

# 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.

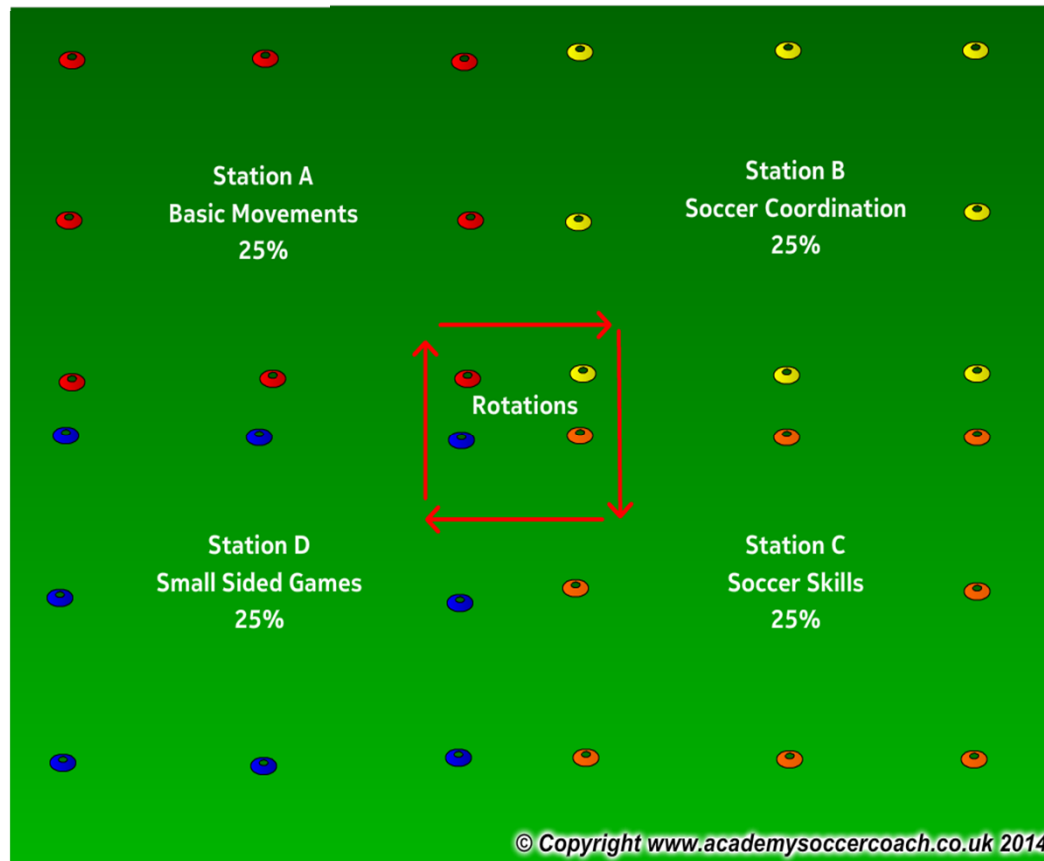
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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.

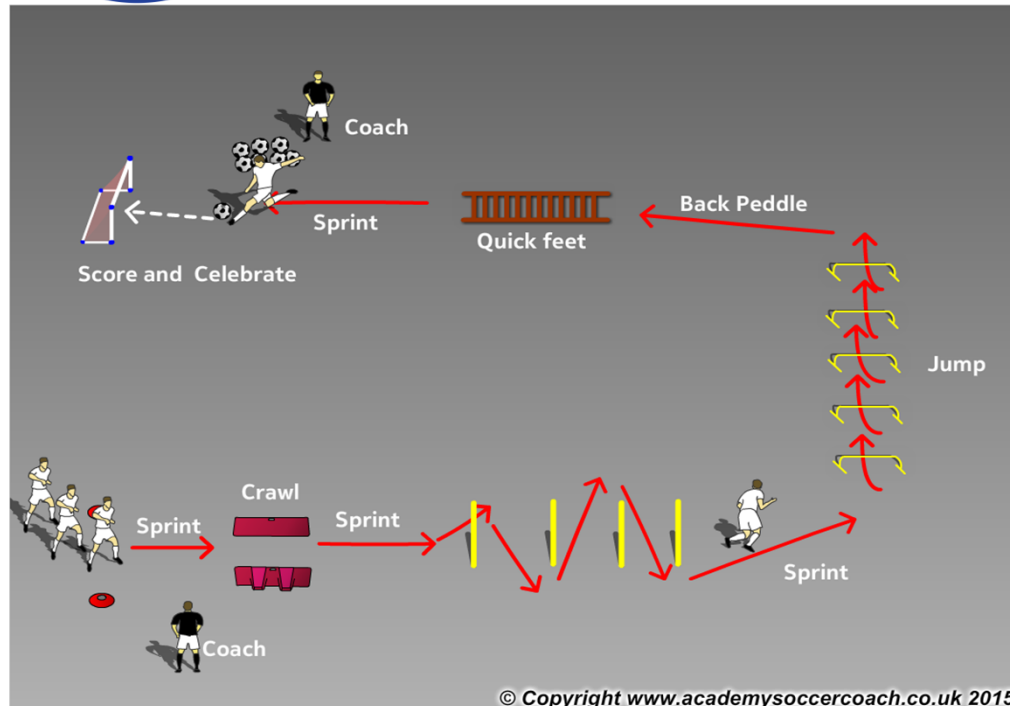




## Active Start practice plan – Week 26

### Station A

## General movement – Physical literacy FUN!



**Organization:** As shown above. Players are shown a variety of movements from crawling, Sprinting, Jumping, back peddling, quick feet and shooting. Once the player in front of the waiting player gets to the first pole the next player goes. Keep the players active and moving. 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, Speed  
Different movements  
FUN

### **Psychological**

Confidence  
Manage problems  
FUN

### **Technical**

Scoring Goals

### **Physical**

A,B,C's  
Change of Speed  
Different movements

### **Social**

Problem Solving  
Communicating  
Celebrating



## Active Start practice plan – Week 26

### Station B

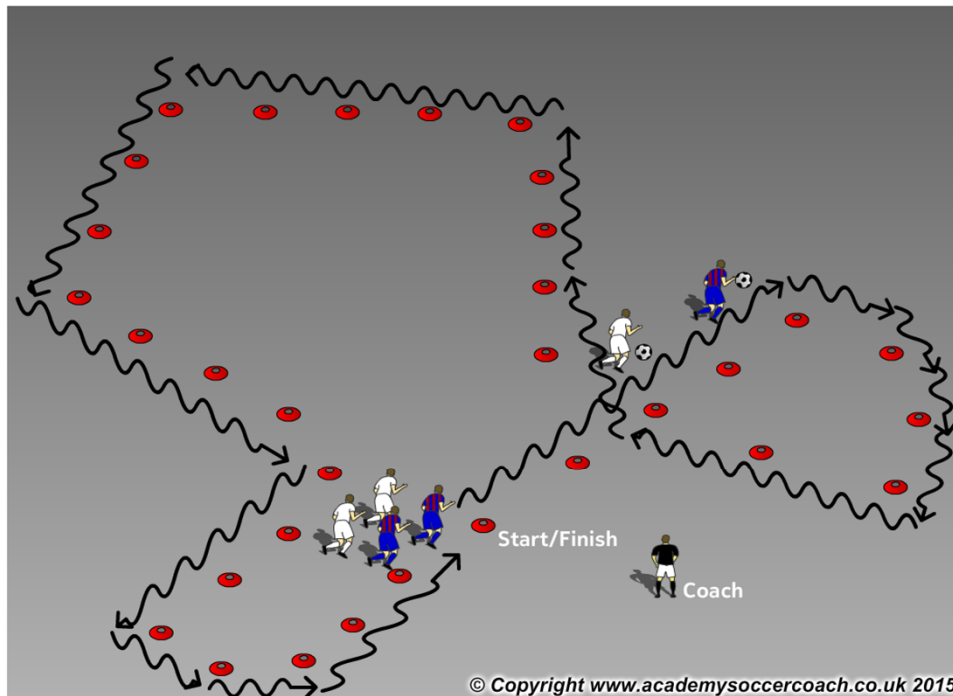
### Soccer Technique – Formula 1



**Time Frame. 8 minutes**

#### **Emphasis:**

Dribbling  
Different parts of the foot  
Changing direction  
Competition  
FUN!



**Organization:** Players are placed into 2 teams of 3 and race track is created as shown above or coaches can create their own layout.

**Procedure:** 1 player from each team races around the race track and back to the starting point. When the players arrive back at the starting point they high 5 the next player and they race around the track. The activity can be done without a ball to start with and then a ball can be introduced.

Coaches can add road blocks etc to the course as the players progress.

