

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.

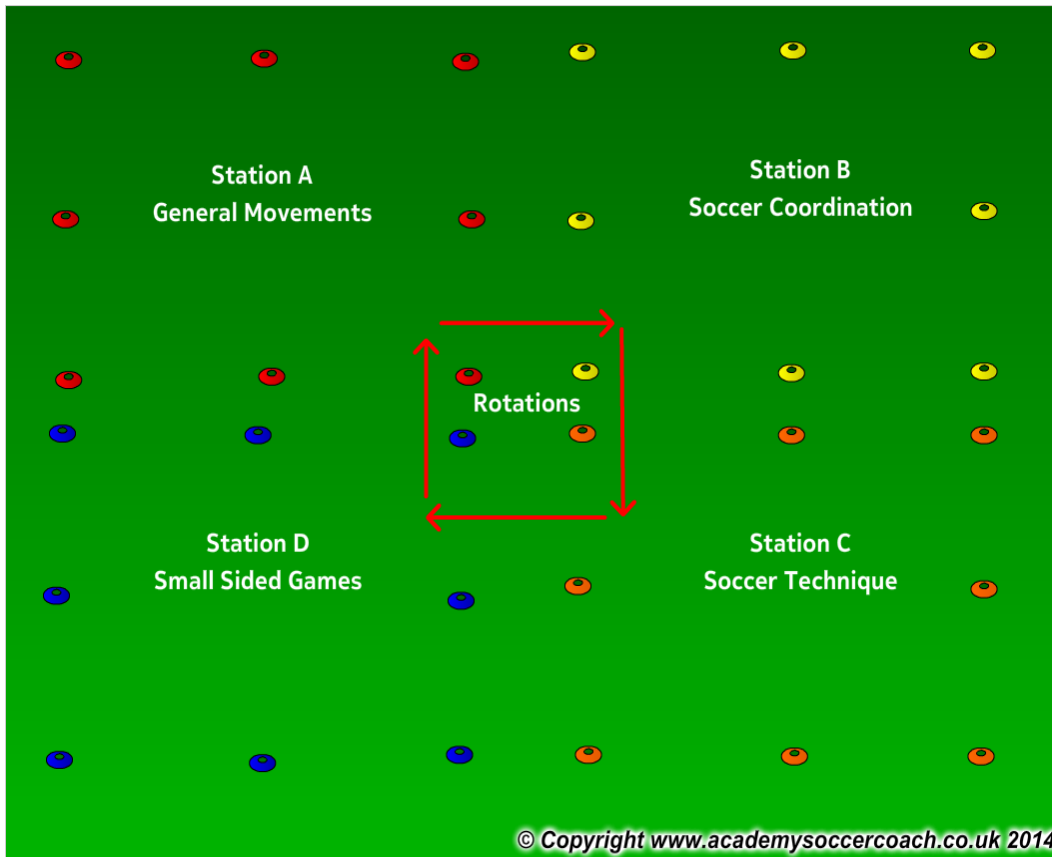
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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 38

