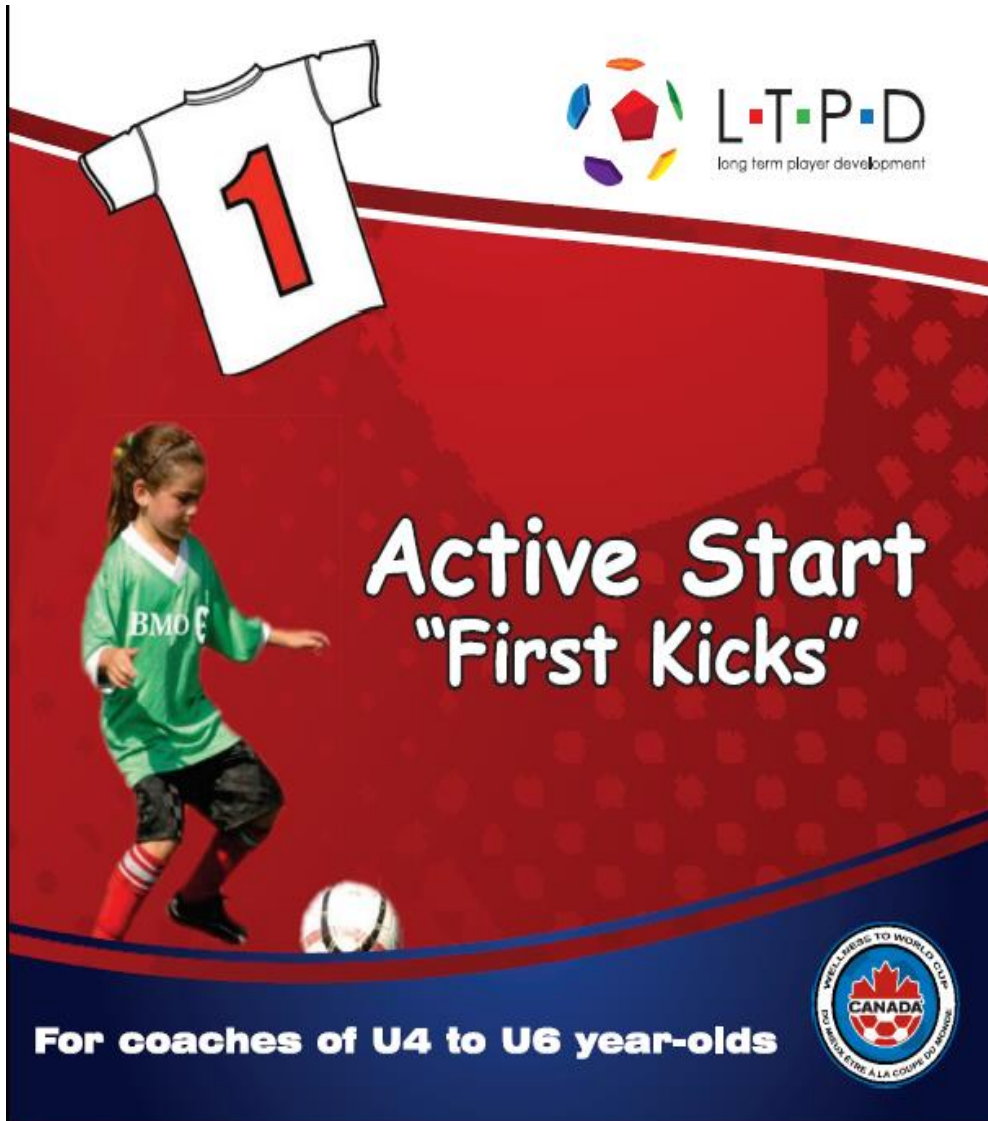




# GRASSROOTS WORKBOOK & PRACTICE PLANS





## 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.

