

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.

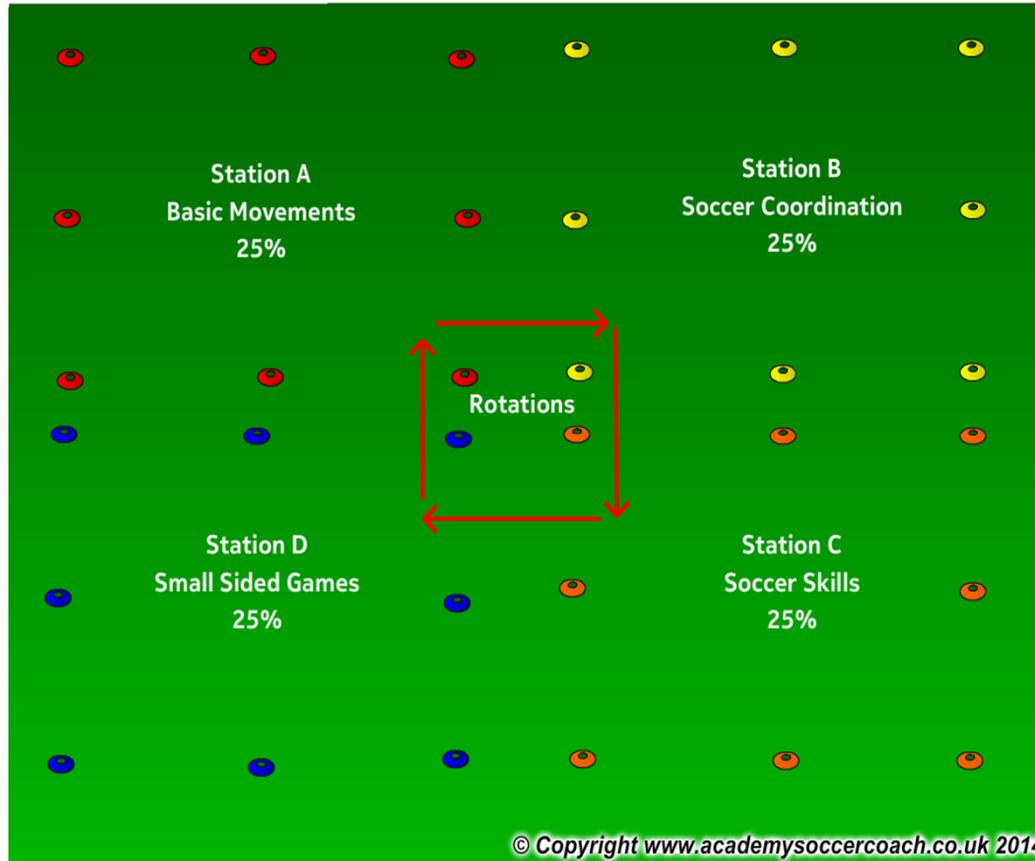
In the following activities players will travel through 4 stations. In these examples one station focuses on Physical Literacy, two stations on movements with the ball and the 4th station is focused around the game with the children playing 1v1.

