

# 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.

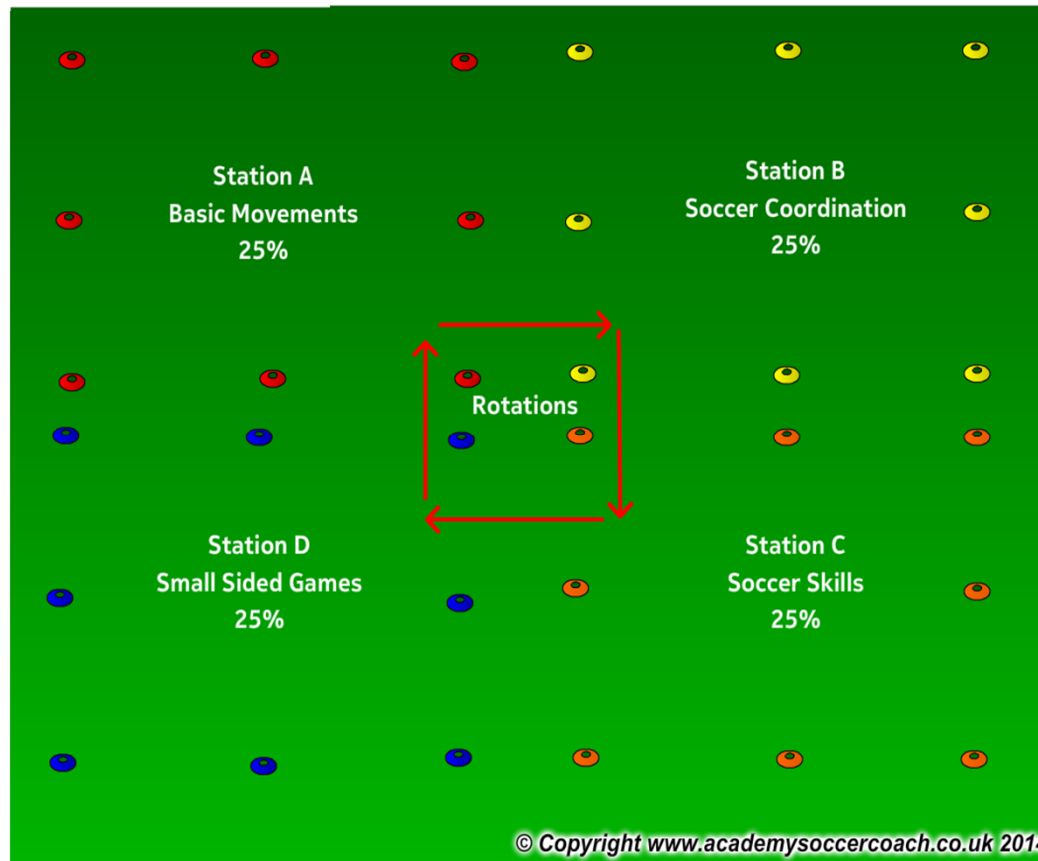
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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.

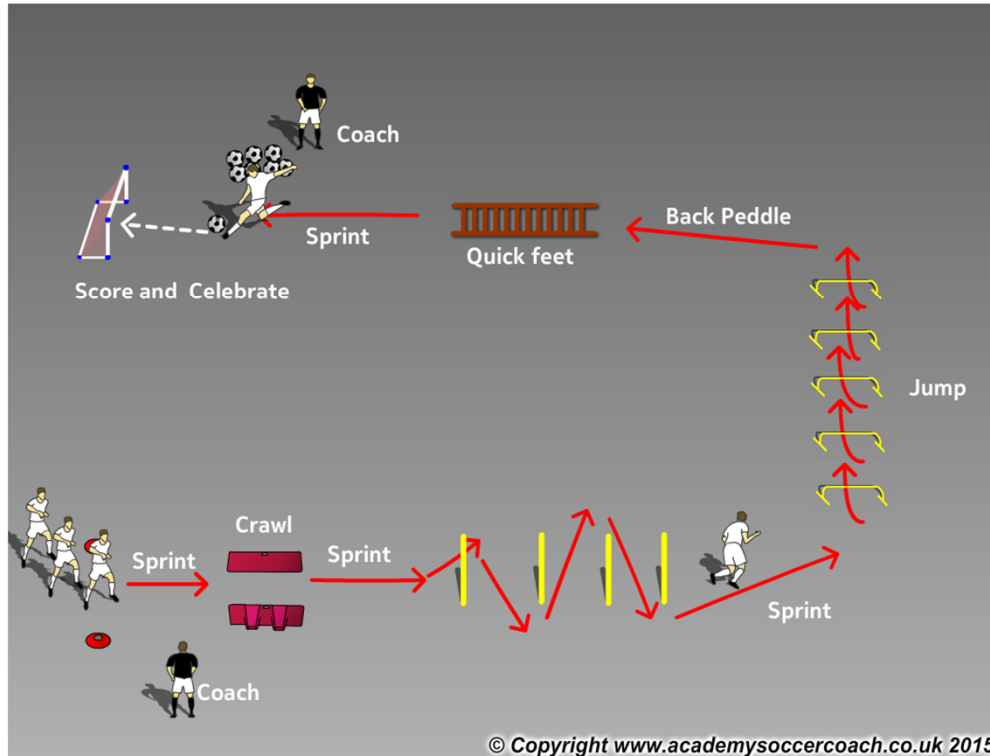
If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.





## Active Start practice plan – Week 24

### Station A General movement



**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.

**Time Frame. 8 minutes**

**Emphasis:**

Agility  
Balance  
Coordination

<u><b>Psychological</b></u> Confidence Awareness FUN	<u><b>Technical</b></u>
<u><b>Physical</b></u> A,B,C's Change of Speed	<u><b>Social</b></u> Problem Solving Communicating



## Active Start practice plan – Week 24

### Station B

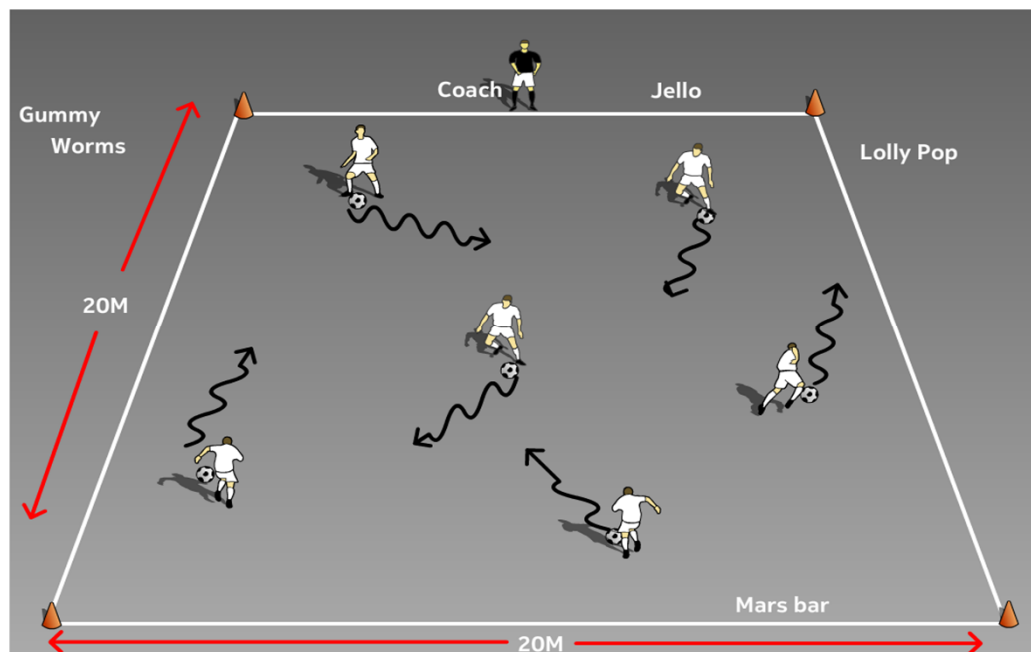
### Soccer Technique – Candy store



Time Frame. 8 minutes

### Emphasis:

Changing direction  
Ball Mastery  
Imagination  
FUN!



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**Organization:** 20m x 20m area. Each player has a soccer ball.

**Procedure:** All players dribble inside the area. The area now becomes a candy store and the players explore by shouting out their favourite candies. The coach names each side of the area after a different candy and when the coach calls out that specific candy the players dribble to the correct side and perform a specific challenge. I.e. toe taps, (players touch ball 1 foot at the time using their sole) inside inside etc. (Players use the inside of their feet to knock the ball back and forth between each foot).

### Psychological

Confidence  
Being safe  
Reactions

### Technical

Dribbling  
Lots of touches  
Ball mastery

### Physical

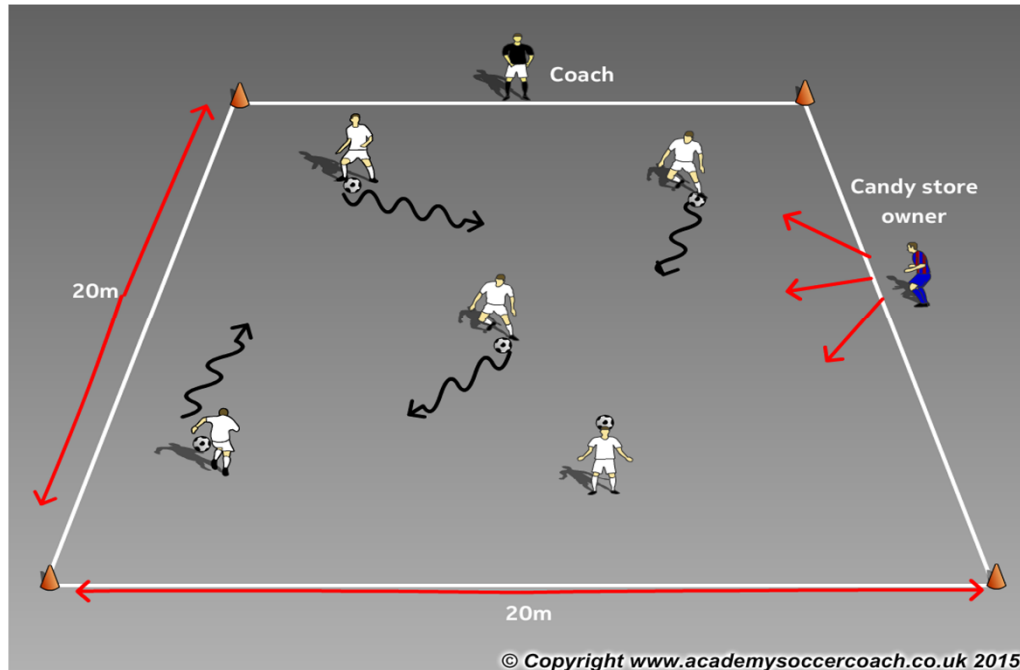
A,B,C's  
Change of Direction

### Social

Cooperation  
Communicating



**Active Start practice plan – Week 24**  
**Station C**  
**Soccer Technique – Candy store owner**



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**Organization:** 20m x 20m area set up. Every player has a soccer ball apart from the "Candy store owner"

**Procedure:** All players dribble around inside the area. 1 player at a time is selected to become the "Candy store owner". When the coach calls "go" the candy store owner comes in and attempts to tag the players. If a player is tagged they must stand with their legs apart, holding the soccer ball in their head shouting, "help, help I'm stuck in the candy store" to be freed a player who is dribbling crawls through the back of their legs. Each player gets to be the candy store owner for 1 minute.

**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

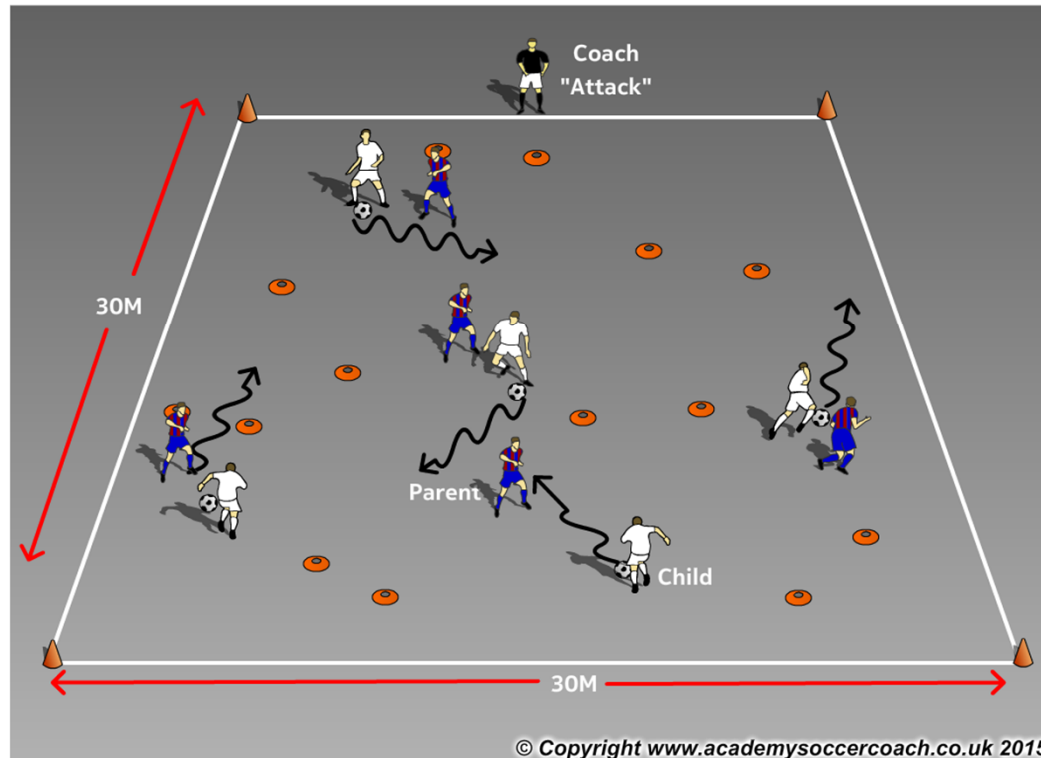
**Social**

Solving problems  
Team work  
Celebrating





**Active Start practice plan - Week 24**  
**Station D**  
**Small sided game – Child vs Parent 1v1**



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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

**Technical**

Dribbling  
Running with the ball

**Physical**

A,B,C's  
Change of Direction

**Social**

Listening  
Competition