Station A

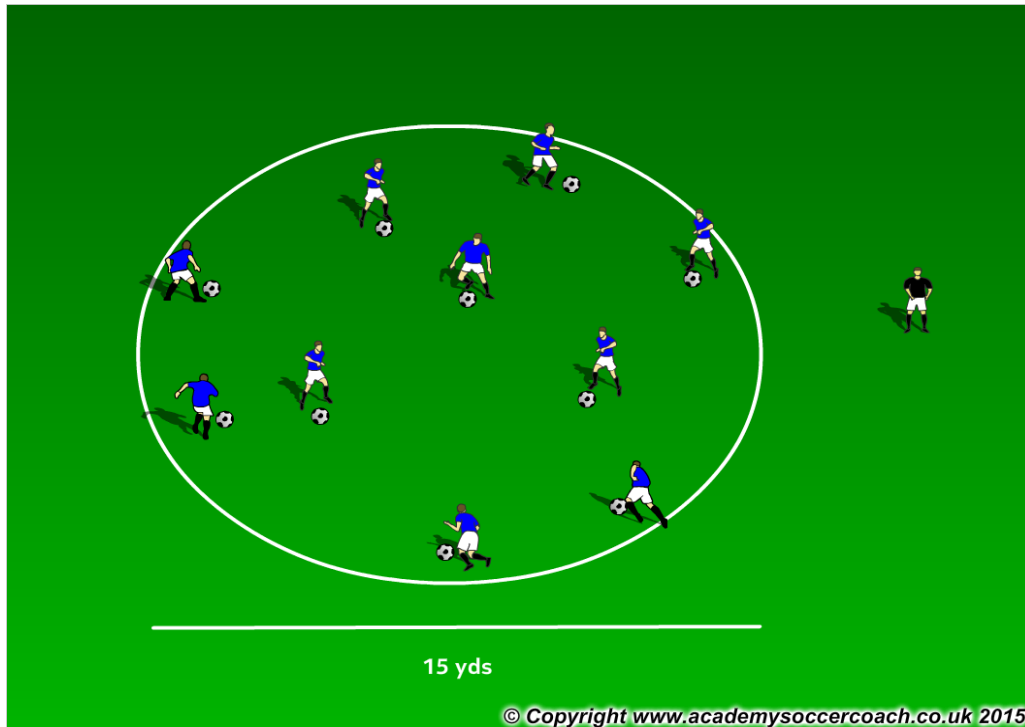
General Movements – King of the Ring



Time frame. 8-10 minutes

Emphasis:

- ABC's
- Ball manipulation
- Dribbling
- Change of speeds/directions
- FUN



Organization: All players have a ball each and are placed in a circle, approx 15 yards in diameter.

Procedure: Players dribble their ball ensuring that the ball is always moving. On coach command all players keep their own ball under control while attempting to kick other players balls out of the circle.

If a players ball is kicked from the circle they must retrieve it and perform a task to re-enter play. example: 10 toe-taps, 1 lap of the circle dribbling their ball.

Psychological

Decision Making
Confidence
Being safe
Spatial Awareness

Technical

Dribbling
Ball mastery
Shielding

Physical

Agility, Balance
Change of Direction
Speed

Social

Listening
Problem Solving
Celebrating



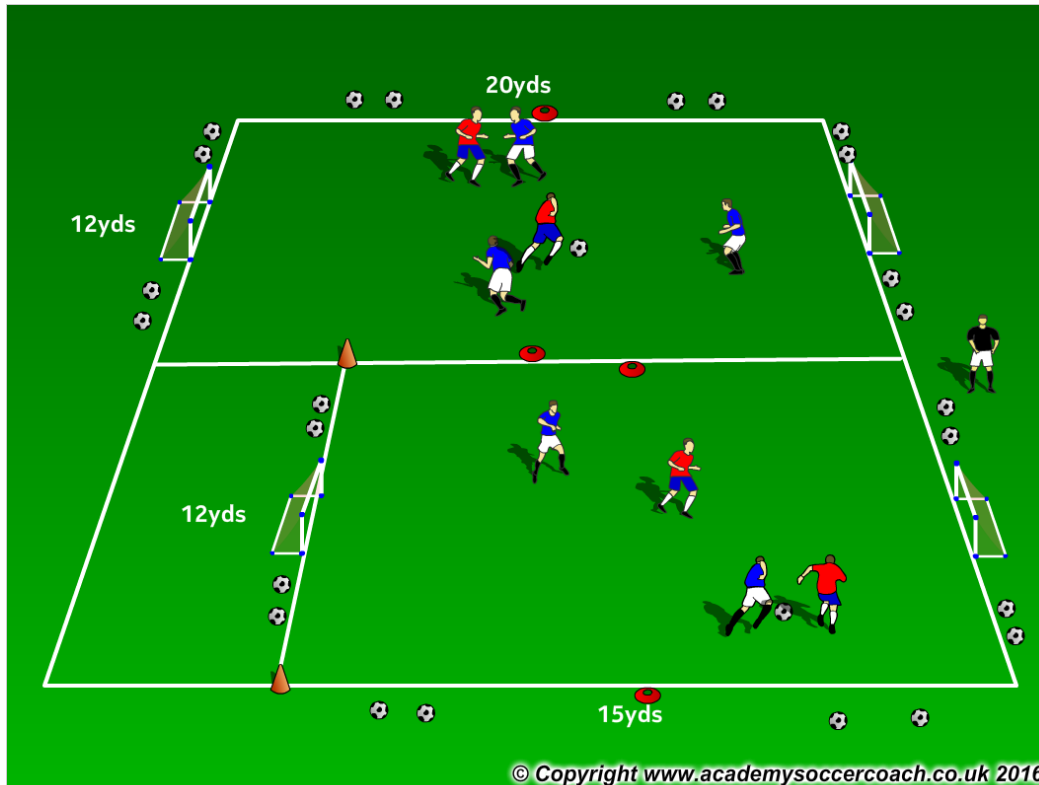
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Station B
Small sided game – 3v3/2v2 with the Retreat line



