



Active Start "First Kicks"

For coaches of U4 to U6 year-olds



GRASSROOTS WORKBOOK & PRACTICE PLANS





Active Start practice plan

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 Physical Literacy, two stations on movements with the ball and the 4th station is focused around the game with the children playing 1v1.

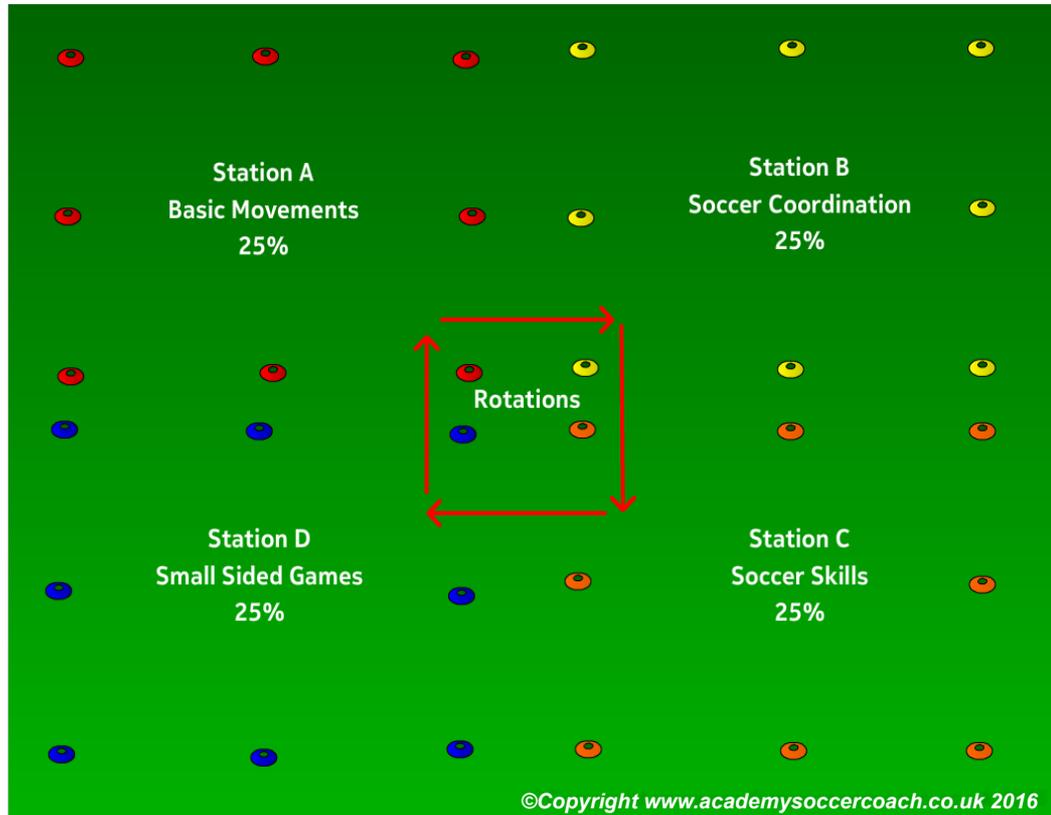
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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



Active Start practice plan

How The OSA Player Development 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.



