

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.

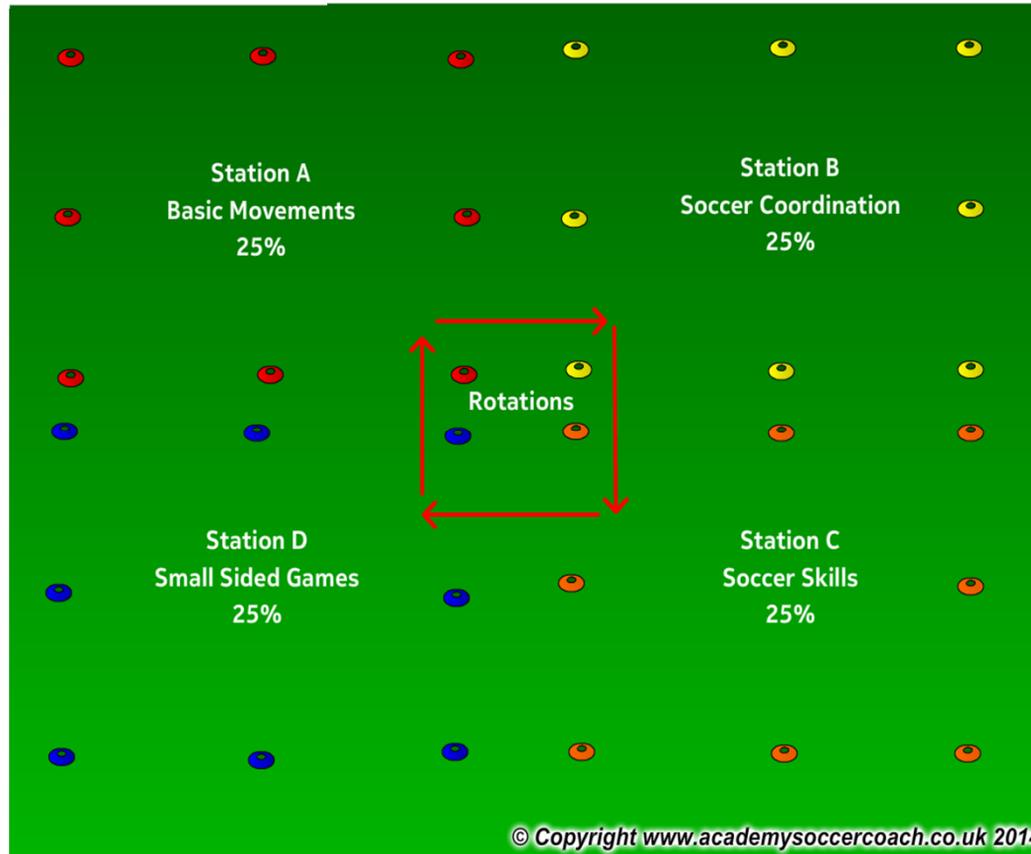
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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 25

Station A General movement



Organization: Each player is paired with a parent inside a 30m x 30m area

Procedure: This game is called "Freeze and thaw" The parent becomes the leader and the child follows and stays close behind. Start off by walking and increase to jogging. When the coach calls out "freeze" both child and parent must freeze on the spot. If the child or parent fails to stop quickly they collect a "thaw point" The challenge of the game is to see who can collect the least thaw points. Play several rounds.

Progression: From having the players jog you can move to skipping, hopping, leaping etc. To increase the balance of the players have them freeze on one leg.

