

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.

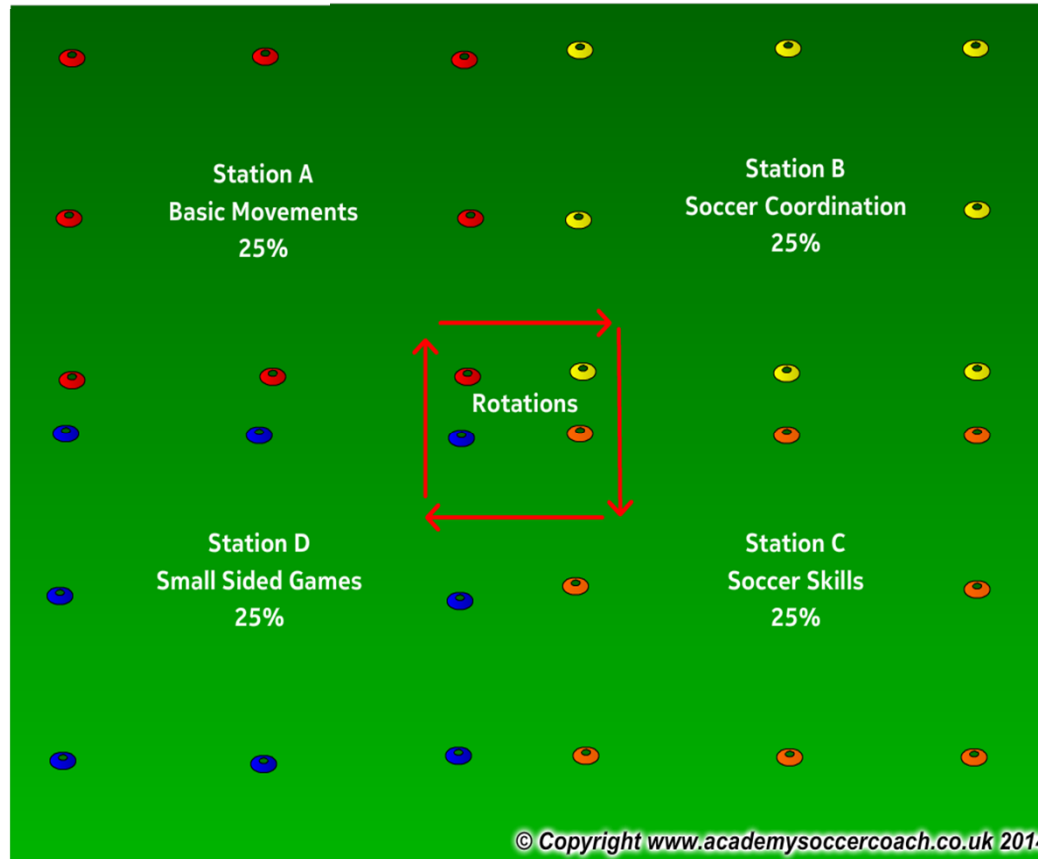
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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.



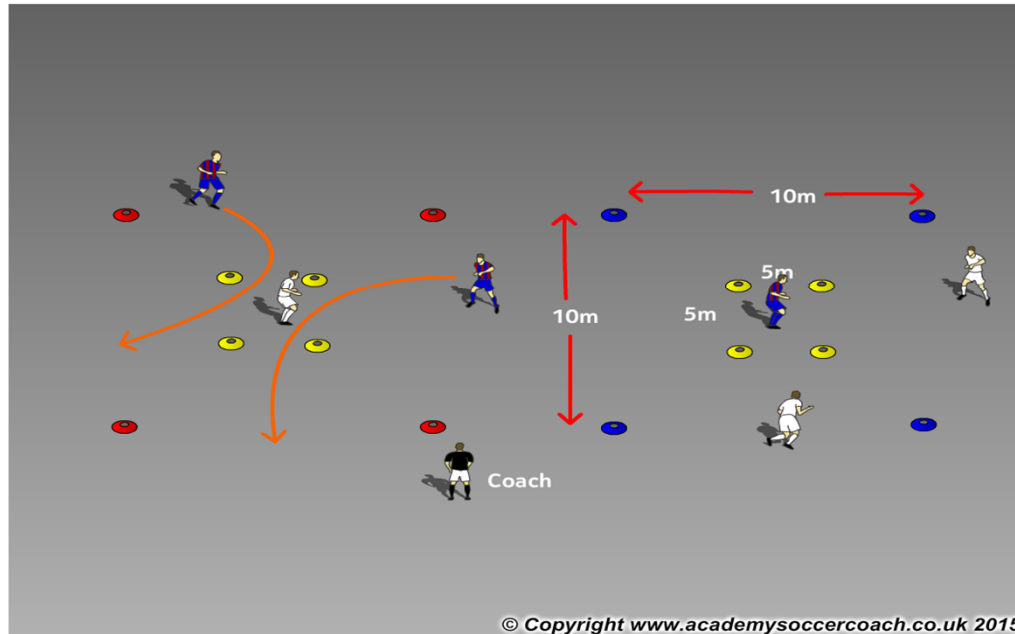
Active Start practice plan – Week 29
Station A
General movement – Can you catch me?



Time Frame. 8 minutes

Emphasis:

Listening
 Changing direction
 Agility, Balance, Coordination
 Competition
FUN!



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Organization: Place players in to groups of 3. 1 player has the pinnie and becomes the catcher.
Procedure: The catcher must stay inside the centre 5m x 5m square and try to tag the soccer players as they run through the centre square. The outside players try to make it to a different side of the grid each time, but must travel through the centre grid to get to the other side. Each time a player makes it to a new side they score 1 point. If you get tagged you switch instantly. Instead of running try different movement's such as hoping on one leg, skipping, jumping etc.

<u>Psychological</u> Confidence Being safe FUN	<u>Technical</u>
<u>Physical</u> A,B,C's Change of Speed Change of Direction	<u>Social</u> Listening Communicating Celebrating



Active Start practice plan – Week 29

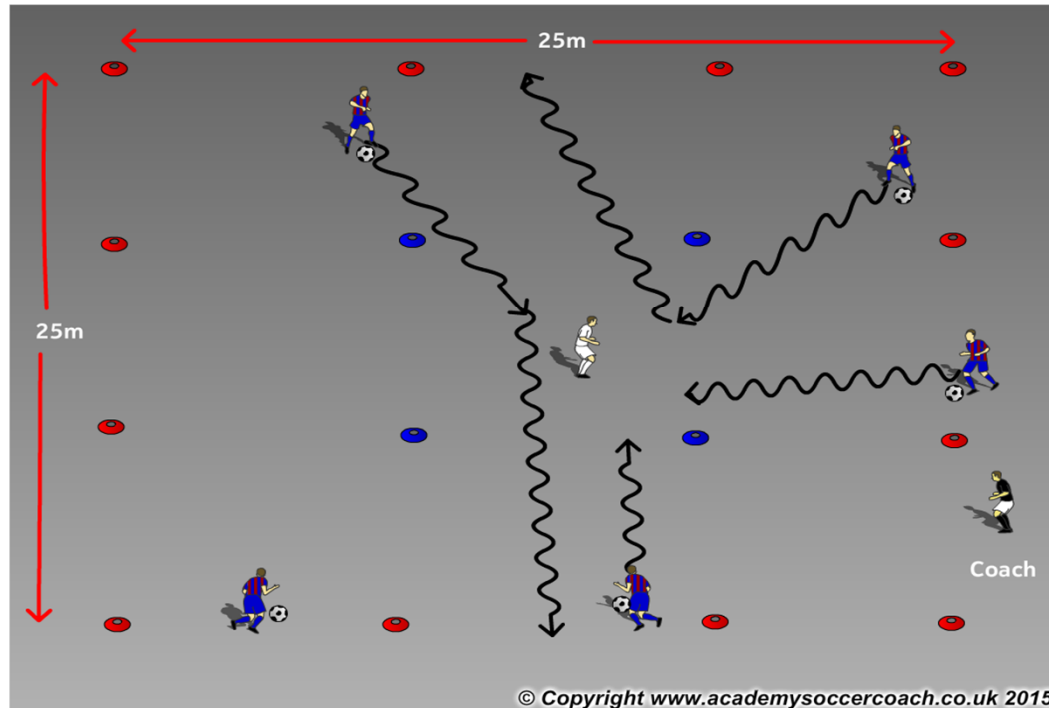
Station B

Soccer Technique – Can you catch me with a ball?

Time Frame. 8 minutes

Emphasis:

Dribbling
 Different parts of the foot
 Changing direction
 Competition
 FUN!



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Organization: The outside square is 25m x 25m with the inside square being approx. 8m x 8m. Start with 5 players on the outside and 1 player in the centre square. (You can increase to 2 if players are having success)

Procedure: Outside players attempt to dribble to a different side of the square to score a point, they must dribble through the centre square though and avoid being tagged. If Player is tagged they instantly become the catcher. Each time a player makes it to a new side they score 1 point.

