

# 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.

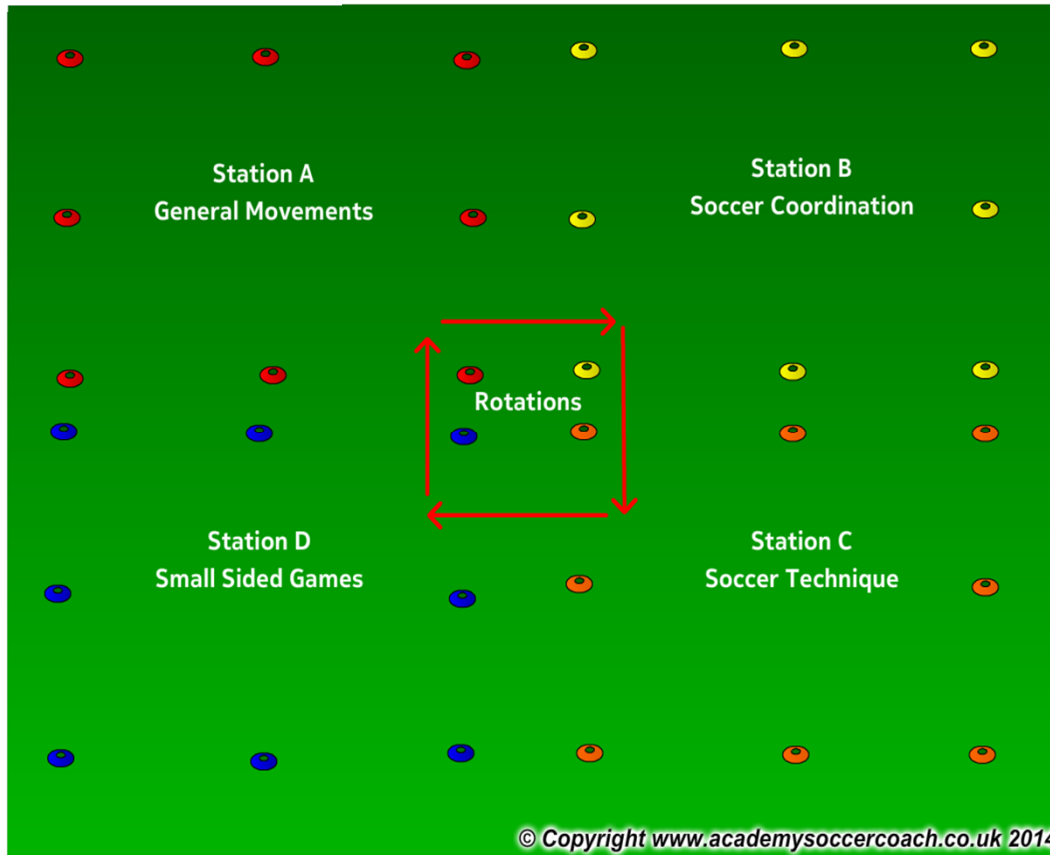
In the following activities players will travel through 4 stations. In these examples one station focuses on general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a small sided soccer game of 2v2, 3v3, 4v4 or 5v5.

