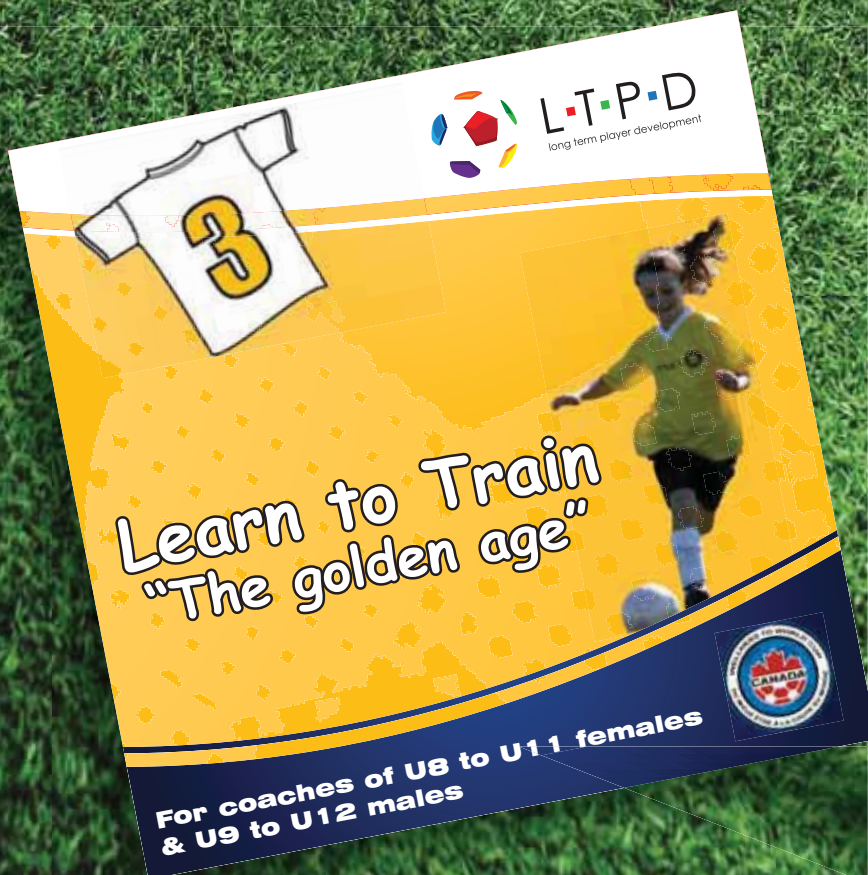




Grassroots soccer is not about the amount of trophies you win. It's about the difference you make to a young person's life.

THE ONTARIO SOCCER ASSOCIATION GRASSROOTS WORKBOOK & PRACTICE PLANS

April 2015





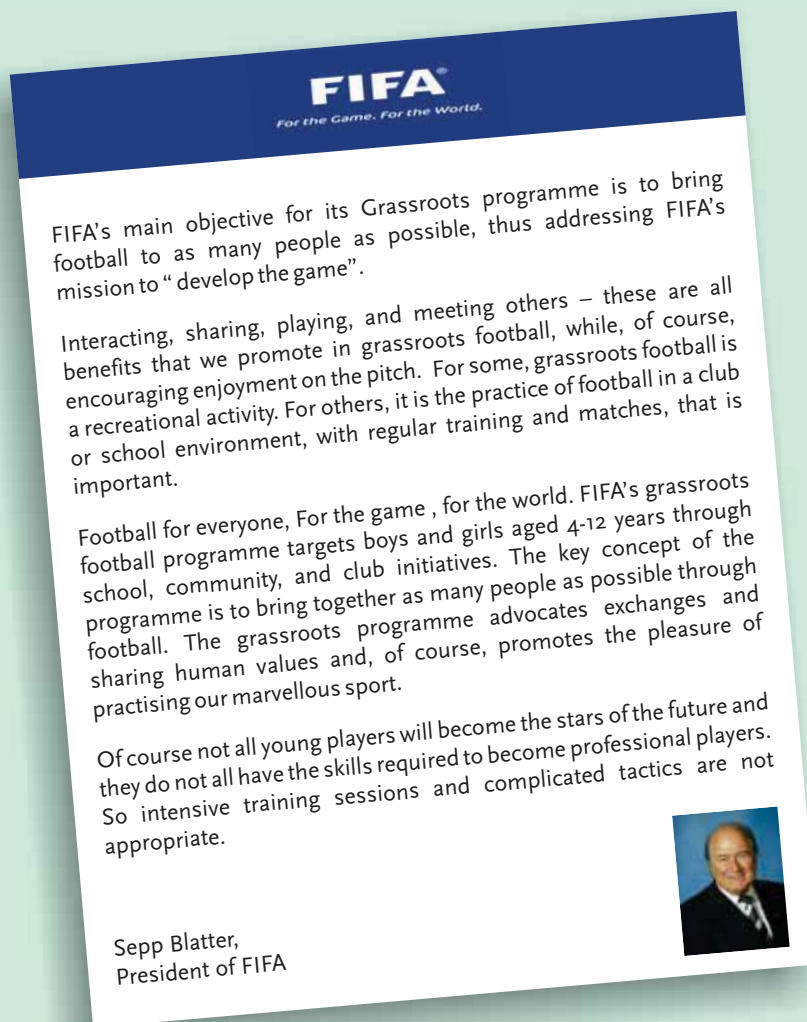
Introduction

Welcome to the second edition of the Grassroots Soccer Provincial curriculum. This resource should be used in conjunction with the first edition of the curriculum. The Ontario Soccer Association has created this resource for Districts, Clubs, Academies, and youth coaches to follow a coaching curriculum that is designed to meet physical literacy needs for players from age 4-12

The information within this document will allow Technical Directors as well as youth coaches to create programs and coaching sessions that are appropriate for the development stage of each player. By implementing the curriculum, along with good coaching methodology, players will benefit from and enjoy practice sessions more. All sessions will focus on player development in a low stress, supportive, positive, fun-filled and safe environment. By coaches creating this environment the players will be excited to learn and be anxious to return.

In general terms a curriculum consists of information that promotes technical, social, physical and psychological development of the players. In addition to the activity examples and sample session plans it includes approaches to teaching and learning. The curriculum helps to remove the 'guess work' in choosing developmentally appropriate content and enables coaches to work on their methodology and coaching style.

What is Grassroots Soccer?



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Learn To Train Practice Plan

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 four 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 3v3, 4v4 and 5v5

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

Total Practice time: 45 - 70 minutes as per the OSA Recreational and Development Matrix



If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a two 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 four stations and players will move together through all four stations until all are complete.

Different scenarios based on numbers in attendance (Scenarios are based on each session being 60 minutes in length)

# Players	Stations	# Coach/Parent/volunteer	Setup
32 - 40	<ol style="list-style-type: none"> ① General Movement ② Soccer Coordination ③ Soccer Technique ④ Small-Sided Game ⑤ Soccer Technique ⑥ Small-Sided Game ⑦ Soccer Technique ⑧ Small-Sided Game 	4	<u>Ideal scenario</u> <ul style="list-style-type: none"> • 4 coaches 4 groups. • This requires 2 coaches to change their station over to on the second half of the training session. • 1.2.3.4. first 24 minutes • 5.6.7.8. final 36 minutes
24 - 30	<ol style="list-style-type: none"> ① General Movement ② Soccer Coordination ③ Small-Sided Game ④ Soccer Technique ⑤ Small-Sided Game ⑥ Soccer Technique 	3	<u>Second scenario</u> <ul style="list-style-type: none"> • 2 coaches 3 groups. • This requires one coach to change their station over on the second half of the training session. • 1.2.3. first 18 minutes • 4.5.6. final 42 minutes
16 - 28	<ol style="list-style-type: none"> ① General Movement ② Soccer Coordination ③ Small-Sided Game ④ Soccer Technique 	2	<u>Third scenario</u> <ul style="list-style-type: none"> • 2 coaches 2 groups. • Coaches have allocated activities and then swap groups or activities. • 1.2. first 12 minutes • 3.4. final 48 minutes





Learn to Train practice plan – Week 1

STATION A - GENERAL MOVEMENT



Organization: A 30m x 30m area is divided into equal smaller boxes. 3 players in each group. Each group has 1 ball.

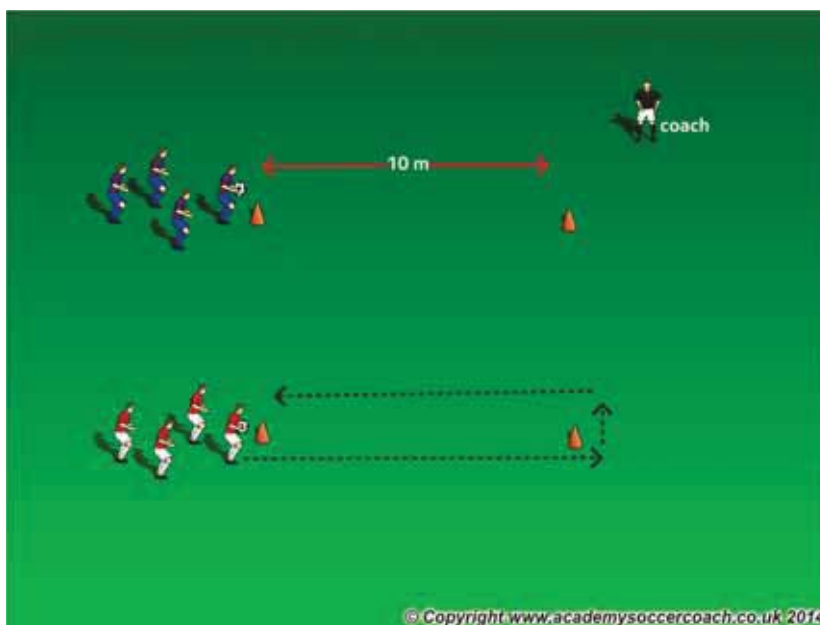
Procedure: Players move in their box, passing, and receiving, and are asked to perform different movements. I.e. Step over, Matthew's move. On the coach's call, players move to another box.

Time Frame: 12 - 15 minutes

Emphasis: Changing direction
Eye-foot Coordination
Aware of surroundings
Balance
FUN!



STATION B - SOCCER COORDINATION



Organization: Mark out two courses. Two to four players stand at each starting cone. Each team has a ball.

Procedure: On coach's call, the first player rolls the ball with hands around the far cone, and back to the next player in line. Which team can complete the activity first?

Variation: Players bounce the ball around the far cone, run with the ball around the far cone or they can head a balloon around the far cone.

Time Frame: 12 - 15 minutes

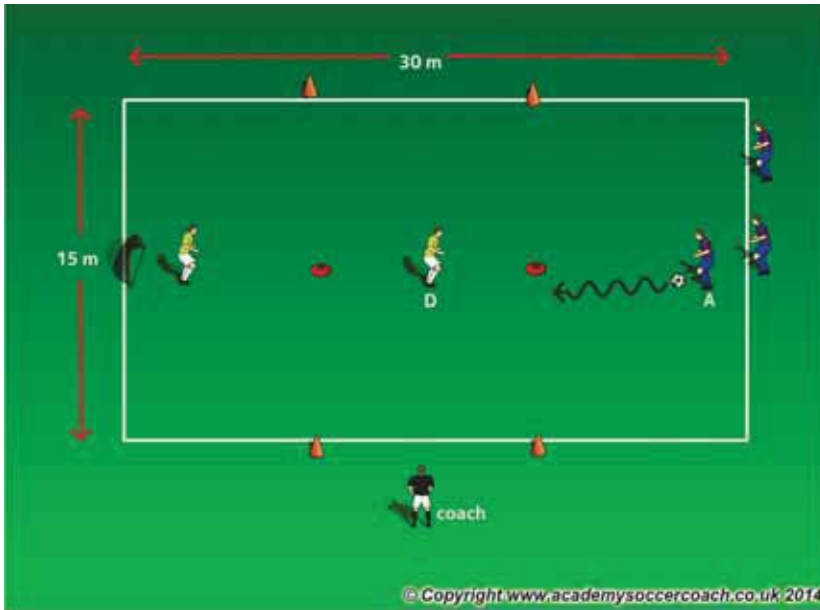
Emphasis: Listening
Running with the ball
Changing direction
Eye- hand(foot) Coordination
FUN!





Learn to Train practice plan – Week 1

STATION C - SOCCER TECHNIQUE - DRIBBLING/CREATIVITY



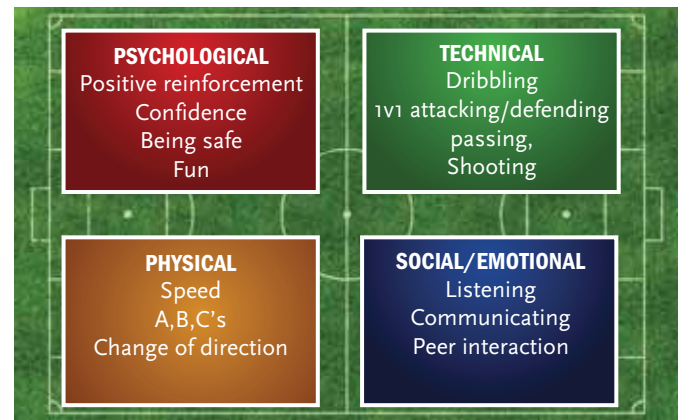
Organization: 30m x 15m area is divided to three equal grids, one player is a defender in each grid.

Procedure: Attacker runs to 1st defender and performs a dribbling move, when he/she passes the first defender, then he/she runs to 2nd defender performing different dribbling move. Once they pass the final defender the attacker gets to shoot on goal.

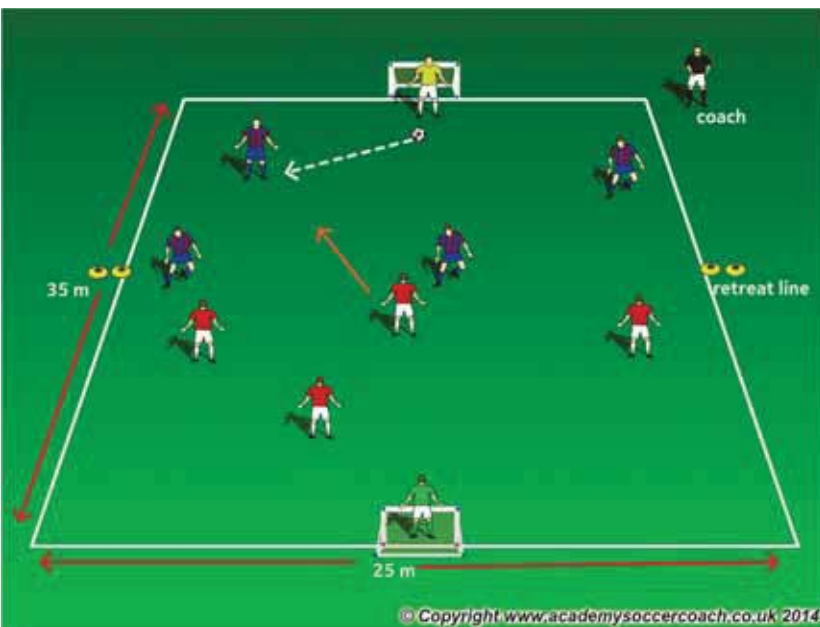
Progression: This exercise could be done in 2v1 situation, working on when to pass, and when to dribble. Rotate players.

Time Frame: 12 - 15 minutes

Emphasis: Changing direction
Change of speed
Agility, Balance, Coordination
Shooting, finishing
FUN!



STATION D - SMALL SIDED GAME WITH 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: 12 - 15 minutes

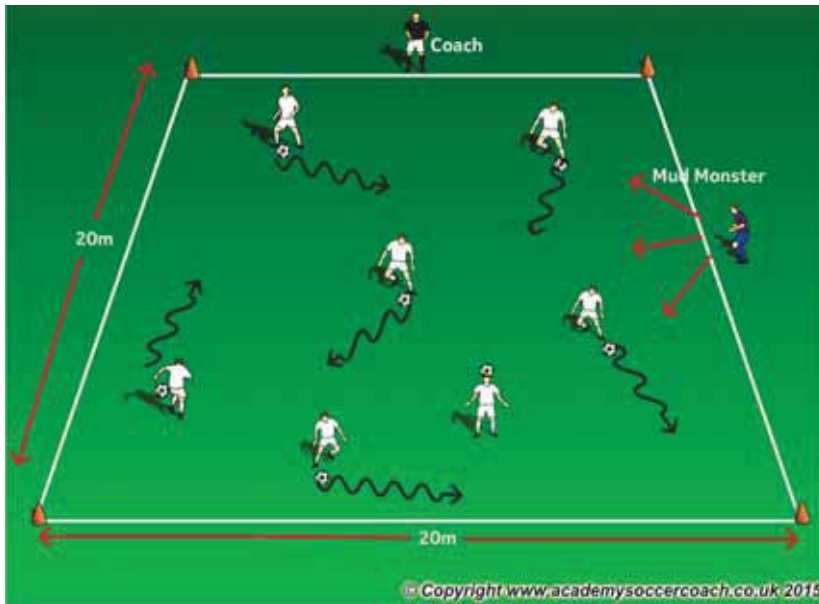
Emphasis: Running with the ball
Dribbling
1v1
Changing direction
Change of speed
Agility, Balance, Coordination
Imagination
Creativity
FUN!





Learn to Train practice plan – Week 2

STATION A - GENERAL BASIC MOVEMENT



Organization: 20m x 20m area. All players have a soccer ball except the mud monster.

Procedure: All players dribble around inside the area. 1 player at a time is selected to become the "MUD MONSTER". When the coach says go the Mud monster comes in and attempt's to tag the players. If a player is tagged they must stand with their legs apart, holding the soccer ball and their head shouting, "help, help I'm stuck in the mud" to be freed a player who is dribbling crawls through the back of their legs. Each player gets to be the mud monster for 1 minute.

Time Frame: 12 - 15 minutes

Emphasis: Changing direction
Running
Spatial awareness
FUN!



STATION B - 3v2 SHOOTING



Organization: A 9v9 size goal, a few balls, 10 to 12 players. Mark out field as shown (18 yds. box if it's possible), and 3 cones 10m from 18 yds. line.

Procedure: The first passer initiates the 3v2 with a pass into the penalty box.

(Extra defender juggles on the side, and will rotate each round)

Attackers can only shoot after receiving and controlling the ball. When the first ball goes out of the field or into the goal, the next passer passes into penalty box. Team switch their roles after two or three rounds.

