

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 3v3, 4v4 or 5v5 which includes the retreat line.

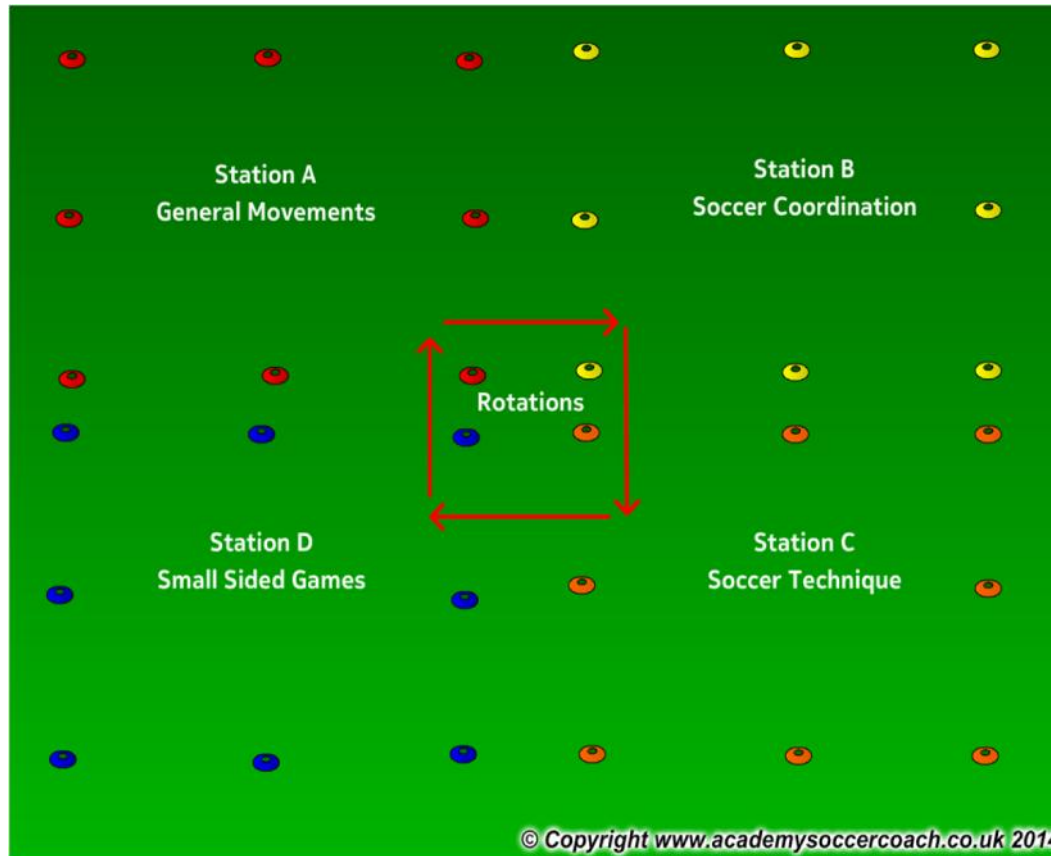
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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

