



Active Start "First Kicks"

For coaches of U4 to U6 year-olds



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.

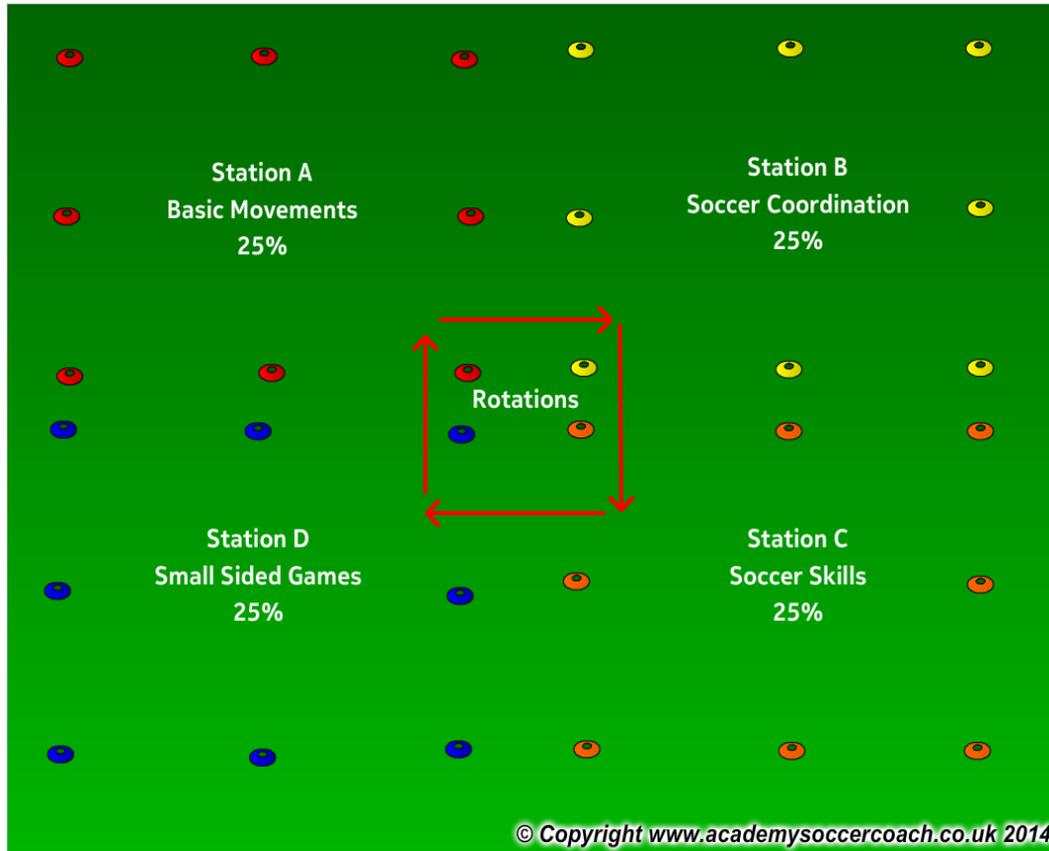
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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 32

