

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.

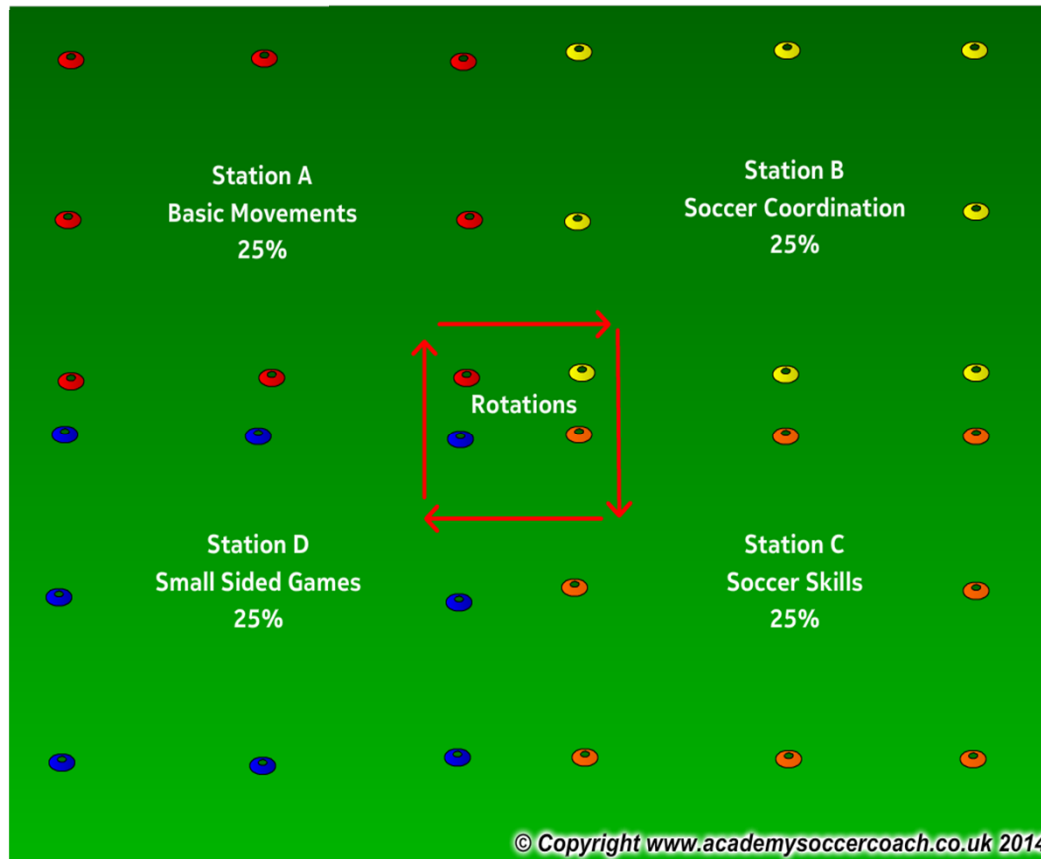
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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 20