Time frame. 8-10 minutes

Emphasis:

- Dribbling
- Ball mastery
- Creativity
- FUN



Organization: Create two mini fields, one 12 x 15yards & the other 12 x 20 yards.

Balls around perimeter

Procedure: Players play 3v3 in larger field & 2v2 in smaller field

Psychological

Fun
Confidence
Attacking mentality
Decision making

Technical

Ball mastery
Dribbling

Physical

Speed
A,B,C's
Change of Direction

Social

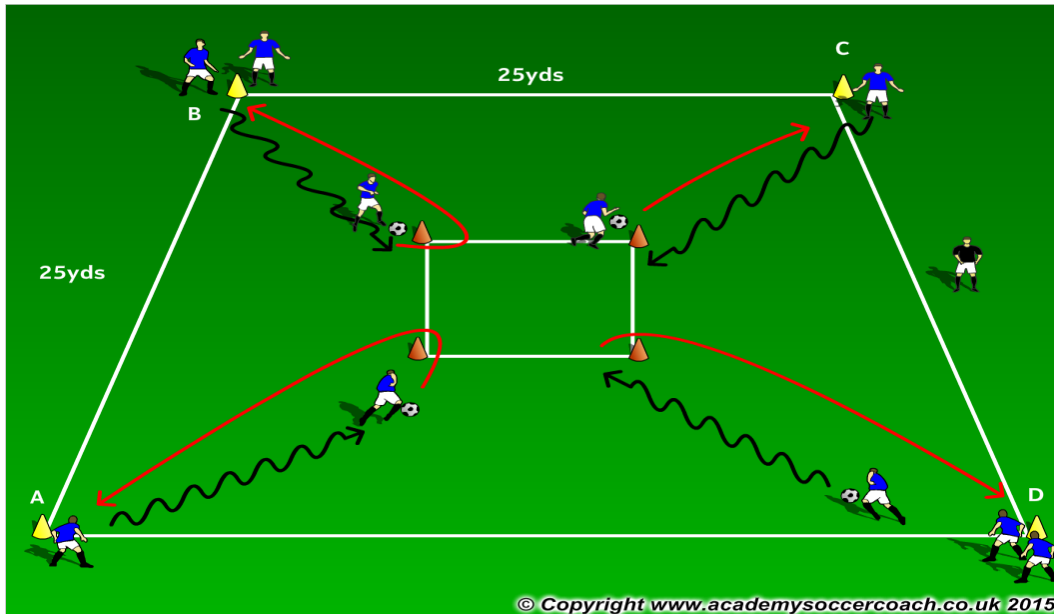
Listening
Communicating
Celebrating
Helping each other



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Station C

Dribbling: Traffic on the Highway



Organization: Set up large grid 25x25 yds with a smaller 8x8yds area in the centre. Position large pylon at each corner of the smaller grid. Players are divided evenly and positioned at a corner of the large grid (A,B,C,D) with no more than 3 per corner. 1 ball with each group of players

Procedure: Players will dribble to the centre pylon using different ball manipulation (inside/outside foot, sole, laces etc). Once at the centre cone they turn staying as close to the pylon as possible before running the ball at speed back to next player in line.

