

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.

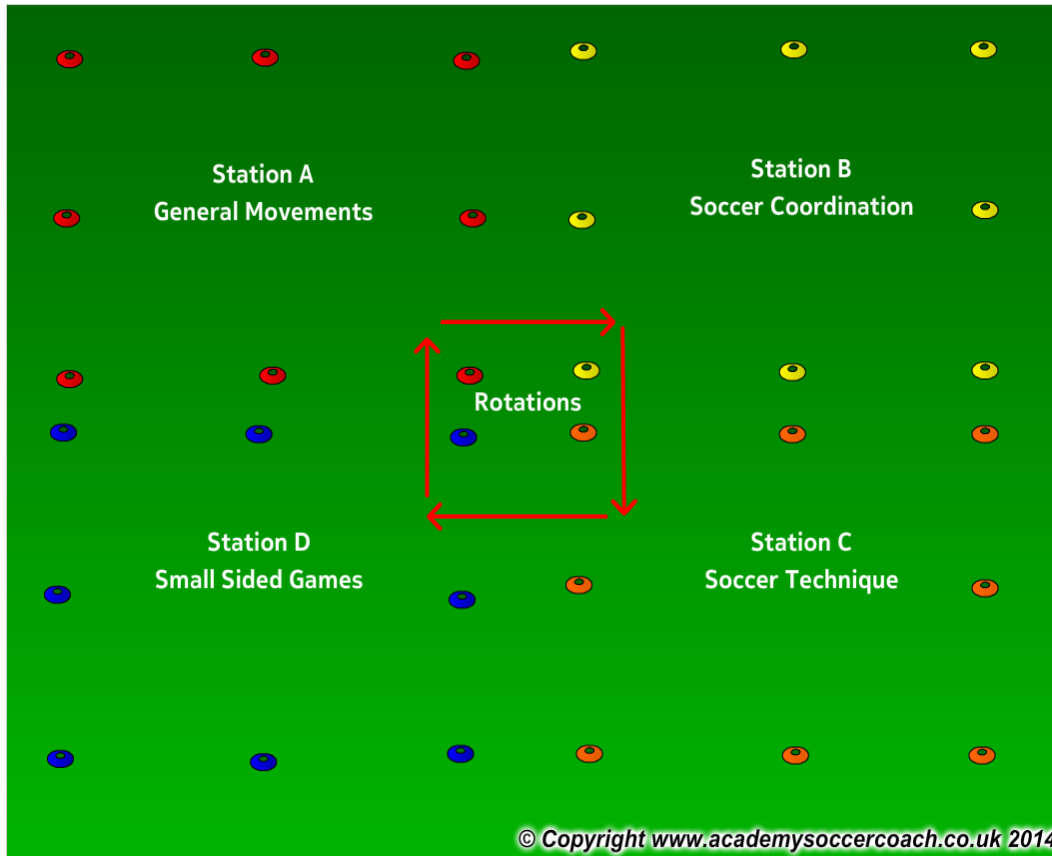
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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.