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

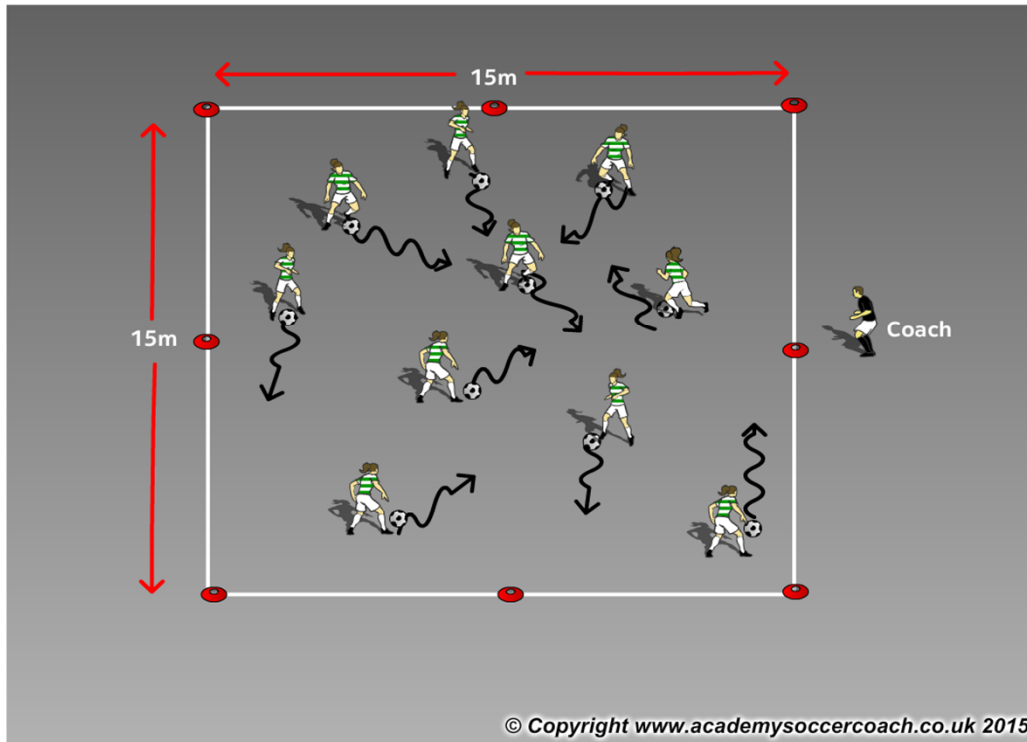
Coordination: %20

Soccer technique: %20

Small sided game: %40



**FUNdamentals practice plan – Week 19**  
**Station A**  
**General Movements – King/Queen of the Ring**



**Organization:** Players are placed inside a 15m x 15m area, each with a ball.  
**Procedure:** Players dribble around inside the area, when the coach calls "go" players have to keep control of their ball and attempt to knock other player's ball out side of the area with their foot. If a player's ball goes out side of the area they have to run collect their ball and perform 20 toe taps. Once completed they are back in the game. If you are the last player inside the area you are "King/Queen of the ring"

**Time frame. 8-10 minutes**

**Emphasis:**

Agility, Balance, Coordination, Speed  
 Changing Direction  
 Dribbling  
 FUN!

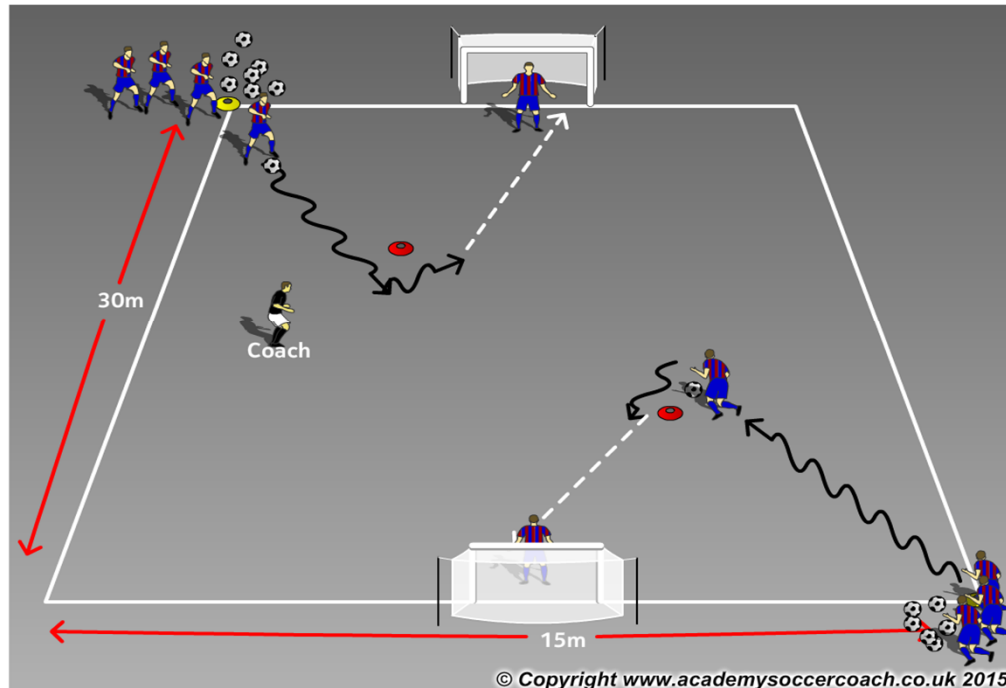
<p><b><u>Psychological</u></b>          Can I kick another player's ball out?          Confidence          Being safe</p>	<p><b><u>Technical</u></b>           Dribbling          Shielding</p>
<p><b><u>Physical</u></b>          Agility, Balance          Change of Direction          Speed</p>	<p><b><u>Social</u></b>          Listening          Problem Solving          Celebrating</p>