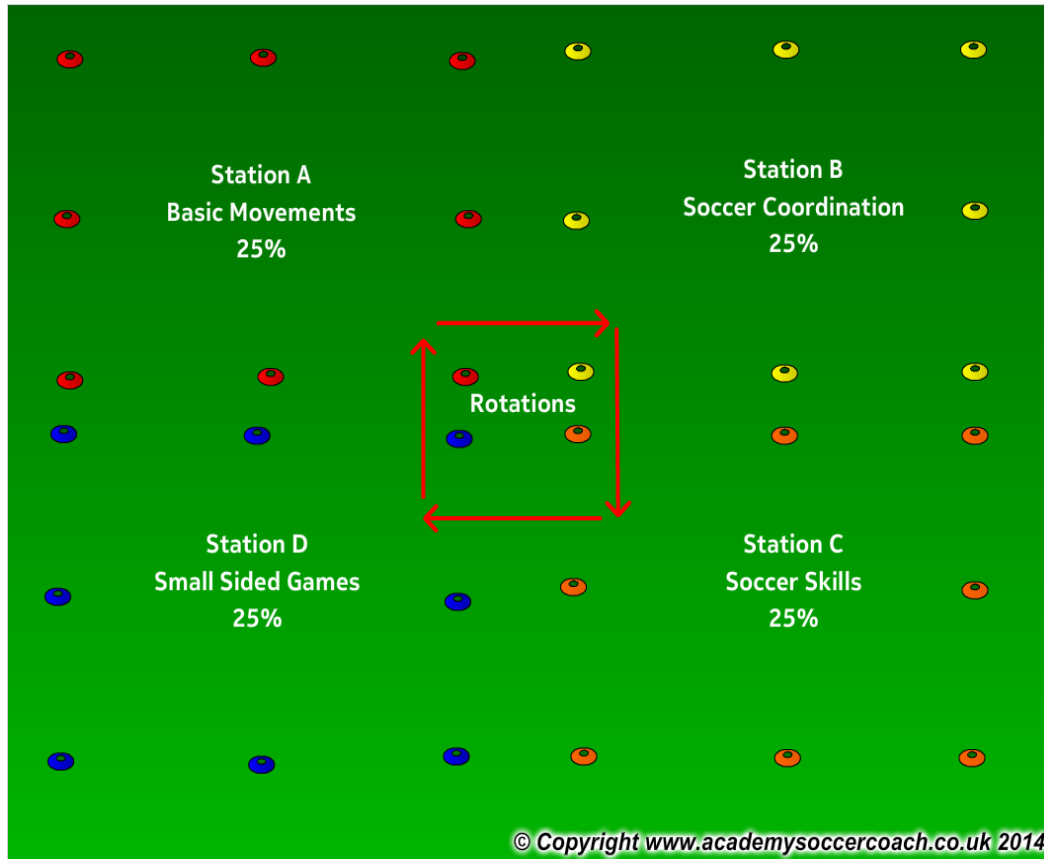
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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 23

