

# GRASSROOTS WORKBOOK & PRACTICE PLANS





## Active Start practice plan Preferred training 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.

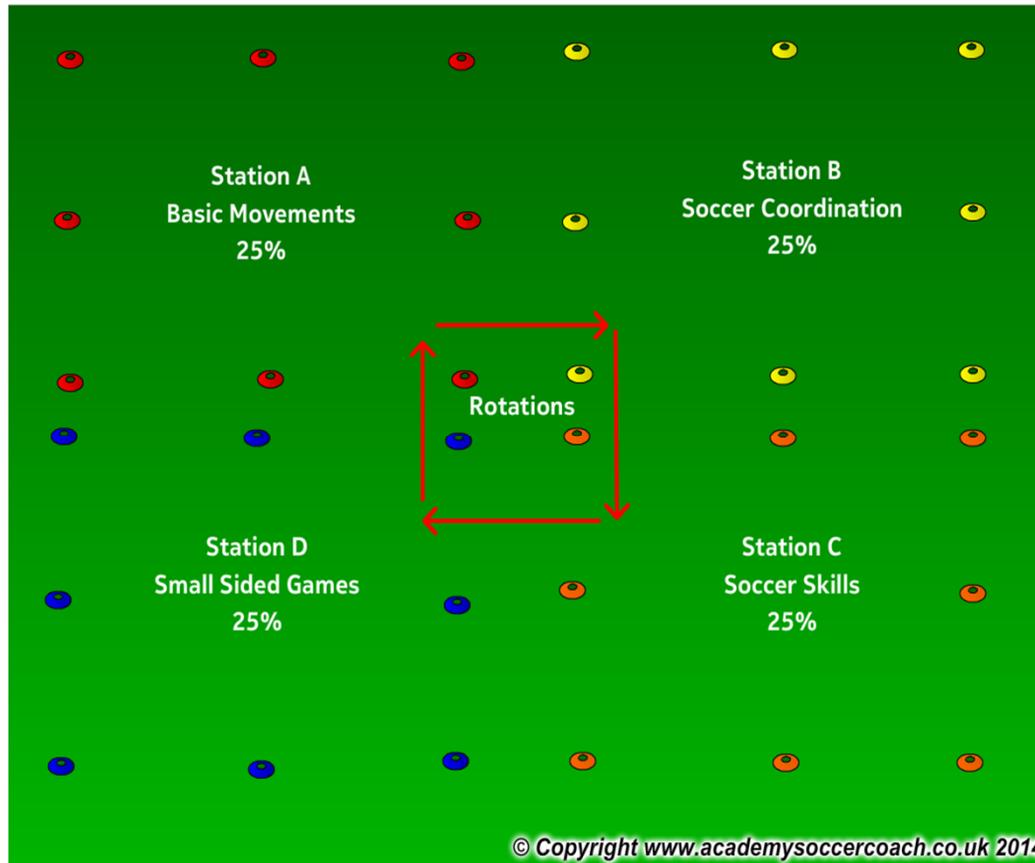
In the following activities players will travel through 4 stations. In these examples one station focuses on Physical Literacy, two stations on movements with the ball and the 4th station is focused around the game with the children playing 1v1.

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

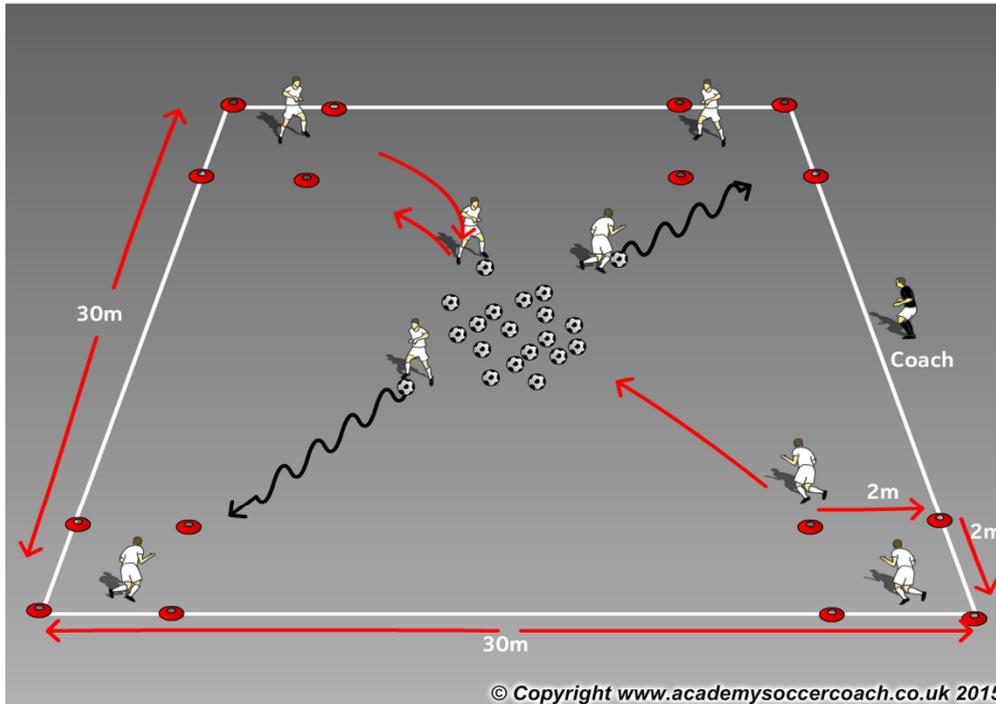


If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

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 – Week 12**  
**Station A**  
**General Movement – The Golden Egg**



**Organization:** 30m x 30m area is set up with a 2m x 2m box in each corner. 2 players are placed in each corner, (farm).

**Procedure:** When the coach calls "Go" 1 player from each corner (farm) runs towards the middle to collect an "egg" (Soccer ball). They dribble the egg back to their farm, give their partner a high five and then the next player goes to collect an egg. Once all eggs have been removed from the middle the farmers can now go to other farms to collect their eggs. When the coach calls freeze the farmers with the most eggs in their farm score 2 points. Game can be repeated.

**Time frame.6- 8 minutes**

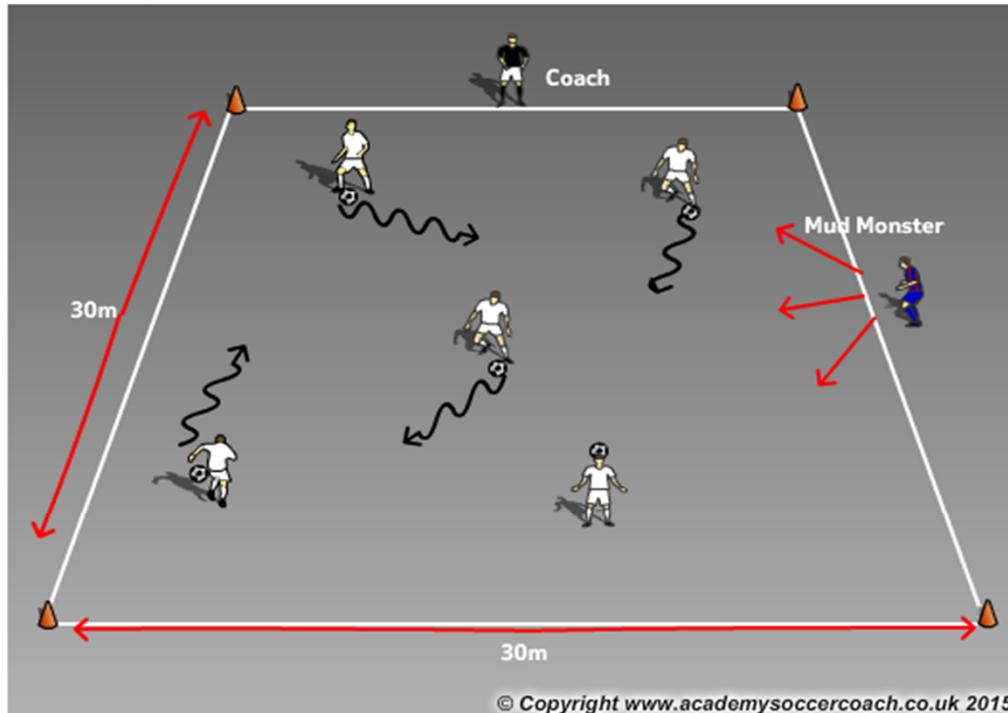
**Emphasis:**

- Running with/without the ball
- Changing direction
- Dribbling
- Awareness
- Slowing down, speeding up
- Fun

<p><b><u>Psychological</u></b>          Confidence          Being safe          Positive feedback</p>	<p><b><u>Technical</u></b>          Running with the ball</p>
<p><b><u>Physical</u></b>          A,B,C's          Change of Direction</p>	<p><b><u>Social</u></b>          Peer interaction          Communicating          Celebrating</p>



**Active Start practice plan – Week 12**  
**Station B**  
**Coordination – Mud Monsters**



**Organization:** 30m x 30m area set up. Every player has a soccer ball apart from 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 calls "go" the Mud monster comes in and attempts to tag the players. If a player is tagged they must stand with their legs apart, holding the soccer ball in 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. 6-8 minutes**

**Emphasis:**

Dribbling  
 Movement  
 Team work  
 FUN!

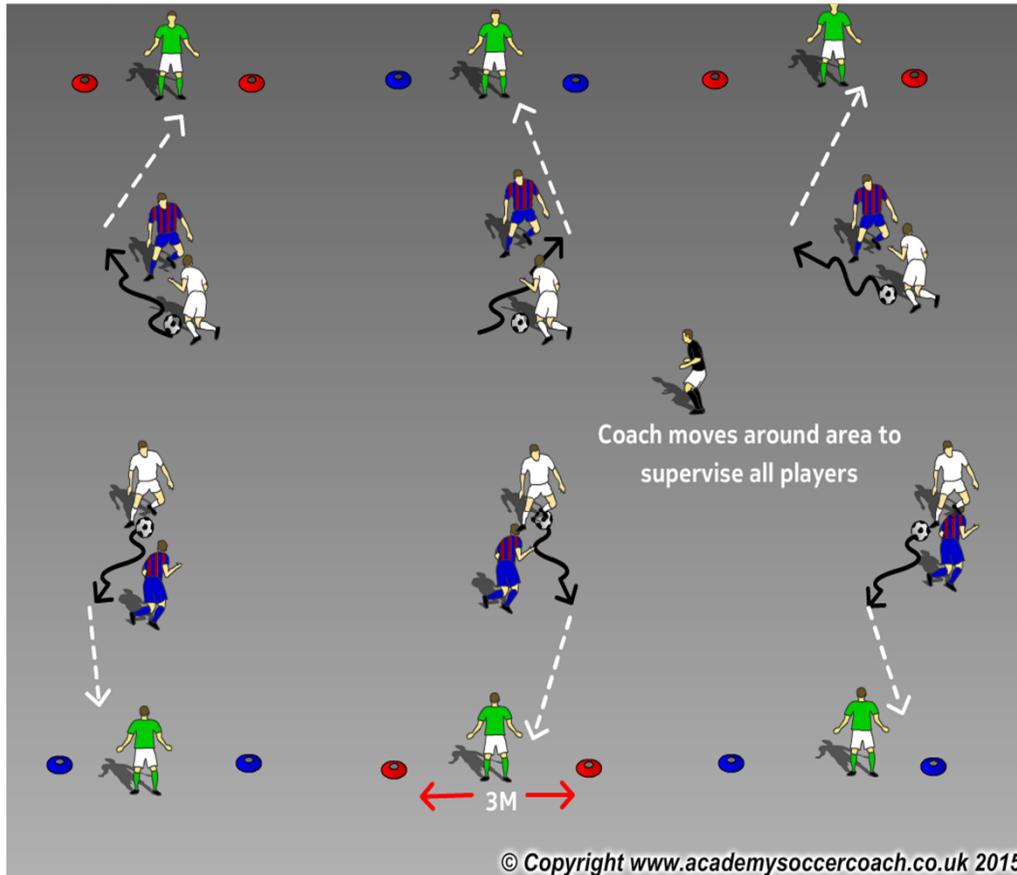
<p><b><u>Psychological</u></b>          Positive reinforcement          Confidence          Being safe</p>	<p><b><u>Technical</u></b>          Running with the ball          Part of the ball,          Part of the foot</p>
<p><b><u>Physical</u></b>          Agility, Balance          Change of Direction          Movement</p>	<p><b><u>Social</u></b>          Listening          Communicating          Celebrating          Team work</p>



## Active Start practice plan – Week 12

### Station C

### Soccer technique – 1v1 to goal



**Organization:** Player placed into groups of 3. They play 1v1 to goal.  
**Procedure:** Goalkeeper rolls the ball out and the 2 players play 1v1. After a goal is scored they player who scored the goal goes in goal.

Time frame.6- 8 minutes

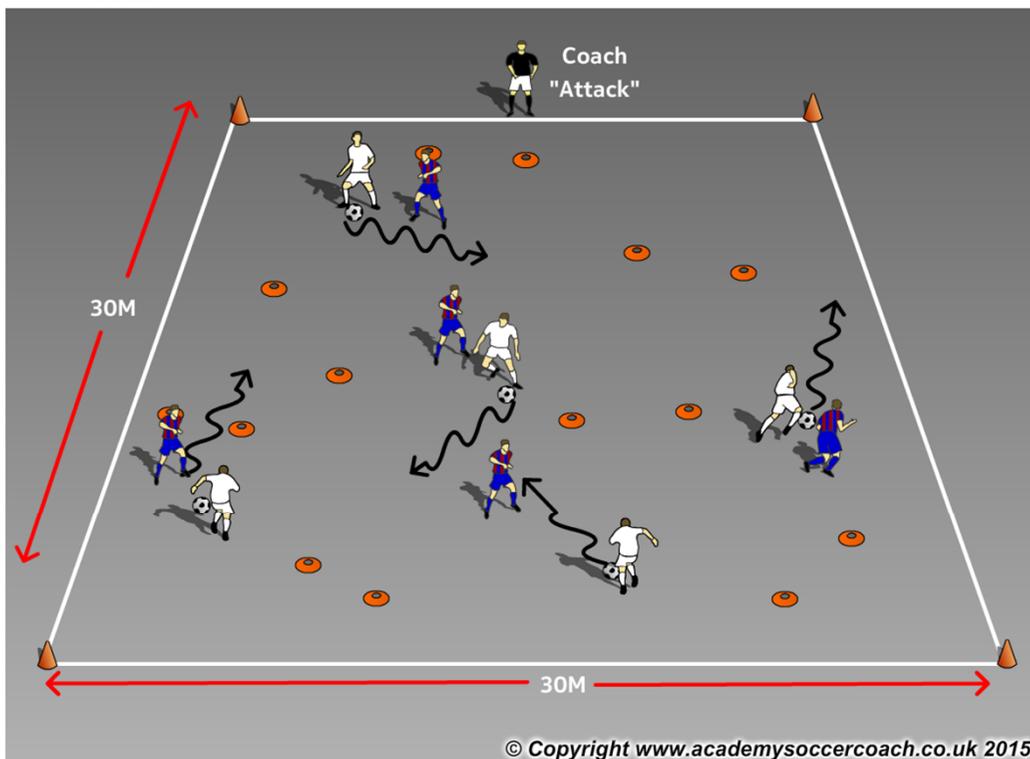
Emphasis:

Lots of touches on the ball  
 Scoring/stopping goals  
 Using different technique  
 Positive feedback  
**FUN!**

<p><b><u>Psychological</u></b>            Positive reinforcement            Confidence            Being safe</p>	<p><b><u>Technical</u></b>            1v1 attack/defend            Shooting            Goalkeeping</p>
<p><b><u>Physical</u></b>            Speed            A,B,C's            Change of Direction</p>	<p><b><u>Social</u></b>            Communicating            Celebrating            Fun</p>



**Active Start practice plan – Week 12**  
**Station D**  
**Small sided game – 1v1 through gates**



**Organization:** Players are paired inside a 30m x 30m area.  
**Procedure:** When the coach calls "Attack" the player with ball attempts to dribble through the gates. The player without the ball becomes the defender. If the defender wins the ball he/she then becomes the attacker and vice versa. Players play for 1 minute and score a point every time they go through a gate. Player's cannot go straight back through the same gate. After 1 minute players change partners.

**Time frame. 6-8 minutes**

**Emphasis:**

- Running with the ball
- Dribbling
- 1v1
- Changing direction
- Change of speed
- Agility, Balance, Coordination
- Imagination
- Passing
- Fun

<p><b><u>Psychological</u></b>          Fun          Confidence          Being safe</p>	<p><b><u>Technical</u></b>          Dribbling          1v1          Shooting</p>
<p><b><u>Physical</u></b>          Speed          A,B,C's          Change of Direction</p>	<p><b><u>Social</u></b>          Peer interaction          Celebrating          Fun</p>