



# 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.

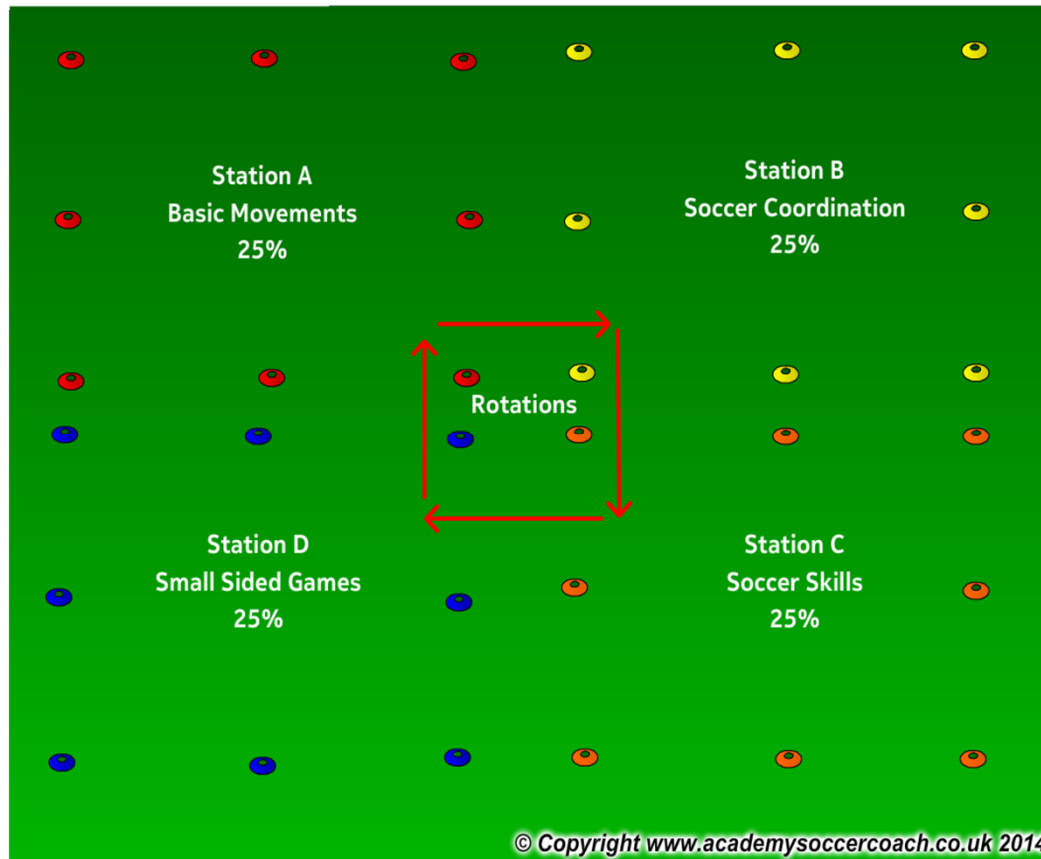
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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 16