Station A

General movement – Physical Literacy course

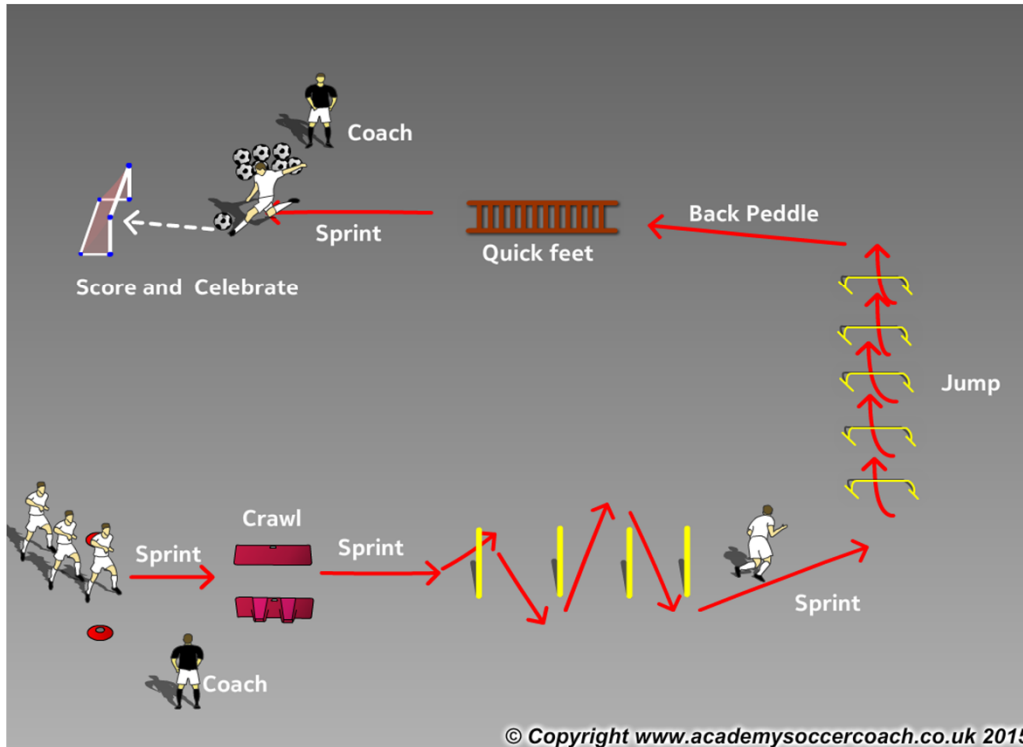


Time Frame. 8 minutes

Emphasis:

General Movements

A,B,C's



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
Awareness
FUN

Technical

Shooting

Physical

A,B,C's
Change of Speed

Social

Problem Solving
Communicating



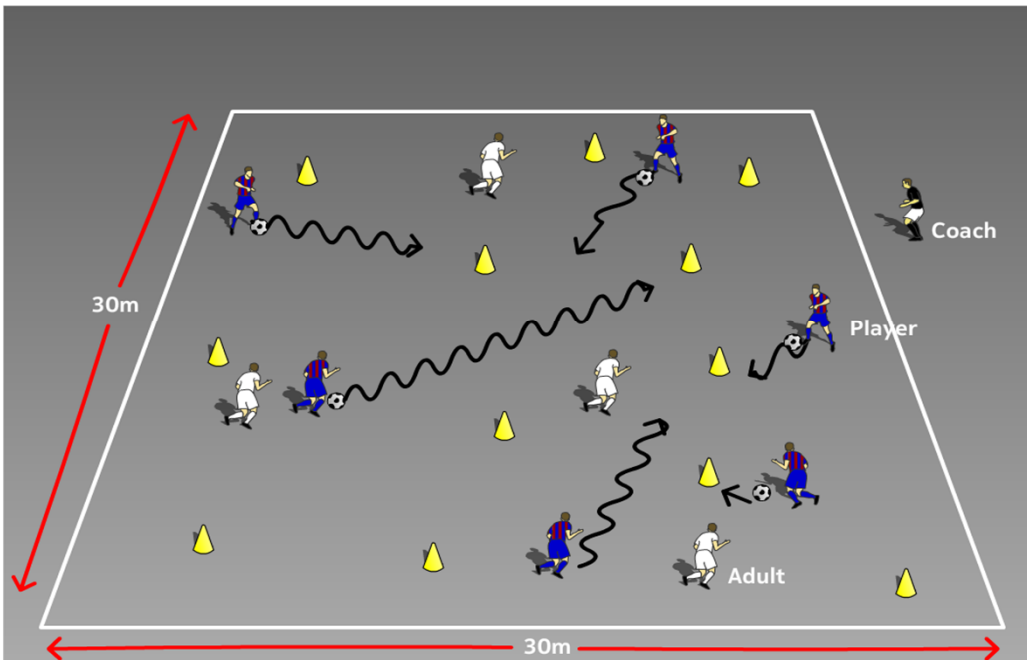
Active Start practice plan – Week 20
Station B
Soccer Technique – Builders and bulldozers



Time Frame. 8 minutes

Emphasis:

Dribbling
Different parts of the foot
Competition
FUN!



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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.

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



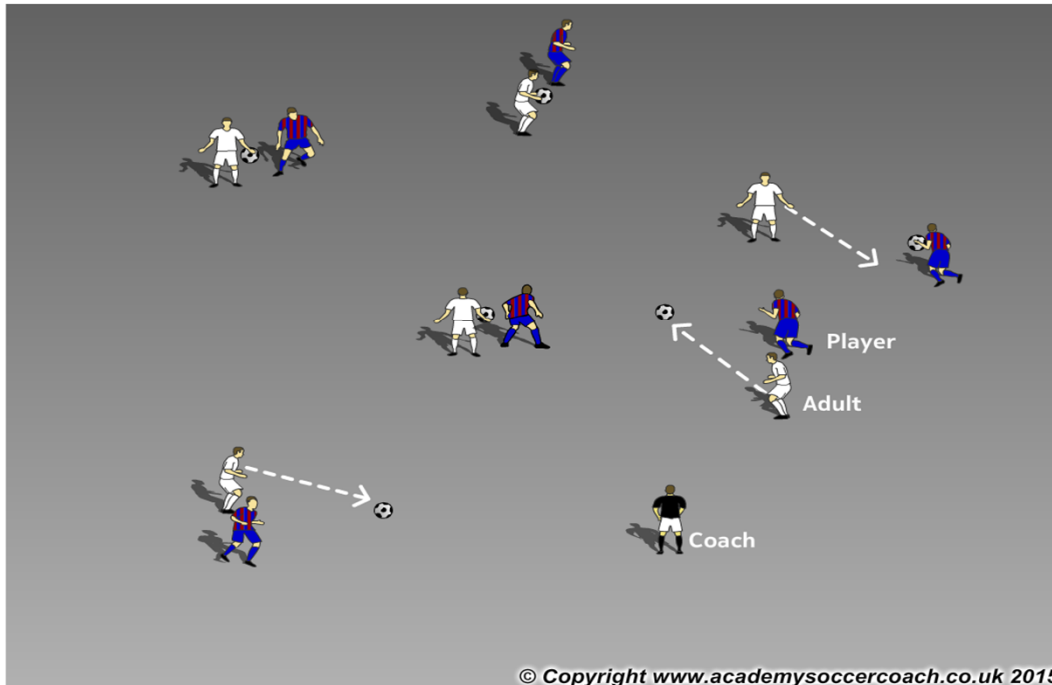
Active Start practice plan – Week 20
Station C
Soccer Technique with Physical Literacy



Time Frame. 8 minutes

Emphasis:

Dribbling
Changing direction
General movements
Imagination
FUN!



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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.

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 20

Station D

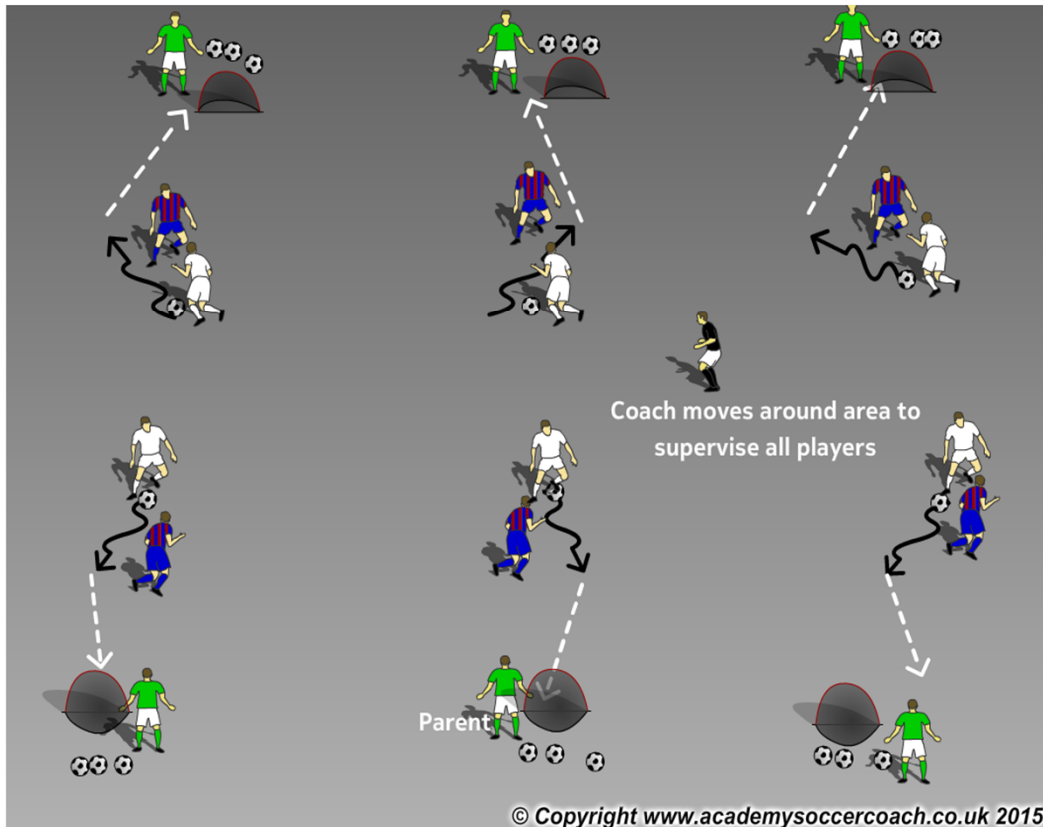
Small sided game – 1v1 to goal



Time Frame. 8 minutes

Emphasis:

Dribbling
Shooting
Changing direction
Agility, Balance, Coordination
Imagination
FUN!



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.

Psychological

Confidence
Being safe
FUN

Technical

Dribbling
Shooting

Physical

A,B,C's
Change of Direction

Social

Listening
Competition
Celebrating