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

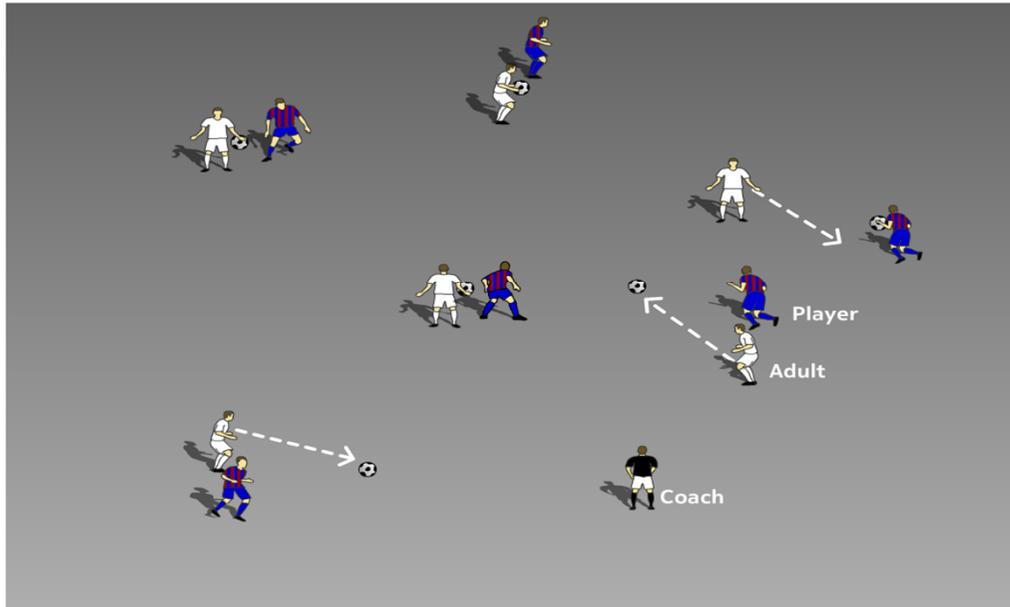


If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

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 17
Station A
General movement – Ball collection



© Copyright www.academysoccercoach.co.uk 2015

Organization: Players play with a parent, sibling or guardian.
 Each player has a soccer ball.
Procedure: The adult will roll the ball and the player will run and collect the ball. The player runs back to the adult with the ball in their hands, crawl through the adults legs and hand the ball back to the adult, repeat 6 times. The coach can also ask the player to perform different movements such as jumping, hopping, running backwards, side stepping etc.
 You can also look to make this a competition to see how many times the players can collect the ball in 60 seconds.

Time Frame. 8 minutes

Emphasis:

Changing direction
 Agility, Balance, Coordination
 Different movements
 FUN with parents!

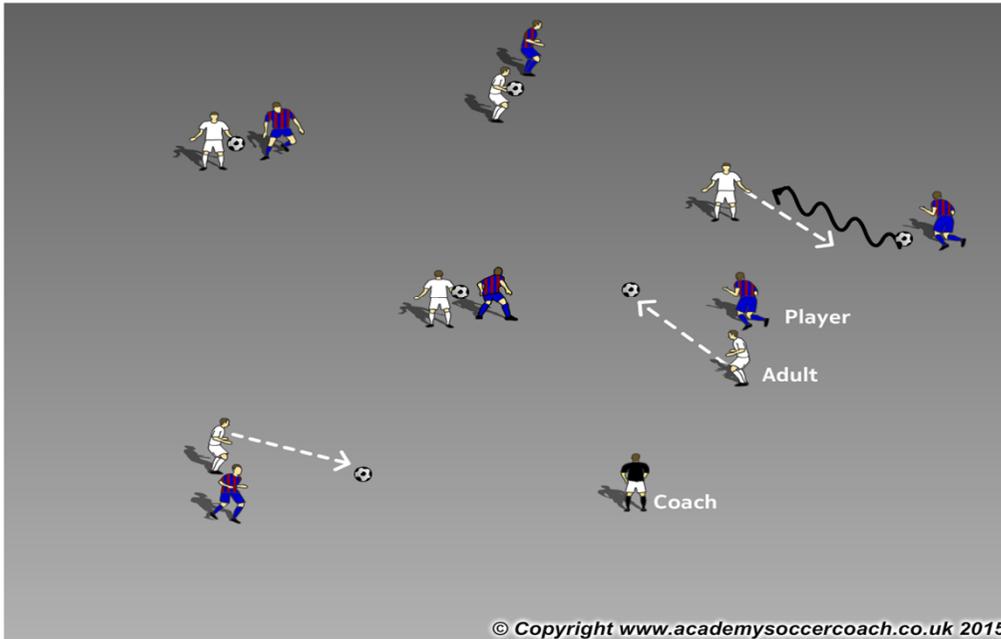
| | |
|--|---|
| <u>Psychological</u> Confidence Back yard environment FUN | <u>Technical</u> N/A |
| <u>Physical</u> A,B,C's Change of Speed Change of Direction | <u>Social</u> Playing with parent Communicating Celebrating |



Active Start practice plan – Week 17

Station B

Soccer Technique – ball collection , dribbling



© Copyright www.academysoccercoach.co.uk 2015

Organization: Players play with a parent, sibling or guardian.

Each player has a soccer ball.

Procedure: The adult will roll the ball and the player will run and collect the ball. The player dribbles the ball back to the adult, passes the ball through the adults legs who then picks the ball up, repeat 6 times.

The coach can also ask the player to perform different movements as they move towards the ball such as jumping, hopping, running backwards, side stepping etc.

You can also look to make this a competition to see how many times the players can collect the ball in 60 seconds.

Time Frame. 8 minutes

Emphasis:

Dribbling

Different parts of the foot

Changing direction

Competition

FUN!

Psychological

Confidence

Being safe

FUN

Technical

Dribbling

Lots of small touches

Physical

A,B,C's

Change of Direction

Change of Speed

Social

Playing with parent

Communicating

Celebrating



Active Start practice plan – Week 17
Station C
Soccer Technique – Bulldozers vs Builders



Organization: Players are placed inside a 30m x 30m area, each with a ball. Tall cones (buildings) are placed inside the area. Parents (builders) are also inside the area.

Procedure: The players (bulldozers) have to knock all the buildings over with their soccer ball while the builders try to get them all back up. If the bulldozers can knock over all the buildings in 60 seconds they are the winners! You can change the roles of the players and adults.

Time Frame. 8 minutes

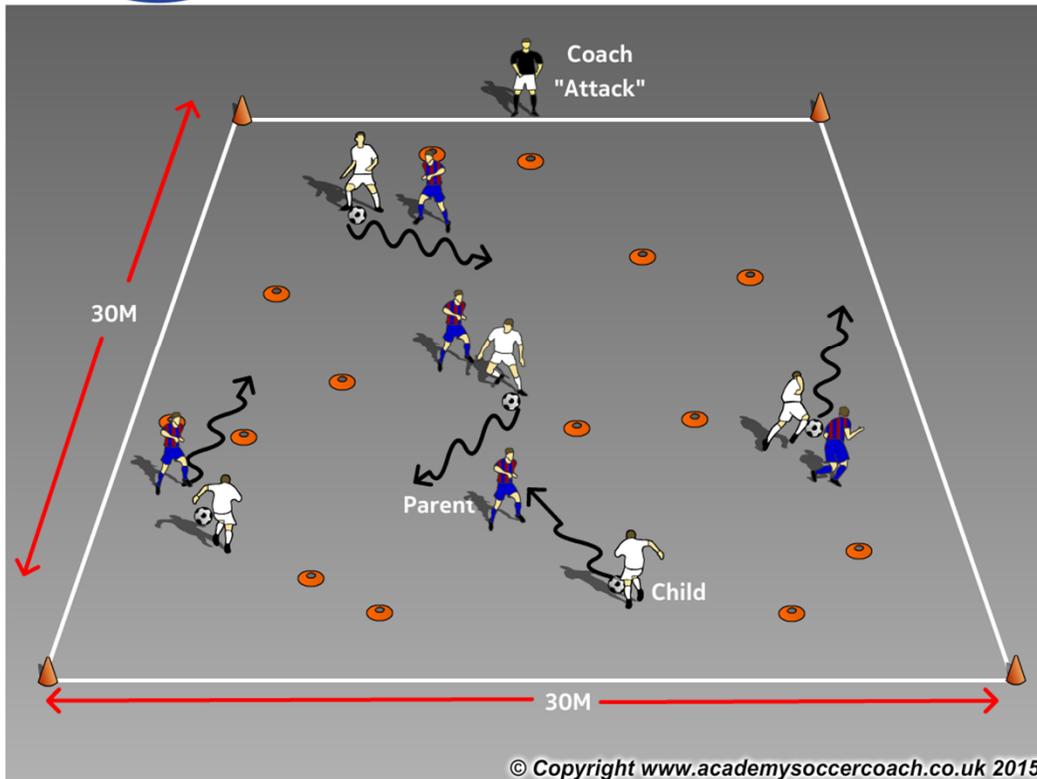
Emphasis:

- Dribbling
- Changing direction
- Agility, Balance, Coordination
- Imagination
- FUN!**

| | |
|--|--|
| <p><u>Psychological</u> Confidence Being safe FUN with the parents</p> | <p><u>Technical</u> Dribbling Lots of touches Shooting</p> |
| <p><u>Physical</u> A,B,C's Change of Direction</p> | <p><u>Social</u> Communicating Celebrating</p> |



Active Start practice plan - Week 17
Station D
Small sided game – 1v1 with parent



© Copyright www.academysoccercoach.co.uk 2015

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:

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

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