General Movement: %20

Coordination: %20

Soccer technique: %20

Small sided game: %40



FUNDamentals practice plan – Week 40

Station A

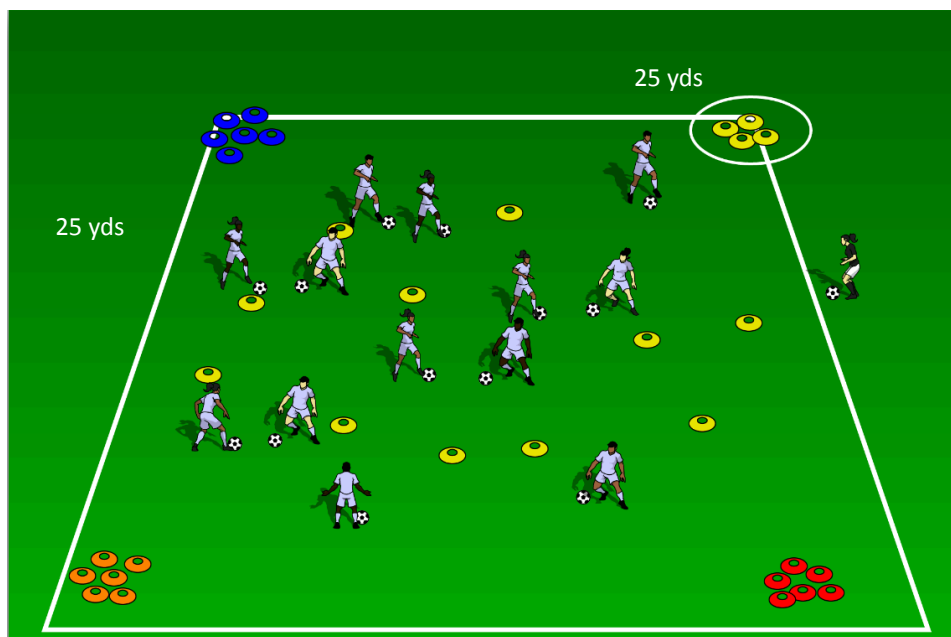
General Movements – Spaceships



Time frame. 8-10 minutes

Emphasis:

Agility, Balance, Coordination, Speed
Changing Direction
FUN!



Organisation

-Twelve players dribble the ball round in a 25x25 area.

Procedure

Players fly around using their ball (space rocket)

Avoid the asteroids (cones)

Listen to coaches command,

Blue - Earth, Yellow - Saturn, Red - Mars, Orange - Jupiter. If white Cones - the moon.

Blast off at each planet - count down and use toe taps.

Boxes for - turbulence

Drag backs to go the other way.

Toe taps to climb off the rocket

Hopping or moon walk when off the space ship.

Alien - Players crawl or roll round to avoid detection.

Ask players what they have found or what they can see.

Count down to get back to the spaceship (ball)

Progression:

Coach could be the alien and try and touch the ball - players have to shield

Psychological

Confidence

Creativity

Imagination

Being safe

Technical

Dribbling

Shielding

Physical

Agility, Balance

Change of Direction

Speed

Social

Listening

Problem Solving

Teamwork



FUNDamentals practice plan – Week 40

Station D

Small sided game – 2v2 – with retreat line

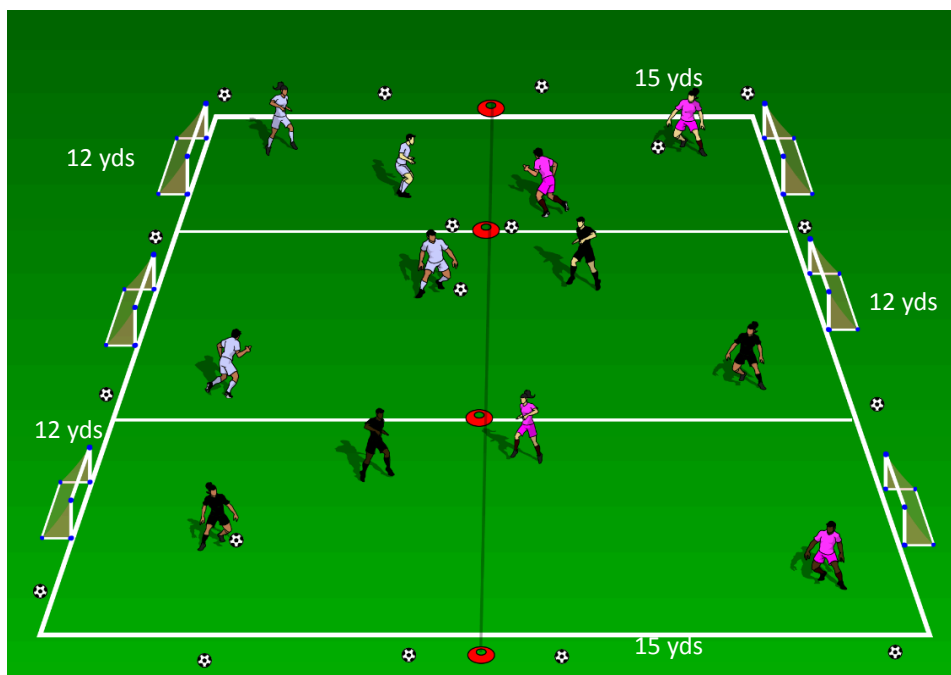


Time frame. 8-10 minutes

Emphasis:

FREE PLAY!