### Station A

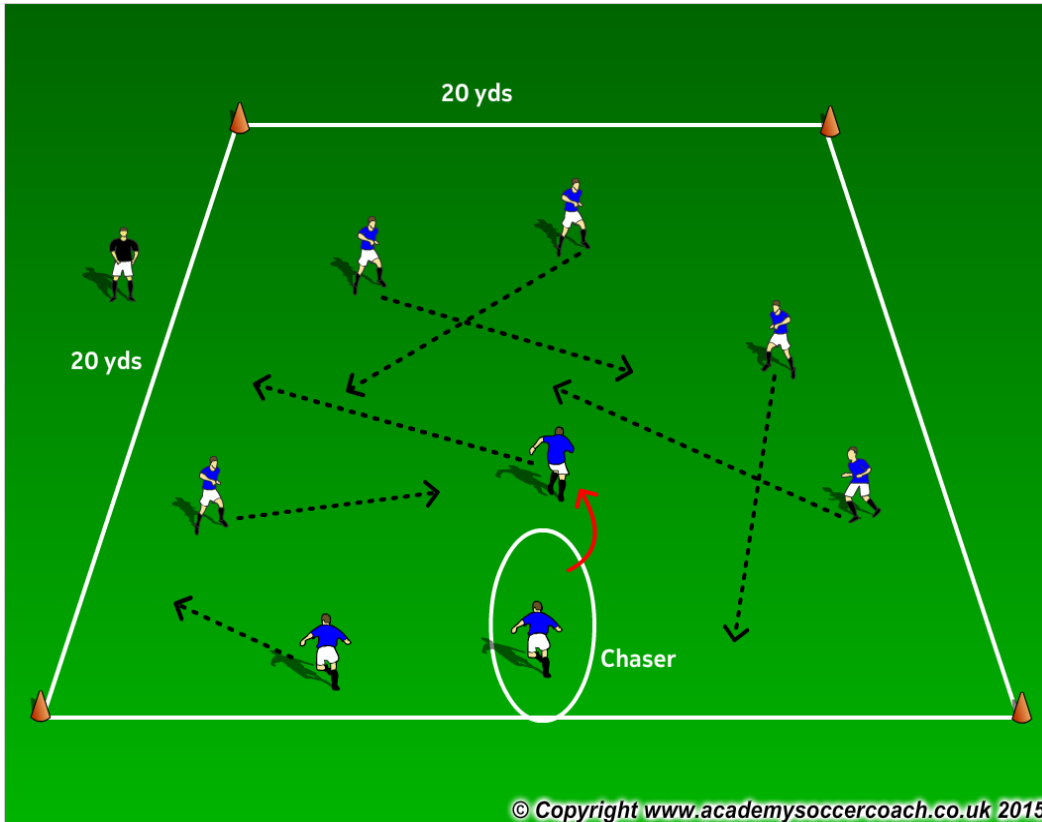
### General movement – TAG



**Time Frame. 8 minutes**

**Emphasis:**

Agility, Balance, Coordination  
Awareness



**Organization:** Players are placed in a 20x20 yard area. 1 player starts as the chaser

**Procedure:** Chaser attempts to catch other players by tagging them. If a player is caught they also become a chaser. Last person left wins.

**Progressions:** Different types of Tag games.

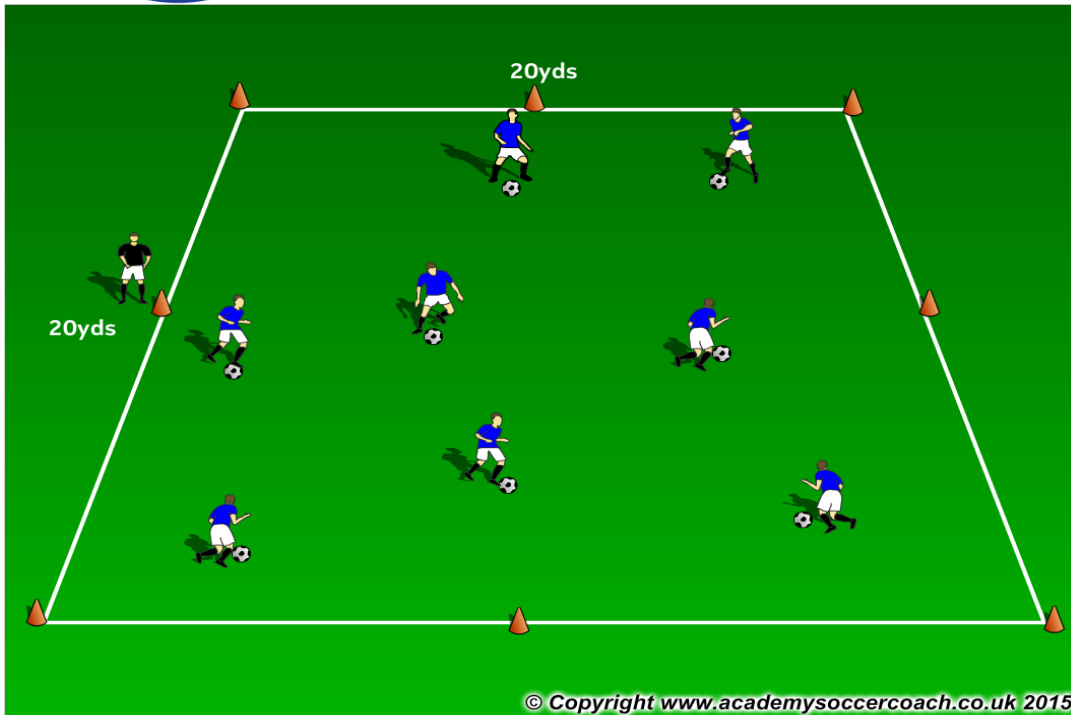
<p><b><u>Psychological</u></b> Confidence Awareness FUN</p>	<p><b><u>Technical</u></b></p>
<p><b><u>Physical</u></b> A,B,C's Change of Speed</p>	<p><b><u>Social</u></b> Problem Solving Communicating</p>



