

# 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.

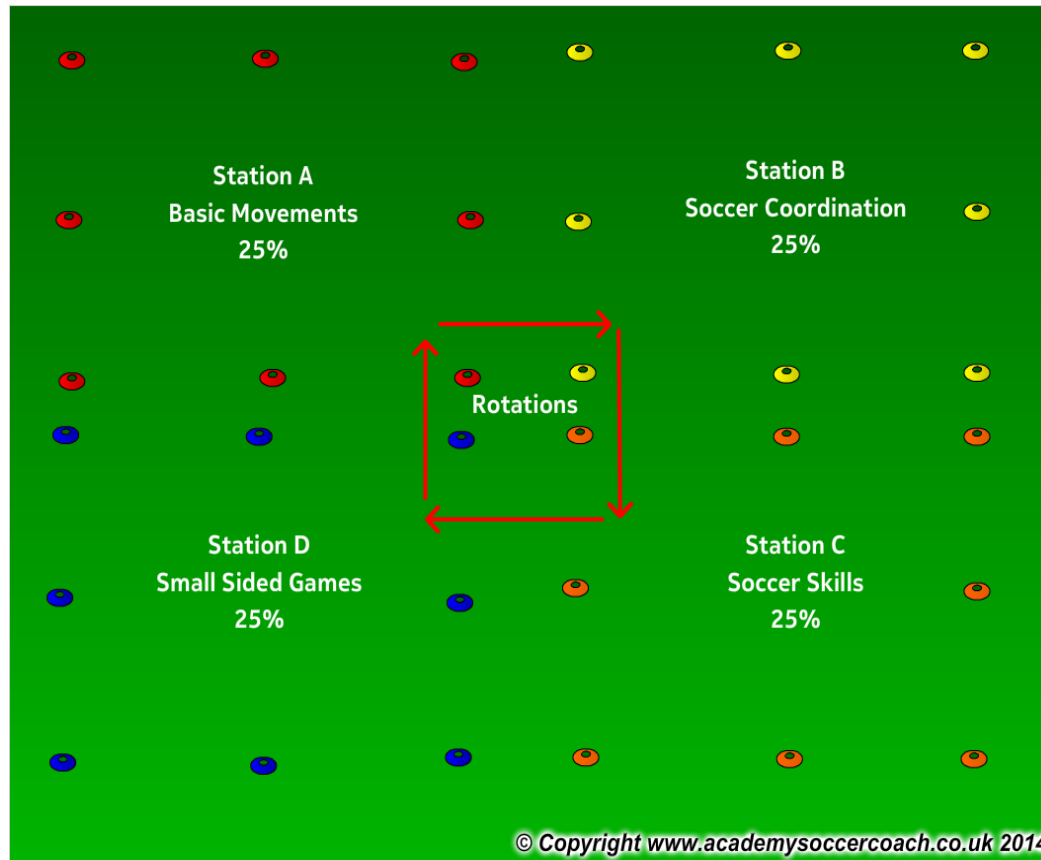
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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 39** **Station A** **General movement – Obstacle Course**



**Organization:** Using a 20x20m 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,  
FUN

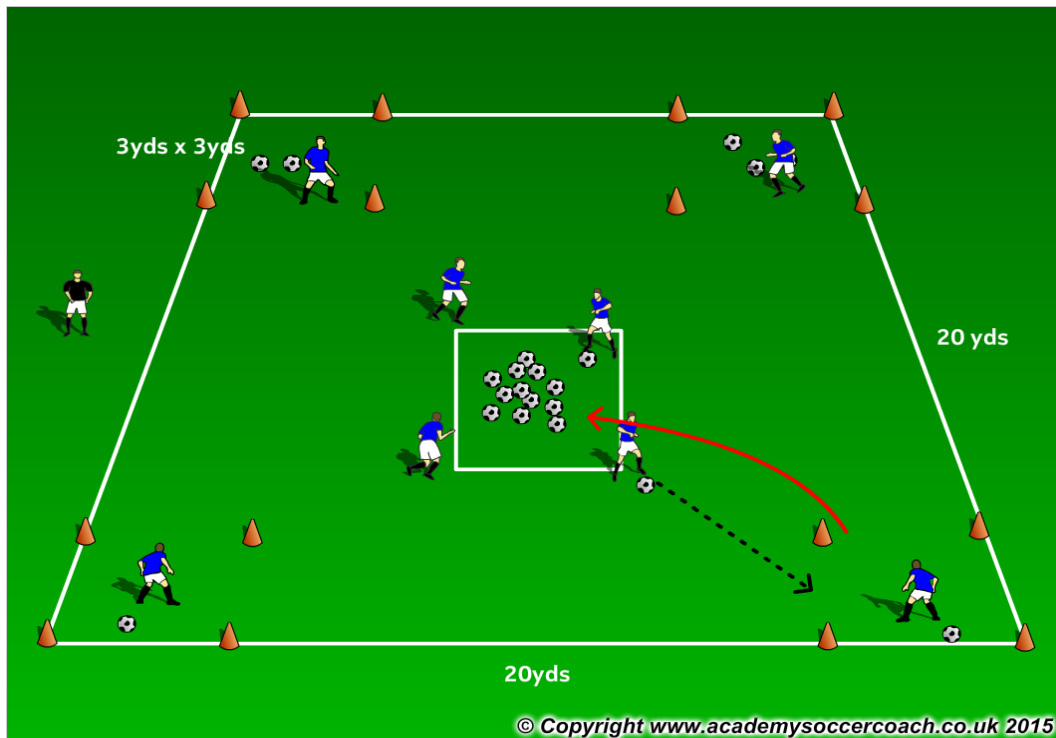
<p><b><u>Psychological</u></b> Confidence Awareness FUN</p>	<p><b><u>Technical</u></b></p>
<p><b><u>Physical</u></b> A,B,C's Change of Speed</p>	<p><b><u>Social</u></b> Problem Solving Decision Making</p>