Progression 1: When players turn at the centre pylons they return to a different line (eg. If everyone is moving clockwise: start at A dribble to pylon, turn and run ball back to B)

Progression 2: Players dribble at the same time through central grid and join opposite line (A dribbles through centre box and joins C)

Time frame. 8-10 minutes

Emphasis:

- Ball manipulation
- Dribbling
- Change of speeds/directions

<u>Psychological</u> Confidence Decision making Spatial awareness	<u>Technical</u> Different dribbling skills Ball control Turning
<u>Physical</u> Speed Change of Direction A,B,C's	<u>Social</u> Listening Communicating Fun



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Station D

Small sided game – 5v5 with the Retreat line

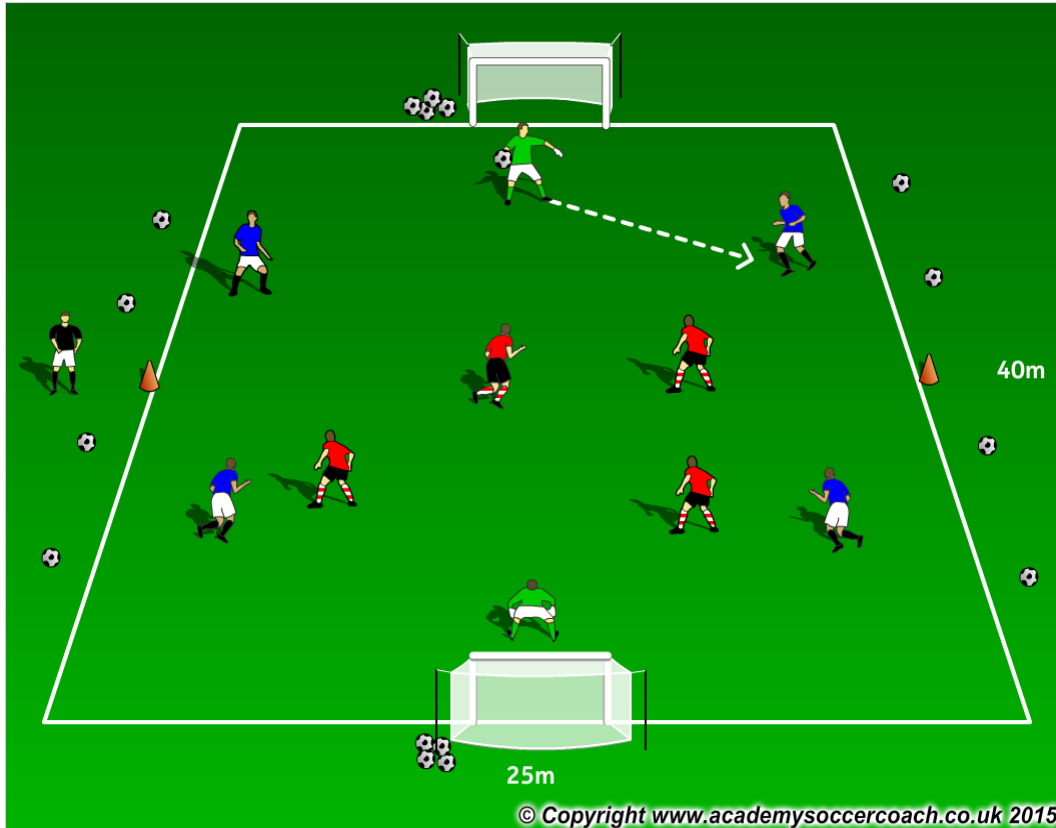


Time frame. 8-10 minutes

Emphasis:

FREE PLAY!

FUN!



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.

Psychological

Fun
Confidence
Attacking mentality
Decision making

Technical

Receiving
Dribbling
Ball mastery

Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating
Helping each other