

# 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.

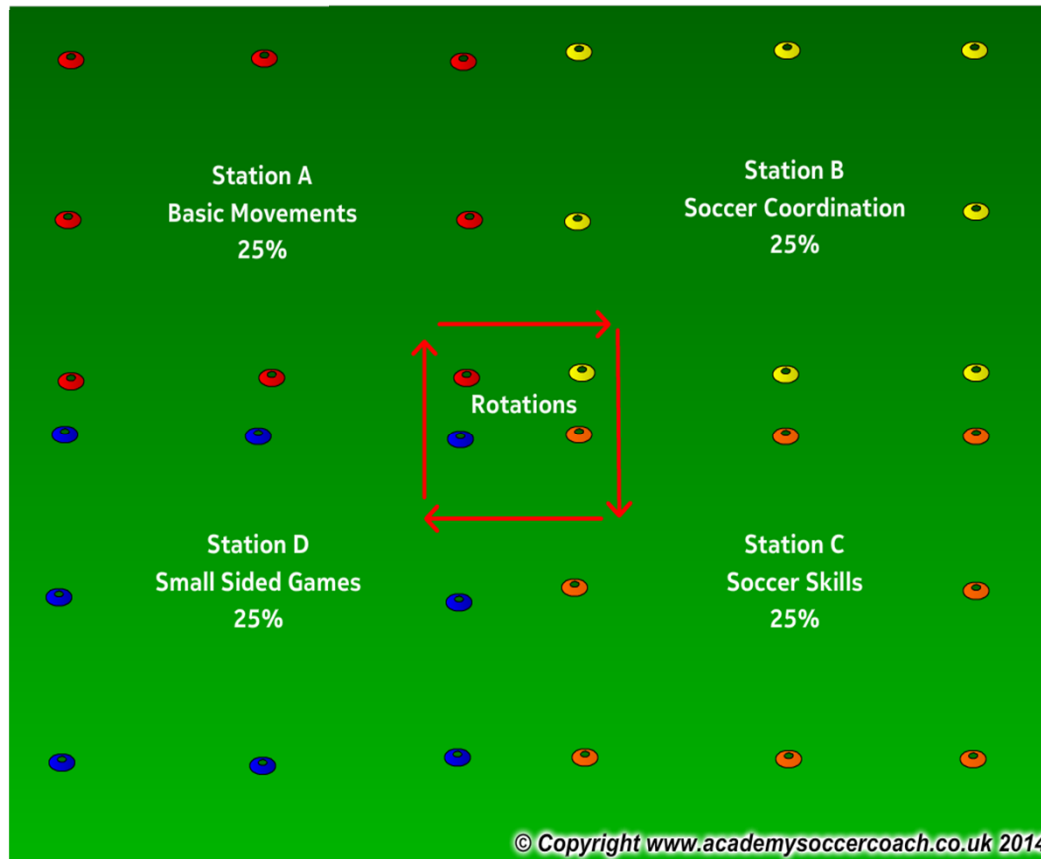
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

Total Practice time 40 minutes as per the Recreational and Development Matrix



## Active Start practice plan

### How The OSA Player Development Model works



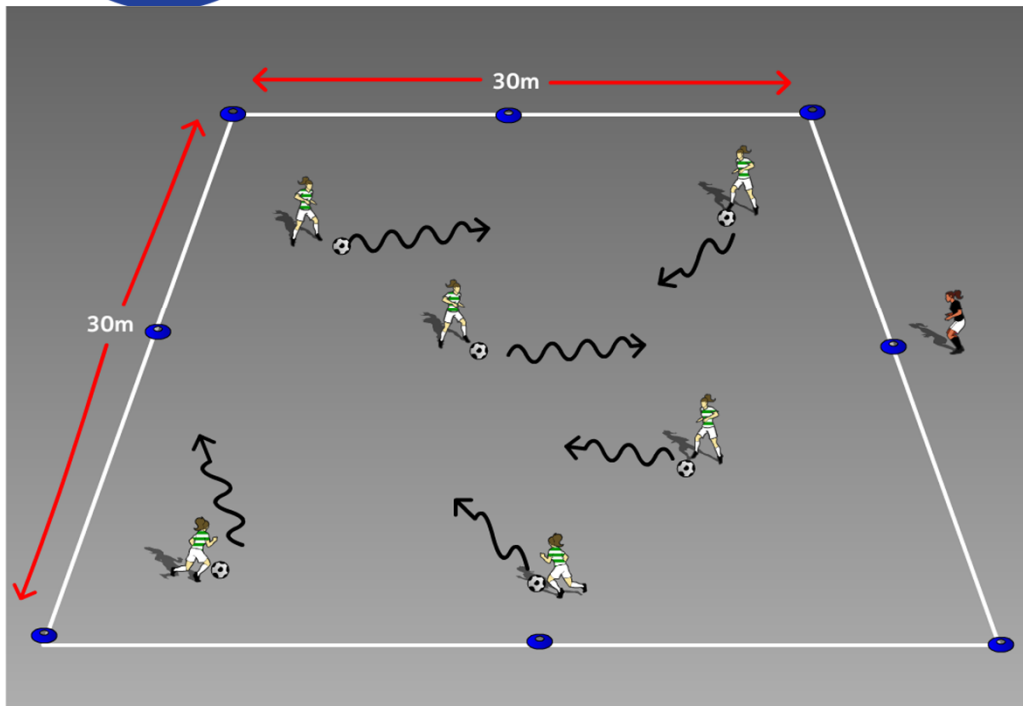
If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

