



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.

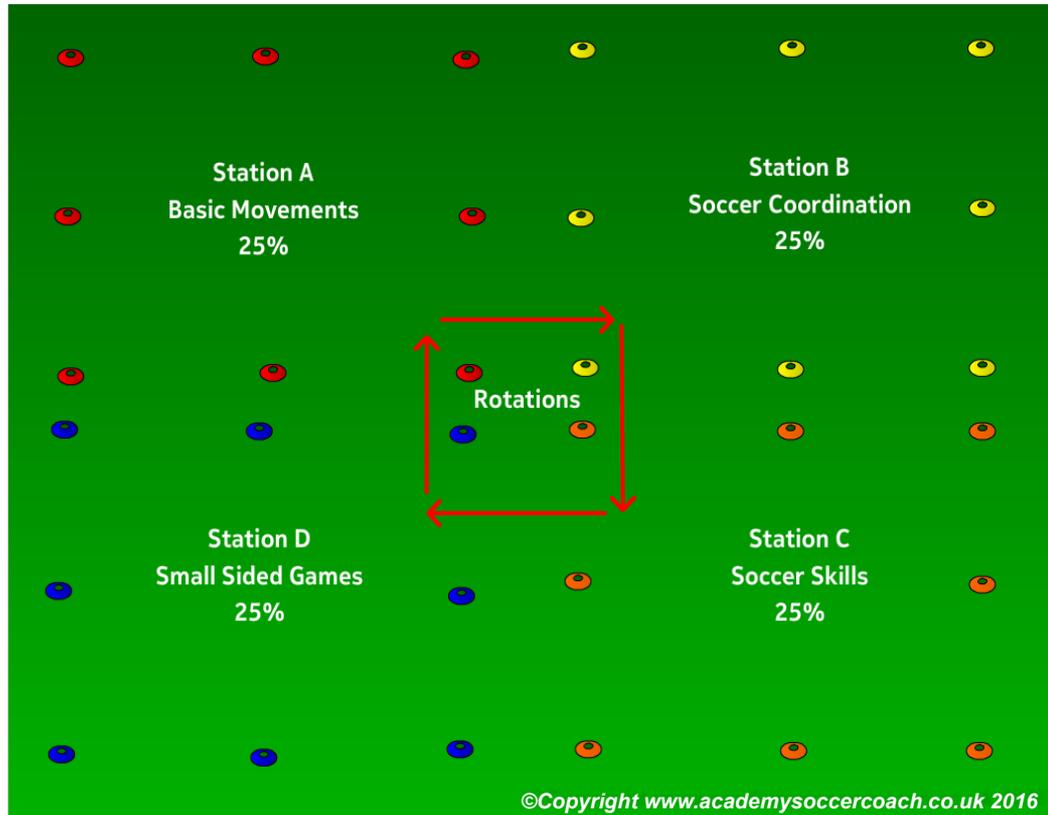
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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 41
Station A
General movement – Buzz Lightyear



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Time Frame. 8 minutes

Emphasis:

Agility,
 Balance,
 Coordination,
 Speed,
 FUN

Organisation

-Players and parent/guardian have a ball each and are placed in a 25x25 grid with cones spread out randomly across the area and clusters of cones in the corners. A hula hoop can be used for Saturn. Ask players to name famous space person. They will most likely say Buzz Lightyear or Chris Hadfield.

Procedure

Players fly around using their ball (space rocket) Avoid the astroids (cones). Listen to

coaches command, if they hear black hole they must dribble through an adults legs. Visit Planets: Blue - Earth, Yellow - Saturn, Red - Mars, Orange - Jupiter. White - the moon. Blast off at each planet - count down with 10 toe taps. Inside feet touches for - turbulence. Drag backs - go the other way. Toe taps to 'climb off the rocket'. Hopping or 'moon walk' when off the space ship. Strong Gravity - players crawl. Ask players what they have found or what they can see. Count down to get back to the spaceship (ball) before blasting off.

<u>Psychological</u> Confidence Awareness Imagination FUN	<u>Technical</u> Dribbling Lots of small touches
<u>Physical</u> A,B,C's Change of Speed	<u>Social</u> Problem Solving Decision Making



Active Start practice plan – Week 41

Station B

Soccer Technique – SpongeBob Square Pants



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

Organisation

- Players and parent/guardian have a ball each and are placed in a 25x25 grid with cones spread out randomly across the area.
- Ask players "who lives in a pineapple under the sea?"
- Introduce the characters and explain that it's ok if a player is tagged and it's part of the game.

Procedure

- The players are SpongeBob or whatever character they want to be. They go around picking up crab cakes (cones or bibs)
- The Coach, Patrick the Star must try and tag the players. If that happens, the player drops the crab cakes and go and pick up some more.