## Active Start practice plan – Week 23

### Station B

## Soccer Technique – Pirate Ship Adventure



**Organization:** Players with ball each inside a 20x20 yard area -"the pirate ship".

**Procedure:** Players dribble the ball and perform different moves on the coaches command:

**SCRUB THE DECKS** = inside taps, **CAPTAINS COMING** = 1 foot on the ball and salute the captain & shout "ay, ay captain", **MAN OVERBOARD** = Players dribble ball to edge of the area and pretend to look overboard (hand on forehead) and shout "man overboard", **FIRE THE CANNON** = players dribble to edge of area and kick their ball out at other pirates.

Time Frame. 8 minutes

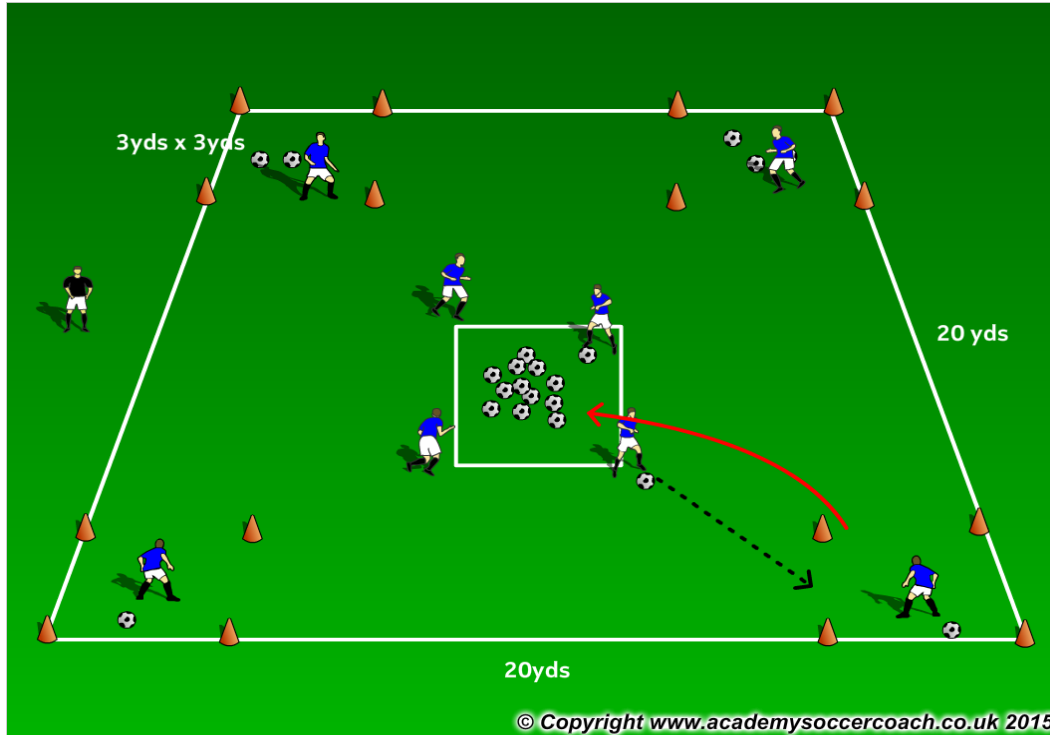
Emphasis:

Changing direction  
Ball Mastery  
Imagination  
FUN!

<p><b><u>Psychological</u></b> Confidence Being safe Reactions</p>	<p><b><u>Technical</u></b> Dribbling Lots of touches Ball mastery</p>
<p><b><u>Physical</u></b>  A,B,C's Change of Direction</p>	<p><b><u>Social</u></b> Cooperation Communicating</p>



**Active Start practice plan – Week 23**  
**Station C**  
**Soccer Technique – Treasure Island**



**Organization:** Set up a 20x20 yard grid - "Treasure Island". 3x3yard squares created in either corner - "Rowing Boats". Create another 3x3 yard square in the centre of the grid - "Treasure Chest" and place all of the "Treasure" (balls) inside. Players are then divided evenly to each "rowing boat".  
**Procedure:** 1 pirate from each rowing boat runs to steal 1 piece of treasure from the chest and dribbles back to their rowing boat.  
**Progression:** once all of the treasure has been stolen from the chest the pirates can then steal from each other.