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 19**  
**Station A**  
**General movement – Red light – Green light**



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**Organization:** Players are placed inside a 30m x 30m area, each with a ball.  
**Procedure:** Players dribble inside the area. The coach stands on the outside with a red and green pinnie or cone in their hand. If the coach holds up the green the players dribble, if the red is held up the players stop. Coach could also introduce a yellow to have the players slow down.

**Time Frame. 8 minutes**

**Emphasis:**

Dribbling  
Movements  
Awareness

**Psychological**

Confidence  
Awareness  
FUN

**Technical**

Dribbling

**Physical**

A,B,C's  
Change of Speed

**Social**

Problem Solving  
Communicating



## Active Start practice plan – Week 19

### Station B

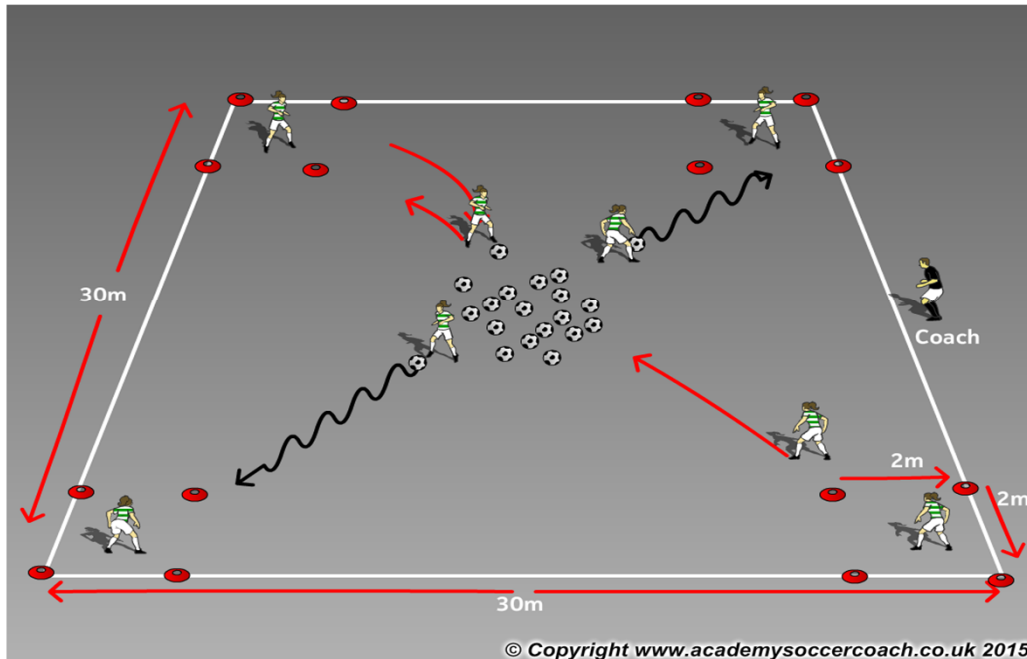
## Soccer Technique – The Golden Egg



**Time Frame. 8 minutes**

### **Emphasis:**

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



**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.

### **Psychological**

Confidence  
Being safe  
FUN

### **Technical**

Dribbling  
Lots of small touches

### **Physical**

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

### **Social**

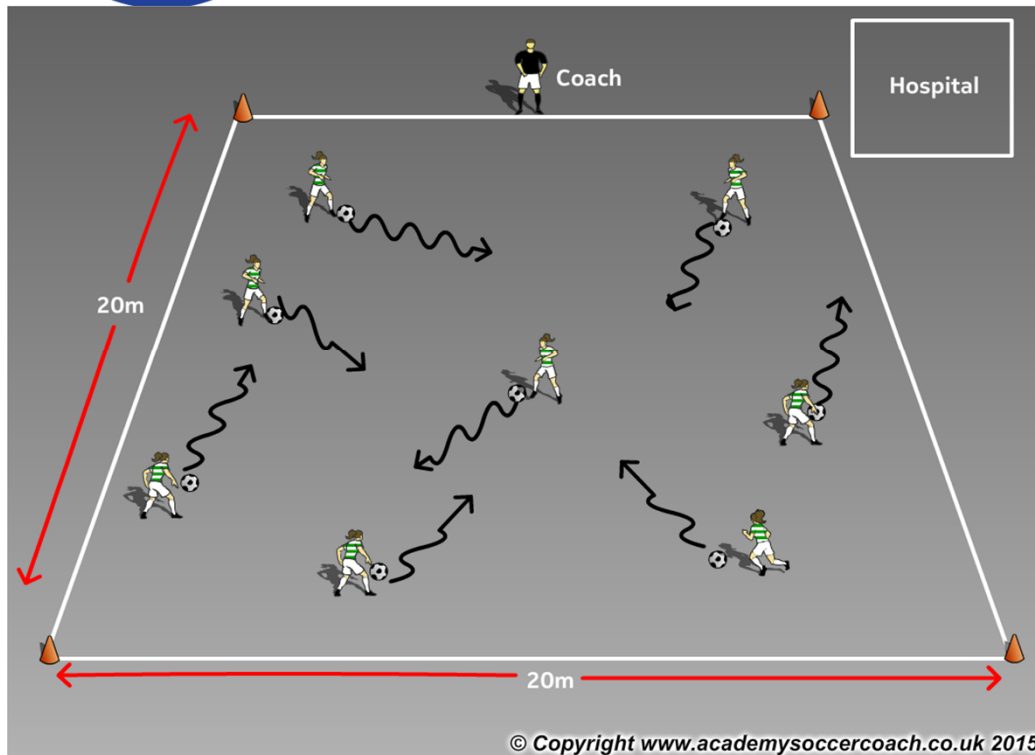
Solving problems  
Team work  
Celebrating



## Active Start practice plan – Week 19

### Station C

### Soccer Technique – Hospital tag



**Organization:** Inside a 20m x 20m area each player has a soccer ball and dribbles.

**Procedure:** On Coaches command players attempt to tag each other on any part of the body. Once a player is tagged they have to put a band aid (their hand) on the location where they were tagged. Once a player is tagged 3 times they must go to the hospital to see the Doctor. Once at the Hospital the players have to do 10 toe taps to get back into the game.

**Time Frame. 8 minutes**

### **Emphasis:**

Dribbling  
Changing direction  
Competition  
Imagination  
FUN!

#### **Psychological**

Confidence  
Being safe  
Managing problems

#### **Technical**

Dribbling  
Lots of touches

#### **Physical**

A,B,C's  
Change of Direction

#### **Social**

Cooperation  
Communicating  
Celebrating

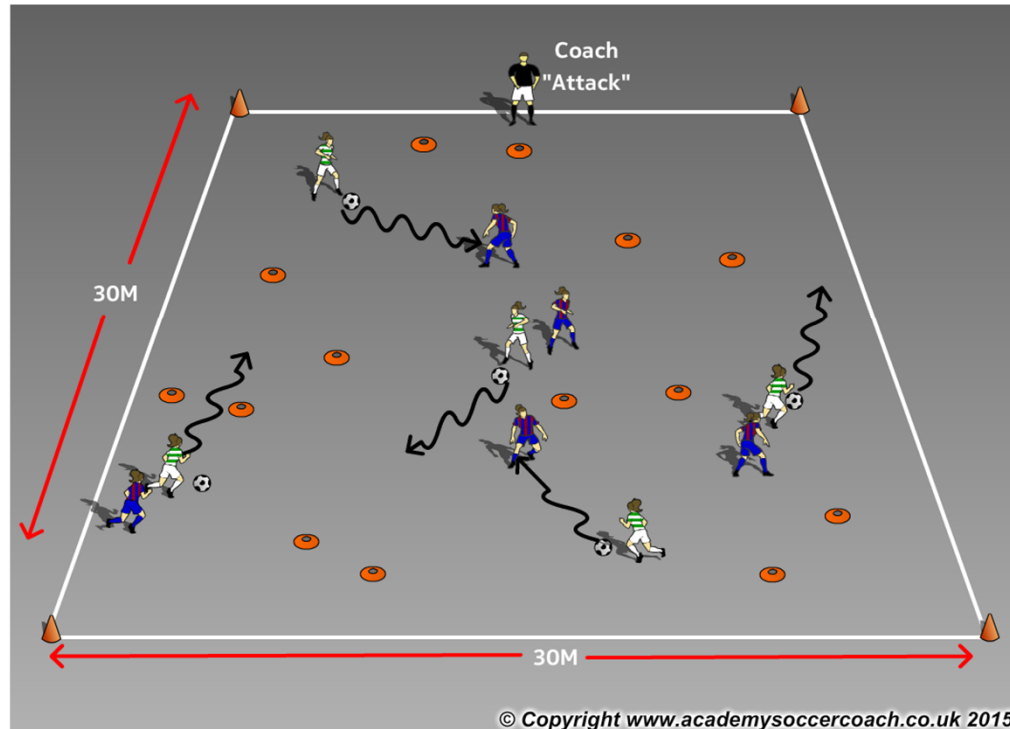




## Active Start practice plan - Week 19

### 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. 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

### **Physical**

A,B,C's  
Change of Direction

### **Social**

Listening  
Competition  
Celebrating