### Station A

## General movement – Assault course



**Time Frame. 8 minutes**

### **Emphasis:**

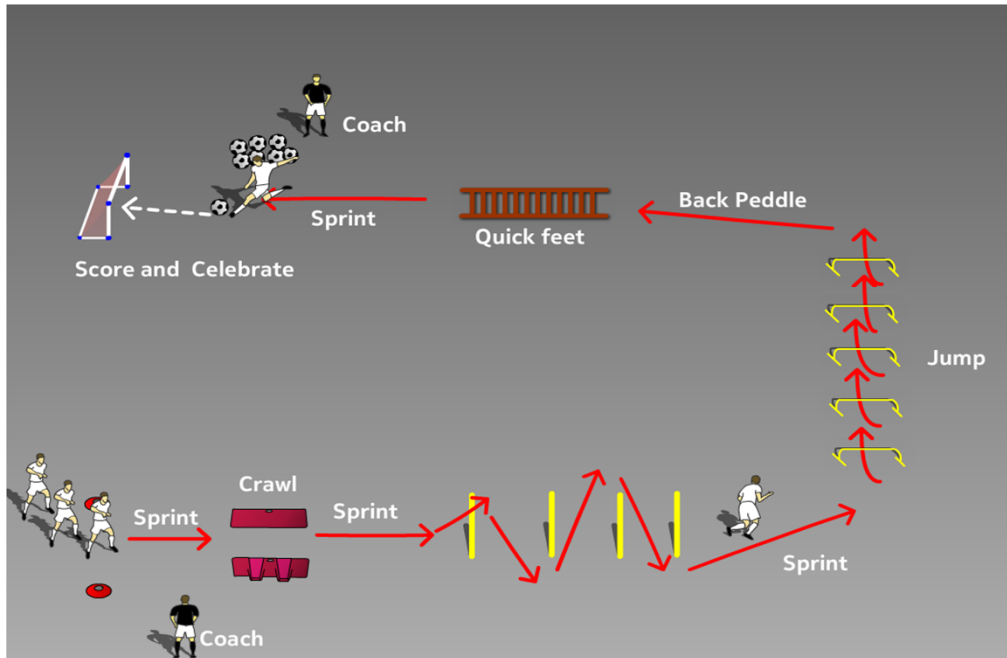
Listening

Changing direction

Agility, Balance, Coordination

Different movements

**FUN!**



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**Organization:** As shown above. Players are shown a variety of movements from crawling, Sprinting, Jumping, back peddling, quick feet and shooting. Coaches have the freedom to set up course in any way that can help deliver physical literacy skills to children.

### **Psychological**

Confidence  
Being safe  
FUN

### **Technical**

Shooting

### **Physical**

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

### **Social**

Listening  
Communicating  
Celebrating



## Active Start practice plan – Week 16

### Station B

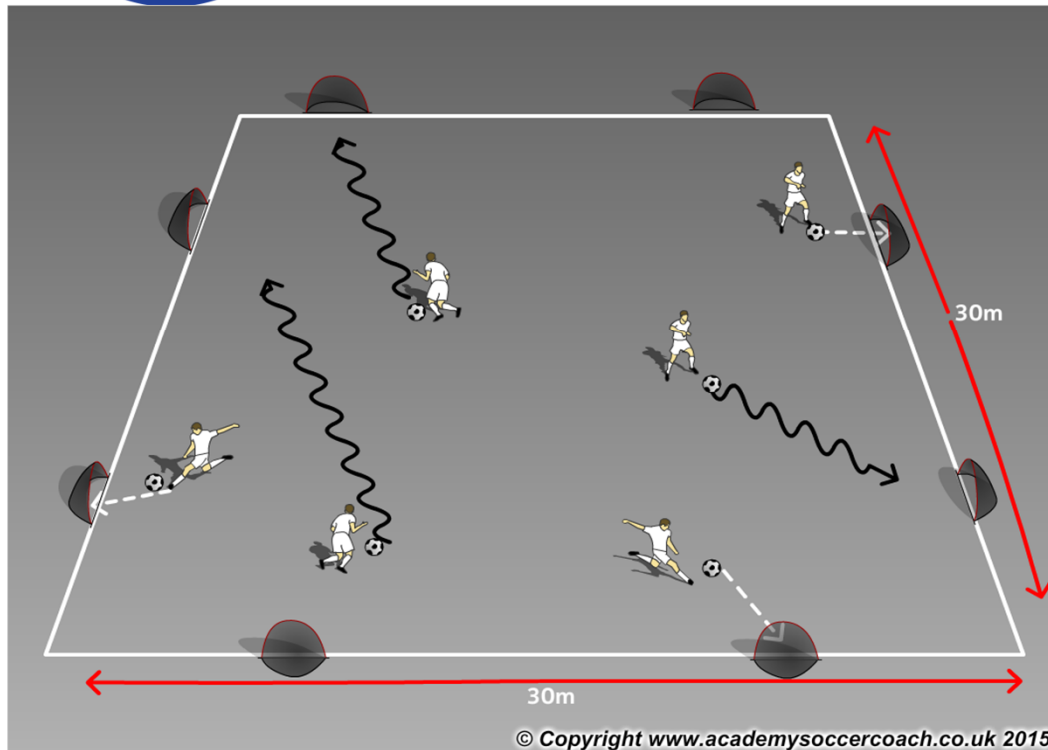
## Soccer Technique – How many GOALS can you score?