## FUNdamentals practice plan – Week 19

### Station B

### Technique work - Shooting



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**Organization:** Players are set up as shown above in a 15m x 30m area. 4 players start in each corner and 1 player starts in each goal.

**Procedure:** The 1st player in each line dribbles towards the red cone, as they get to the cone they turn around the cone and have a strike at goal. Once they have had their shot they replace the goalkeeper and the goalkeeper joins the shooting line. As soon as the player has finished shooting the next player starts to dribble. This should all be done quickly to provide lots of shots.

**Progress** by moving cones to the opposite side to allow players to shoot with opposite foot.

Time frame. 8-10 minutes

Emphasis:

Guide your players to figure out how to score goals.

Allow players to be creative.

#### Psychological

Confidence  
Being safe  
Self Control

#### Technical

Dribbling  
Shooting  
Goalkeeping

#### Physical

A,B,C's  
Change of Direction  
Acceleration

#### Social

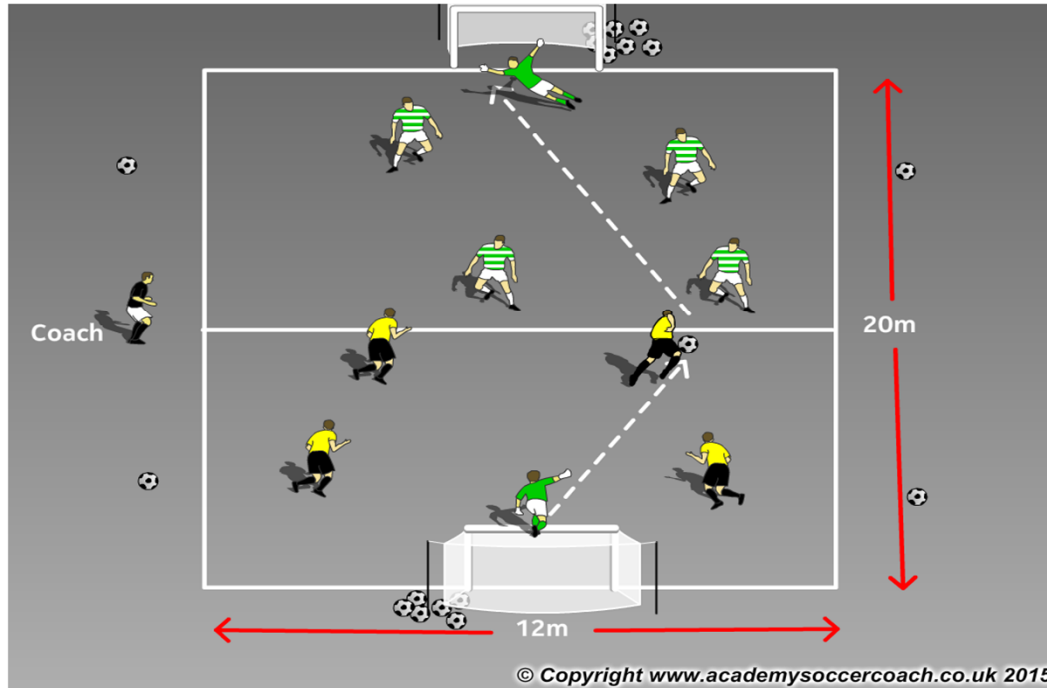
Listening  
Communicating  
Celebrating



## FUNdamentals practice plan – Week 19

### Station C

### 5v5 shooting – King Louie



**Organization:** 2 teams of 5 players are placed inside a field that measures 12m x 20m. Spare balls are placed beside either goal and around the field of play.