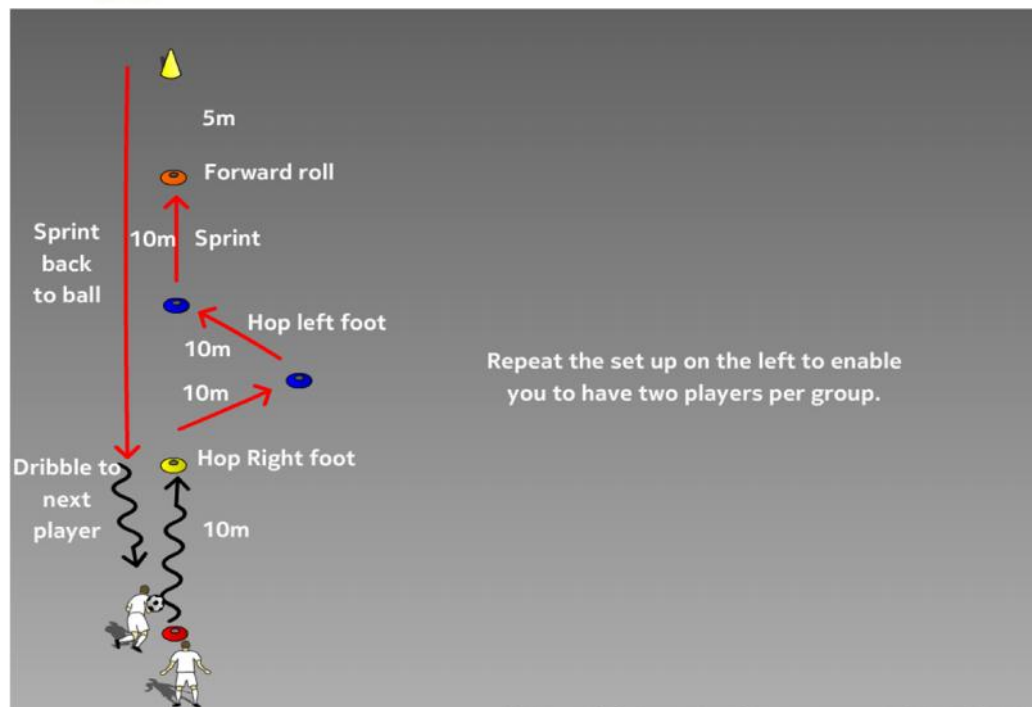
Soccer technique: %20

Small sided game: %40



FUNdamentals practice plan – Week 13

Station A General Movements



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Organization: Players are placed in to pairs and are set up as shown above.

Set up 4 - 5 stations to enable you to work with 8-10 players.

Procedure: Player dribbles from the red disk to the yellow disk and stops the ball. The player then hops on their right foot to the blue disk and then on their left foot to the next blue disk. The player then sprints to the orange disk and does a forward roll. They then sprint around the yellow cone and back to the ball. They dribble the ball to the next player who then goes. Repeat or change to allow for different variations of movements.

Time frame. 8-10 minutes

Emphasis:

Changing direction
Agility, Balance, Coordination
FUN!