Time Frame: 12 - 15 minutes

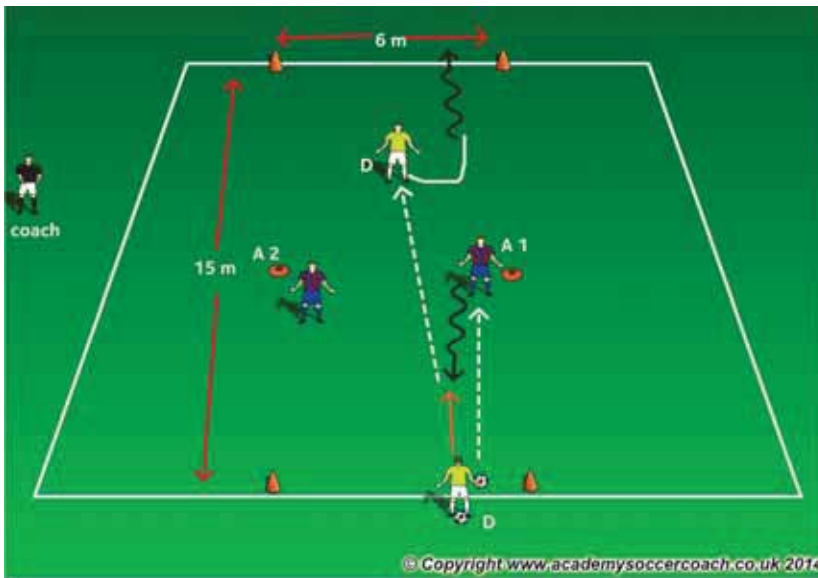
Emphasis: Turning
Changing direction
Shooting
Passing
Receiving
FUN!





Learn to Train practice plan – Week 2

STATION C - SOCCER TECHNIQUE - INDIVIDUAL DEFENDING



Time Frame: 12 - 15 minutes

Emphasis: Patience
Body position
1v1 mentality
Angle of approach
Element of surprise
Speed of approach
Fun!

Organization: field is marked out 15m x 6m, it could be varied depend on the age and the ability of players.

Procedure: Divide players to two teams. One team (attackers) receive the ball from the defender and try to pass the defender and cross the line.

Attacker will rotate every round. Same procedure will take place on the other side.

Progression: 2 defenders vs 1 attacker

If the defender intercepts the ball, they will pass it to their teammate on the other half, who will receive and turn to cross the line.

<p>PSYCHOLOGICAL Decision making Confidence 1v1 defending mentality</p>	<p>TECHNICAL Angle of Approach Body position Time of tackle</p>
<p>PHYSICAL A,B,C's Change of direction</p>	<p>SOCIAL/EMOTIONAL Listening Communicating</p>

STATION D - SMALL SIDED GAME - END ZONE GAME



Time Frame: 12 - 15 minutes

Emphasis: Running with the ball
Dribbling
1v1
Changing direction
Change of speed
Agility, Balance, Coordination
Imagination
FUN!

Organization: 30m x 30m area, with two end zones as shown in diagram.

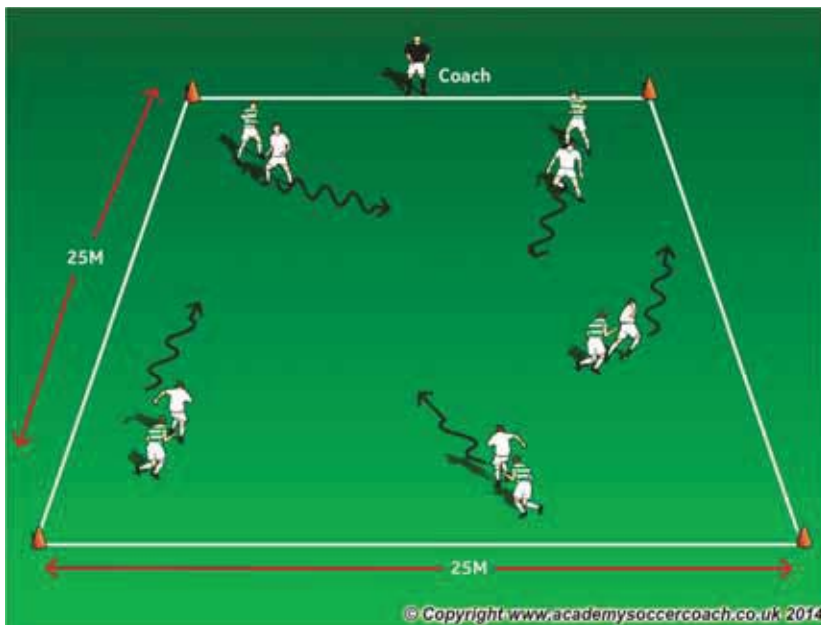
Procedure: Teams score a point by passing the ball into end zone where it will be received by teammate. Players can't wait for the ball in end zone, they must run to end zone to receive the ball.

<p>PSYCHOLOGICAL Decision making Confidence Being safe</p>	<p>TECHNICAL Receiving Dribbling passing</p>
<p>PHYSICAL A,B,C's Change of direction</p>	<p>SOCIAL/EMOTIONAL Listening Communicating</p>



Learn to Train practice plan – Week 3

STATION A - GENERAL MOVEMENT



Organization: Players are placed into pairs in a 25m x 25m area.

Procedure: 1 player becomes the leader and the 2nd player becomes the follower. Encourage the players to use different movements such as walking, running, jumping, rolling, running backwards and also sideways. After 30 seconds players switch.

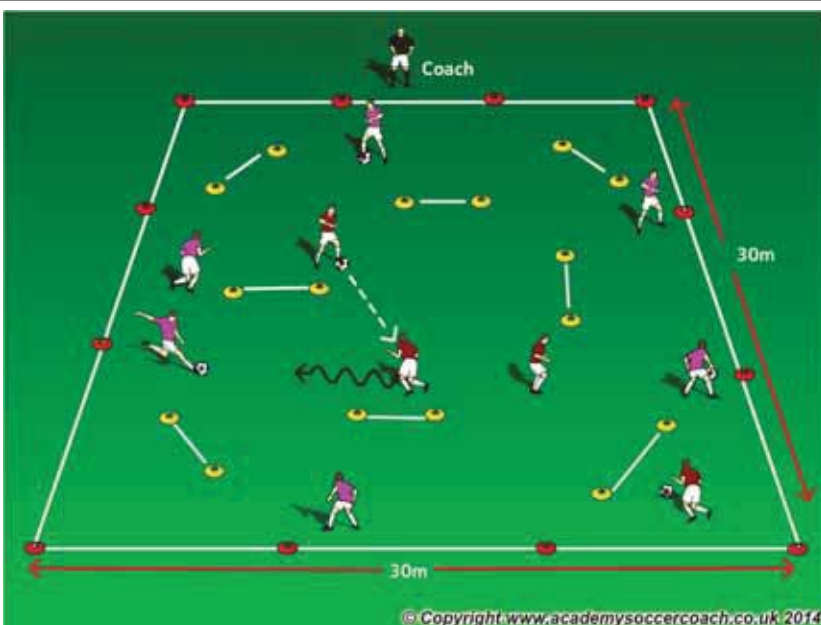
Progression: Each player has a ball.

Time Frame: 12 - 15 minutes

Emphasis: Running
 Skipping
 Side steps
 Changing direction
 Changing speed



STATION B - PASSING AND RECEIVING



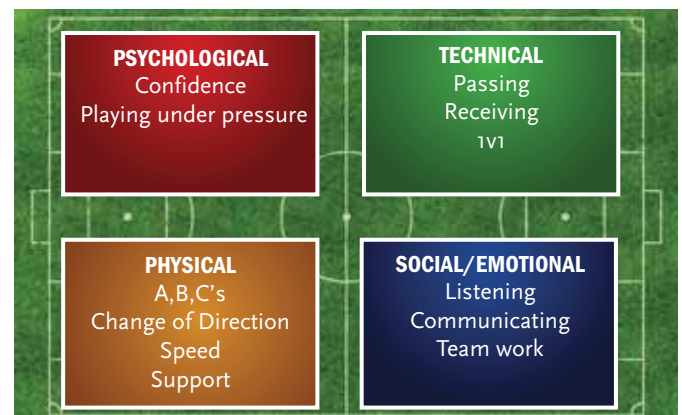
Organization: Players are placed into 2s inside 30m x 30m area.

Procedure: Players pass and move inside area. Focus should be on how the player passes and receives the ball.

Progression: To make it fun/competitive for the players add gates into the area and on the command of "Shopping" players look to pass the ball through the gates. Each gate = 1 point, after 60 seconds pair with the most points wins the competition. Repeat game several times.

Time Frame: 12 - 15 minutes

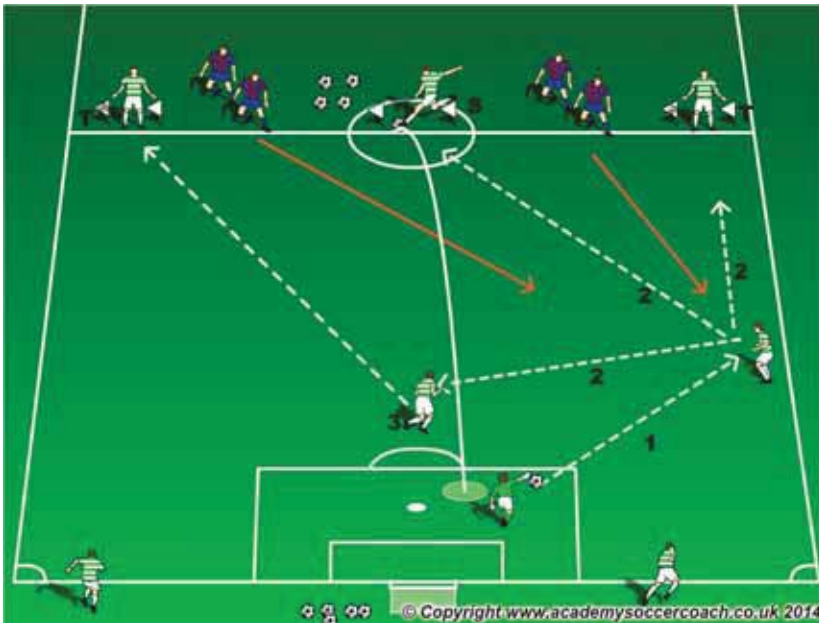
Emphasis: Changing direction
 Spatial Awareness
 Passing
 Receiving
 Support
 FUN!





Learn to Train practice plan – Week 3

STATION C - HOW TO PLAY OUT FROM THE BACK



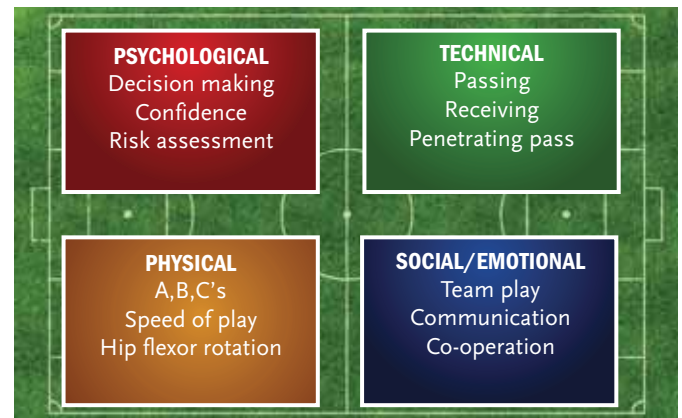
Organization: Players set up as above.

Procedure: S plays ball into the goalkeeper. The goalkeeper now looks to distribute the ball to one of his/her team mates. As soon as the player receiving the ball touches the ball the 2 strikers are released to pressure the ball. The team in possession now look to get the ball to T or S to score a point. If the Strikers win possession they head to goal. All players rotate through all positions.

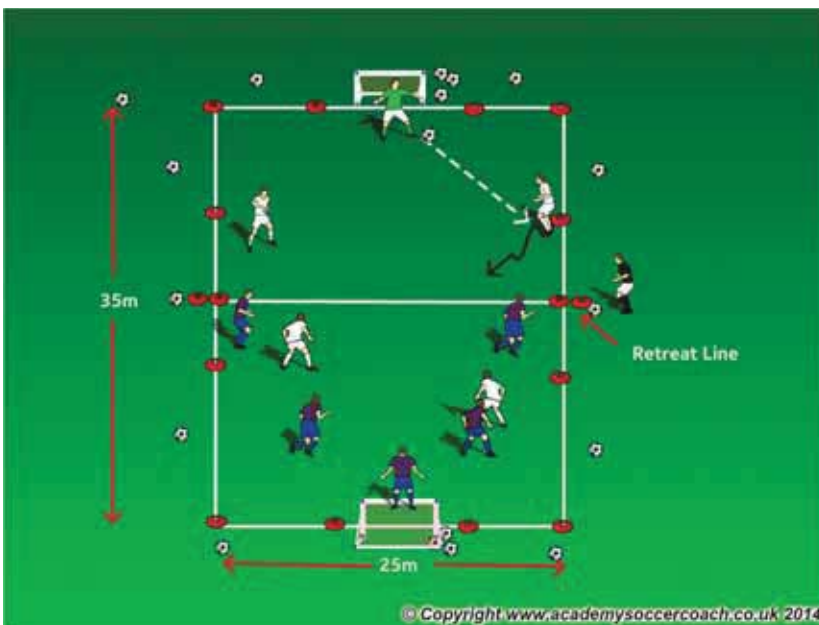
Time Frame: 12 - 15 minutes

Emphasis:

- Patience
- Body position
- Passing/receiving
- Support
- Decision making
- Awareness
- Learning different roles
- FUN!



STATION D - 5v5 WITH RETREAT LINE



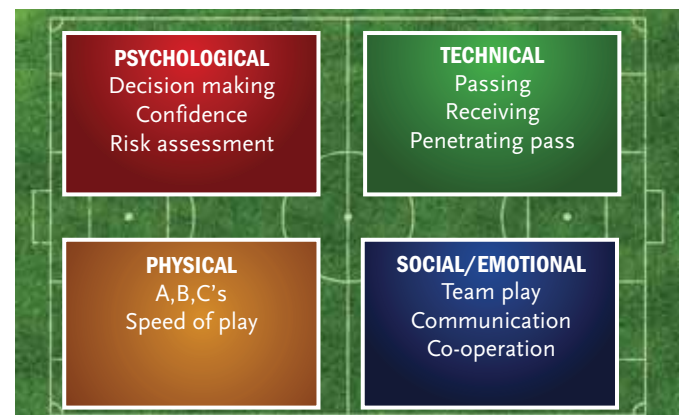
Organization: Players play 5v5 on a 35m x 25m field. The Retreat line is located at the half way line.

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: 12 - 15 minutes

Emphasis:

- Patience
- Body position
- Passing/receiving
- Support
- Decision making
- Awareness
- FUN!





TALENT SELECTION VS TALENT IDENTIFICATION – What's the difference?



Talent selection is when coaches choose players on their current abilities on what they can currently do on the field which will have an impact on events that are taking place in the near future. Talent identification is however not what the child can currently do but is a prediction on what a child can do in the future. Both are totally separate, talent selection will help you get results today, while talent identification will help you build stronger teams for the future once players reach the talented pathway.

In our old system where tryouts have taken place talent selection has been promoted as coaches have had the “must win” attitude. This attitude has come about due to the pressure that has been placed on coaches by clubs and parents to win championships and win promotion. Even in the majority of situations, where coaches are volunteers, they have still been under pressure to win to return the following year as the coach. So when it came to tryouts, players that were selected were the bigger, stronger, faster more athletic players, which will help coaches and teams gain short term success. Players that did not match these criteria were told “sorry you are not good enough and you need to work on the following...” However they were not given the opportunity to work on the following because they were not selected to the program.

In the new grassroots system The OSA is recommending that no tryouts take place and that “open development sessions” are made available to any player who wishes to play at the development level. Now we can build our player pool and become talent identifiers. Players within the pool may not be the elite athletes at the present moment but they do show high levels of commitment, a high level of coachability, sensitivity to training and the motivation and desire to learn and become better. Now using the holistic approach and focusing on the four corners of the child’s development, physiological, social, physical and technical, we can strive to develop more athletes, better human beings as well as better soccer players.

Talent identification also takes a long term approach to player development, with the focus on training large numbers of players, instead of cutting all but the elite athlete. This approach now gives all children the opportunity to realise their potential and release that potential when they feel the time is right.



CREATE THE BEST ENVIRONMENT FOR ATHLETES

PLAY

SSG

FUN

ROLE MODELS

PEERS

FRIENDS

LISTEN TO PLAYERS

BEST
EXPERIENCE
LOVE

NO FEAR

INDIVIDUALS

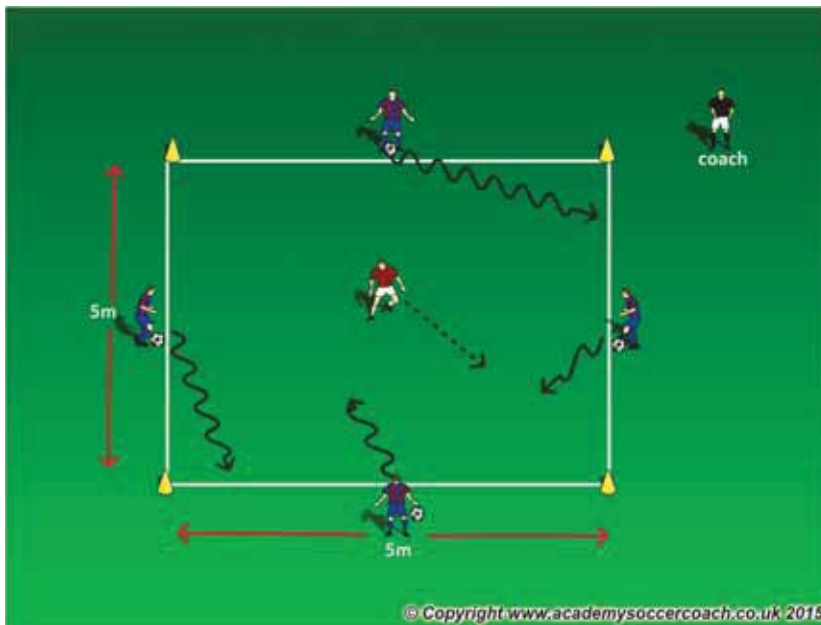
IMITATE

COMPETITIVE



Learn to Train practice plan – Week 4

STATION A - GENERAL MOVEMENT



Organization: 5m x 5m area as shown. 5 players, 4 have balls. Players with the ball are on the outside of the square, evenly spaced.

Procedure: Players attempt to dribble across the square or to a different side, avoiding being tagged by the player in the middle.

Getting across gains 2 points, dribbling to the closest side gets you 1 point.

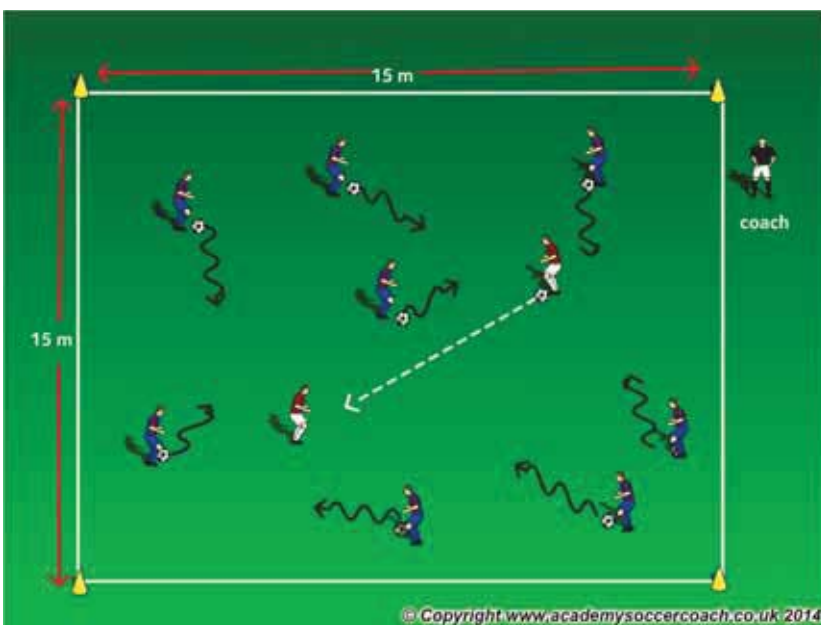
If an outside player is tagged 3 times, He/she becomes the tagger.

Time Frame: 12 - 15 minutes

Emphasis: Changing direction
Eye-foot Coordination
Running with the ball
FUN!



STATION B - SOCCER COORDINATION



Organization: 15m x 15m area. 8-10 players with a ball each. 2 additional players with 1 ball between them.

Procedure: Players dribbling and move freely within the area. The pair of players with one ball between them moves within the area passing to one another, avoiding dribbling players.

The pair will be changed every 1 minute.

Progression: Add more "pairs" passing amongst the dribblers. Or reduce the area. A pair with more passing sequence will win.

Time Frame: 12 - 15 minutes

Emphasis: Communication
Passing/Receiving
Running with the ball
Changing direction
Spatial Awareness
Lots of touches
FUN!





Learn to Train practice plan – Week 4

STATION C - SOCCER TECHNIQUE – PASSING/POSSESSION



Time Frame: 12 - 15 minutes

Emphasis: Passing
Receiving
Communication
Changing direction
Change of speed
Agility, Balance, Coordination
Spatial Awareness
FUN!

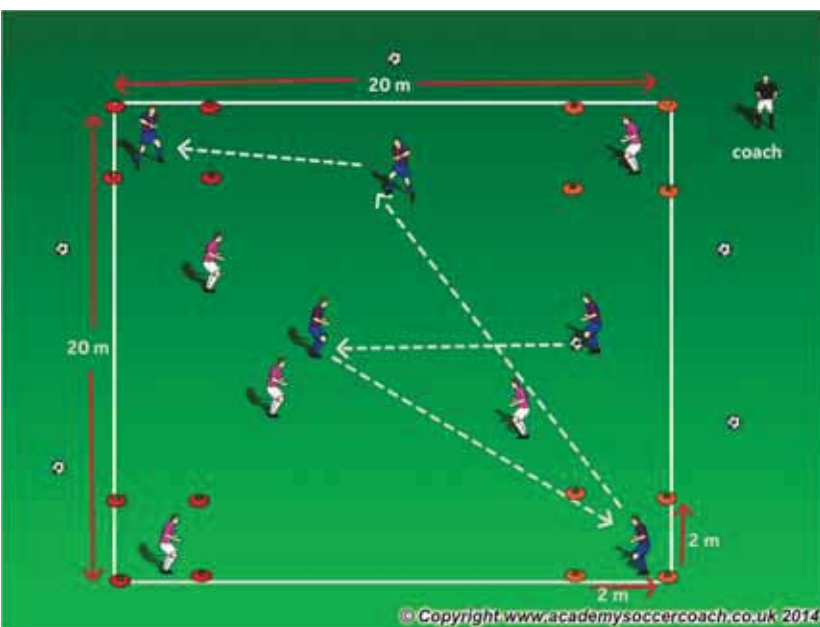
Organization: 40m x 40m area. 10 players are organized into 2 teams of 5, 2 targets, and a server (S). One ball to play, and a few balls around the field. Server may move around the outside of the area.

Procedure: Practice starts with a pass into play by the server. Team in possession can use targets and server to keep possession. Targets can move to open square to help the team.

Team scores by passing the ball to a target into designated area.

<p>PSYCHOLOGICAL Fun Confidence Being safe</p>	<p>TECHNICAL Dribbling 1v1 Passing</p>
<p>PHYSICAL Speed A,B,C's Change of Direction</p>	<p>SOCIAL/EMOTIONAL Listening Communicating Fun with friends</p>

STATION D - SMALL SIDED GAME – TARGET ZONES



Time Frame: 12 - 15 minutes

Emphasis: Running with the ball
Passing
Receiving
Possession
Changing direction
Change of speed
Agility, Balance, Coordination
Imagination
FUN!

Organization: 20m x 20m area (could be modify according to age). 10 players in two teams of 5. Two players from each team are target players in designated area (2m x 2m).

Procedure: Team in possession must pass to one target player, get it back and play to other target player in order to score.

<p>PSYCHOLOGICAL Fun Confidence Being safe</p>	<p>TECHNICAL Dribbling 1v1 Passing</p>
<p>PHYSICAL Speed A,B,C's Change of Direction</p>	<p>SOCIAL/EMOTIONAL Listening Communicating Fun with friends</p>



Learn to Train practice plan – Week Week 5

STATION A - GENERAL MOVEMENT



Organization: 30m x 20m area. 12 players, 8 inside the grid (3 with the ball in their hands), and 4 outside (taggers).

Procedure: On coach's signal, players outside of the grid try to tag players without the ball. If a player has the ball, he/she cannot be tagged. Players with the ball can pass the ball to players to stop them being tagged.