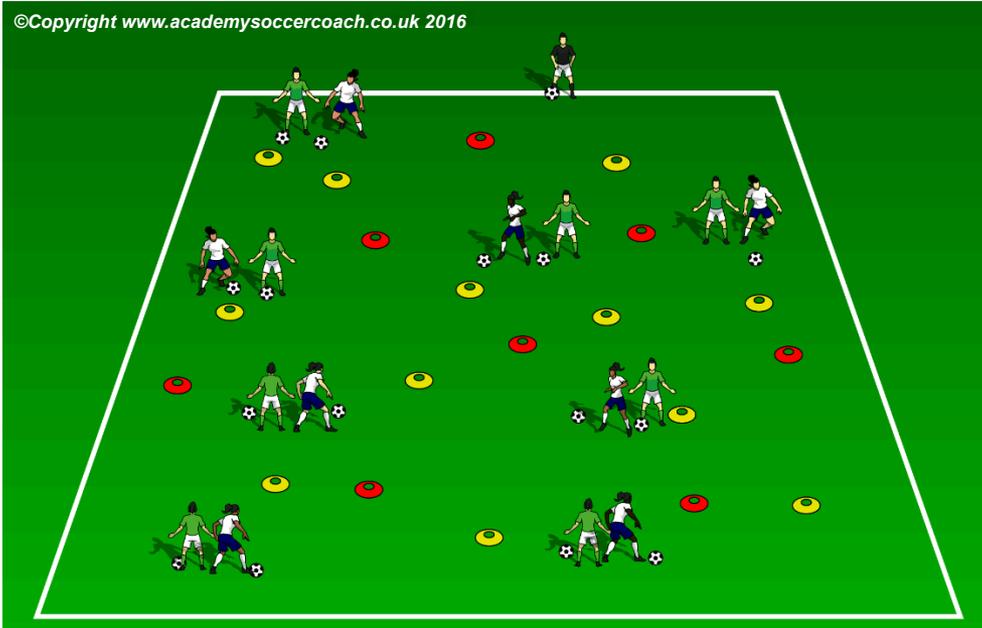
Active Start practice plan – Week 40

Station A

General movement – Cars/Lightning McQueen



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Time Frame. 8 minutes

Emphasis:

Agility,
Balance,
Coordination,
Speed,
FUN

Psychological
Confidence
Awareness
FUN

Technical

Dribbling
Lots of small touches

Physical
A,B,C's
Change of Speed

Social

Problem Solving
Decision Making

Organisation

-Players and parent/guardian have a ball each and are placed in a 25x25 grid with cones spread out randomly across the area. Ask players to name famous racing cars. They will most likely say Lightning McQueen.

Procedure

Use cones or bibs to indicate traffic lights. Red light = Stop, Yellow light = Go slow, Green light = move with the ball. Players

avoid bumping into others = (players can shout beep, beep)
reverse = drag back (sole of the foot on the top of the ball and push backwards)
Get gas = roll the feet back and forth over the ball, Super Green = dribble as fast as they can, round the block= dribble in a complete circle around the cone. Go to the garage = Toe taps (left foot on the ball and then right foot on the ball) ten times.



Active Start practice plan – Week 40

Station B

Soccer Technique – Finding Nemo or Dory



Time Frame. 8 minutes

Emphasis:

Dribbling

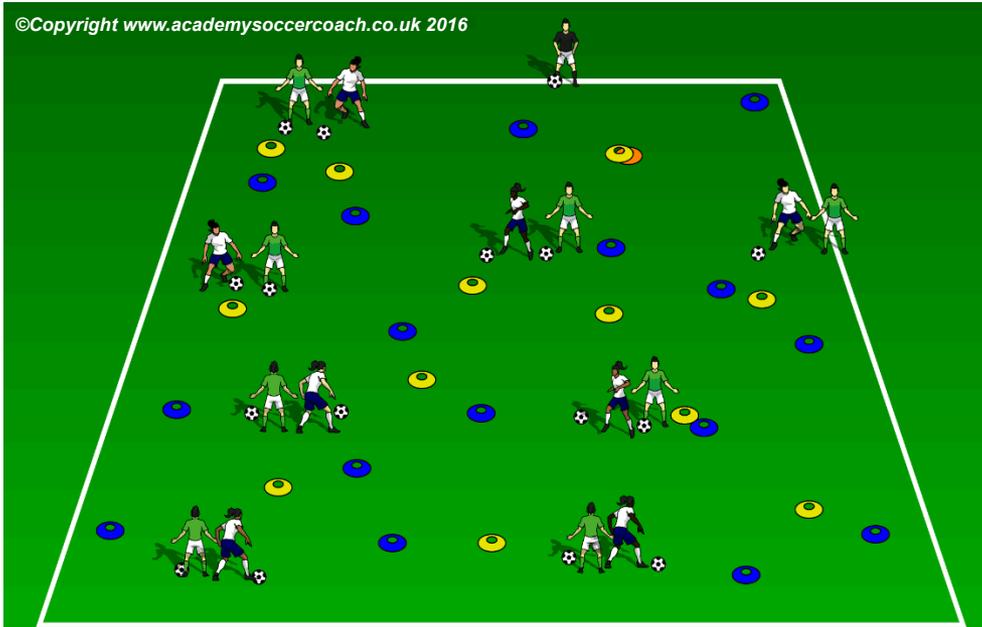
Different parts of the foot

Changing direction

Competition

FUN!

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Organisation

- Players and parent/guardian have a ball each and are placed in a 25x25 grid with cones spread out randomly across the area.
- Tie a knot in an orange or blue bib.
- Ask players to name famous fishes. They will most likely come up with Nemo and Dory.
- Introduce the bibs and Nemo or Dory and ask the players to close their eyes. Hide the bib under a cone.

Procedure

- Players must swim round the ocean (dribbling their ball) and shout "Nemo, where are you?" Players look under the rocks (cones) on the sea bed. The first player to find Nemo under the cones wins.
- Repeat with Dory and then search for both at the same time.

Progression: Introduce a player as a defender called Bruce the Shark who has to chase the fish away.

Psychological

Confidence
Being safe
FUN

Technical

Dribbling
Lots of small touches

Physical

A,B,C's
Change of Direction
Change of Speed

Social

Solving problems
Team work
Celebrating



Active Start practice plan – Week 40

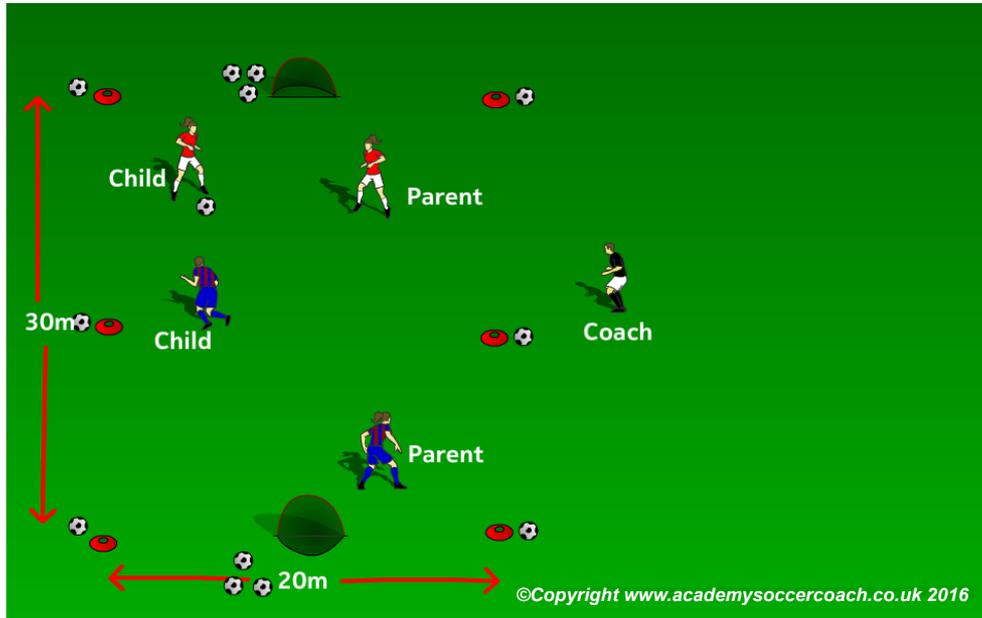
Station C

SSG: 2v2 (parent & child v parent & child)



Time Frame. 8 minutes

Emphasis:
Free Play
FUN!



Organization

-20 x 30 set up. Organize players into 2v2 (1 player and a parent vs 1 player and a parent/guardian)

Procedure

- Child and parent/guardian play a 2v2 game. If the ball goes out of the field, take the closest ball to keep the game moving. Parents / guardian should help the children as much as possible.

Psychological
Confidence
Being safe
Reactions

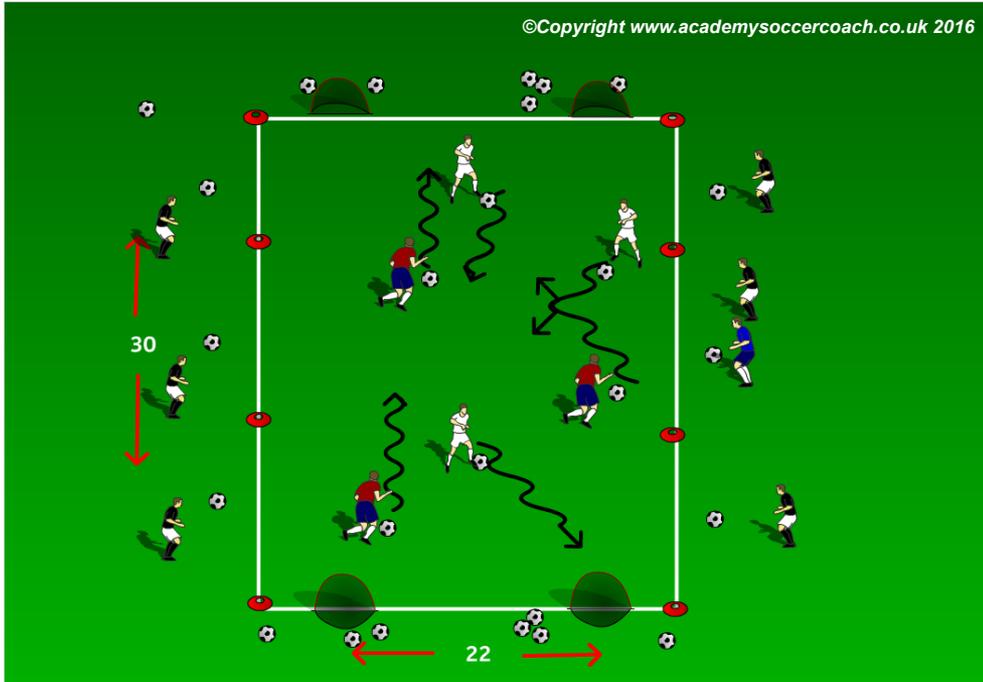
Technical
Dribbling
Lots of touches
Ball mastery

Physical
A,B,C's
Change of Direction

Social
Cooperation
Communicating
FUN



Active Start practice plan – Week 40
Station D
Small Sided Game – 3v3 as individuals



Organization

- Two teams of 3v3 are placed on to a 30x22 field with 1 or 2 goals at each end. Each player starts with a soccer ball. Spare balls are placed around the outside of the field. Parents stand on the outside of the field.

Procedure

- On the coaches call the game begins. Each player will play as an individual and the parent on the outside will count how many goals they score. Players can score in any goal. Once a player scores they get their ball or another ball and go to try and score in another goal. If a player is dribbling towards the side line, a parent who is close can help them stay within the field. After an allotted time, collect the total amount of goals scored. (Keep the game close and finish with a tie if possible)

Time Frame. 8 minutes

Emphasis:

FUN

Creativity

Celebrating

<p><u>Psychological</u> Confidence Awareness FUN</p>	<p><u>Technical</u> Ball mastery Running with the ball Dribbling</p>
<p><u>Physical</u> A,B,C's Change of Speed</p>	<p><u>Social</u> Problem Solving Communicating</p>