Psychological

Positive reinforcement
Confidence
Being safe

Technical

Dribbling

Physical

Agility, Balance
Change of Direction
Speed

Social

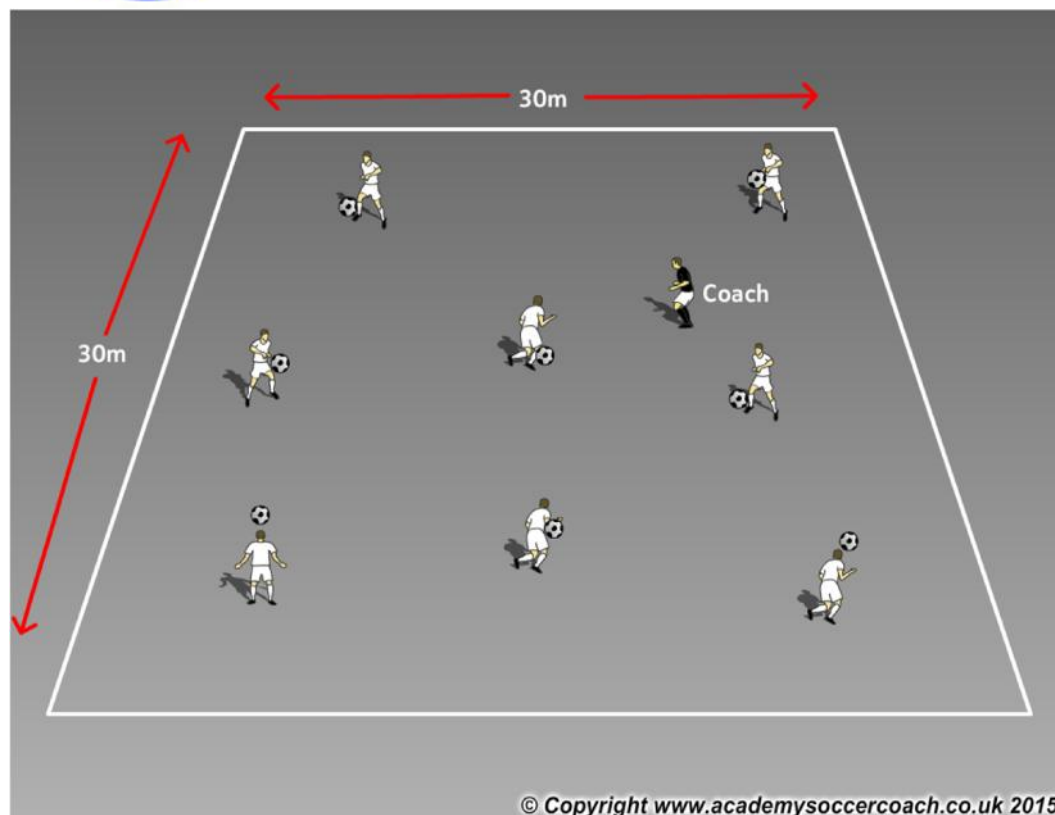
Listening
Communicating
Celebrating



FUNdamentals practice plan – Week 13

Station B

Soccer Coordination



Organization: Players are placed inside a 30m x 30m area all with a ball.
Procedure: Players are asked to juggle the ball using any part of their body. Coaches can also challenge the players. I.e. can you go right foot, left foot? Can you go right foot, left foot, right thigh, left thigh? Coaches can also set each player individual challenges to meet the individual needs of the player.

Time frame. 8-10 minutes

Emphasis:

Juggling
Control
Balance
FUN!

Psychological
Confidence
Being safe
Individual Goals

Technical
Juggling
Control

Physical
A,B,C's
Change of Direction

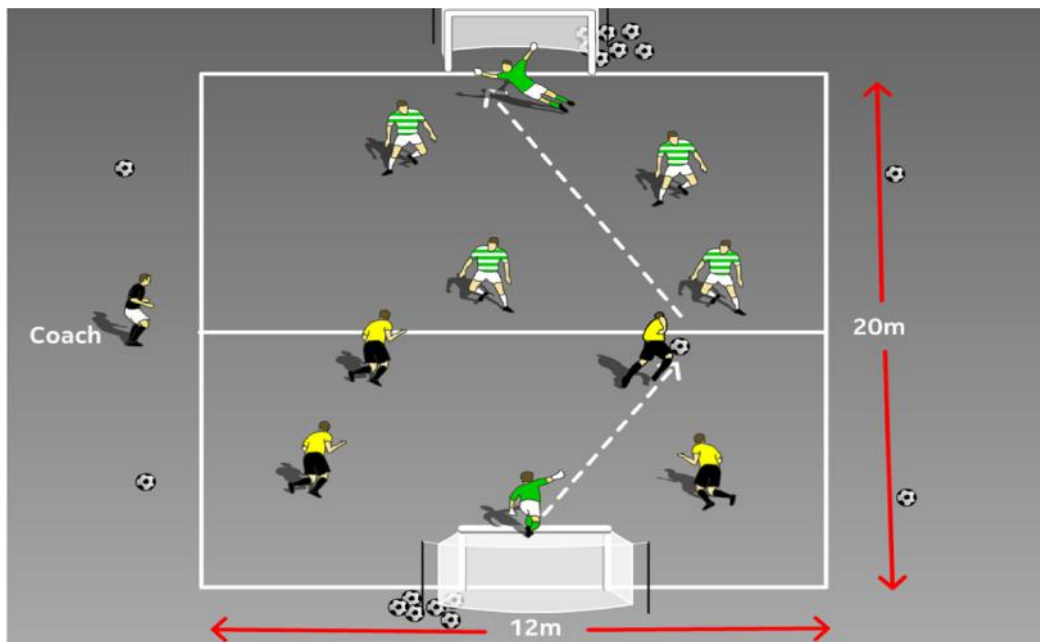
Social
Listening
Communicating
Interacting with friends



FUNdamentals practice plan – Week 13

Station C

Soccer technique – Shooting



Organization: Players are placed into 2 teams of 4 or 5 in a field 20m x 12m as shown above.

