

# 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.

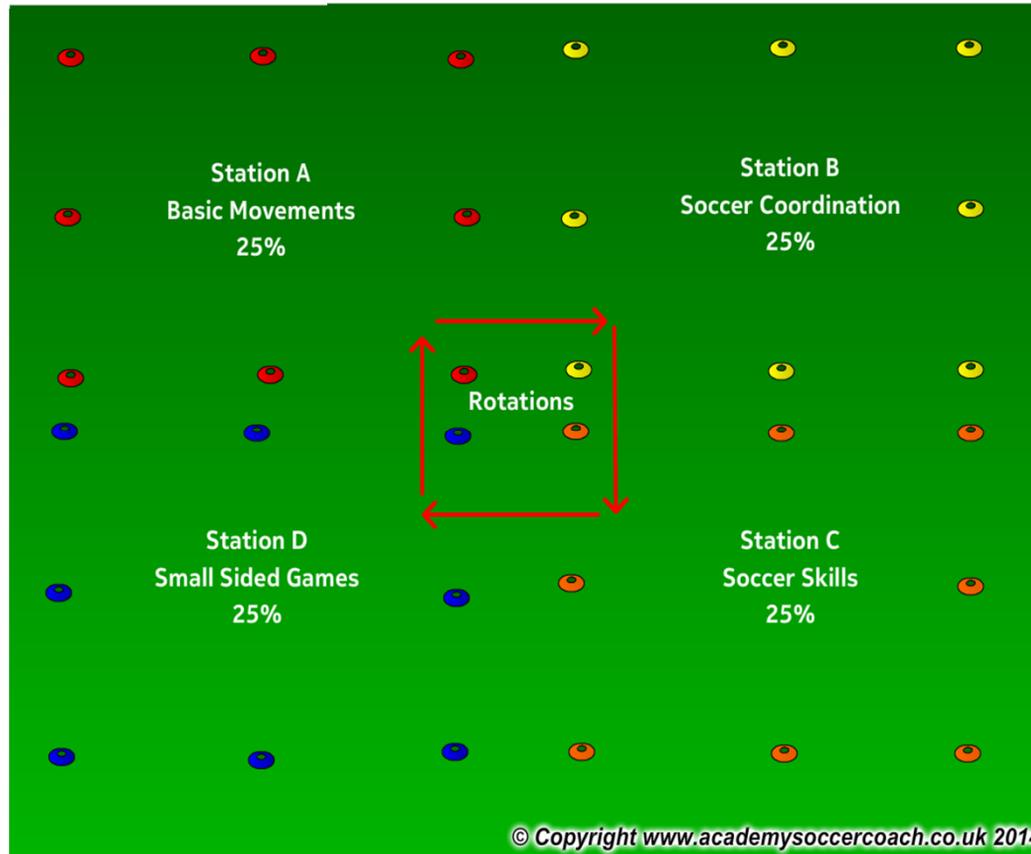
In the following activities players will travel through 4 stations. In these examples one station focuses on Physical Literacy, two stations on movements with the ball and the 4th station is focused around the game with the children playing 1v1.

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.

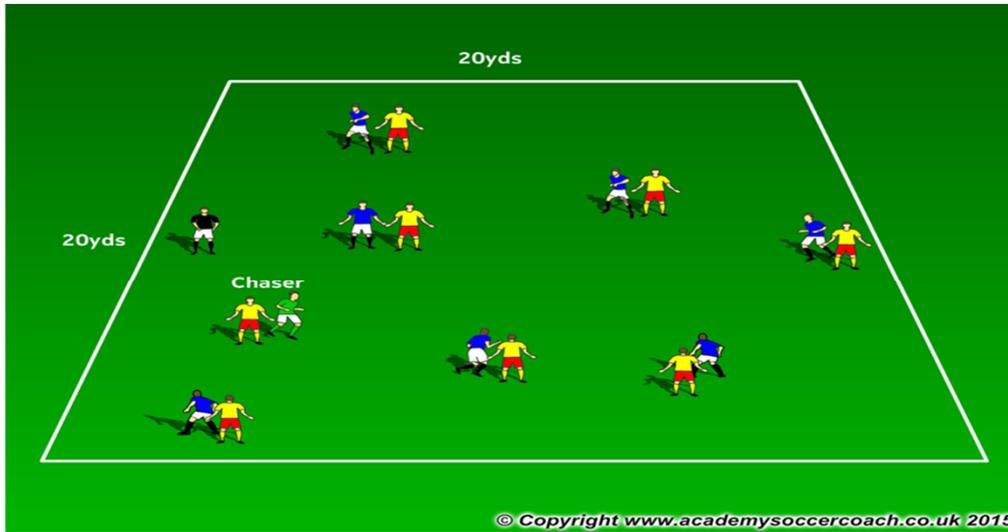
If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



