

# GRASSROOTS WORKBOOK & PRACTICE PLANS





## Active Start practice plan 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.

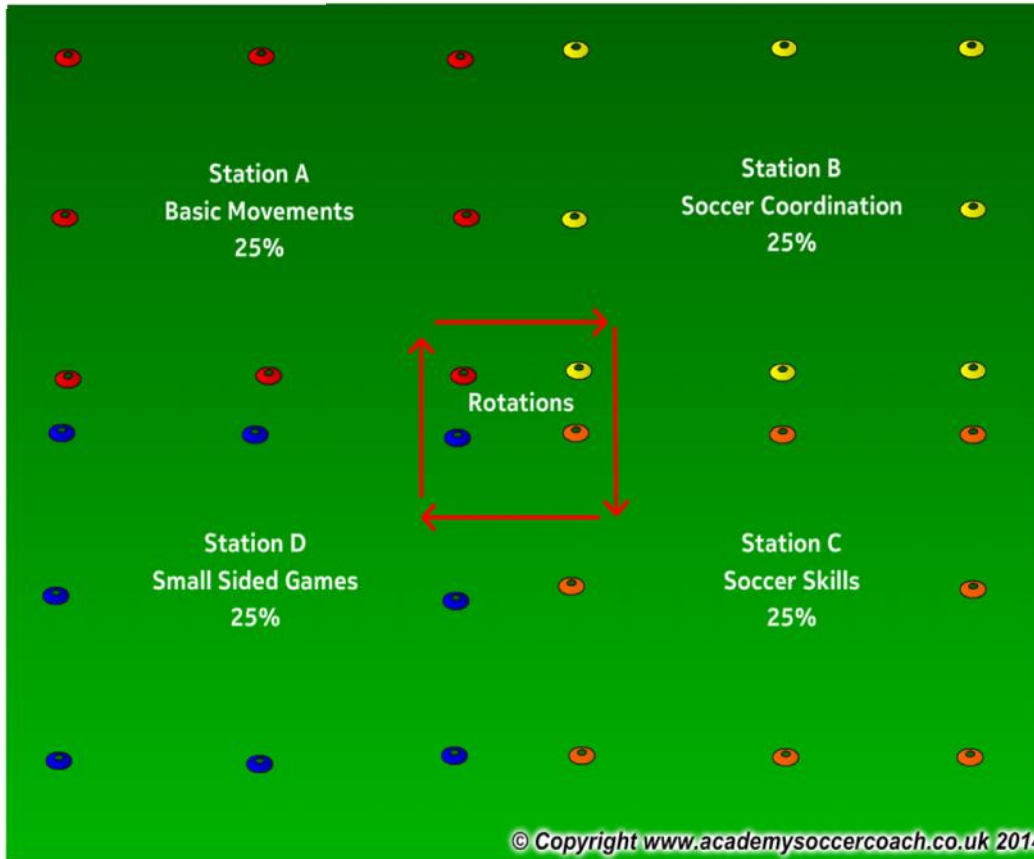
In the following activities players will travel through 4 stations. In these examples one station focuses on Physical Literacy, two stations on movements with the ball and the 4th station is focused around the game with the children playing 1v1.

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 OSA Player Development 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.





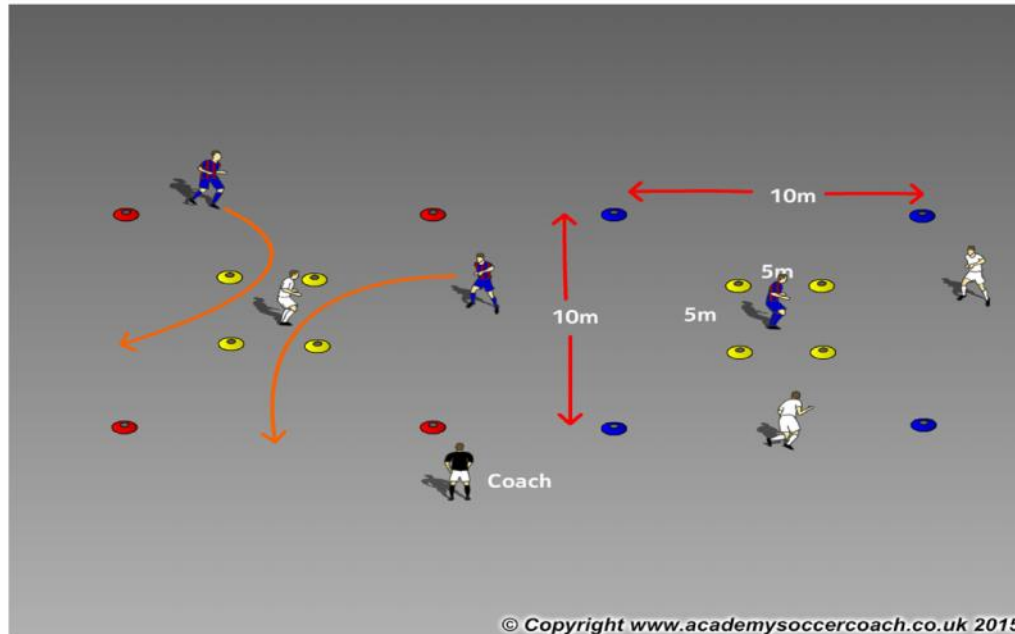
**Active Start practice plan – Week 14**  
**Station A**  
**General movement – Can you catch me?**



**Time Frame. 8 minutes**

**Emphasis:**

Listening  
 Changing direction  
 Agility, Balance, Coordination  
 Competition  
**FUN!**



**Organization:** Place players in to groups of 3. 1 player has the pinnie and becomes the catcher.  
**Procedure:** The catcher must stay inside the centre 5m x 5m square and try to tag the soccer players as they run through the centre square. The outside players try to make it to a different side of the grid each time, but must travel through the centre grid to get to the other side. Each time a player makes it to a new side they score 1 point. If you get tagged you switch instantly. Instead of running try different movement's such as hoping on one leg, skipping, jumping etc.

<b><u>Psychological</u></b>  Confidence Being safe FUN	<b><u>Technical</u></b>
<b><u>Physical</u></b> A,B,C's Change of Speed Change of Direction	<b><u>Social</u></b> Listening Communicating Celebrating