**Time Frame. 8 minutes**

### **Emphasis:**

Dribbling  
Different parts of the foot  
Shooting  
Changing direction  
Competition  
FUN!



**Organization:** Players are placed inside a 30m x 30m area all with a ball. 8 goals are placed on the outside of the area.  
**Procedure:** When coach calls "Go" children have 90 seconds to score as many goals as possible. Once they score in one goal they must look to score in a different goal. Play the game several times and encourage the children to use both feet.

### **Psychological**

Confidence  
Being safe  
FUN

### **Technical**

Dribbling  
Running with the ball  
Shooting

### **Physical**

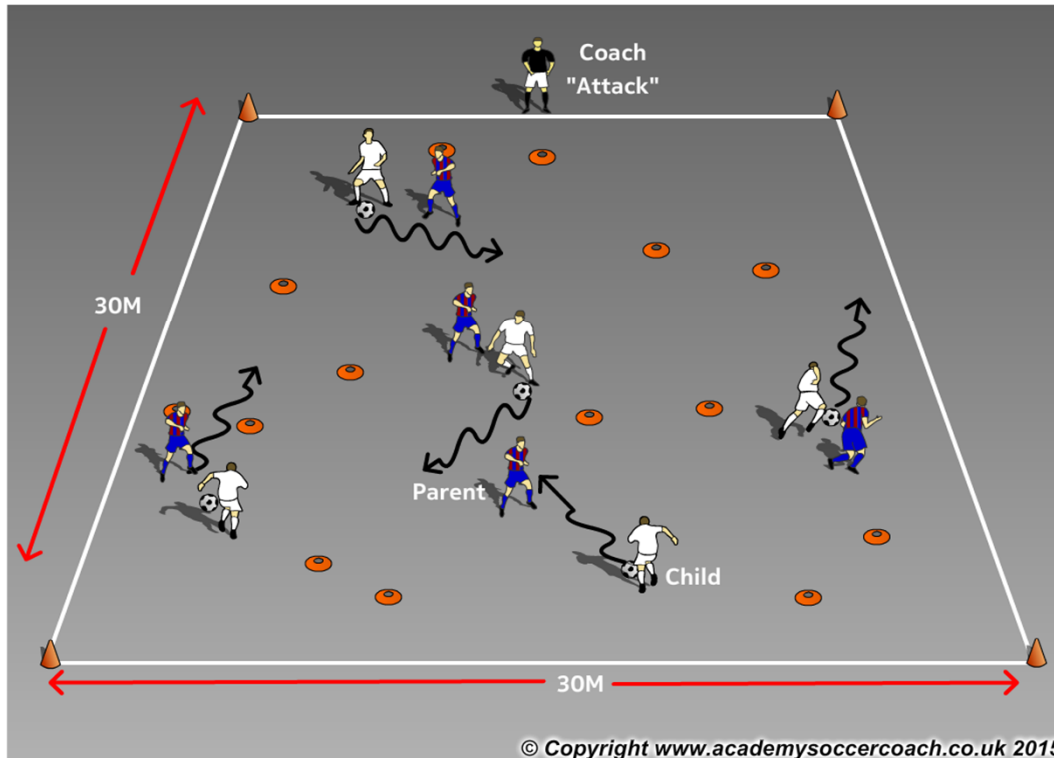
A,B,C's  
Change of Direction  
Change of Speed

### **Social**

Listening  
Communicating  
Celebrating



**Active Start practice plan – Week 16**  
**Station C**  
**Soccer Technique – 1v1, Child vs Parent**



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**Organization:** Players are paired with a parent inside a 30m x 30m area.  
**Procedure:** When the coach calls "Attack" the child with ball attempts to dribble through the gates. The parent 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. The child should always be the winner in the games.

**Time Frame. 8 minutes**

**Emphasis:**

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

**Psychological**

Confidence  
Being safe  
FUN with the  
parents

**Technical**

Dribbling  
Running with the ball  
Shooting

**Physical**

A,B,C's  
Change of Direction

**Social**

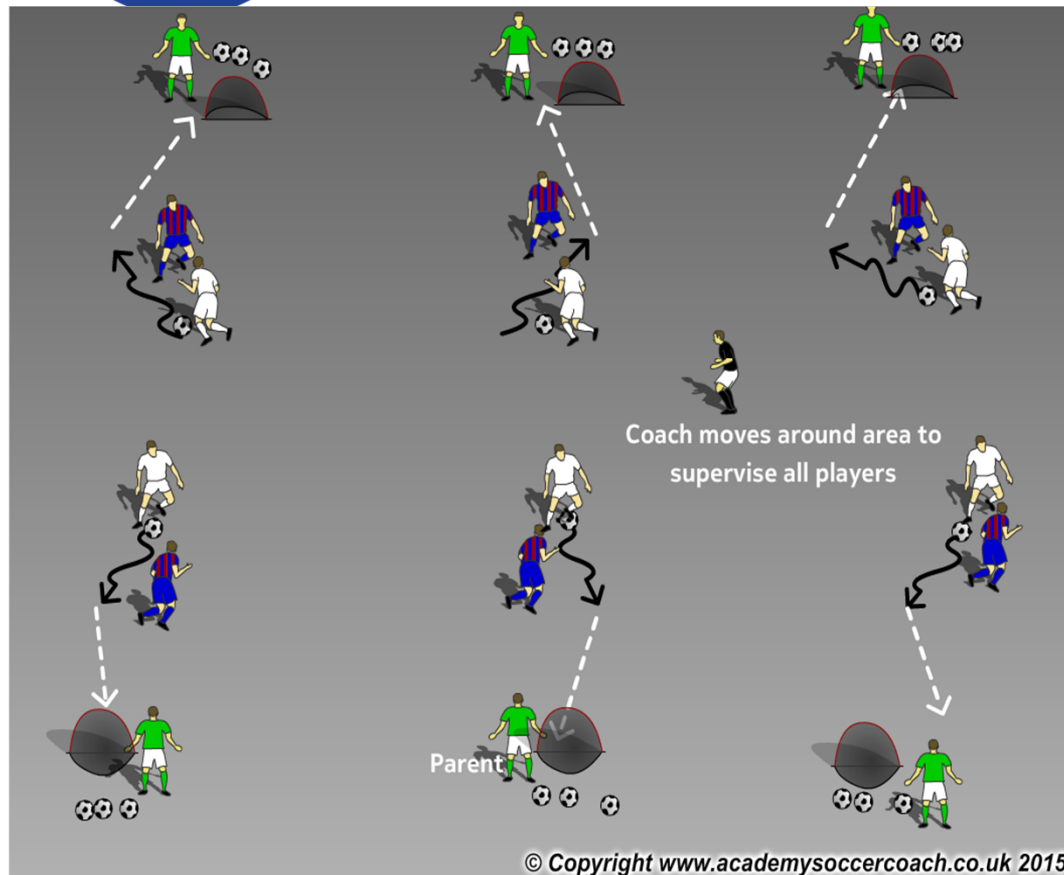
Communicating  
Celebrating



## Active Start practice plan - Week 16

### Station D

#### Small sided game – 1v1 to goal



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**Organization:** Player placed into groups of 2. They play 1v1 to goal.  
**Procedure:** Parent rolls the ball out and the 2 players play 1v1. Players look to score in the pug goal. After 90 seconds rotate partners.

### Time Frame. 8 minutes

#### Emphasis:

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

#### Psychological

Confidence  
Being safe  
FUN

#### Technical

Dribbling  
Running with the ball  
Shooting

#### Physical

A,B,C's  
Change of Direction

#### Social

Listening  
Communicating  
Celebrating