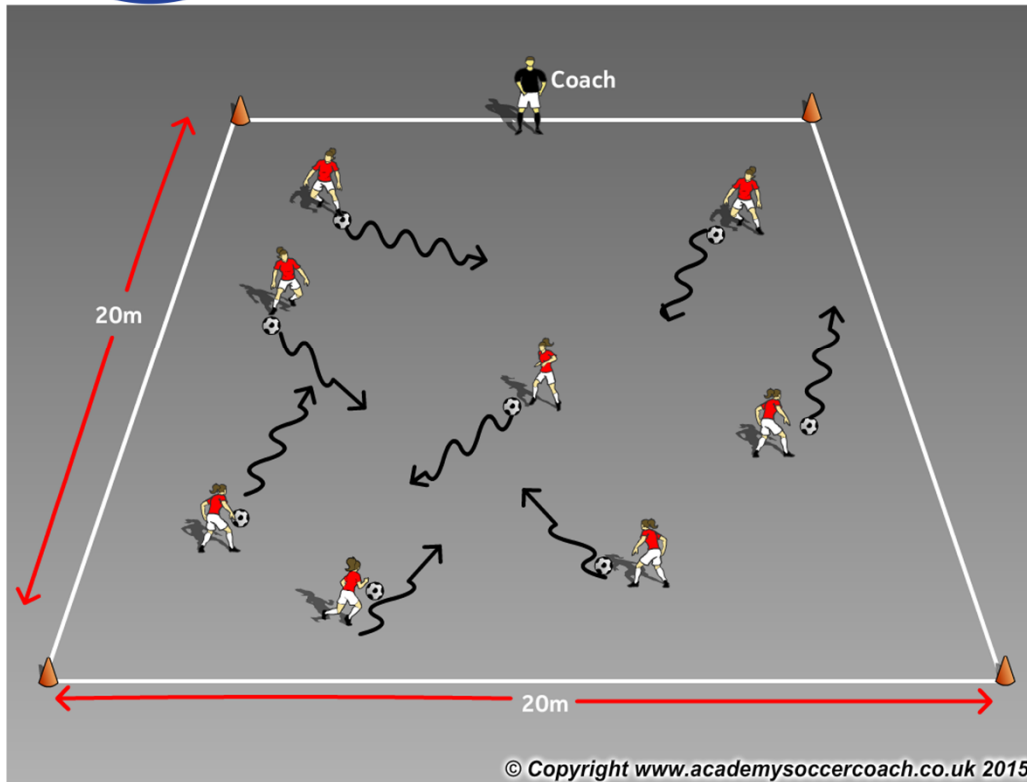
If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



## FUNDamentals practice plan – Week 20

### Station A

### General Movements – Tag Tails



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**Organization:** Inside a 20m x 20m area each player tucks a pinnie down the back of their shorts which becomes the player's tail; each player also has a soccer ball.

**Procedure:** On the coach's command, all players move around the grid and try to grab as many "tails" as they can from other players. If your tail is taken you do 3 jumping jacks, place your tail back in your shorts and continue to play.

**Time frame. 8-10 minutes**

### **Emphasis:**

Agility, Balance, Coordination, Speed  
Changing Direction  
Dribbling  
FUN!