#### **Psychological**

Confidence  
Being safe  
FUN

#### **Technical**

Dribbling  
Lots of small touches

#### **Physical**

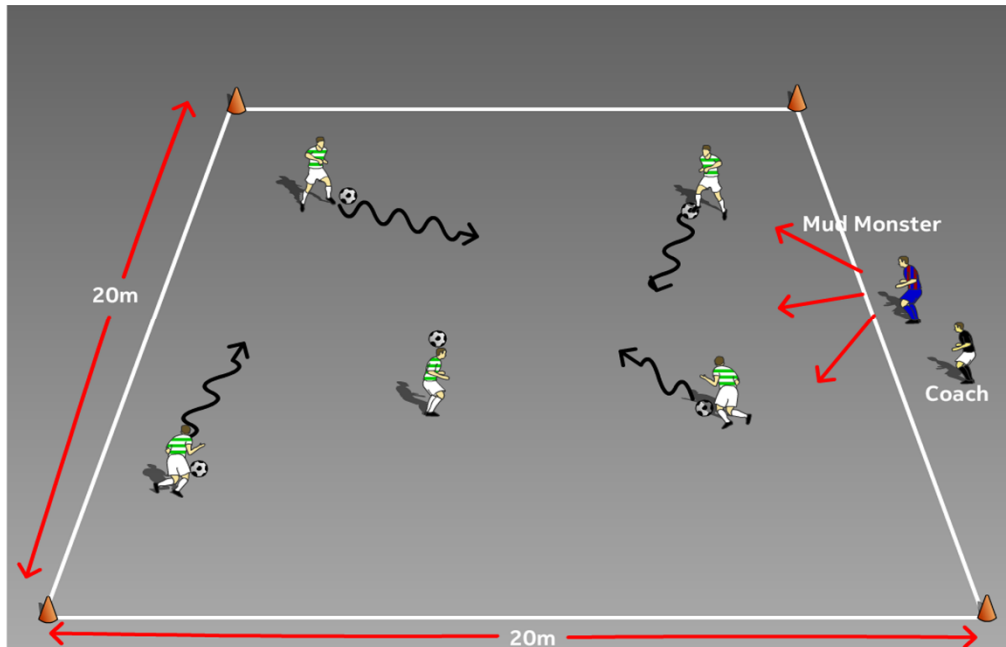
A,B,C's  
Change of Direction  
Change of Speed

#### **Social**

Solving problems  
Team work  
Celebrating



**Active Start practice plan – Week 26**  
**Station C**  
**Soccer Technique – Mud Monsters**



© Copyright www.academysoccercoach.co.uk 2015

**Organization:** Players are inside a 20m x 20m area, all with a ball. 1 player is on out side without a ball as the mudmonsters.

**Procedure:** All players dribble around inside the area. When the coach says go the Mud monster come's in and attempt to tag the players. If a player is tagged they must stand with their legs apart, holding the soccer ball and their head shouting, "help, help I'm stuck in the mud" to be freed a player who is dribbling crawls through the back of their legs. Each player gets to be the mud monster for 1 minute.

**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  
Acceleration

**Social**

Cooperation  
Communicating  
Celebrating





## Active Start practice plan - Week 26

### Station D

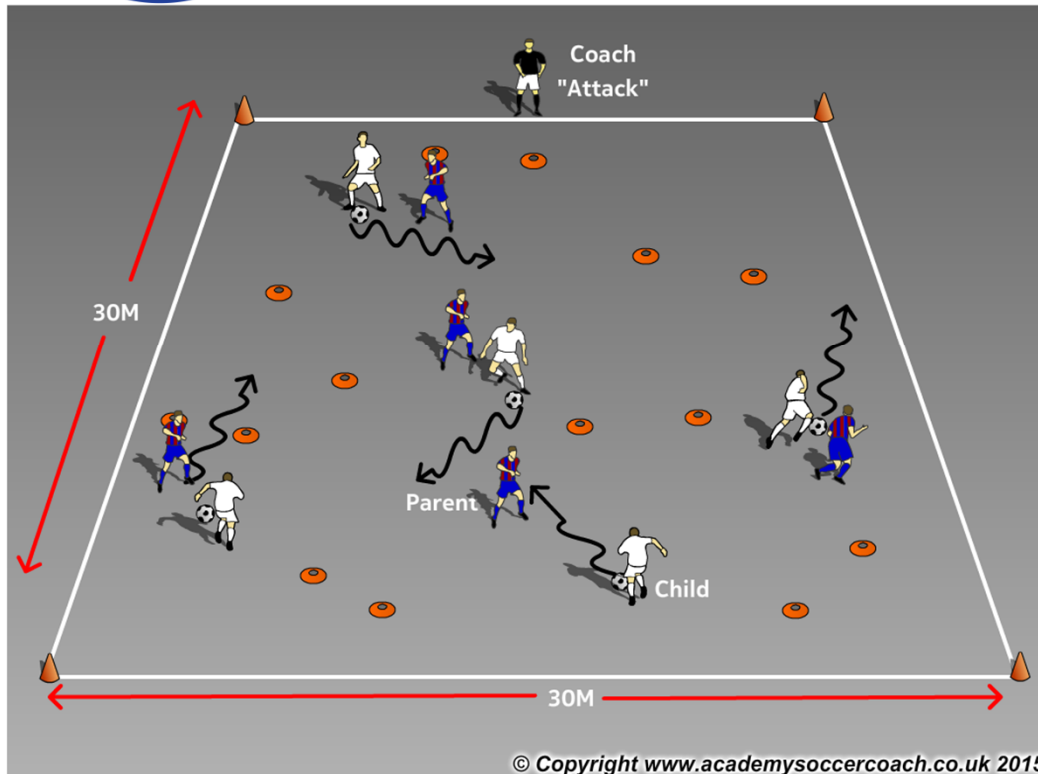
### Small sided game – 1v1 with parent



### Time Frame. 8 minutes

#### Emphasis:

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



© Copyright www.academysoccercoach.co.uk 2015

**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.

#### Psychological

Confidence  
Being safe  
FUN

#### Technical

Dribbling  
Running with the ball  
Shooting

#### Physical

A,B,C's  
Change of Direction

#### Social

Listening  
Communicating  
Celebrating