Time Frame. 8 minutes

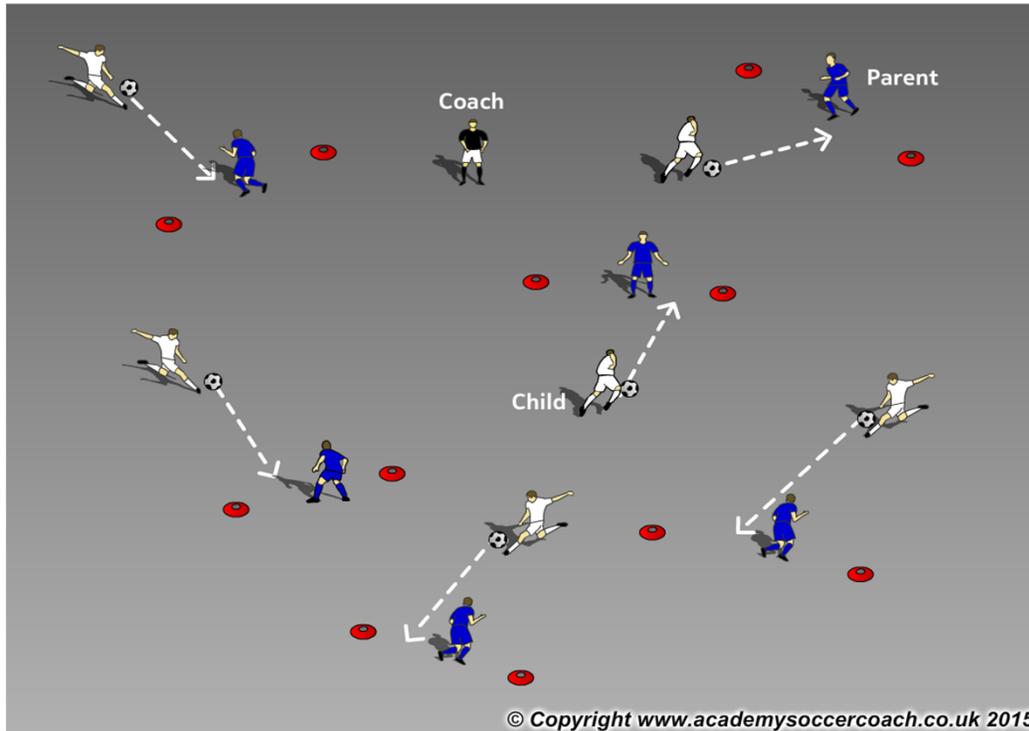
Emphasis:

Agility
Balance
Coordination

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



Active Start practice plan – Week 25
Station B
Soccer Technique – Score some goals!!!



Organization: Pair the child with the parent. The parent is handed two cones to build the goal and the child has the soccer ball. The parent will act as a goalkeeper.

Procedure: The child aims to score goals past their parent. The distance that the child shoots from can vary and is left up to each individual parent. The child can score from any side of the goal to keep them active and moving around.

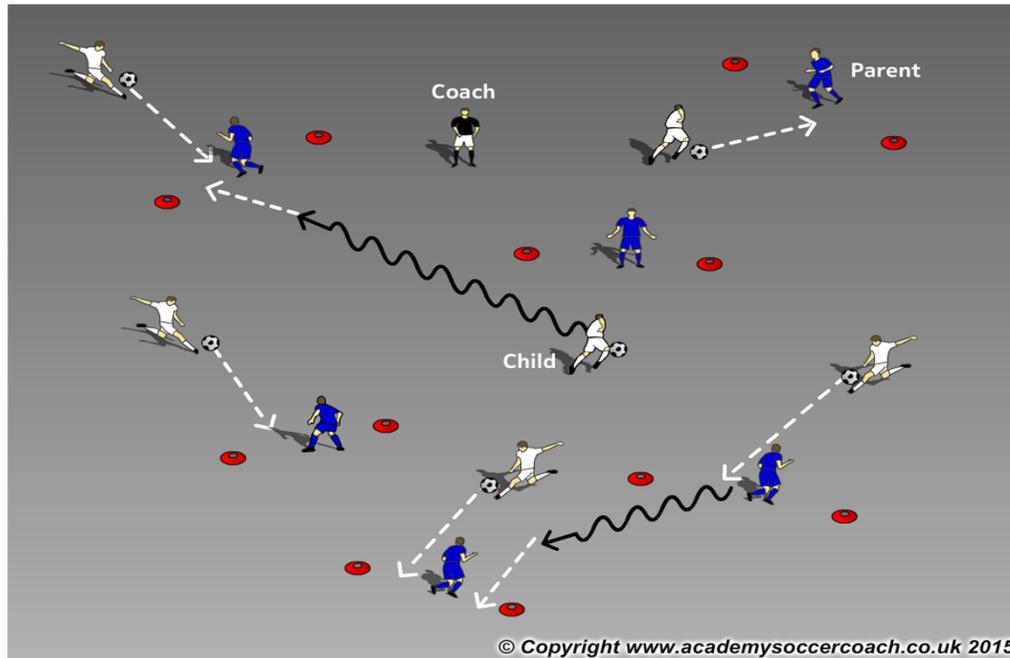
Time Frame. 8 minutes

Emphasis:
 Shooting
 FUN!

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|--------------------------------------------------------------|---------------------------------------------------------------------------------|
| <u>Psychological</u> Confidence Being safe | <u>Technical</u> Shooting |
| <u>Physical</u> A,B,C's Change of Direction | <u>Social</u> Cooperation Communicating Interaction with parent |



Active Start practice plan – Week 25
Station C
Soccer Technique – Shooting competition!



Organization: Pair the child with the parent. The parent is handed two cones to build the goal and the child has the soccer ball. The parent will act as a goalkeeper.

Procedure: The child aims to score goals past the parents. The distance that the child shoots from can vary and is left up to each individual child. The child can score from any side of the goal to keep them active and moving around. Once they have shot on one goal they dribble to any other goal to try to score. Let the players play for 60 seconds to see how many goals they can all score. Parents should allow as many goals to be scored as possible.

Time Frame. 8 minutes

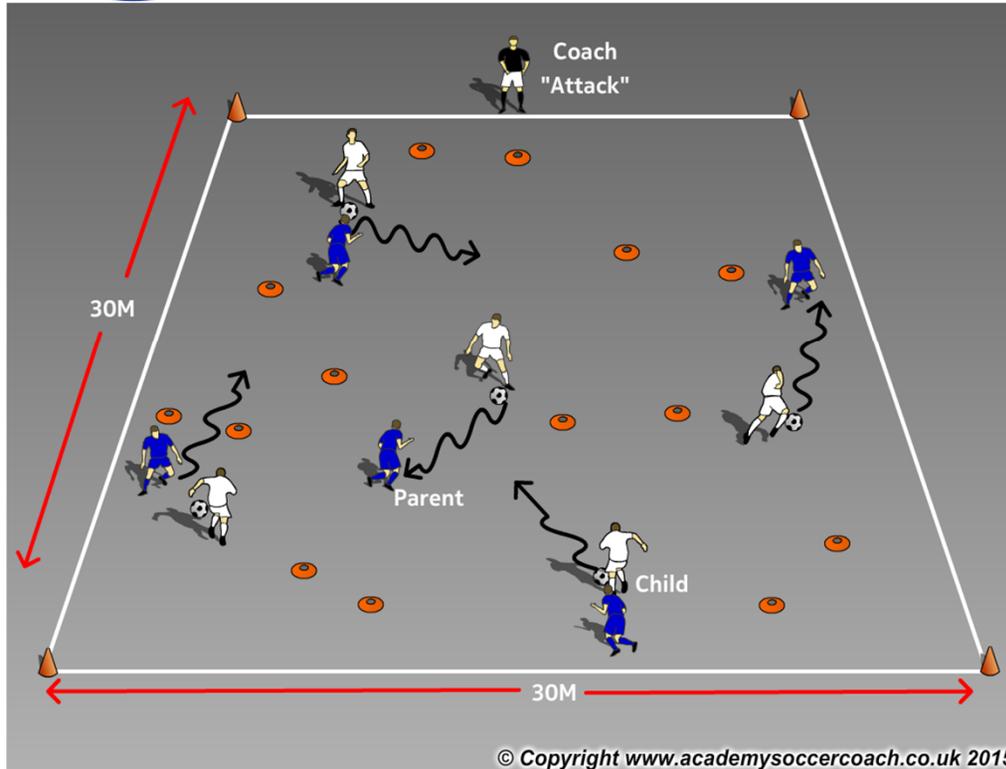
Emphasis:

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

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|-----------------------------------------------------------------------------|------------------------------------------------------------------------|
| <u>Psychological</u> Confidence Being safe FUN | <u>Technical</u> Dribbling Shooting |
| <u>Physical</u> A,B,C's Change of Direction Change of Speed | <u>Social</u> Solving problems Celebrating Interaction |



Active Start practice plan - Week 25
Station D
Small sided game – Child vs Parent 1v1



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:

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

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|-----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| <p><u>Psychological</u> Confidence Being safe FUN</p> | <p><u>Technical</u> Dribbling Shooting</p> |
| <p><u>Physical</u> A,B,C's Change of Direction</p> | <p><u>Social</u> Listening Competition Interaction</p> |