Station A

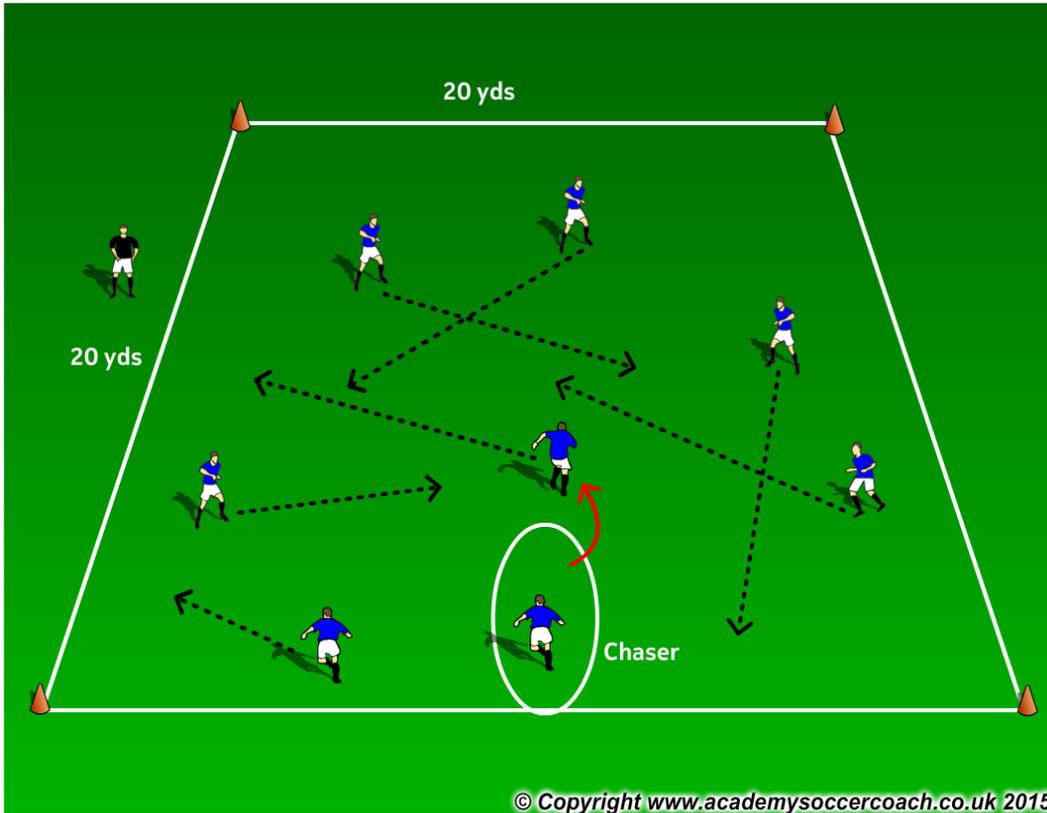
General movement – TAG



Time Frame. 8 minutes

Emphasis:

Agility, Balance, Coordination
Awareness



Organization: Players are placed in a 20x20 yard area. 1 player starts as the chaser

Procedure: Chaser attempts to catch other players by tagging them. If a player is caught they also become a chaser. Last person left wins.

Progressions: Different types of Tag games.

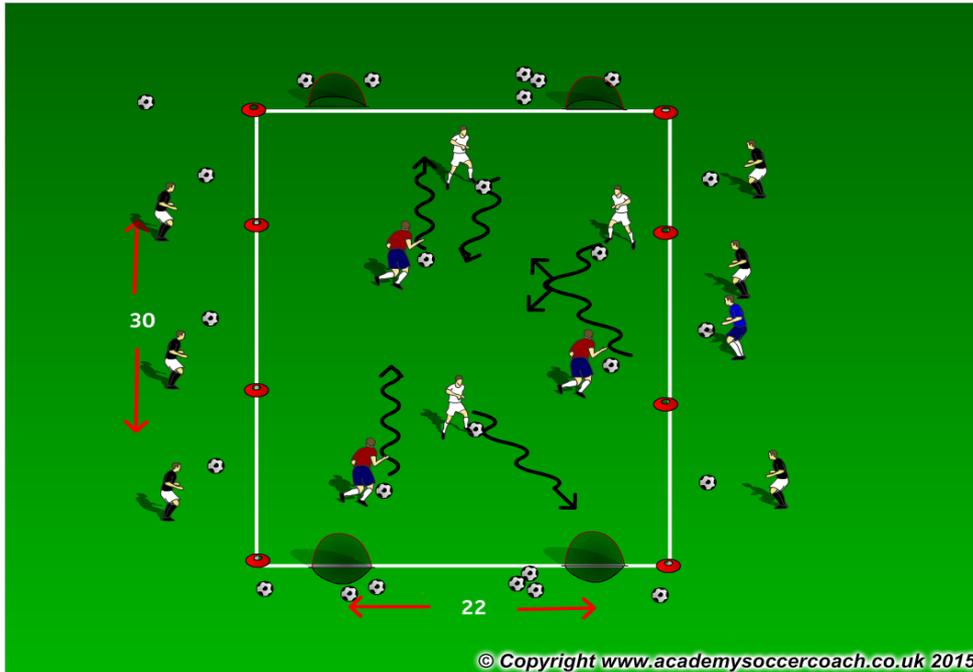
<p><u>Psychological</u> Confidence Awareness FUN</p>	<p><u>Technical</u></p>
<p><u>Physical</u> A,B,C's Change of Speed</p>	<p><u>Social</u> Problem Solving Communicating</p>



Active Start practice plan - Week 32

Station B

SSG – 3v3 (Playing as individuals)



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
 Changing direction
 Agility, Balance, Coordination
 Imagination
 FUN!

Psychological

Confidence
 Being safe
 FUN

Technical

Dribbling
 Running with the ball

Physical

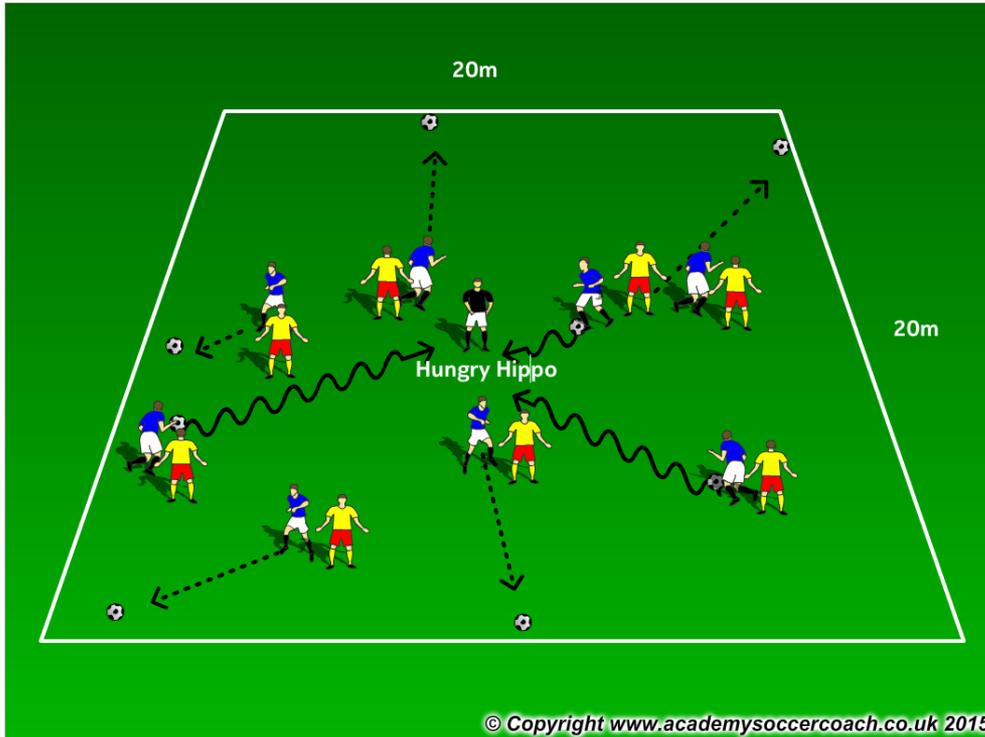
A,B,C's
 Change of Direction

Social

Listening
 Celebrating



Active Start practice plan – Week 32
Station C
Soccer Technique – Hungry Hippo



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Organization: Players are placed in a 20x20m 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:

Physical Literacy
 Dribbling
 Changing direction
 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 FUN</p>



Active Start practice plan – Week 32

Station D

SSG: 2v2 (parent & child v parent & child)

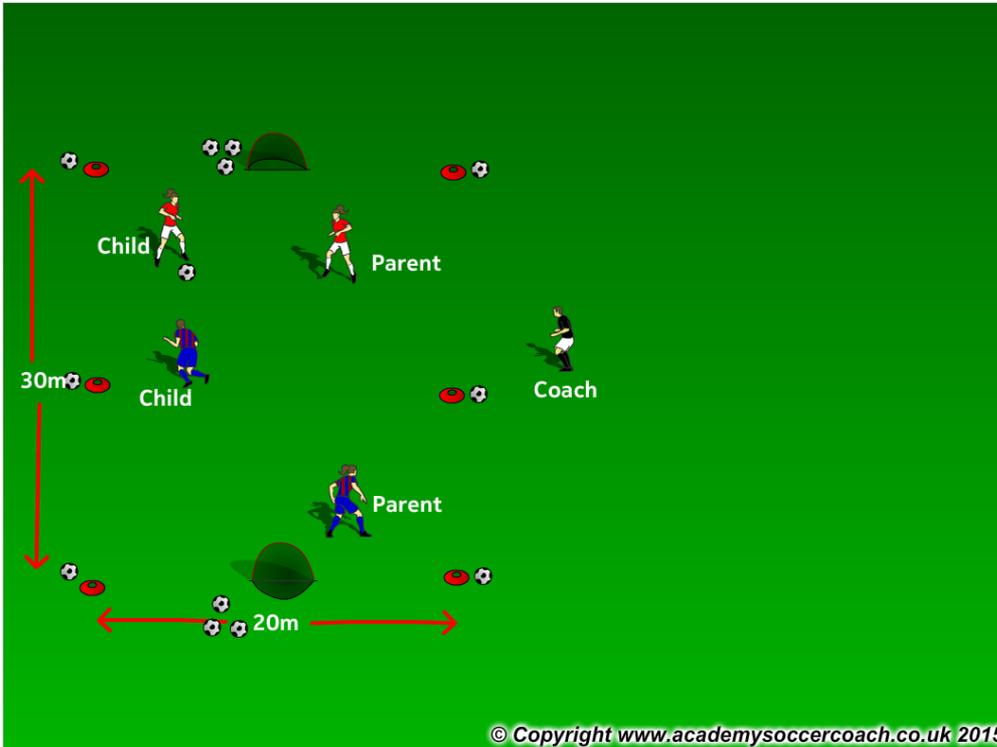


Time Frame. 8 minutes

Emphasis:

Free Play

FUN!



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

Psychological

Confidence
Being safe
Reactions

Technical

Dribbling
Lots of touches
Ball mastery

Physical

A,B,C's
Change of Direction

Social

Cooperation
Communicating
FUN