#### **Psychological**

Can I pull a player's tail out?  
Confidence  
Being safe

#### **Technical**

Dribbling  
Shielding

#### **Physical**

Agility, Balance  
Change of Direction  
Speed

#### **Social**

Listening  
Problem Solving  
Celebrating





## FUNDamentals practice plan – Week 20

### Station B

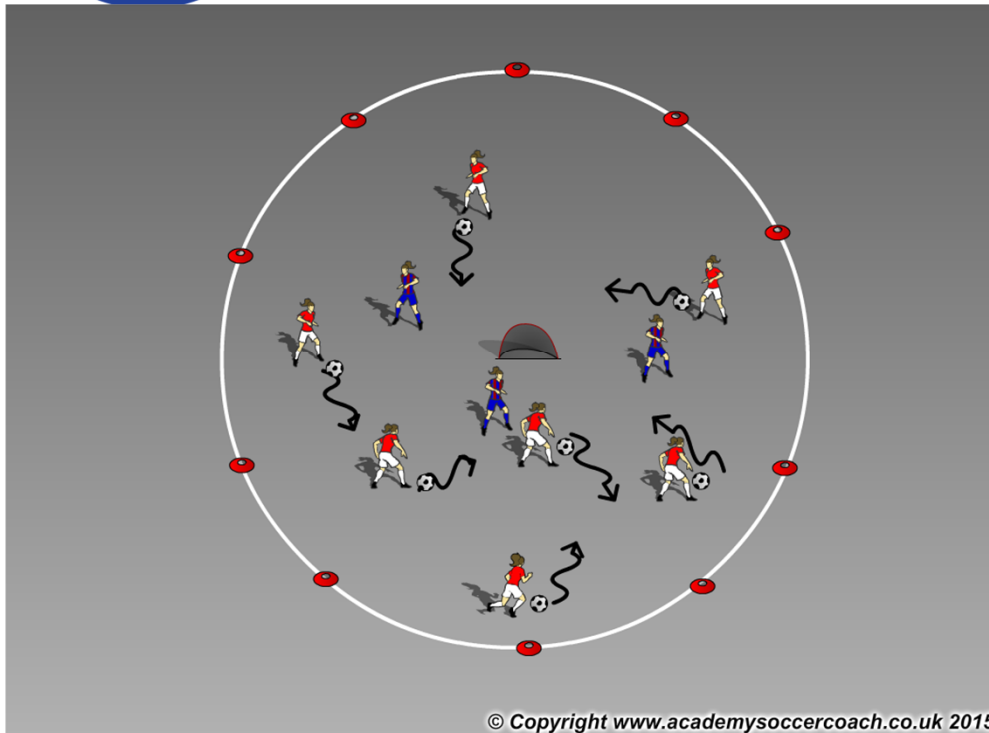
### Technique work – Pirates of the pug



**Time frame. 8-10 minutes**

### **Emphasis:**

Dribbling  
Basic defending  
Spatial Awareness



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**Organization:** Players are placed inside a circle with a pug net in the centre. 7 players have a soccer ball and 3 players are without a ball. The 3 players without the ball are the "Pirates".

**Procedure:** Instruct the "Pirates" without the ball to defend the players with the balls. Once the Pirate wins the ball, they attempt to score on the Pug Goal in the middle of the circle. If the Pirate scores the goal, that player too becomes a Pirate. Play continues until the last player with the ball wins. If the pirates have a hard time getting started, the coach can help the pirates at first.

### **Psychological**

Confidence  
Being safe  
Self Control

### **Technical**

Dribbling  
Shooting  
Basic defending

### **Physical**

A,B,C's  
Change of Direction  
Acceleration

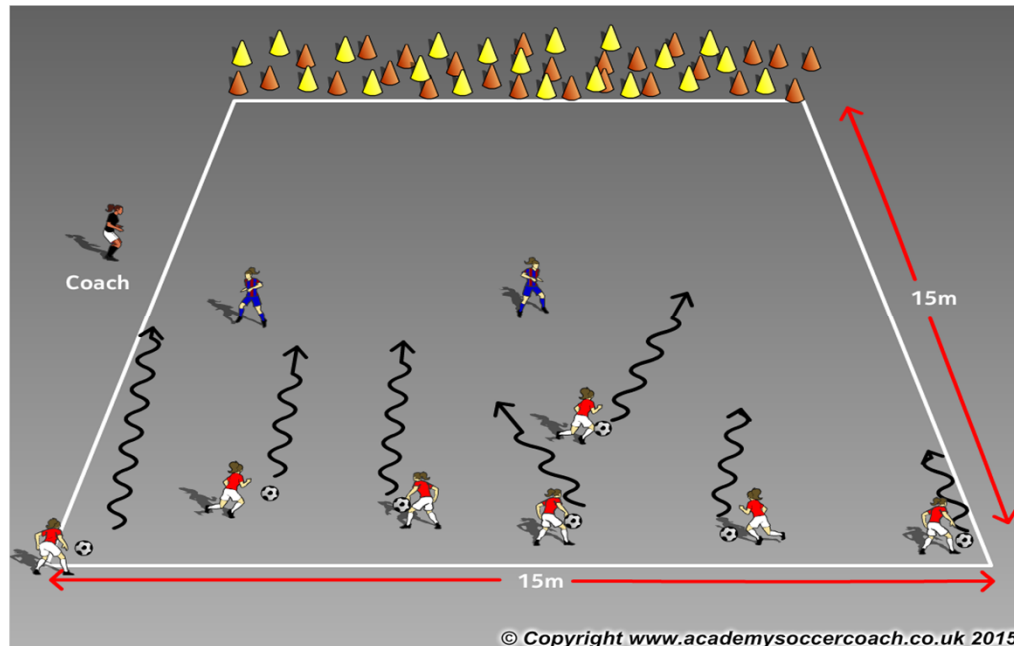
### **Social**

Listening  
Communicating  
Celebrating



## FUNDamentals practice plan – Week 20

### Station C Treasure collection



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**Organization:** 15m x 15m area with 7 players with a soccer ball (Pirates) and 2 players (defenders) without a soccer ball.

