

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.

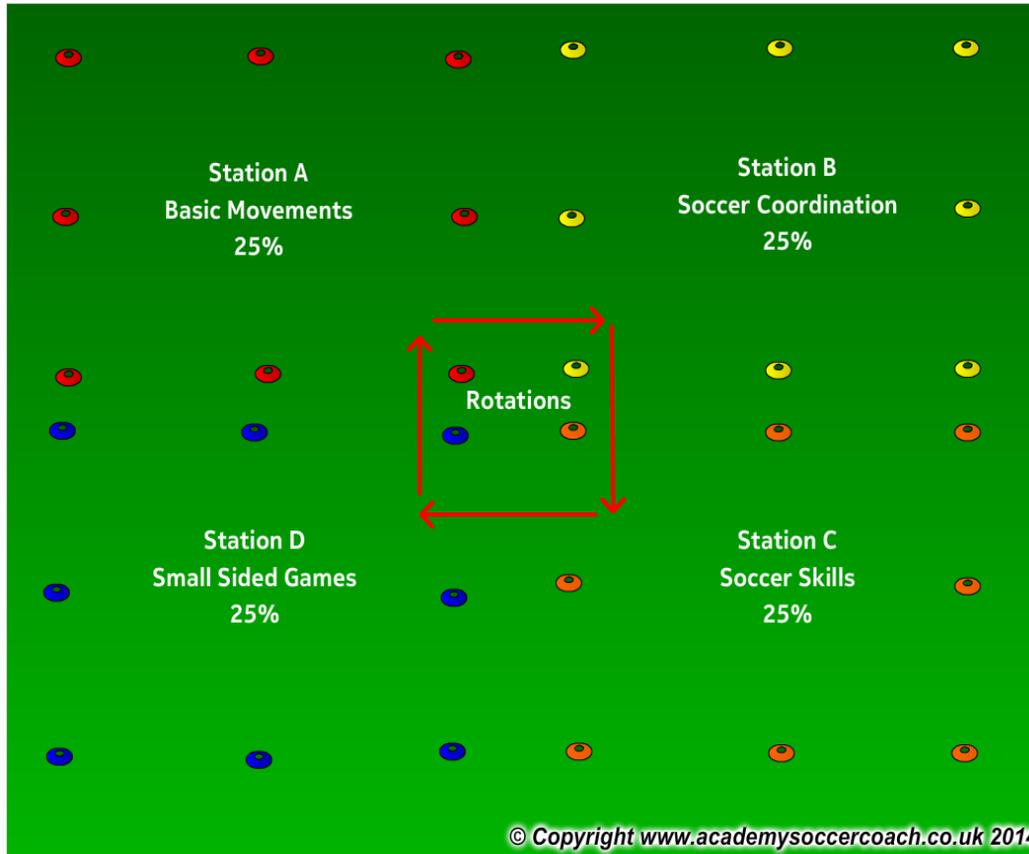
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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.

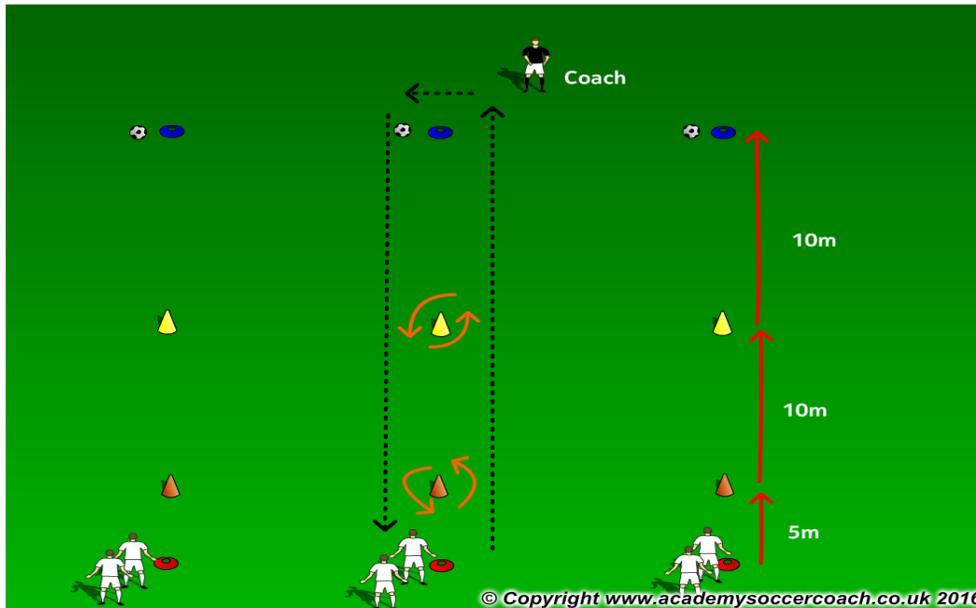
If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



Active Start practice plan – Week 31

Station A

General movement – Relay Races



Organization: As shown above players are placed into pairs for the relay race.
Procedure: Players start by lying flat on their belly. When the coach calls go, they sprint from the red cone to the orange cone. The player must then hop around 360 degrees on their right foot around the orange cone and then sprint to the yellow cone. At the yellow cone the player hops in their left foot around the cone and then sprints to the blue cone. At the blue cone the player does 10 toe taps and then sprints back to the start and gives their partner a high 5. Complete the circuit 3 times each and the first team sat down wins. Coaches can use their imaginations or ask the players to come up with how they relay race will work.