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:

Shooting
Receiving
Goalkeeping
Agility, Balance, Coordination
FUN!

Psychological

Positive reinforcement
Confidence
Being safe
Fun

Technical

Shooting
Part of the foot
Part of the ball
Using both feet

Physical

Speed
A,B,C's
Change of Direction

Social

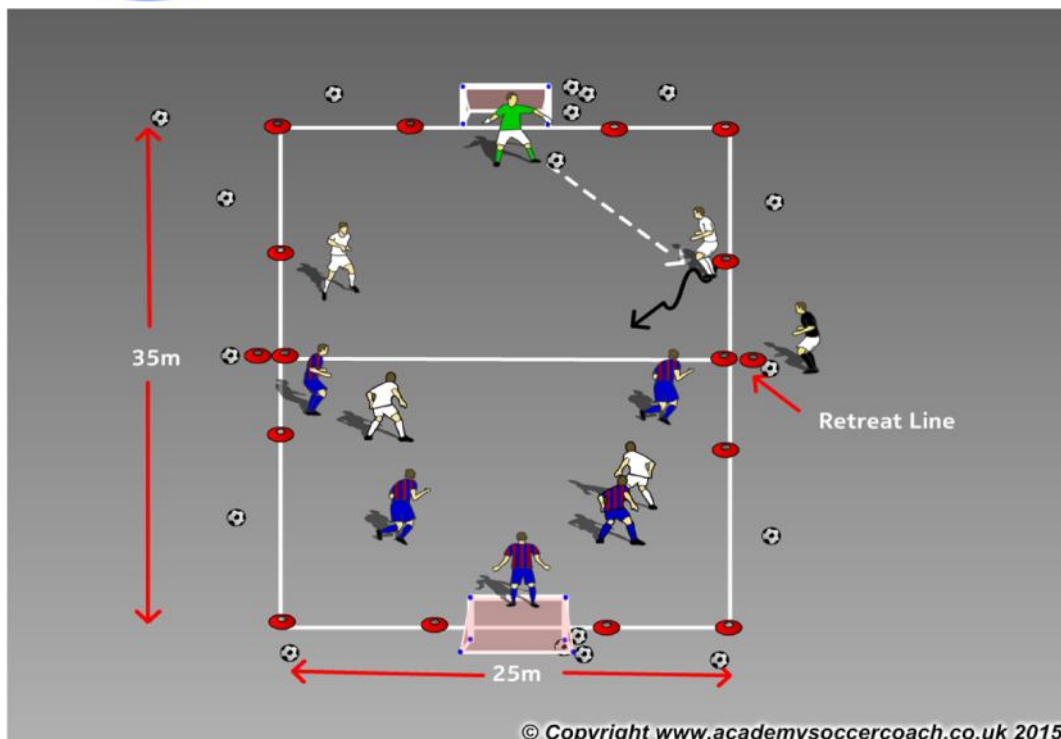
Listening
Communicating
Interaction with peers



FUNdamentals practice plan – Week 13

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. 8-10 minutes

Emphasis:

Dribbling

1v1

Shooting

Changing direction/Speed

Imagination

FUN!

Psychological

Fun

Confidence

Being safe

Decision making

Technical

Passing

Dribbling

Shooting

Physical

Speed

A,B,C's

Change of Direction

Social

Listening

Communicating

Celebrating