

GRASSROOTS WORKBOOK & PRACTICE PLANS





FUNDamentals practice plans

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 general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a small sided soccer game of 2v2, 3v3, 4v4 or 5v5.

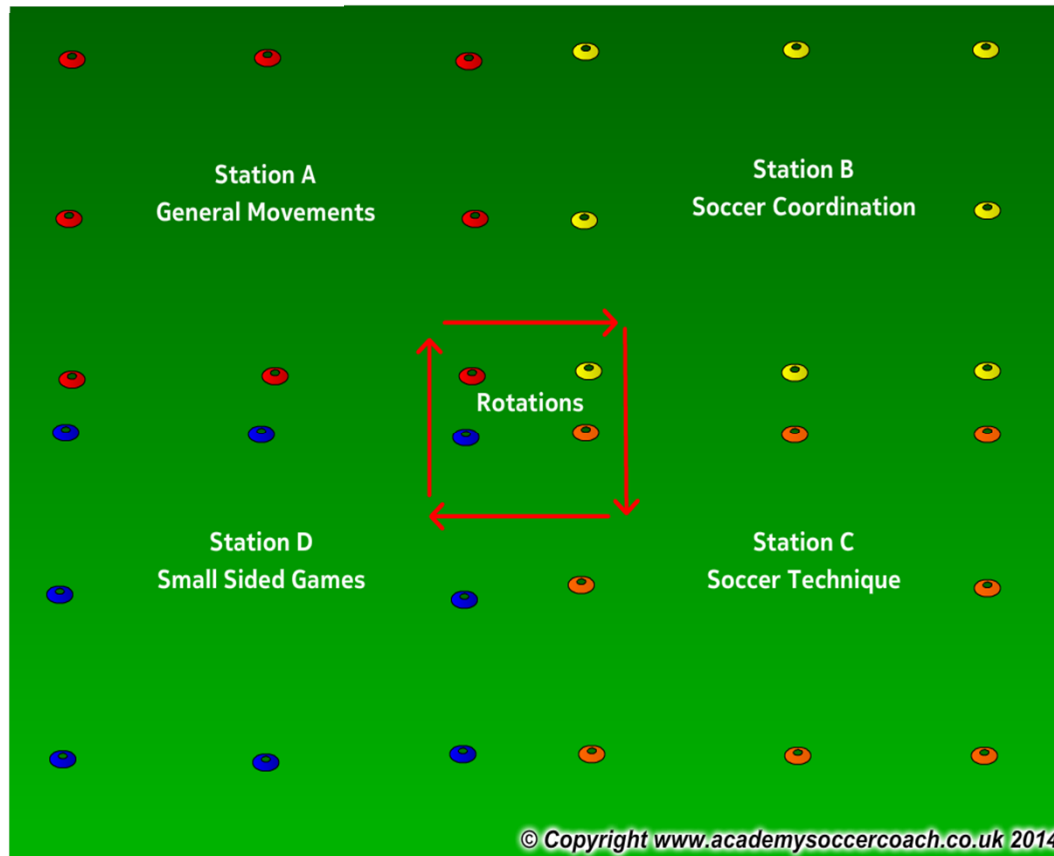
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

Total Practice time 45 minutes as per the Recreational and Development Matrix



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How the OSA Player Development Model works



If working with a larger group organize players into groups of 8-10. Each station has a coach who will lead that specific station for the session. Players rotate every 8-10 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.

General Movement: %20

Coordination: %20

Soccer technique: %20

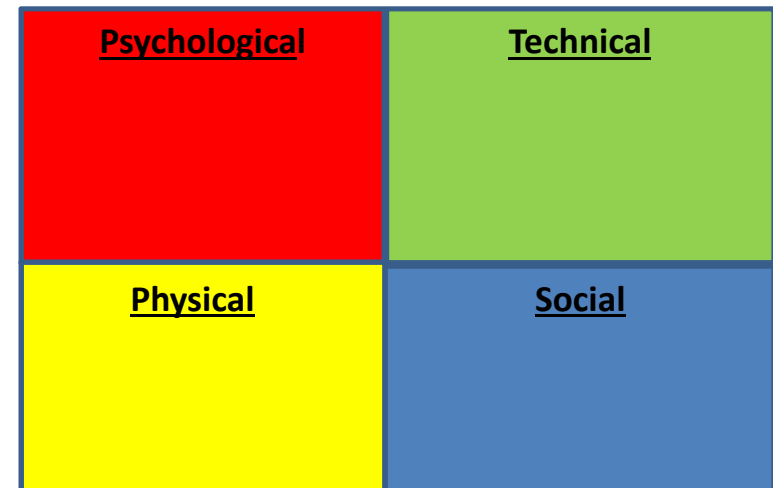
Small sided game: %40



FUNDamentals practice plan
Station A
General Movements



Time frame. 8-10 minutes
Emphasis:

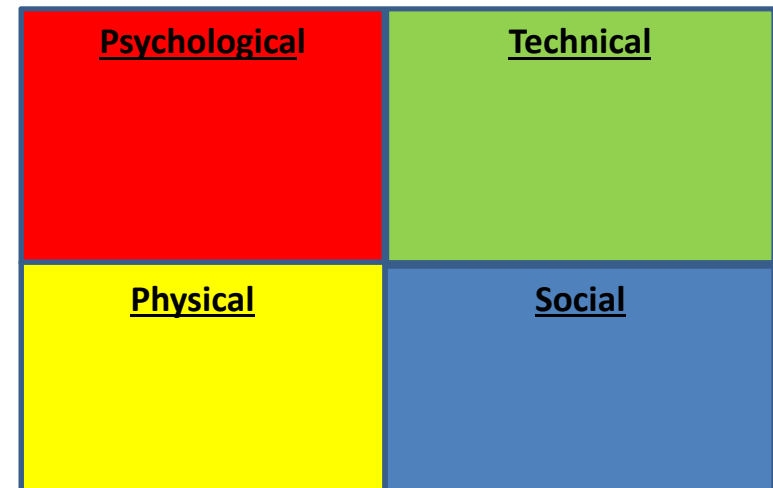




FUNDamentals practice plan
Station B
Soccer Coordination



Time frame. 8-10 minutes
Emphasis:

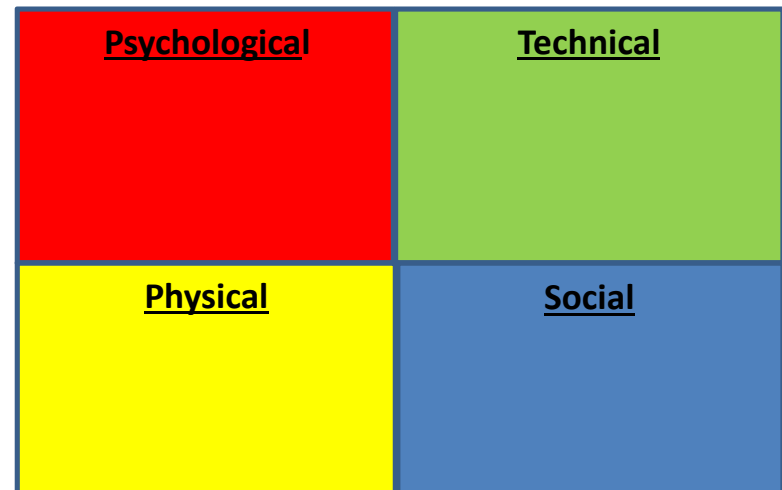




FUNDamentals practice plan
Station C
Soccer Technique



Time Frame. 8 - 10 minutes
Emphasis:





FUNDamentals practice plan

Station D

Small sided game



Time Frame. 8 - 10 minutes

Emphasis:

