

GRASSROOTS WORKBOOK & PRACTICE PLANS





Active Start practice plan Preferred method of training – 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.

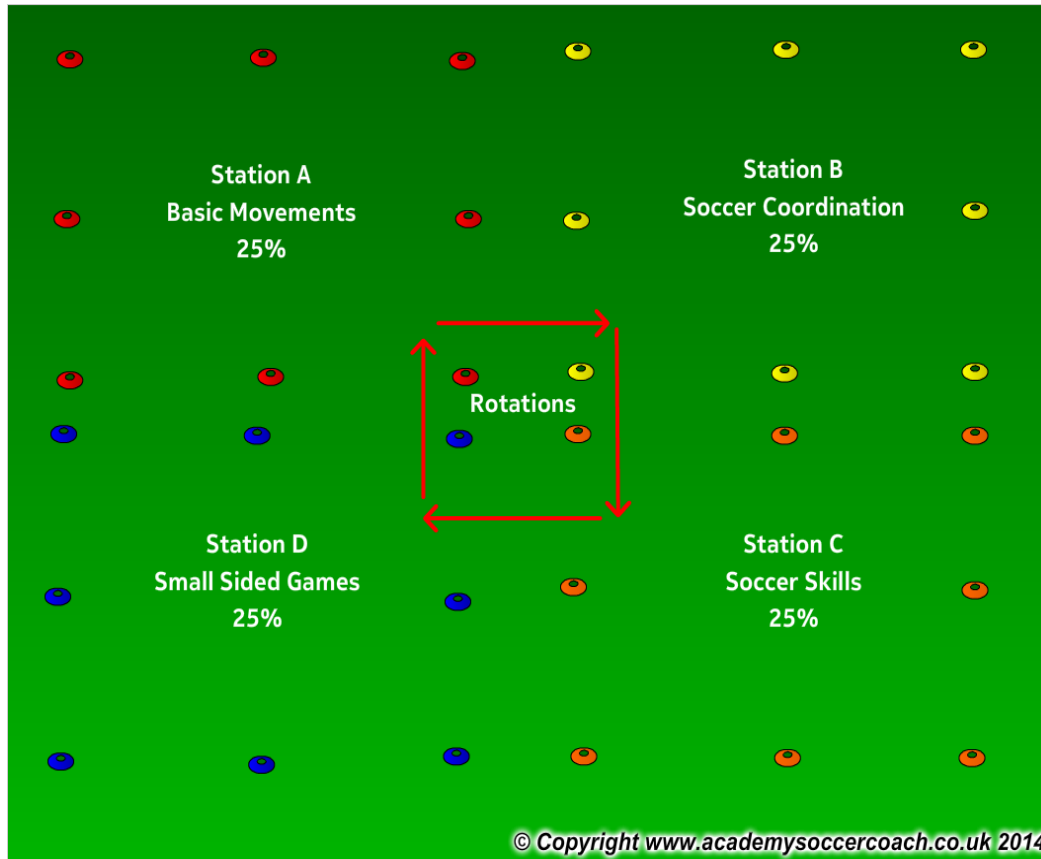
In the following activities players will travel through 4 stations. In these examples one station focuses on Physical Literacy, two stations on movements with the ball and the 4th station is focused around the game with the children playing 1v1.

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 preferred training 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
Station A
General movement –Simon Says



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Organization: A field of 25m x 30m. Soccer balls.
Procedure: Everyone has a ball, coach is the “Simon”. Coach says “Simon says the following”
Without the ball: Jumping jacks , stand on one foot, etc.
With the ball: Kick with the right foot, kick with the left foot, dribble with right foot, run with the ball with the left foot, etc.