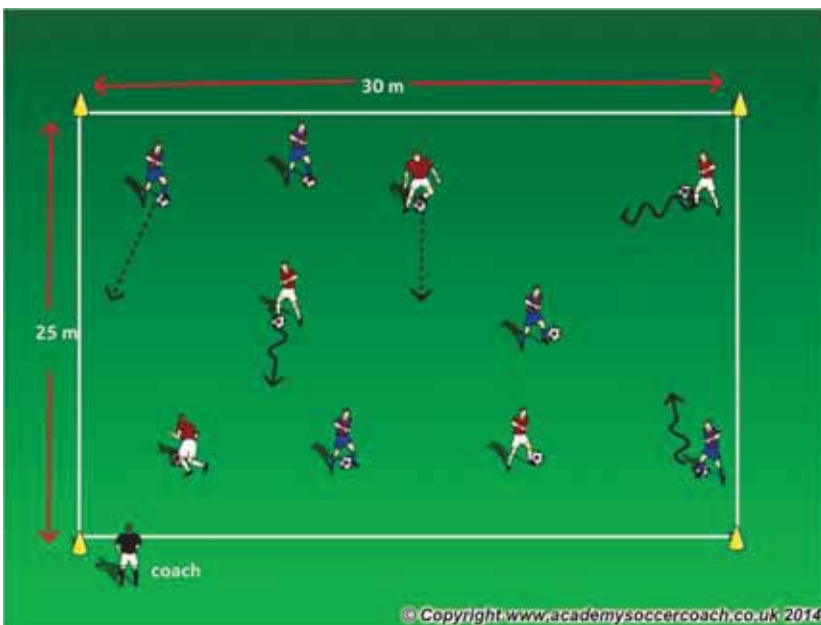
Progression: Game can be played with ball at player's feet.

Time Frame: 12 - 15 minutes

Emphasis: Changing direction
Eye-hand (foot) Coordination
Running with the ball
Stop and start to run
FUN!



STATION B - SOCCER COORDINATION



Organization: 30m x 25m area (could be modified according to age). 10-12 players each with ball at their feet.

Procedure: Players moving and dribbling freely within the area performing various moves. Players are encouraged to use both feet.

Progression: Add 2-3 defenders.

Time Frame: 12 - 15 minutes

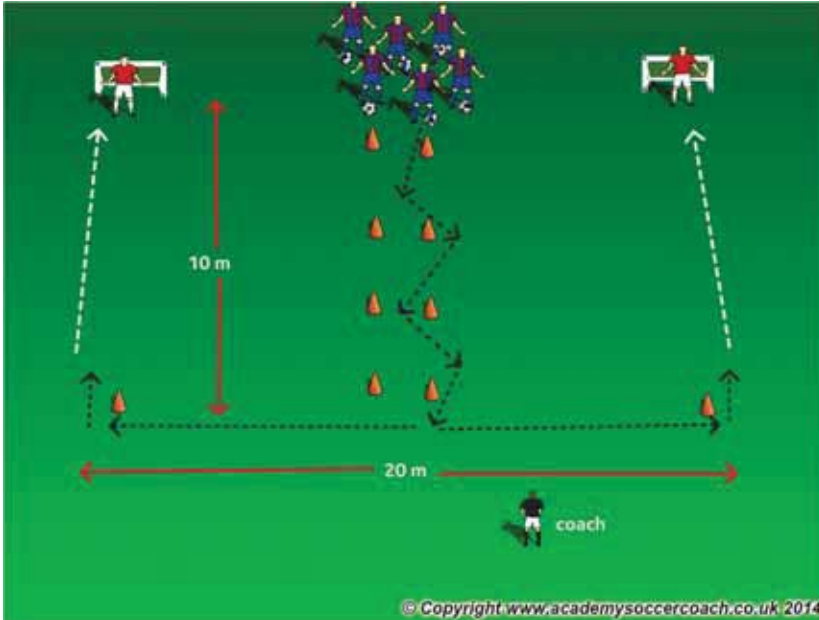
Emphasis: Using both feet
Running with the ball
Changing direction
Good balance
Spatial Awareness
Lots of touches
FUN!





Learn to Train practice plan – Week 5

STATION C - SOCCER TECHNIQUE – DRIBBLE AND SHOOT



Organization: Area is 20m x10m (age appropriate), 2 goals, cones, balls, and two Gks

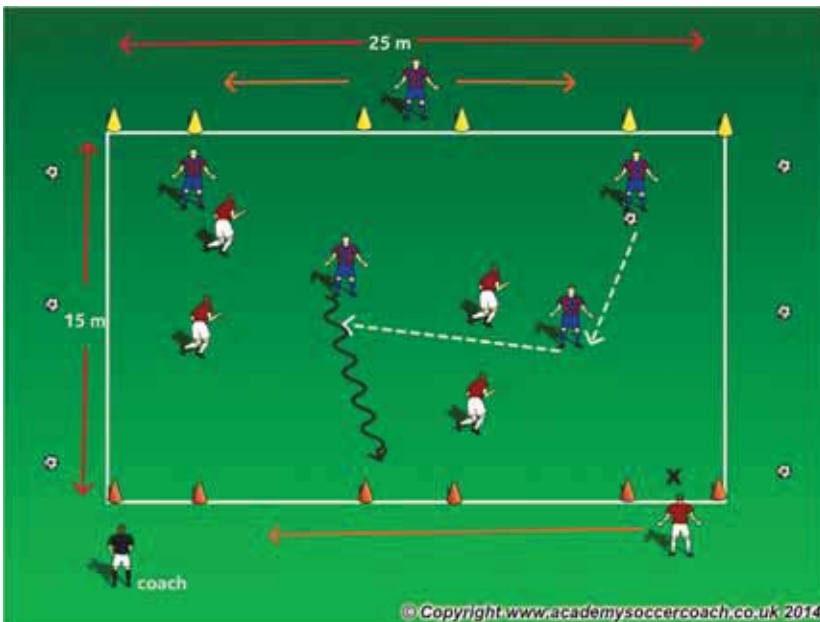
Procedure: Players dribble to the shooting cones, do a 90 degree turn around the cone and shoot. 2 stations are set up next tea each other, so two players can go at the same time to cut down on players waiting. Note: Alternate the players so they can use both feet.

Time Frame: 12 - 15 minutes

Emphasis: Dribbling
Shooting
Goalkeeping
Agility, Balance, Coordination
FUN!



STATION D - SMALL SIDED GAME – 4V4 TO 3 GOALS



Organization: 25m x15m area. Two teams of 5, 3 gates used as goals on 2 sides of the area. 1 player from each team stays outside of the field and can move behind any of the goals to defend them.

Procedure: 4v4 game to score on any of the opponent open goals, team in possession can't score on a goal that is covered by opponent.

Time Frame: 12 - 15 minutes

Emphasis: Running with the ball
Dribbling
1v1
Passing and Receiving
Possession
Changing direction
Change of speed
Agility, Balance, Coordination
FUN!