**Procedure:** On the coach's command, the pirates attempt to dribble past the defenders in attempt to take the treasure. To take the treasure the players must knock down the cone with the ball. Once they have knocked down the cone they must pick up the cone and take it back to their starting point while dribbling the ball. If the pirates lose the ball to the defenders, they must complete 10 toe taps and start back over at the original starting point. The Pirate to collect the most treasure once it has all been collected wins the game. Repeat the game by changing the defenders.

**Time frame. 8-10 minutes**

### **Emphasis:**

Guide players to make the correct decisions.

Create a shooting mentality within the players.

#### **Psychological**

Competition  
Confidence  
Decision making  
Shooting Mentality

#### **Technical**

Receiving  
Shooting  
Goalkeeping

#### **Physical**

Speed  
Transition  
Change of Direction

#### **Social**

Listening  
Communicating  
Fun



## FUNdamentals practice plan – Week 20

### Station D

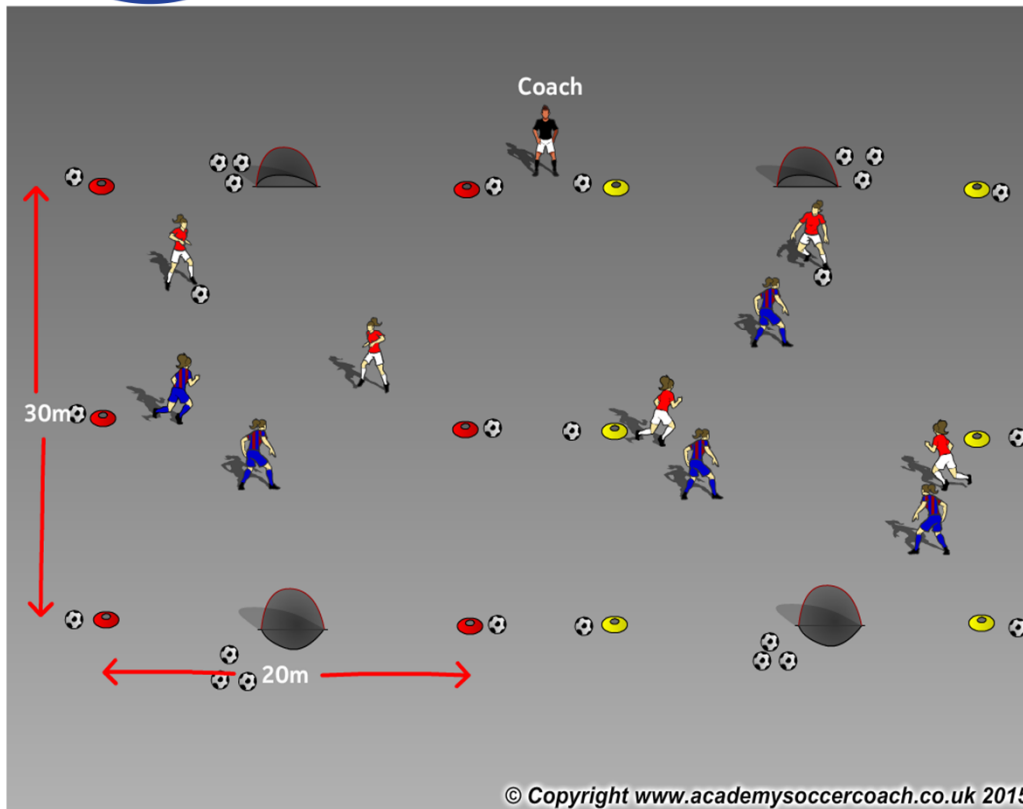
### Small sided game – 2v2 or 3v3



Time frame. 8-10 minutes

Emphasis:

FREE PLAY!  
FUN!



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**Organization:** 2 fields of 20m x 30m are set up. Organize players into either 2v2 or 3v3 games.

**Procedure:** Children are allowed "free play" to express themselves and make decisions within the game situation. Coach should just observe the players.

#### Psychological

Fun  
Confidence  
Being safe  
Decision making

#### Technical

Receiving  
Shooting  
Attacking/Defending

#### Physical

Speed  
A,B,C's  
Change of Direction

#### Social

Listening  
Communicating  
Celebrating  
Helping each other