**Procedure:** Players must stay within their own half of the field. Once the gk gets the ball players move to receive the ball, once they receive the ball they look to get a shot at goal as fast as possible. There should be more shooting than passing.

**Progress** to allowing 1 player from each team to play within the opponents half if ability and time permits. Players must be getting success.

**Time frame. 8-10 minutes**

**Emphasis:**

Guide players to make the correct decisions.

Create a shooting mentality within the players.

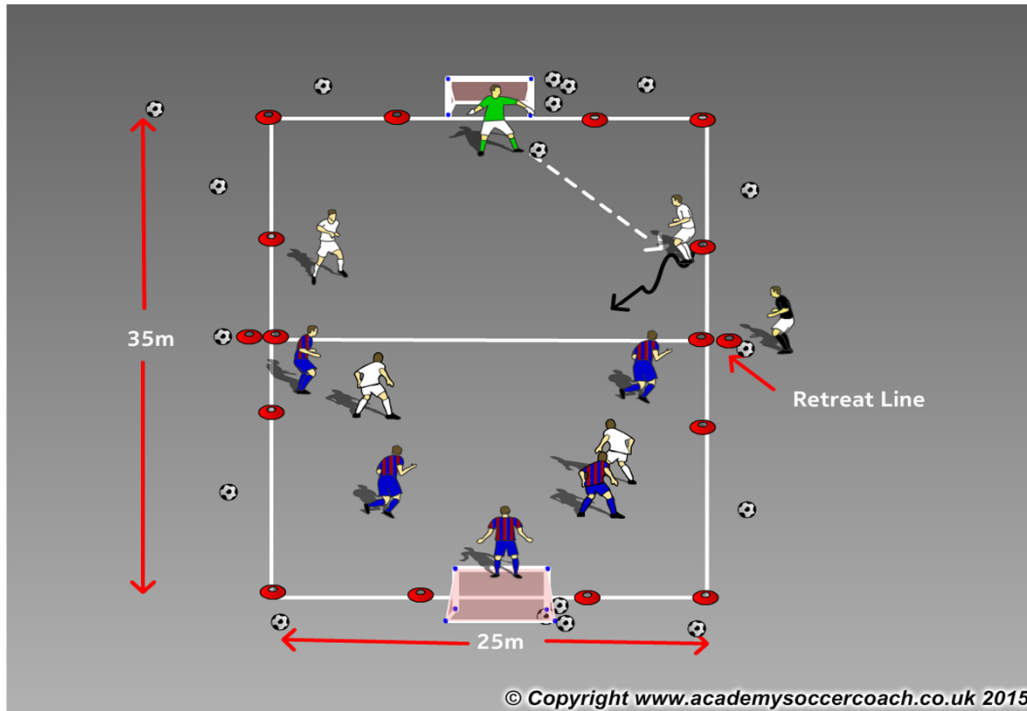
<p><b><u>Psychological</u></b>            Competition            Confidence            Decision making            Shooting Mentality</p>	<p><b><u>Technical</u></b>            Receiving            Shooting            Goalkeeping</p>
<p><b><u>Physical</u></b>            Speed            Transition            Change of Direction</p>	<p><b><u>Social</u></b>            Listening            Communicating            Fun</p>



## FUNdamentals practice plan – Week 19

### Station D

### Small sided game – 5v5 – 7v7 with the Retreat line



**Organization:** Players play 5v5 on a 35m x 25m field. The Retreat line is located at the half way line.

**Procedure:** Once the ball goes out for a goal kick or the goalkeeper has control of the ball the opposition must retreat behind the retreat line. Once the player receives the pass from the goalkeeper the game is live.

If you have odd numbers you can have the extra player become a neutral player in the game.

Time frame. 8-10 minutes

Emphasis:

FREE PLAY!  
FUN!

<p><b><u>Psychological</u></b> Fun Confidence Being safe Decision making</p>	<p><b><u>Technical</u></b> Receiving Shooting Attacking/Defending</p>
<p><b><u>Physical</u></b> Speed A,B,C's Change of Direction</p>	<p><b><u>Social</u></b> Listening Communicating Celebrating Helping each other</p>