Time Frame 6-8 minutes

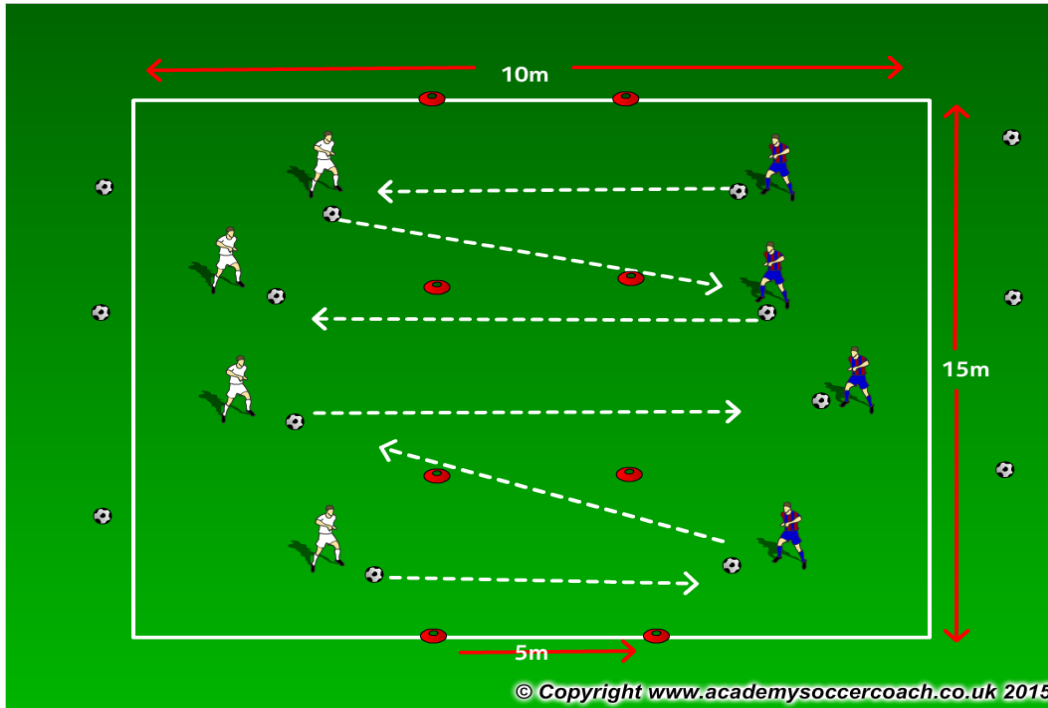
Emphasis:

- Listening
- Different types of movements
- Changing direction
- Agility, Balance, Coordination
- FUN!**

<p><u>Psychological</u> Confidence Being safe Decision Making</p>	<p><u>Technical</u> N/A</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Interaction with Friends</p>



Active Start practice plan
Station B
Soccer Technique – Clean your room



Organization: 2 grids of 10mx15m with 5m natural zone in the middle, soccer balls and 8 players.

Procedure: Divide players to two groups of 4 in each grid with ball at their feet. Players kick the ball out of their area (their room) into friend's room. On coach's call when the game stops, team with more balls in their room have to pull funny faces.

Time Frame 6- 8 minutes

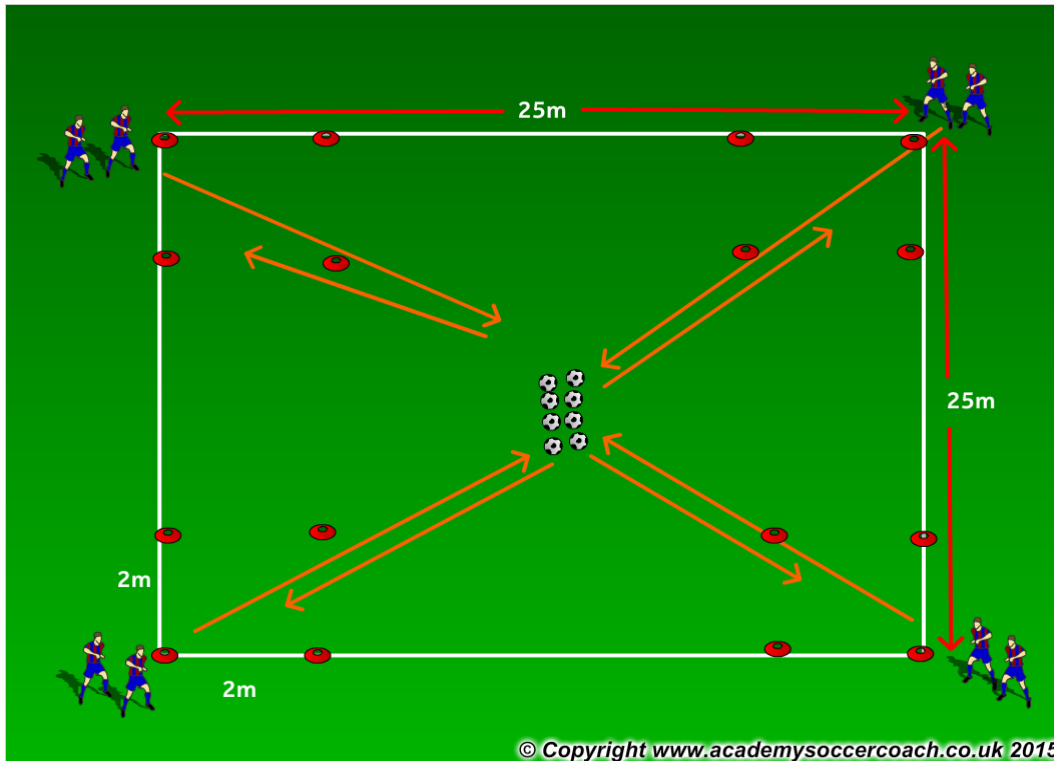
Emphasis:

- Agility, Balance, Coordination
- Passing with both feet
- Shooting
- Heads up
- Ball touches
- FUN!**

<p><u>Psychological</u> Confidence Being safe</p>	<p><u>Technical</u> Passing Shooting Both feet</p>
<p><u>Physical</u> Using both feet A,B,C's</p>	<p><u>Social</u> Interaction with others Communicating Celebrating</p>



Active Start practice plan Station C Coordination- Castle



Organization: A grid of 25mx25m, 8 soccer balls, and 8 players.
Procedure: place 4 boxes of 2mx2m in each corner. Divide players to 4 groups of 2 at each corner.
 On coach's call, first player from each group runs to get one ball and take it back to their castle. This continues until all the balls are gone.
 Team with more balls in their castle win.

Time Frame 6-8 minutes

Emphasis:

Dribbling
 Changing direction
 Agility, Balance, Coordination
 FUN!

<p><u>Psychological</u> Learning new skill Confidence Positive encouragement</p>	<p><u>Technical</u> Dribbling Running with the ball</p>
<p><u>Physical</u> A,B,C's Change of Direction Eye-foot coordination</p>	<p><u>Social</u> Listening Interaction with others Celebrating</p>



Active Start practice plan – Week 6

Station D

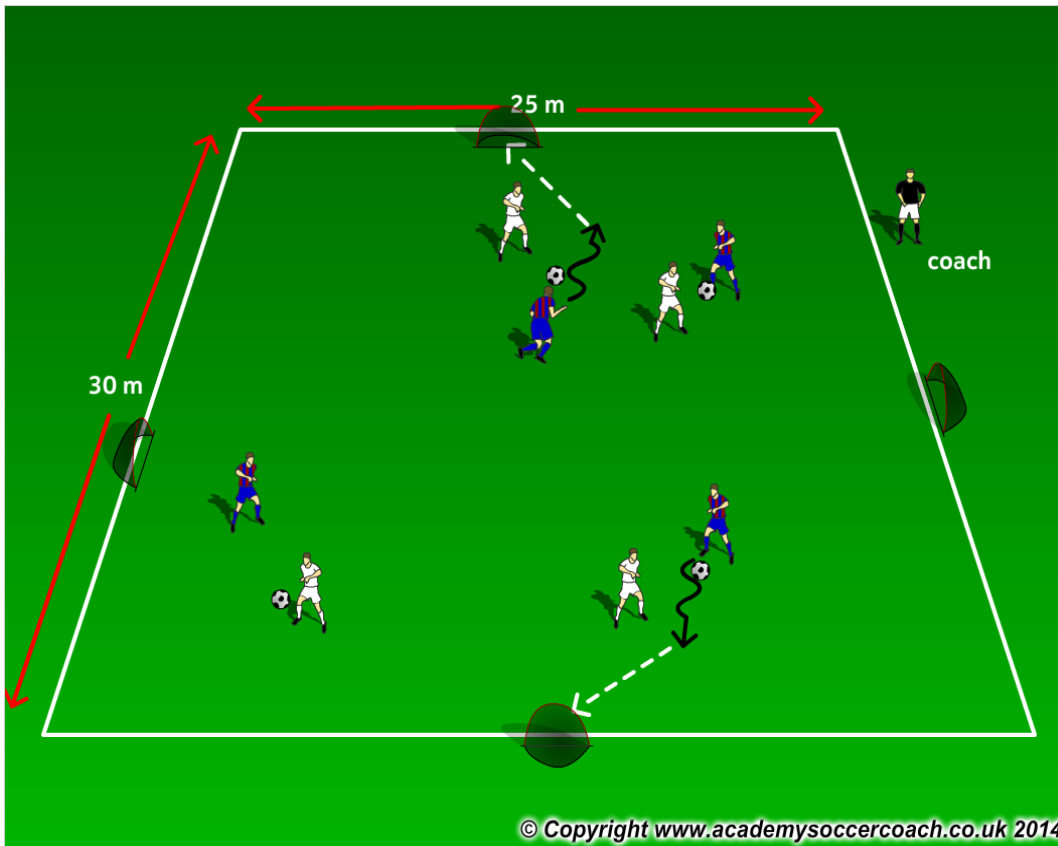
Small sided game – 1v1 (Player vs Parent)



Time Frame 6-8 minutes

Emphasis:

- Running with the ball
- Passing
- Dribbling
- Changing direction
- Agility, Balance, Coordination
- Imagination
- FUN!



Organization: A field of 25m x 30m. Soccer balls.
Procedure: Players play 1v1 vs their parents, and try to score.

Psychological
Decision Making
Confidence
Being safe

Technical
Dribbling
Running with the ball

Physical
A,B,C's
Change of Direction

Social
Listening
Communicating
Celebrating
Interaction