FUN!



Organisation

-Create three mini fields, 12x15 yards. Balls around the perimeter.

Procedure

Players play 2v2 in smaller fields. After 2 minutes. Rotate the teams. Can do a competition ladder and rock paper scissors if a tie.

Include celebrations with team mates, high 5's, come up with their own etc.

Psychological

Fun
Confidence
Being safe
Decision making

Technical

Dribbling
Passing
Receiving

Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating
Teamwork



FUNdamentals practice plan – Week 40

Station C

Technical work “Bruce the Shark”



Time frame. 8-10 minutes

Emphasis:

Passing & Receiving
Problem solving
Support.



Organisation

-Eight players dribble the ball round in a 25x25 area.

Procedure

On Coaches command, three of four ‘Sharks’ (without a ball) enter the area and try to get soccer balls by putting their foot on top of the ball. The soccer players or fishes try to protect their ball by moving in to space and shielding. Every time the shark touches a ball, the players, stand and call for a high 5 to be freed and back in to the game. Rotate sharks after 2 minutes.

Progression: If players are tagged, they must move round the area by hopping, until they get a high 5 from their team mate.

OR Players crawl or skip behind the ball as they approach.

Alternative Progression:

Sharks have balls to dribble too.
Increase the amount of sharks to 5 or 6.

Psychological

Confidence
Being safe
Creativity

Technical

Shielding the ball
Running with the ball

Physical

A,B,C's
Change of Direction
Acceleration

Social

Listening
Communicating
FUN



FUNdamentals practice plan – Week 40

Station D

Small sided game – 2v2 – with retreat line

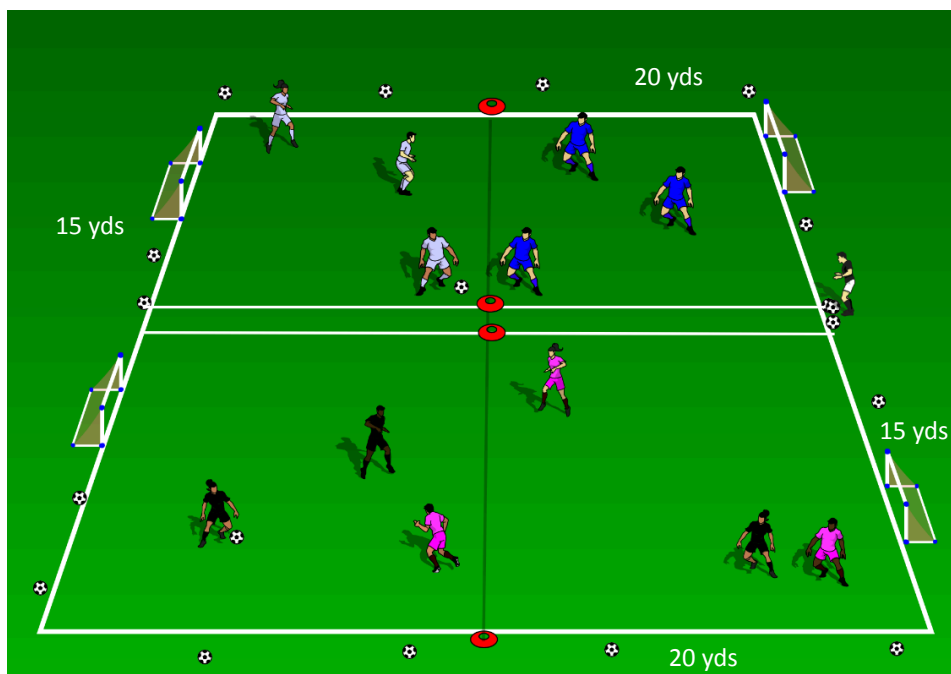


Time frame. 8-10 minutes

Emphasis:

FREE PLAY!

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-Create three mini fields, 12x15 yards. Balls around the perimeter.

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Players play 2v2 in smaller fields. After 2 minutes. Rotate the teams. Can do a competition ladder and rock paper scissors if a tie.

Include celebrations with team mates, high 5's, come up with their own etc.

Psychological

Fun
Confidence
Being safe
Decision making

Technical

Passing
Receiving

Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating
Teamwork