**Time Frame. 8 minutes**

**Emphasis:**

Dribbling  
 Different parts of the foot  
 Changing direction  
 Competition  
 FUN!

<b><u>Psychological</u></b> Confidence Being safe FUN	<b><u>Technical</u></b> Dribbling Lots of small touches
<b><u>Physical</u></b> A,B,C's Change of Direction Change of Speed	<b><u>Social</u></b> Solving problems Team work Celebrating



## Active Start practice plan - Week 23

### Station D

### Small sided game – Pirate Beach



Time Frame. 8 minutes

### Emphasis:

Running with the ball

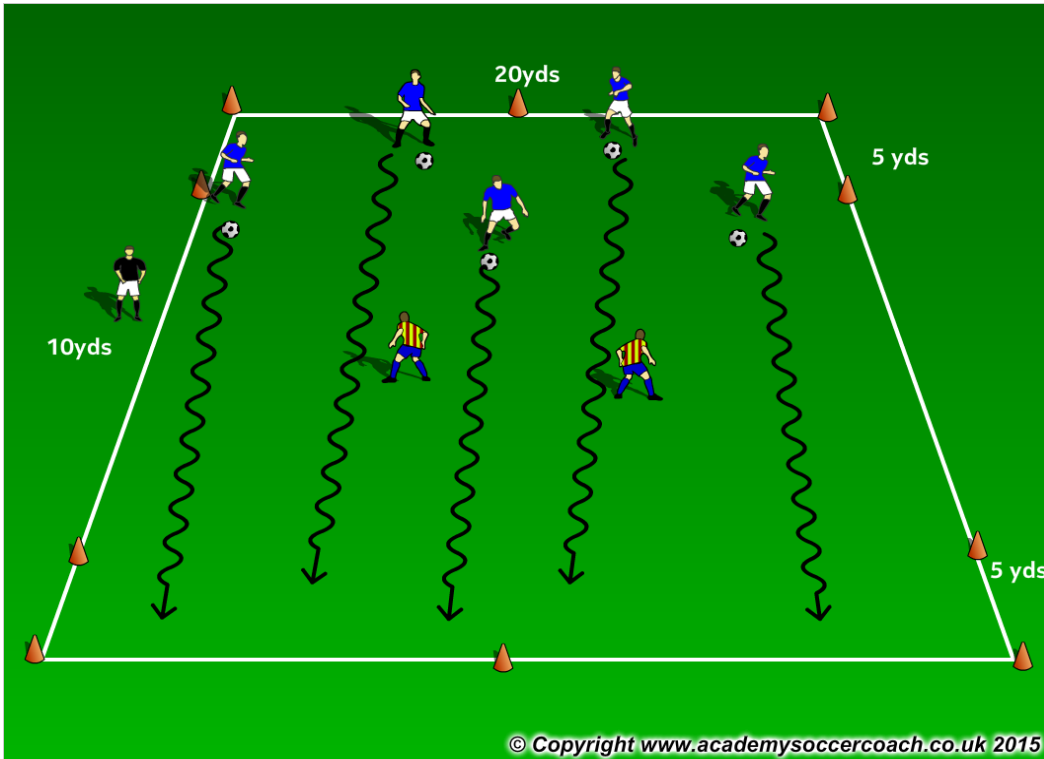
Dribbling

Changing direction

Agility, Balance, Coordination

Imagination

FUN!



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**Organization:** Set up a 20x20 yard area. 2 5 yard endzones are created on either side - "the pirate beaches" and a 10 yard central area - "Shark infested water". 1 or 2 players start in the middle without a ball - "the Sharks". All other players have a ball each and start in 1 of the endzones - "the Pirate beach"

**Procedure:** On the Captains command (the coach) the players look to dribble their ball through the Shark infested water to the safety of the other shark Beach. If the shark steals the ball from a pirate, the pirate then becomes a shark.

### Psychological

Confidence

Being safe

FUN

### Technical

Dribbling

Running with the ball

### Physical

A,B,C's

Change of Direction

### Social

Listening

Competition