## Active Start practice plan – Week 39

### Station B

### Soccer Technique – Treasure Island



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

#### **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 39

### Station C

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

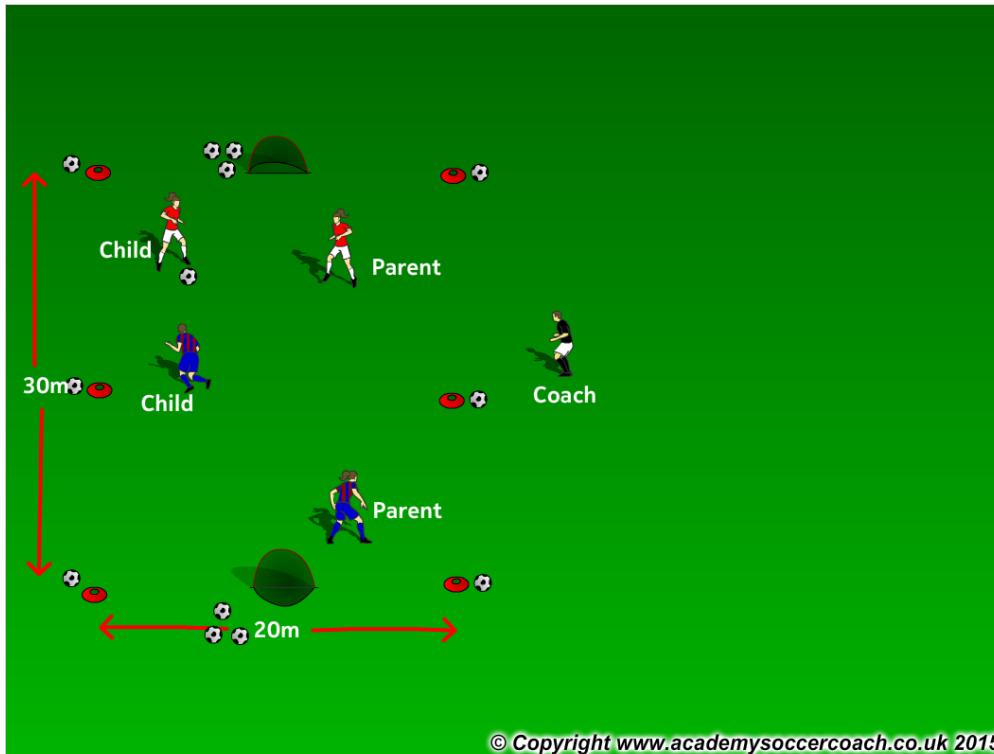


Time Frame. 8 minutes

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

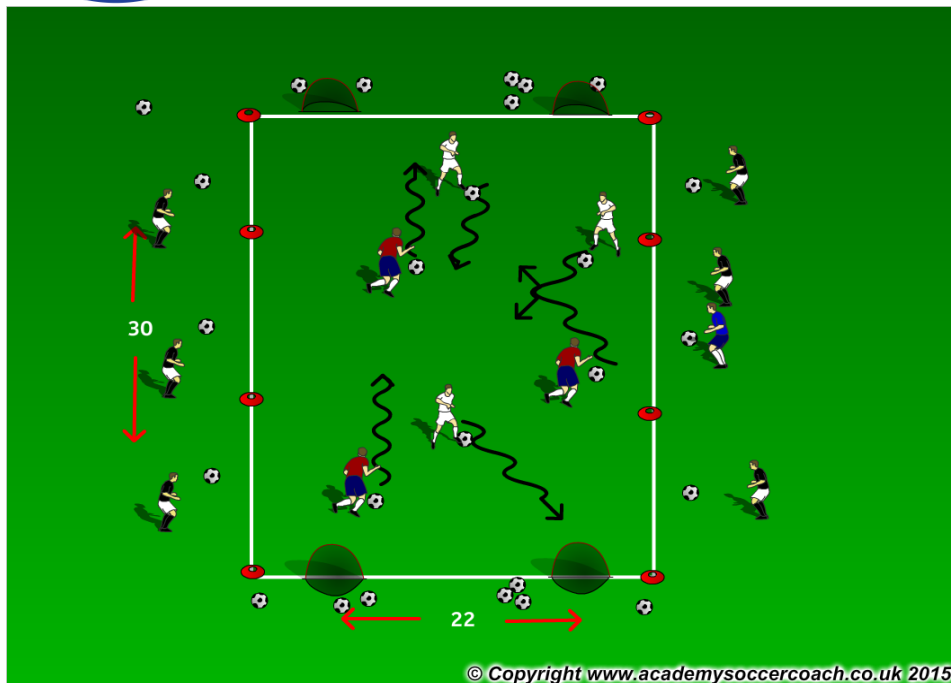
Cooperation  
Communicating  
FUN



# Active Start practice plan – Week 39

## Station D

### Small Sided Game – 3v3 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:

**FUN**

**Creativity**

**Celebrating**

#### Psychological

Confidence  
Awareness  
FUN

#### Technical

Ball mastery  
Running with the ball  
Dribbling

#### Physical

A,B,C's  
Change of Speed

#### Social

Problem Solving  
Communicating