## Active Start practice plan – Week 28

### Station A

## General movement – Physical literacy FUN!



**Organization:** Players are placed inside a 20x20 yard area. 1 player is selected as the "Chaser". Parents (yellow) should accompany the players if necessary.

**Procedure:** On the signal, the "Chaser" will attempt to tag the other players. When a player gets tagged, he/she must use their body to form a tunnel. Some examples might be: standing with feet spread, hands and feet touching with body arched crab walk, one hand and one foot on the ground. Anyway, encourage the players to be creative. The Coach could have some students demonstrate tunnels before the game started. Once tagged, the player must freeze in the form of a tunnel. To become unfrozen, another player must go through their tunnel. Once a player goes through the tunnel, the frozen player is now free to rejoin the game. The game ends when all the players are frozen or a given period of time ends the game. If you want to have winners, there are a few options: 1. Last 1 or 2 players to be frozen are the winners. 2. All players that are not caught at the end of the game are the winners. 3. At the end of time, if there are still players unfrozen, the players win.

**Time Frame. 8 minutes**

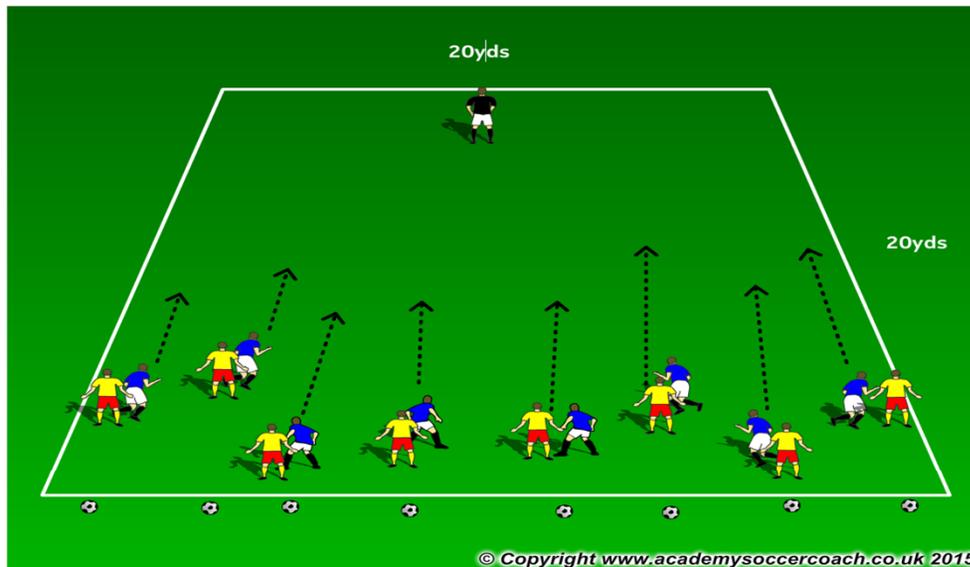
**Emphasis:**

Agility, Balance, Coordination, Speed  
Different movements  
FUN

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



**Active Start practice plan – Week 28**  
**Station B**  
**Soccer Technique – Hungry Hippo**



**Organization:** All Players are positioned on 1 side of a 20x20 yard area. At the youngest age group's U4-U5 parents should take part with the child (Yellows).  
**Procedure:** The coach is "Mr Wolf" stands at the opposite end of the playing area from the other players, facing away from them. A call-and-response then takes place: all players except for Mr Wolf chant in unison "What's the time, Mr Wolf?", and Mr Wolf will answer in one of the two ways:  
 1) Mr Wolf may call a clock time (e.g., "3 o'clock"). The other players will then take that many steps out long as they go ("One, two, three"). Then they ask the question again. 2) Mr Wolf may call "Dinner time!", when Mr Wolf will turn around and chase the other players back to their starting point. If Mr Wolf successfully tags a player, that player becomes the new Mr Wolf for the next round.  
**Variations:** Change up the types of moves the players make e.g. instead of taking steps they can hop, skip, jump, shuffle or even kick the ball.

