

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.

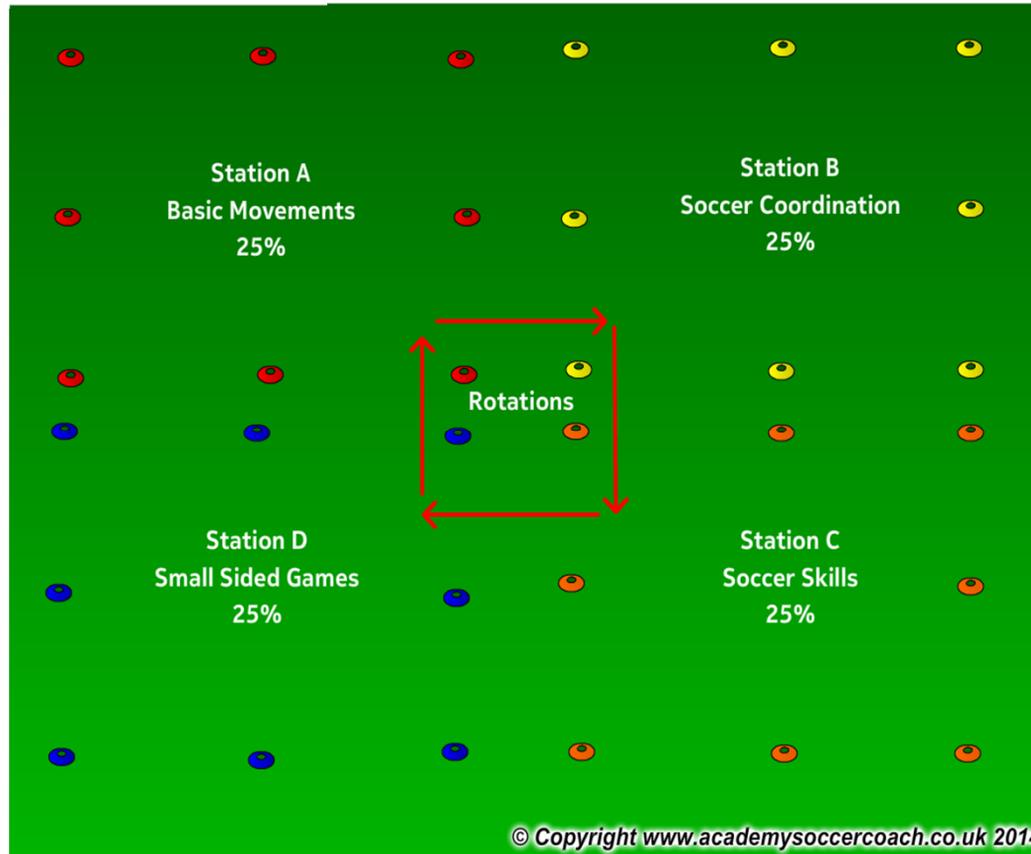
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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



Active Start practice plan

How The OSA Player Development Model works

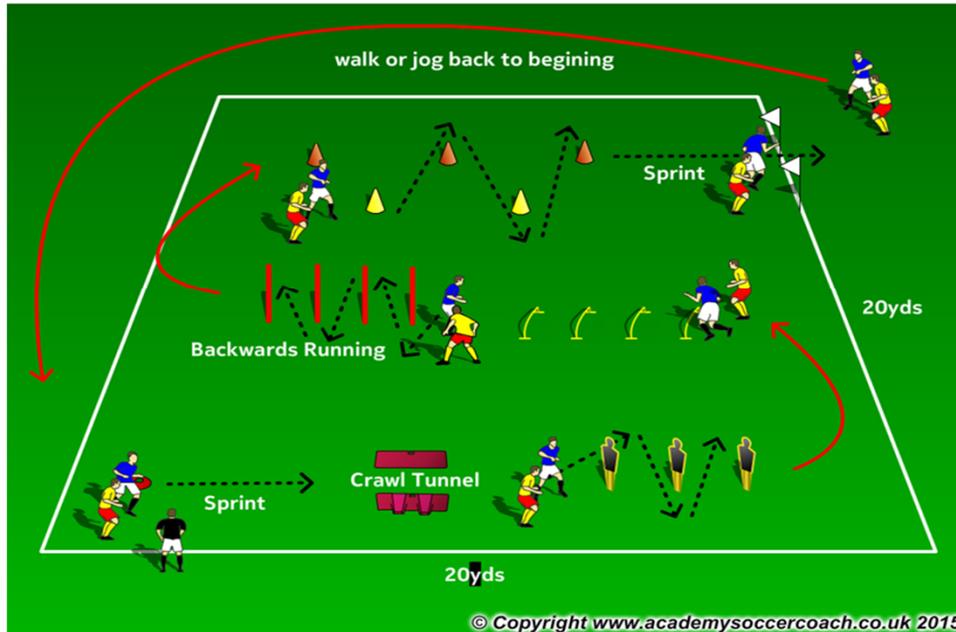


If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

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 27
Station A
General movement – Physical literacy FUN!



