

GRASSROOTS WORKBOOK & PRACTICE PLANS





Learn to Train practice plan

The OSA Player Development Model – The Station concept



The activities provided take a look at how stations are being used at the Grassroots level. During the practice players will spend an allotted time at each station having fun and developing specific skills before moving onto the next station. By using station work we ensure players are continually motivated and we can ensure that their attention is not lost.

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 3v3, 4v4 and 5v5

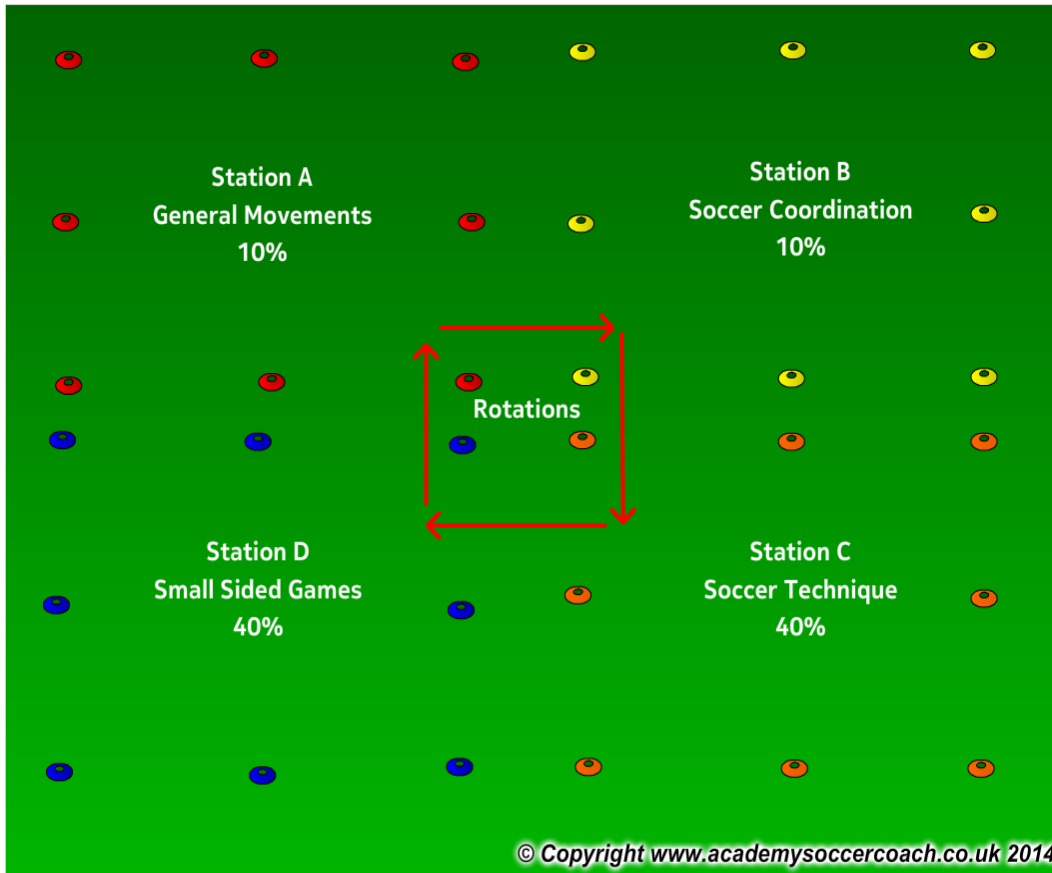
All sessions take a holistic approach to developing our youth. Each game and activity will take a look at how we can focus on 4 main areas of the child's development; these include Social/Emotional, physical, physiological and also technical

Total Practice time 45-70 minutes as per the OSA Recreational and Development Matrix



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How the OSA Player Development Model works



If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 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.



Learn to Train practice plan - Week 37

Station A

General Movement – Dynamic warm up with the ball



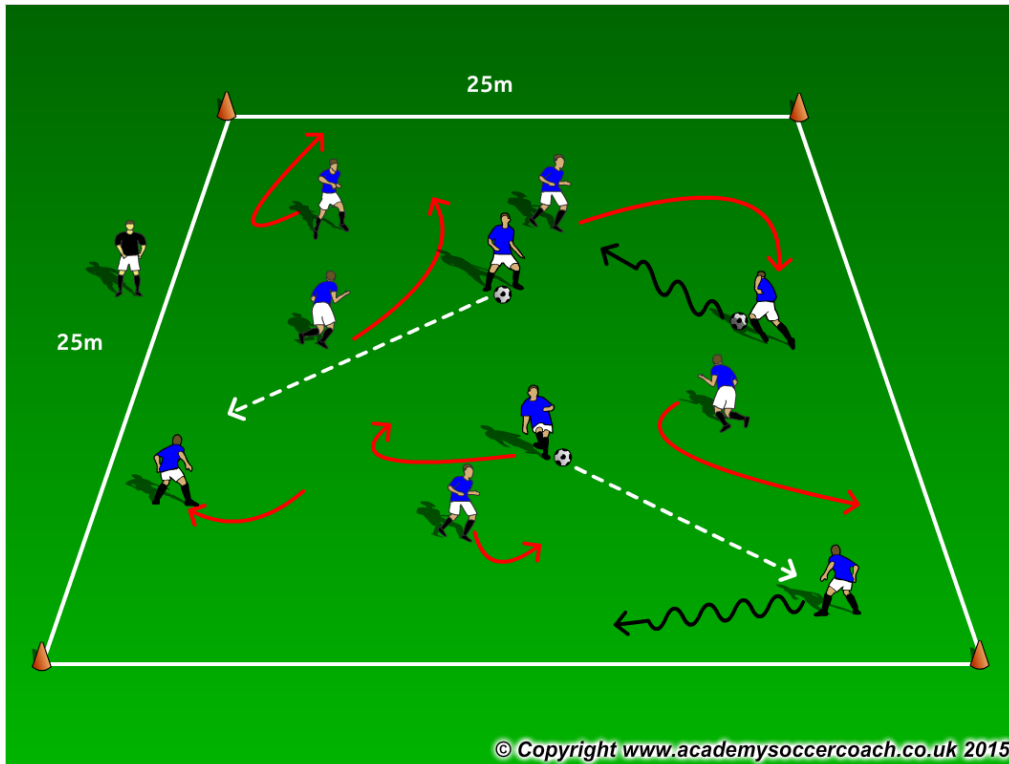
Time frame. 10-12 minutes

Emphasis:

Changing direction

A,B,C's

FUN!



Organization: Players are placed in a 25x25m area

Procedure: Players pass and dribble 3 balls amongst the group. Players without possession are encouraged to continuously move at different speeds and perform various multi-directional, soccer related movements such as walking & running (forwards and backwards), jumping, lateral movements, skipping, and rolling.

Psychological

Confidence
Being safe

Technical

Keeping the ball under control
First touch out of feet
Part of foot/ball

Physical

A,B,C's
Change of Direction

Social

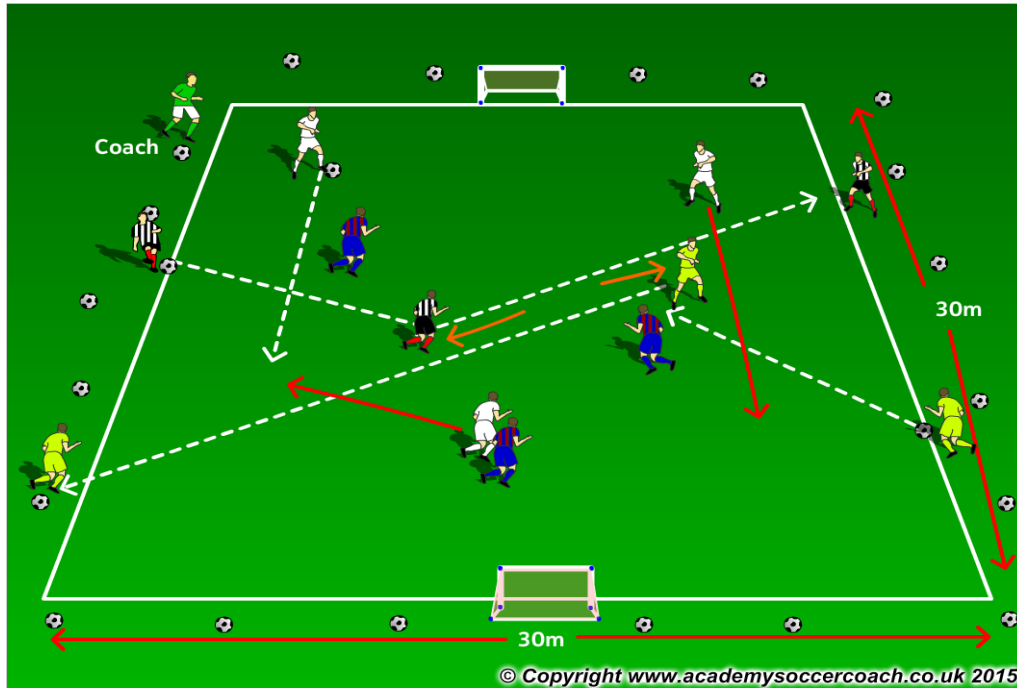
Communicating
Peer interaction
FUN



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Station B

3v3 Chaos: Turning with the ball



Organization: The white team will play a 3v3 game against the Blue and purple team, while the yellow and black and white teams are organized with 1 player each in the centre of the field and 2 players from each team placed on the outside as shown above.

Procedure: While the 3v3 game is taking place the yellow team and black and white team will work on passing and turning across the field. Rotate the middle player every 60 seconds. Players on the outside can move up and down the side line. Encourage all players to make appropriate decisions based on what is happening around them while working on technique in a chaotic environment.

Rotate teams every 3 minutes.

Time frame. 12-15 minutes

Emphasis:

- Finding Space
- Angle of support
 - Scanning
- Type of turn/first touch

Psychological

Confidence
Decision making
Creativity
Competition

Technical

Support
Scanning
Receiving skills
Passing key factors

Physical

Agility, Balance,
Coordination
Speed

Social

Communication
Peer interaction
FUN



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Station C

Turning with the ball



Organization:

- Players are divided into groups of 3.
- 2 Players are positioned around the perimeter of the grid (target players) and 1 player starts inside the playing area
- 1 ball per group

Procedure:

- Player inside collects pass from outside target player, turns and plays to other target player.
- Players rotate every minute.

Progression:

- Players on the outside move to a new position on the outside after passing the ball

Time frame. 12-15 minutes

Emphasis:

- Finding space
- Scanning
- Creativity
- Decision making

Psychological

Decision making
Confidence
Creativity

Technical

Receiving
Passing
Support
Scanning

Physical

Agility, Balance,
Coordination
Speed

Social

Competition
Communication
Peer interaction
Fun



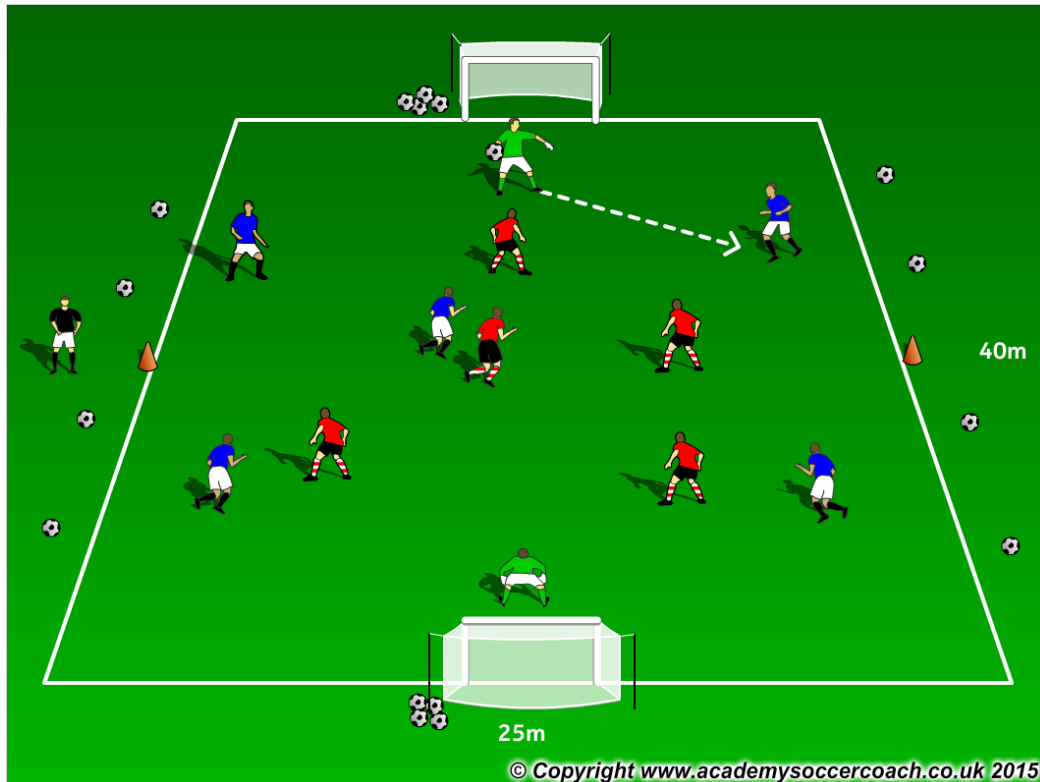
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Station D
Small Sided Game – 6v6 with retreat line



Time frame. 12-15 minutes

Emphasis:

- Create Space
- Support players in possession
 - Opportunities to turn



Organization: Players play 5v5 in a 40x25m area (6v6/7v7 = increase area accordingly). Balls stationed along outside of field. Retreat Line marked at half way line for 5v5.

Procedure: Encourage players to penetrate with forward passes, however passes should not be forced. Look for efficient movement to support player in possession and find space.

Psychological
Confidence
Decision Making
Spatial Awareness
Attacking mentality

Technical
Turning
Passing & Receiving
Scanning
Support

Physical
A,B,C's
Acceleration

Social
Communication
Competition
Fun with friends