**Time Frame. 8 minutes**

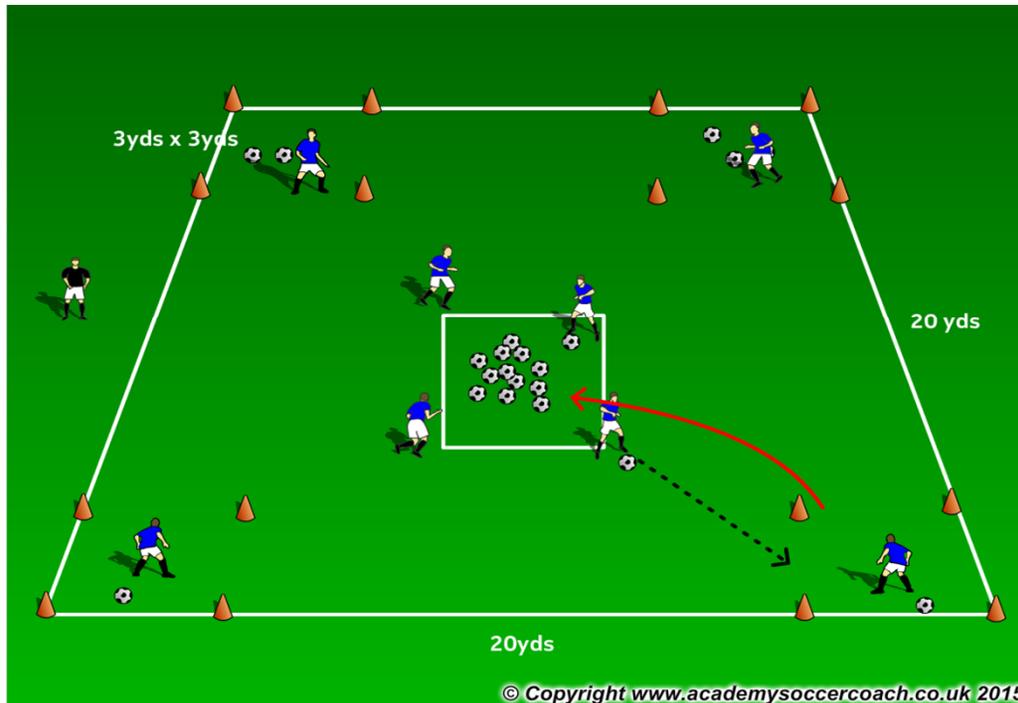
**Emphasis:**

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

<p><b><u>Psychological</u></b>          Confidence          Being safe          FUN</p>	<p><b><u>Technical</u></b>          (If ball is used)          Dribbling          Lots of small touches</p>
<p><b><u>Physical</u></b>          A,B,C's          Change of Direction          Change of Speed</p>	<p><b><u>Social</u></b>          Listening          Celebrating          Creativity</p>



**Active Start practice plan – Week 28**  
**Station C**  
**Soccer Technique – Treasure Island**



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**Organization:** Set up a 20x20 yard grid - "Treasure Island". 3x3yard squares created in either corner - "Rowing Boats". Create another 3x3 yard square in the centre of the grid - "Treasure Chest" and place all of the "Treasure" (balls) inside. Players are then divided evenly to each "rowing boat".  
**Procedure:** 1 pirate from each rowing boat runs to steal 1 piece of treasure from the chest and dribbles back to their rowing boat.  
**Progression:** once all of the treasure has been stolen from the chest the pirates can then steal from each other.

**Time Frame. 8 minutes**

**Emphasis:**

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

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



## Active Start practice plan - Week 28

### Station D

## Small sided game – 2v2 with parents (multiple games)



**Organization:** 20m x 30m are set up. Organize players into 2v2 (1 player and 1 parent vs 1 player and 1 parent).

**Procedure:** Child and Parent play a 2v2 game. If the ball goes out of the field take the closest ball to keep the game moving. Parents should help the children as much as possible

### Time Frame. 8 minutes

#### Emphasis:

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

#### Psychological

Confidence  
 Being safe  
 FUN

#### Technical

Dribbling  
 Running with the ball  
 Shooting

#### Physical

A,B,C's  
 Change of Direction

#### Social

Listening  
 Communicating  
 Celebrating