Time Frame. 8 minutes

Emphasis:

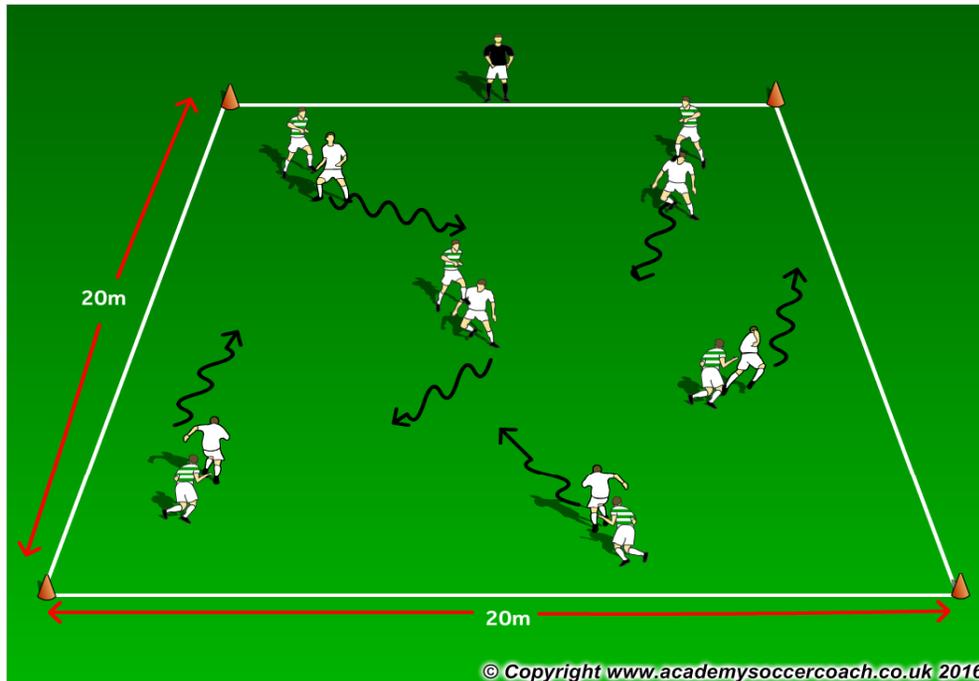
Listening
 Changing direction
 Agility, Balance, Coordination
 Competition
 FUN!

<p><u>Psychological</u></p> <p>Confidence Being safe FUN</p>	<p><u>Technical</u></p>
<p><u>Physical</u></p> <p>A,B,C's Change of Speed Change of Direction Co-ordination</p>	<p><u>Social</u></p> <p>Listening Communicating Celebrating</p>



Active Start practice plan – Week 31

Station B Follow the leader



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Organization: children are paired with their parent inside a 20m x 20m area.
Procedure: The parent will start by being the leader and the child will be the follower. The leader moves around the area changing speed and direction frequently. The follower will follow the leader and mimic everything the leader does. (The leader should be creative) Change roles regularly.
 Encourage the players to use different movements such as walking, running, jumping, rolling, running backwards and also sideways. A soccer ball can also be added.

Time Frame. 8 minutes

Emphasis:

Dribbling
 Change of speed/direction
 Co-ordination
 FUN with your parents.

<u>Psychological</u> Confidence Being safe FUN	<u>Technical</u> Dribbling
<u>Physical</u> A,B,C's Change of Direction Change of Speed Co-ordination	<u>Social</u> Listening Communicating Celebrating



Active Start practice plan – Week 31

Station C

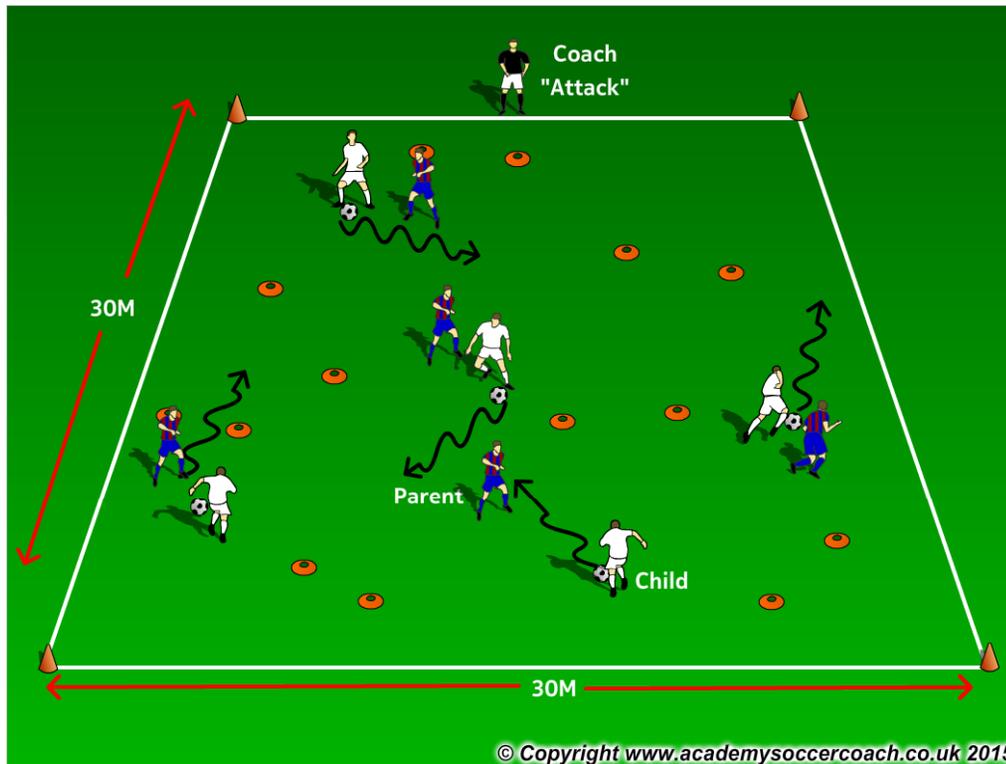
Soccer Technique – 1v1.



Time Frame. 8 minutes

Emphasis:

Changing direction
 Agility, Balance, Coordination
 Competition vs Parents
 Imagination
FUN!



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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.

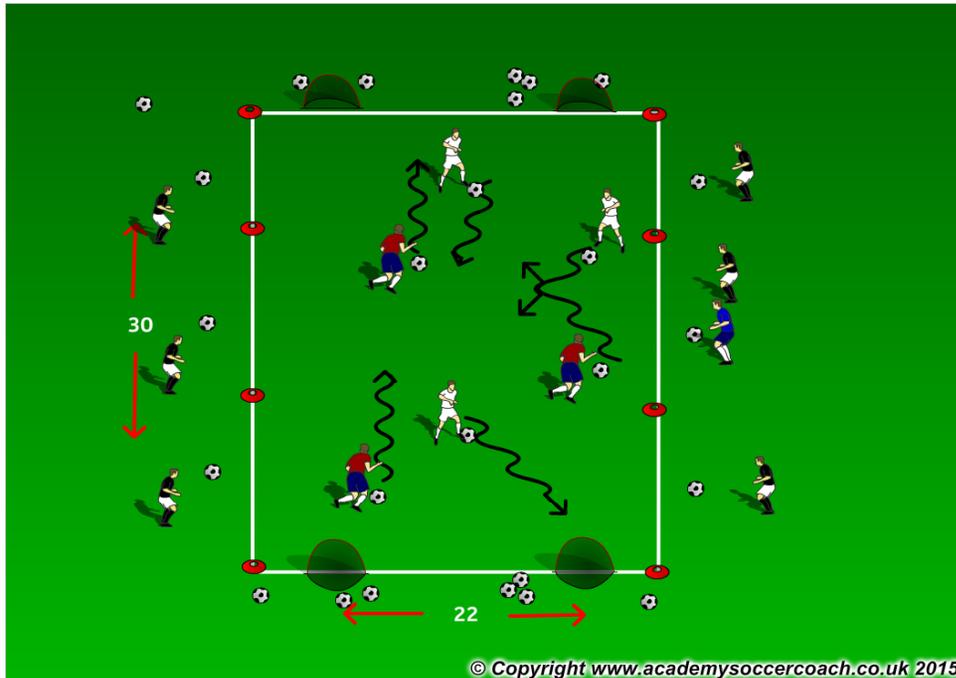
<u>Psychological</u> Confidence Being safe	<u>Technical</u> Dribbling
<u>Physical</u> A,B,C's Change of direction Change of speed	<u>Social</u> Competition Communicating Celebrating



Active Start practice plan - Week 31

Station D

Small sided game – All for one!



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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)

Time Frame. 8 minutes

Emphasis:

Running with the ball
Dribbling
Imagination
FUN!

Psychological

Confidence
Being safe
FUN

Technical

Dribbling
Running with the ball
Shooting

Physical

A,B,C's
Change of Direction
Speed

Social

Listening
Communicating
Celebrating