Progression: Introduce a player as a Patrick the star (defender)



Active Start practice plan – Week 41

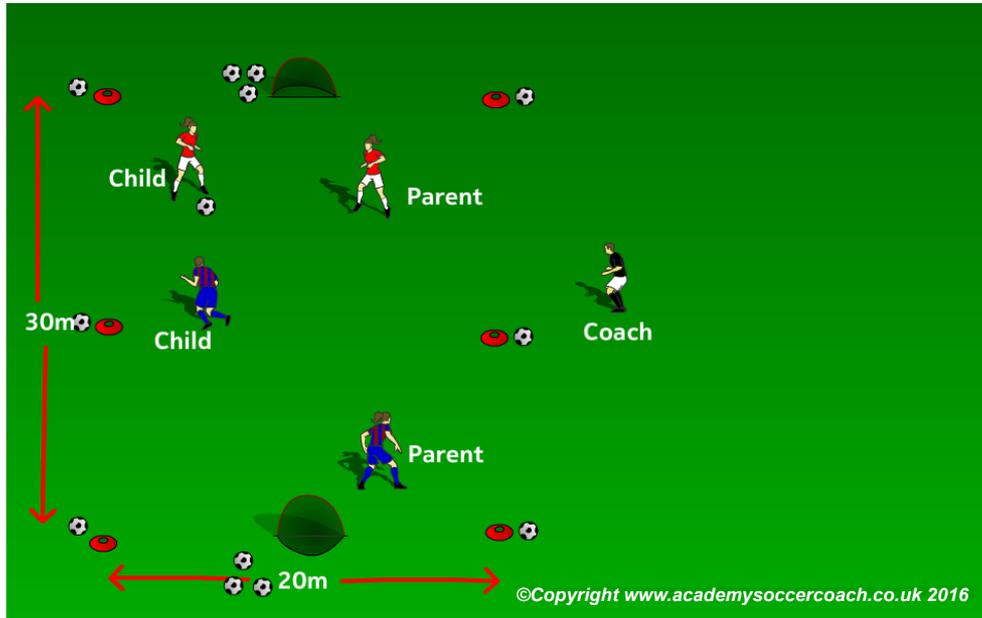
Station C

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



Time Frame. 8 minutes

Emphasis:
Free Play
FUN!



<p><u>Psychological</u> Confidence Being safe Reactions</p>	<p><u>Technical</u> Dribbling Lots of touches Ball mastery</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Cooperation Communicating FUN</p>

Organization

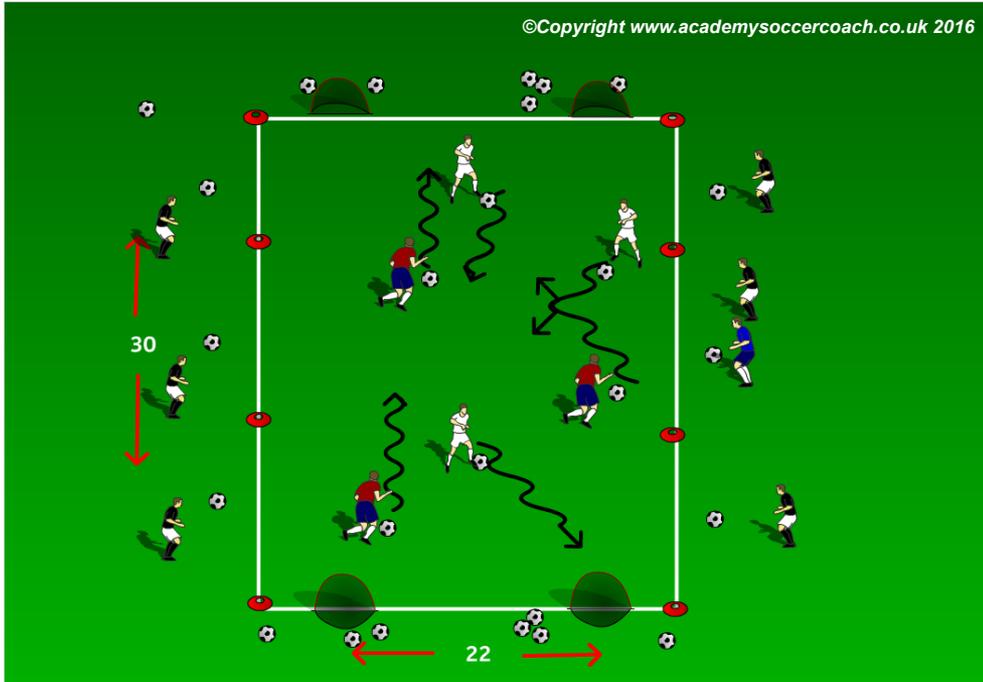
-20 x 30 set up. Organize players into 2v2 (1 player and a parent vs 1 player and a parent/guardian)

Procedure

- Child and parent/guardian play a 2v2 game. If the ball goes out of the field, take the closest ball to keep the game moving. Parents / guardian should help the children as much as possible.



Active Start practice plan – Week 41
Station D
Small Sided Game – 3v3 as individuals



Time Frame. 8 minutes

Emphasis:

FUN

Creativity

Celebrating

Organization

- Two teams of 3v3 are placed on to a 30x22 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 and score in another goal. If a player is dribbling towards the side line, a parent who is close can 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
Awareness
FUN

Technical

Ball mastery
Running with the ball
Dribbling

Physical

A,B,C's
Change of Speed

Social

Problem Solving
Communicating