

# GRASSROOTS WORKBOOK & PRACTICE PLANS







## **Active Start practice plan**

### **Preferred method of training – 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

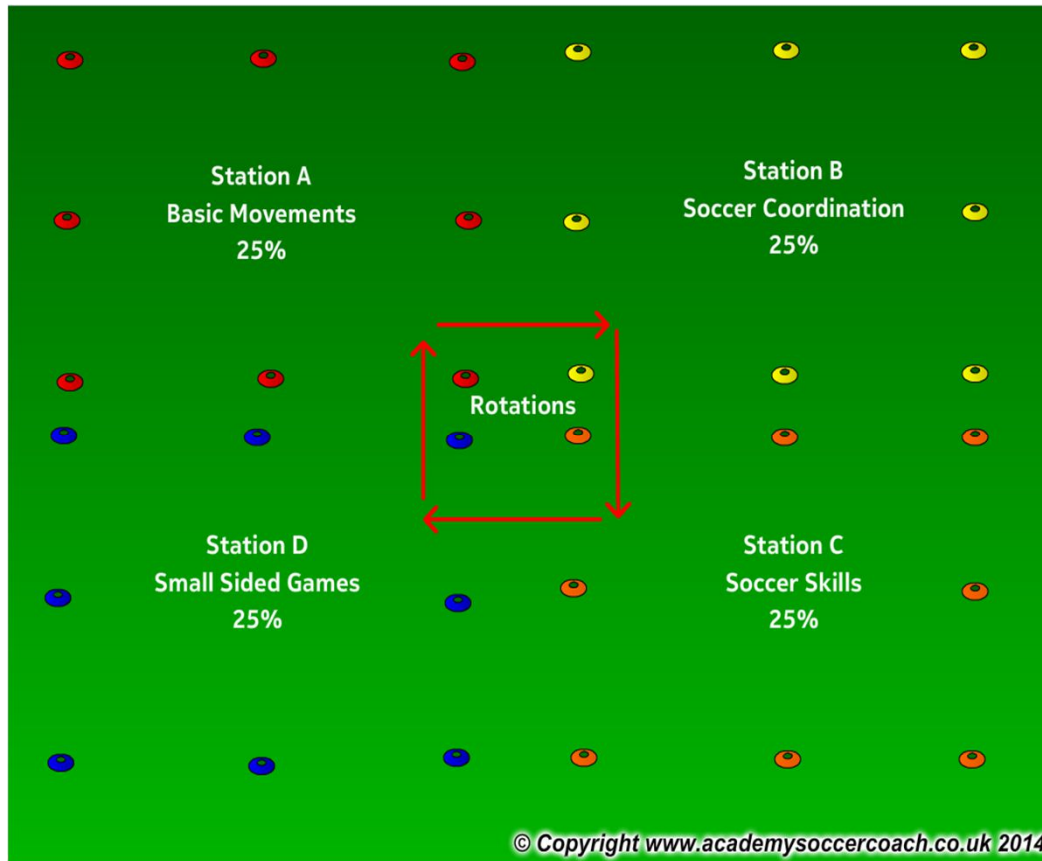
Total Practice time 40 minutes as per the Recreational and Development Matrix





## Active Start practice plan

### How the preferred training 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 21**  
**Station A**  
**General movement -Follow the leaders**



**Time Frame 6-8 minutes**

**Emphasis:**

Listening  
Different types of running  
Changing direction  
Agility, Balance, Coordination  
**FUN!**

**Psychological**

Confidence  
Being safe  
Decision Making

**Technical**

Dribbling

**Physical**

A,B,C's  
Change of Direction

**Social**

Listening  
Communicating  
Interaction with  
Friends

Organization: A 25 mx 15 m field. Up to 10 players each with a ball .  
Procedure: Players moving with their ball inside the field. Parents following them around and do what the players ( leaders) do . Players need to look around not to hit other players.





## Active Start practice plan – Week 21

### Station B

### Soccer Technique - Catch me



Time Frame 6- 8 minutes

### Emphasis:

Running with the ball

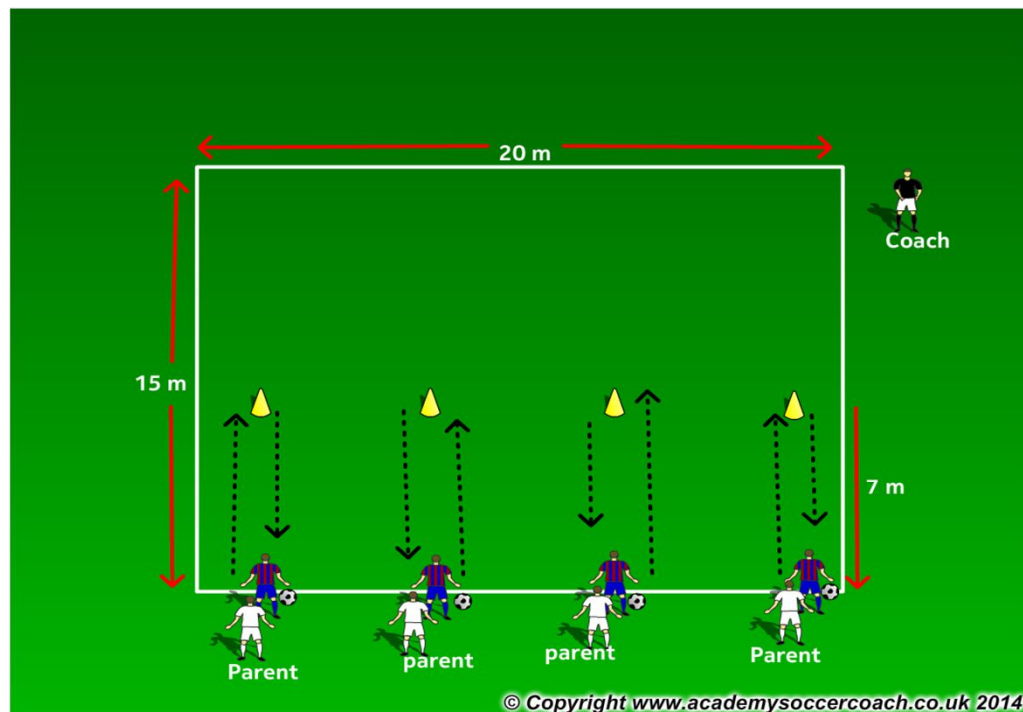
Dribbling

Changing direction

Agility, Balance, Coordination

Imagination

FUN!



**Organization:** A 20 mx15 m field, cones 7 m from start line.  
**Procedure:** Players each has a ball, and running with the ball (using right foot) around the cone. Parent try to catch them. When players reach the cone, they are safe. Procedure repeats on the way back to start line.  
**Progression:** Players are encouraged to use opposite foot, and different part of foot.

### Psychological

Confidence  
Being safe

### Technical

Dribbling  
Running with the ball

### Physical

Using both feet  
A,B,C's  
Change of Direction

### Social

Interaction with others  
Communicating  
Celebrating





## Active Start practice plan – Week 21

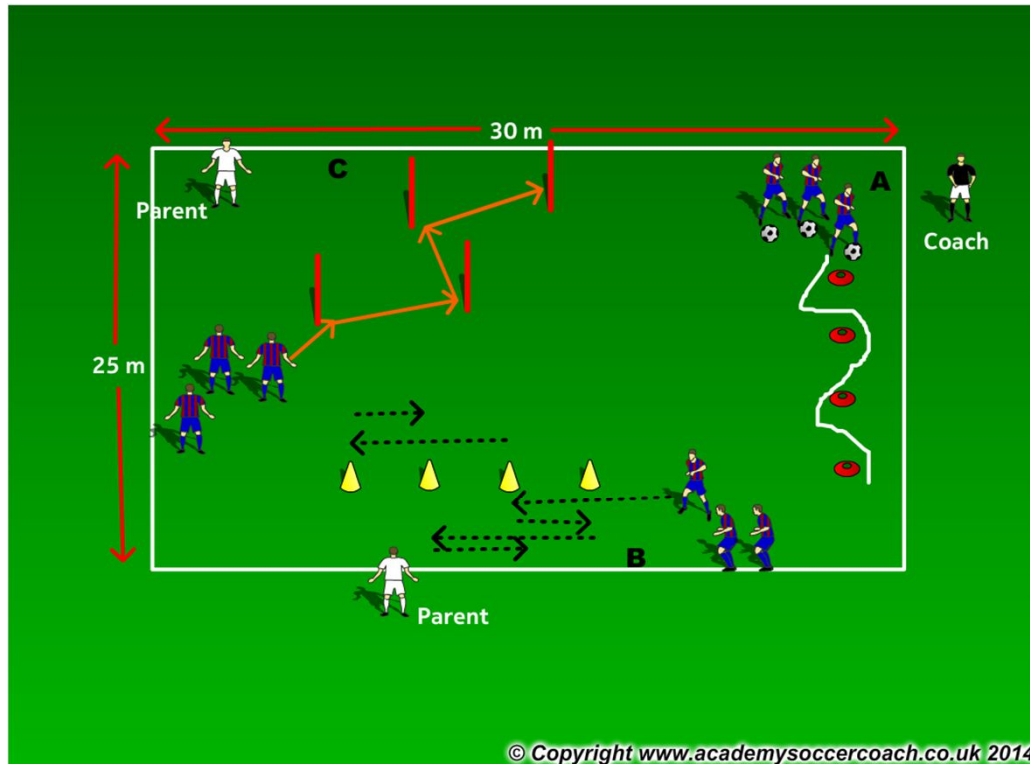
### Station C Coordination



Time Frame 6-8 minutes

#### Emphasis:

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



Organization: A 30 mx 25 m field. Cones, Poles, as shown in diagram. Up to 12 players.

Procedure: Players go around each station, and perform different moves.

Station A: Players dribble through the cones.

Station B: Players run forward and backward.

Station C: Players shuffle from one pole to another.

#### Psychological

Learning new skill  
Confidence  
Being safe

#### Technical

Dribbling  
Running with the ball

#### Physical

A,B,C's  
Change of Direction

#### Social

Listening  
Interaction with others  
Celebrating





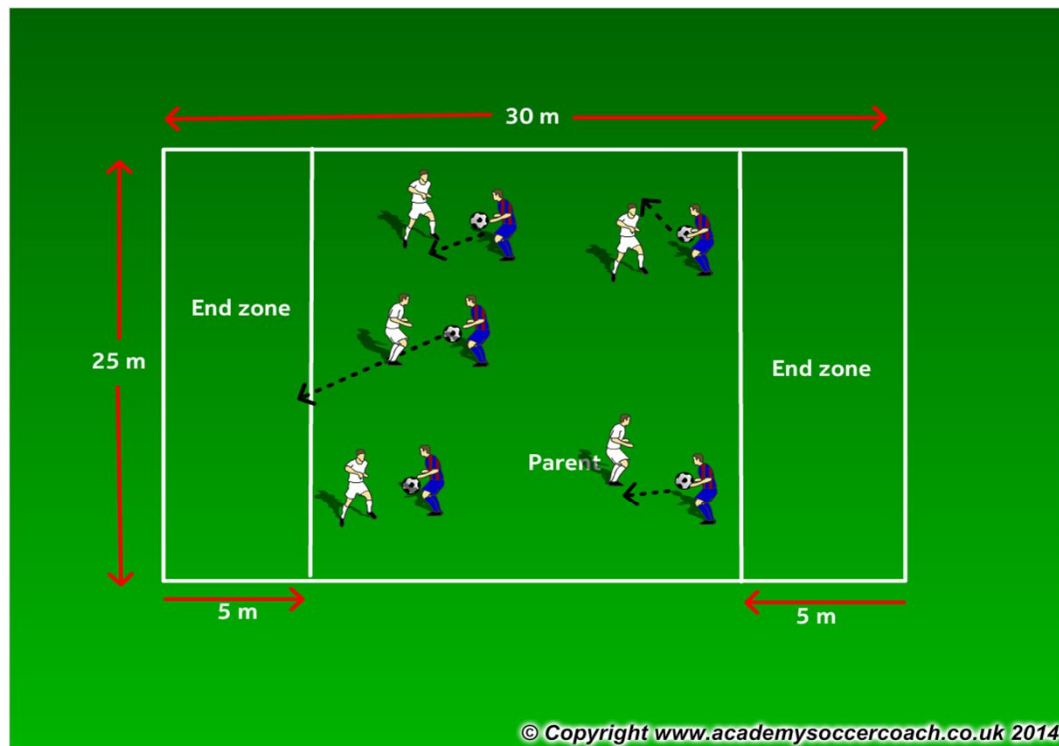
**Active Start practice plan – Week 21**  
**Station D**  
**Small sided game – 1v1 (Player vs Parent)**



**Time Frame 6-8 minutes**

**Emphasis:**

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



**Organization:** A 30 m x 25 m field. A two 5 m end zone at each side of the field. Players each has a ball.  
**Procedure:** Players has the ball in their hand and try to pass by the opponent and go to the end zone to score. If the opponent touch the player, they receive the ball and try to do the same thing.  
**Progression:** Players can use the feet.  
**Team with more points wins.**

**Psychological**  
Decision Making  
Confidence  
Being safe

**Technical**  
Dribbling  
Running with the ball

**Physical**  
A,B,C's  
Change of Direction

**Social**  
Listening  
Communicating  
Celebrating  
Interaction