Psychological

Confidence
 Being safe
 FUN

Technical

Dribbling
 Running with the ball
 Beating a player

Physical

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

Social

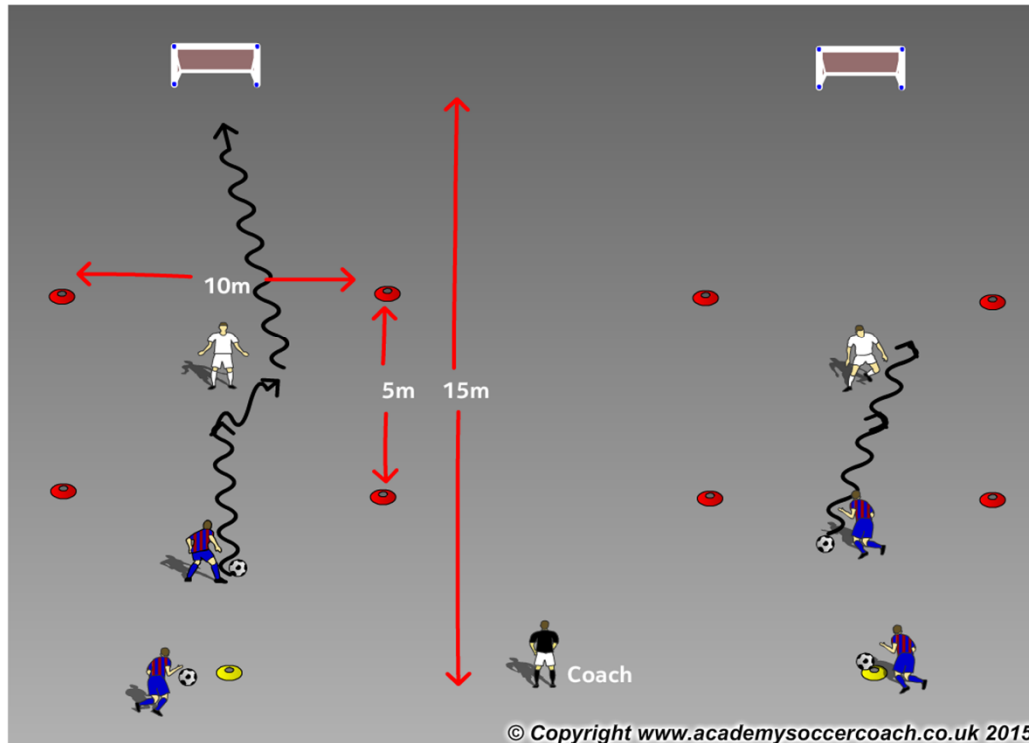
Listening
 Communicating
 Celebrating



Active Start practice plan – Week 29

Station C

Soccer Technique – 1v1 ally.



Organization: Players are placed into groups of 3. 1 defender and 2 attackers. Space is organised as above.

Procedure: Attacker dribbles towards the defender to try to beat him/her. The defender cannot come out side of their area as shown above. Once the attacker beats the defender they go and score in the goal. If the defender stops the attacker the players then switch. Players celebrate when they score and keep a track of how many goals they score.

Time Frame. 8 minutes

Emphasis:

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

Psychological

Confidence
Being safe

Technical

Dribbling
Running with the ball
Shooting
Defending

Physical

A,B,C's
Change of Direction

Social

Communicating
Celebrating



Active Start practice plan - Week 29

Station D

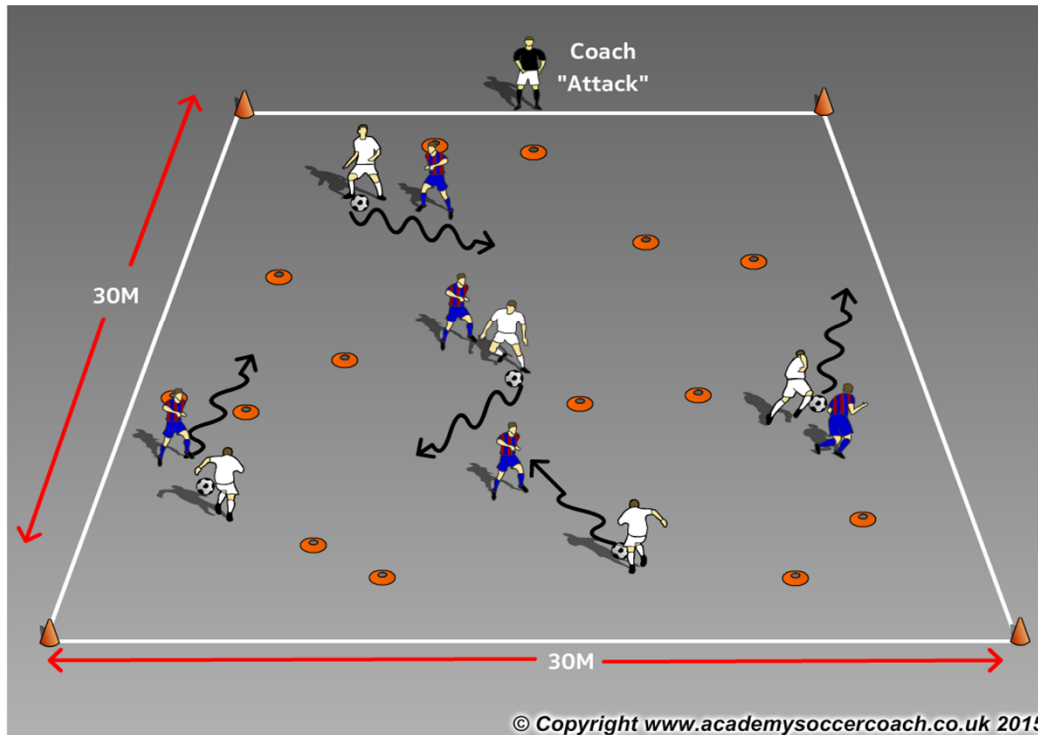
Small sided game – 1v1 to gates



Time Frame. 8 minutes

Emphasis:

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



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.

<u>Psychological</u> Confidence Being safe FUN	<u>Technical</u> Dribbling Running with the ball defending
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Listening Communicating Celebrating