## Active Start practice plan – Week 14

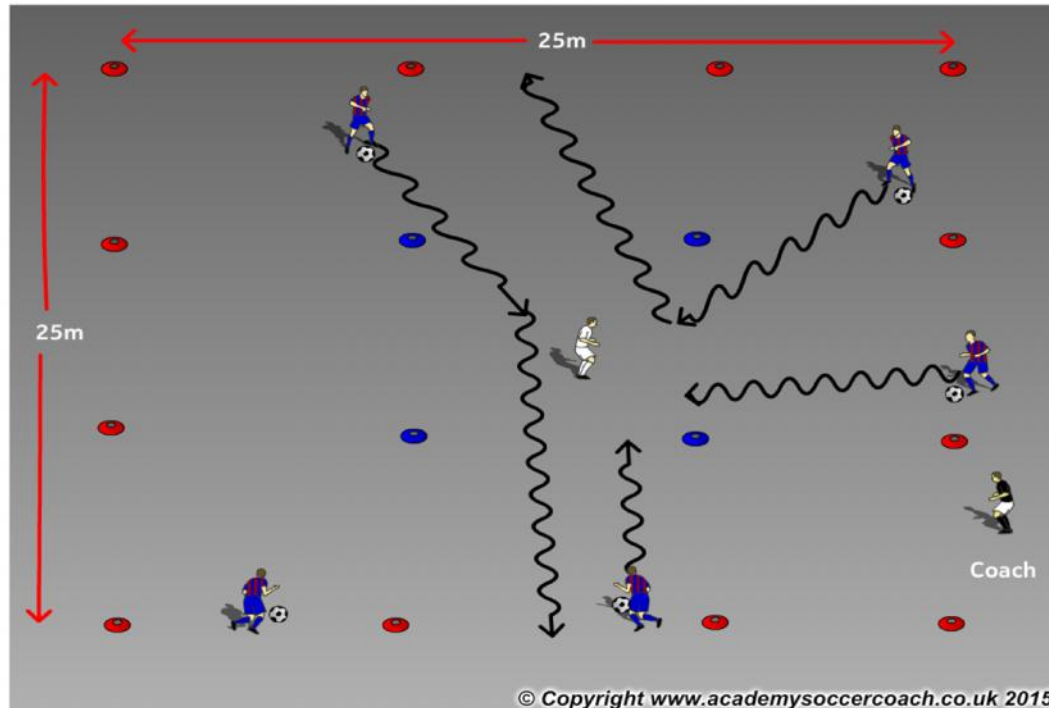
### Station B

## Soccer Technique – Can you catch me with a ball?

**Time Frame. 8 minutes**

**Emphasis:**

Dribbling  
 Different parts of the foot  
 Changing direction  
 Competition  
 FUN!



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**Organization:** The outside square is 25m x 25m with the inside square being approx. 8m x 8m. Start with 5 players on the outside and 1 player in the centre square. (You can increase to 2 if players are having success)

**Procedure:** Outside players attempt to dribble to a different side of the square to score a point, they must dribble through the centre square though and avoid being tagged. If Player is tagged they instantly become the catcher. Each time a player makes it to a new side they score 1 point.

#### **Psychological**

Confidence  
 Being safe  
 FUN

#### **Technical**

Dribbling  
 Running with the ball  
 Beating a player

#### **Physical**

A,B,C's  
 Change of Direction  
 Change of Speed

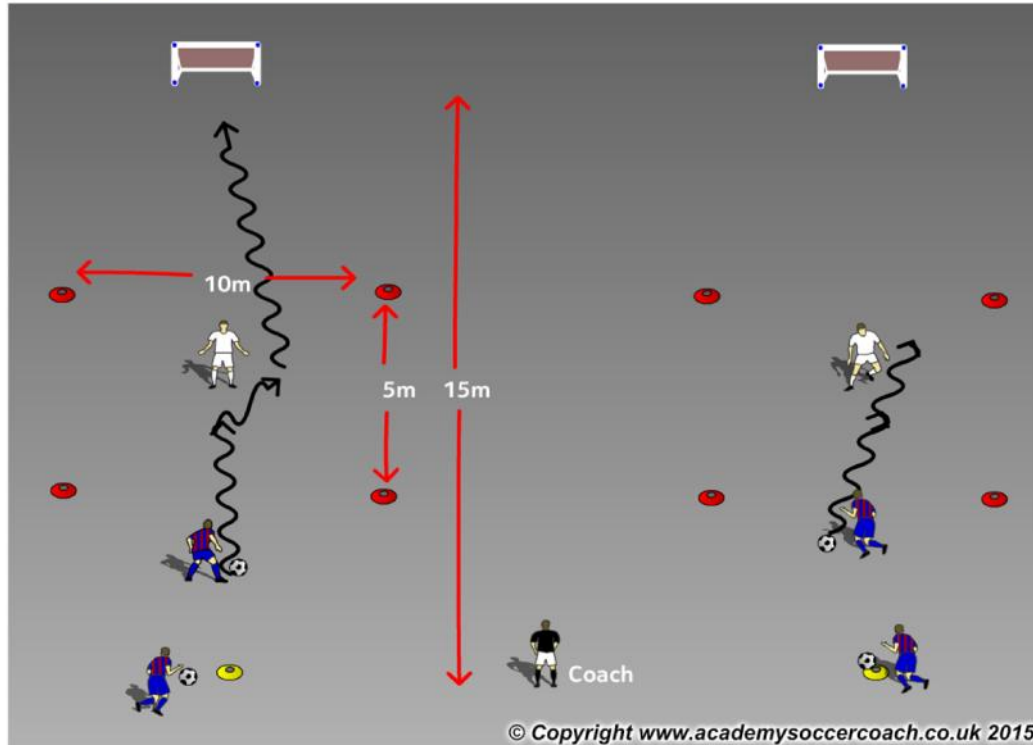
#### **Social**

Listening  
 Communicating  
 Celebrating





**Active Start practice plan – Week 14**  
**Station C**  
**Soccer Technique – 1v1 ally.**



**Organization:** Players are placed into groups of 3. 1 defender and 2 attackers. Space is organised as above.  
**Procedure:** Attacker dribbles towards the defender to try to beat him/her. The defender cannot come out side of their area as shown above. Once the attacker beats the defender they go and score in the goal. If the defender stops the attacker the players then switch. Players celebrate when they score and keep a track of how many goals they score.

**Time Frame. 8 minutes**

**Emphasis:**

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

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



## Active Start practice plan - Week 14

### Station D

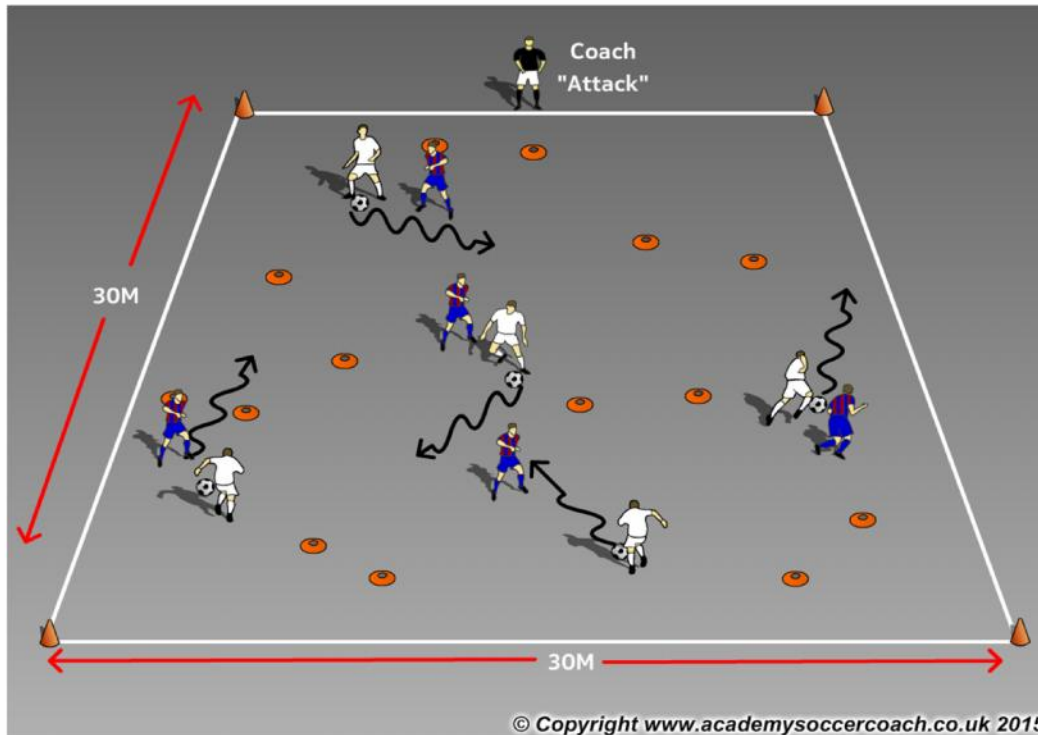
### Small sided game – 1v1 to gates



### Time Frame. 8 minutes

#### Emphasis:

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



**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.

<b><u>Psychological</u></b> Confidence Being safe FUN	<b><u>Technical</u></b> Dribbling Running with the ball defending
<b><u>Physical</u></b>  A,B,C's Change of Direction	<b><u>Social</u></b> Listening Communicating Celebrating