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Organization: Using a 20x20 yard area set up a variety of obstacles that the players can move through. Parents (Yellows) should accompany the children through the course.
Procedure: One-by-one the children will enter the obstacle course and move through the different obstacles. The coach should position his/herself at the start of the course to help start the players at the correct time. Be creative and develop obstacles that will challenge the children to use different movement skills to overcome each part of the course. A,B,C'S: Hop's, Skip's, Jumps, Sprints, Forward/backwards running, shuffles etc. should all be incorporated.

Time Frame. 8 minutes

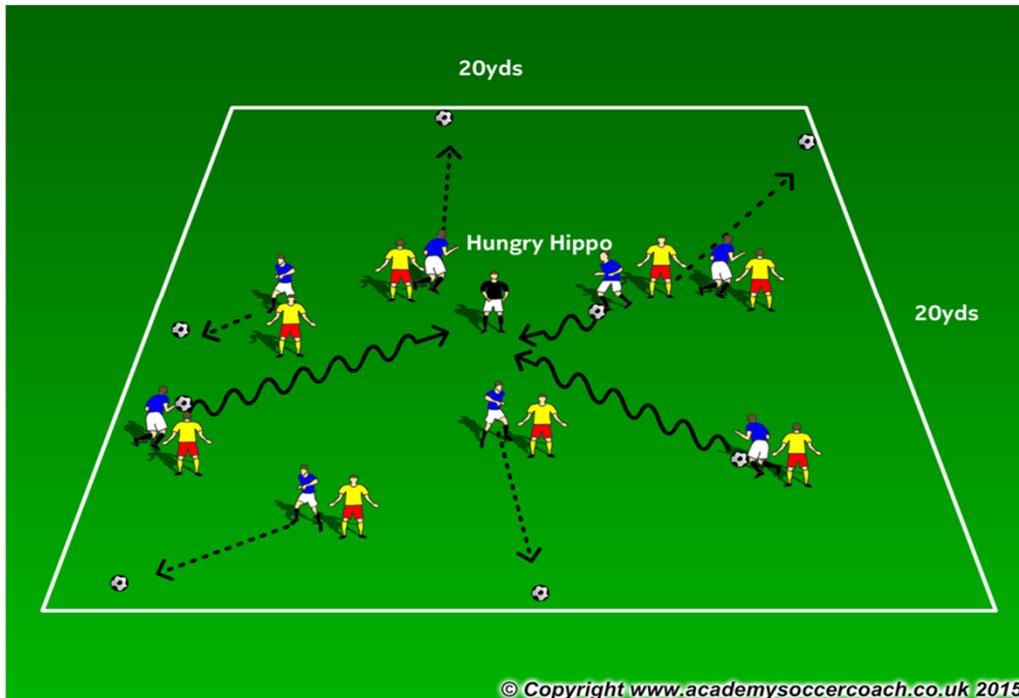
Emphasis:

Agility, Balance, Coordination, Speed
 Different movements
 FUN

<u>Psychological</u> Confidence Manage problems FUN	<u>Technical</u> Scoring Goals
<u>Physical</u> A,B,C's Change of Speed Different movements	<u>Social</u> Problem Solving Communicating Celebrating



Active Start practice plan – Week 27
Station B
Soccer Technique – Hungry Hippo



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Organization: Players are placed in a 20x20 yard area with a ball (Hippo food) per player. Parents can accompany the players (yellow). The Hungry Hippo (the coach) is positioned in the middle of the playing area.
Procedure: Players start with ball in hands and throw it to the coach who throws it away and they have to bring it back as quick as they can using: a certain # of steps, a different body part (touching elbow, knee, head, etc.), dribble the ball back etc.

Time Frame. 8 minutes

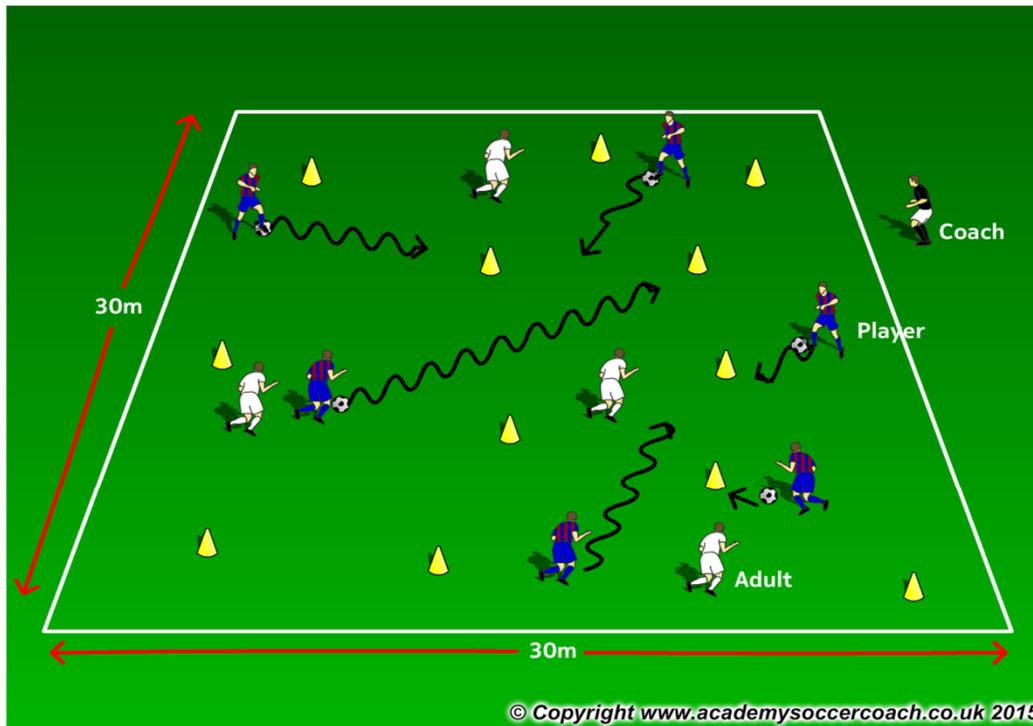
Emphasis:

- Dribbling
- Different parts of the foot
- Changing direction
- Competition
- FUN!**

<p><u>Psychological</u> Confidence Being safe FUN</p>	<p><u>Technical</u> Dribbling Lots of small touches</p>
<p><u>Physical</u> A,B,C's Change of Direction Change of Speed</p>	<p><u>Social</u> Solving problems Celebrating Creativity</p>



Active Start practice plan – Week 27
Station C
Soccer Technique – Bulldozers and Cranes



Organization: Players are placed inside a 30m x 30m area, each with a ball. Tall cones (buildings) are placed inside the area. Parents (Cranes) are also inside the area.

Procedure: The players (bulldozers) have to knock all the buildings over with their soccer ball while the Cranes 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.

Time Frame. 8 minutes

Emphasis:

- Dribbling
- Passing
- Changing direction
- Competition
- Imagination
- FUN!**

<p><u>Psychological</u> Confidence Being safe Managing problems</p>	<p><u>Technical</u> Dribbling Passing</p>
<p><u>Physical</u> A,B,C's Change of Direction Acceleration</p>	<p><u>Social</u> Cooperation Communicating Celebrating</p>



Active Start practice plan - Week 27

Station D

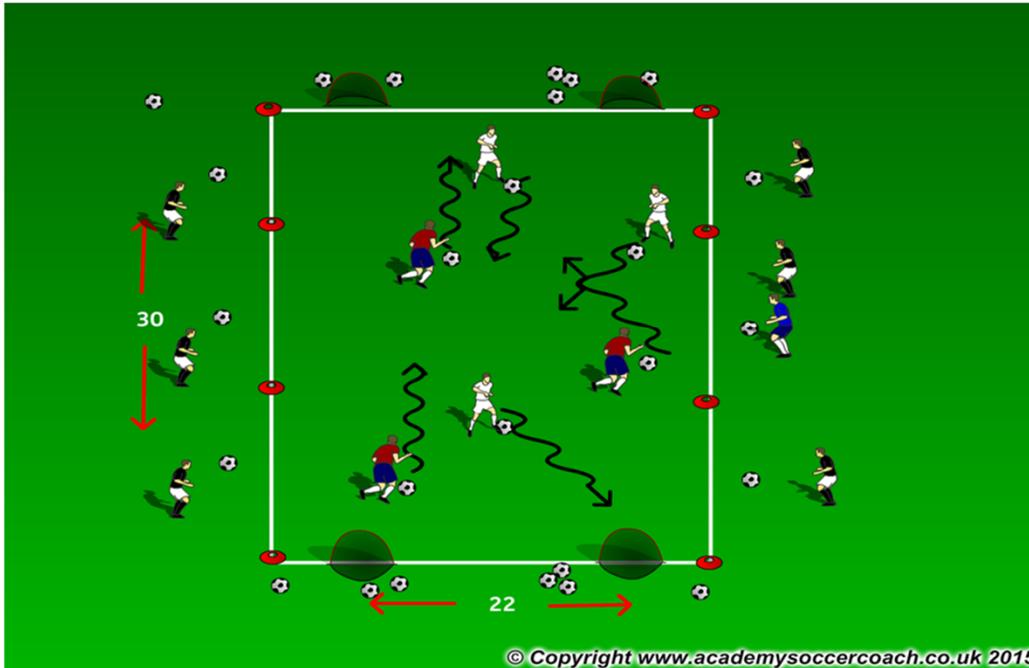
Small sided game – How many goals can you score?



Time Frame. 8 minutes

Emphasis:

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



Organization: Two teams of 3v3 are placed on to a 30 x 22 field with 1 or 2 goals at each end. Each player starts with a soccer ball. Spare balls are placed around the outside of the field. Parents stand on the outside of the field.

Procedure: On the coaches call the game begins. Each player will play as an individual and the parent on the outside will count how many goals they score. Players can score in any goal. Once a player scores they get their ball or another ball and go to try to score in another goal. If a player is dribbling towards the side line a parent who is close will help them stay within the field. After an allotted time, collect the total amount of goals scored (Keep the game close and finish with a tie if possible)

Psychological

Confidence
Being safe
FUN

Technical

Dribbling
Running with the ball
Shooting

Physical

A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating