



# GRASSROOTS WORKBOOK & PRACTICE PLANS





## FUNdamentals practice plans Preferred method of training – 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 3v3, 4v4 or 5v5 which includes the retreat line.

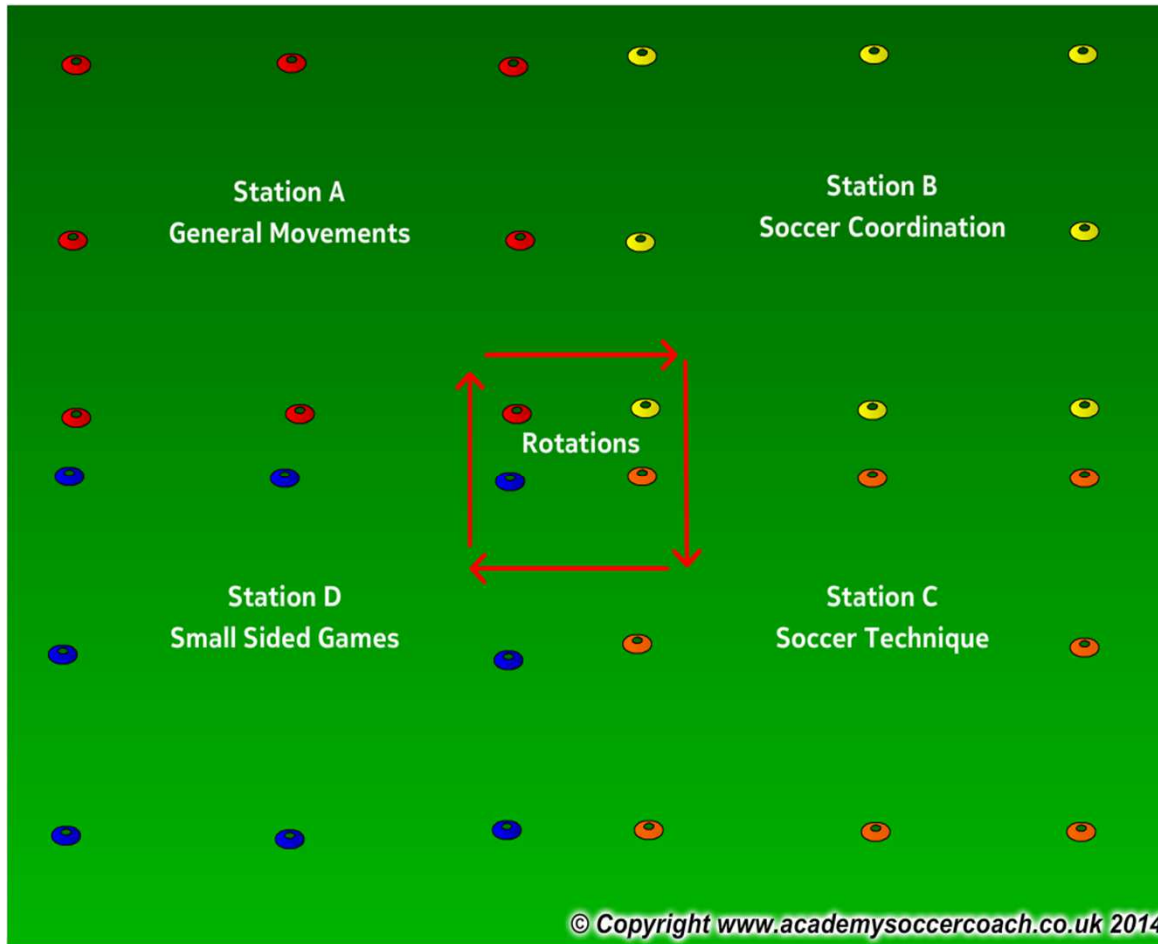
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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





## FUNdamentals practice plans How the preferred training 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.



# FUNdamentals practice plan – Week 4

## Station A

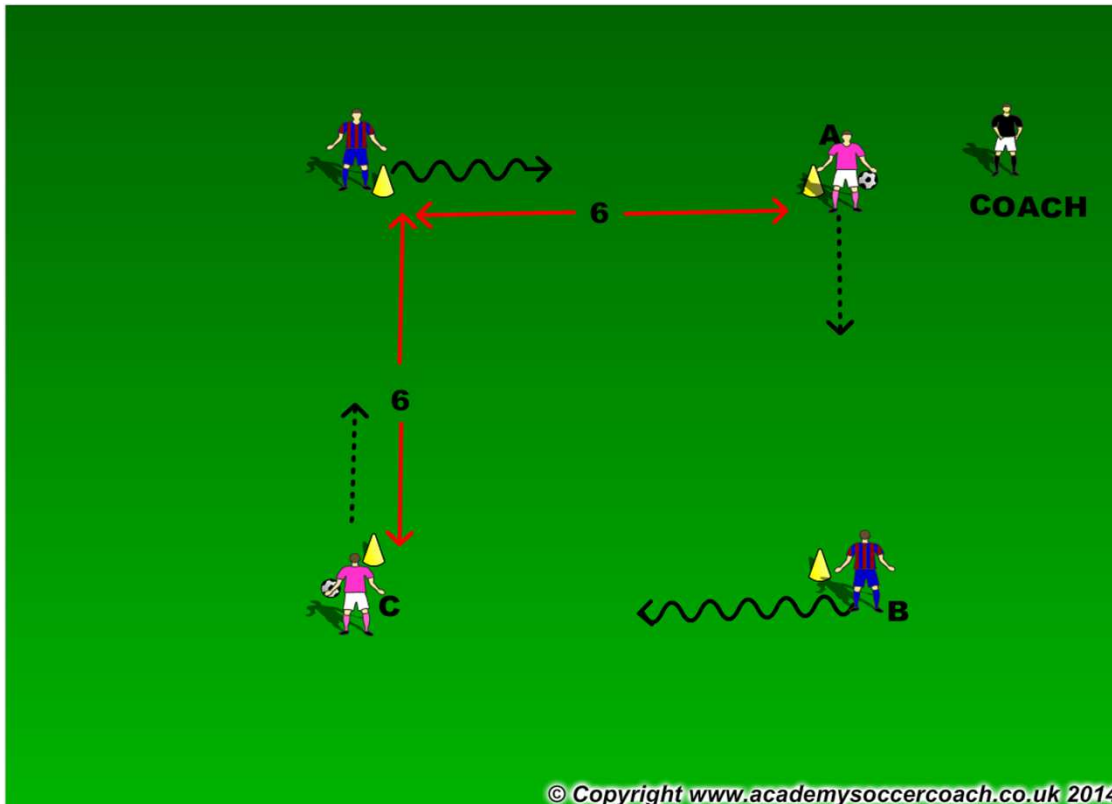
### General Movements



Time frame. 8-10 minutes

Emphasis:

- Listening
- Running with the ball
- Changing direction
- Agility, Balance, Coordination
- Awareness
- FUN!



**Organization:** 6x6 yards area, four players, cones, balls  
**Procedure:** 4 players stand at each corner, two at diagonally opposite corners have soccer ball in their hands. Player A and C start at the same time. Player A throws the ball to player B, and runs after it to tag the player B. Player B dribble the ball to the other corner, pick up the ball and throws it to player C. and game continues. To progress, players run to different direction.

<b><u>Psychological</u></b> Positive reinforcement Confidence Being safe	<b><u>Technical</u></b> Running with the ball Part of the ball, Part of the foot
<b><u>Physical</u></b> Eye-hand coordination Agility, Balance Change of Direction	<b><u>Social</u></b> Listening Communicating Celebrating



## FUNdamentals practice plan – Week 4

### Station B

### Soccer coordination



Organization: 30x30 yards area. Cones are setup around the area. 2 taggers.  
 Procedure: Taggers try to tag players. Players can be safe if they are on a cone. Only one player allows on a cone.  
 If a player runs to a cone with a player on it, the player on the cone must leave.  
 To progress this a ball can be added for non taggers.

Time frame. 8-10 minutes

Emphasis:

Decision making  
 Changing direction  
 Eye-foot Coordination  
 Balance  
 FUN!

<p><u>Psychological</u></p> <p>Confidence            Being safe            Awareness</p>	<p><u>Technical</u></p> <p>N/A</p>
<p><u>Physical</u></p> <p>A,B,C's            Change of Direction</p>	<p><u>Social</u></p> <p>Listening            Communicating            Celebrating</p>





# FUNdamentals practice plan – week 4

## Station C

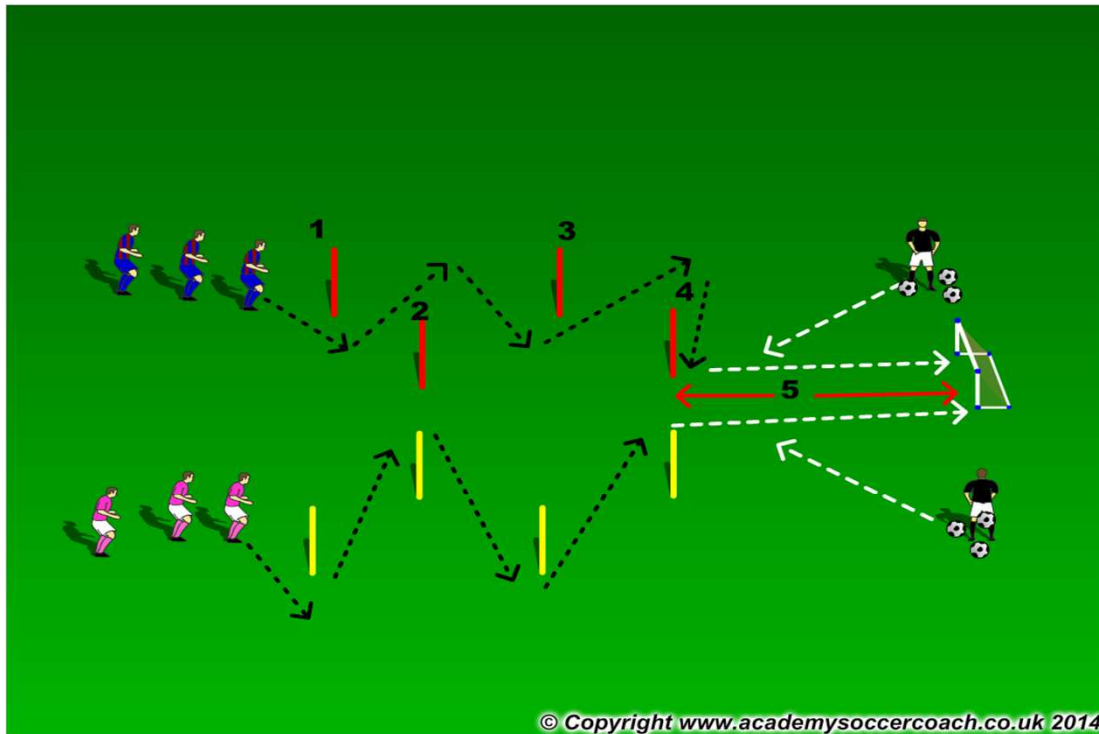
### Soccer technique - Shooting



**Time frame. 8 minutes**

**Emphasis:**

- Changing direction
- Change of speed
- Agility, Balance, Coordination
- Shooting
- FUN!



**Organization:** 15x15 area ( can be changed according to age ), cones, poles, soccer balls, and small goal. 1-2 yards between poles. 5 yards between last pole and goal.

**Activity 1:** At the coach's signal, the first two players run through the poles, and shoot.

**Activity 2:** Players run between the first pair of poles, then sit at the third pole, and lie on their stomachs at the fourth pole, get up and shoot.

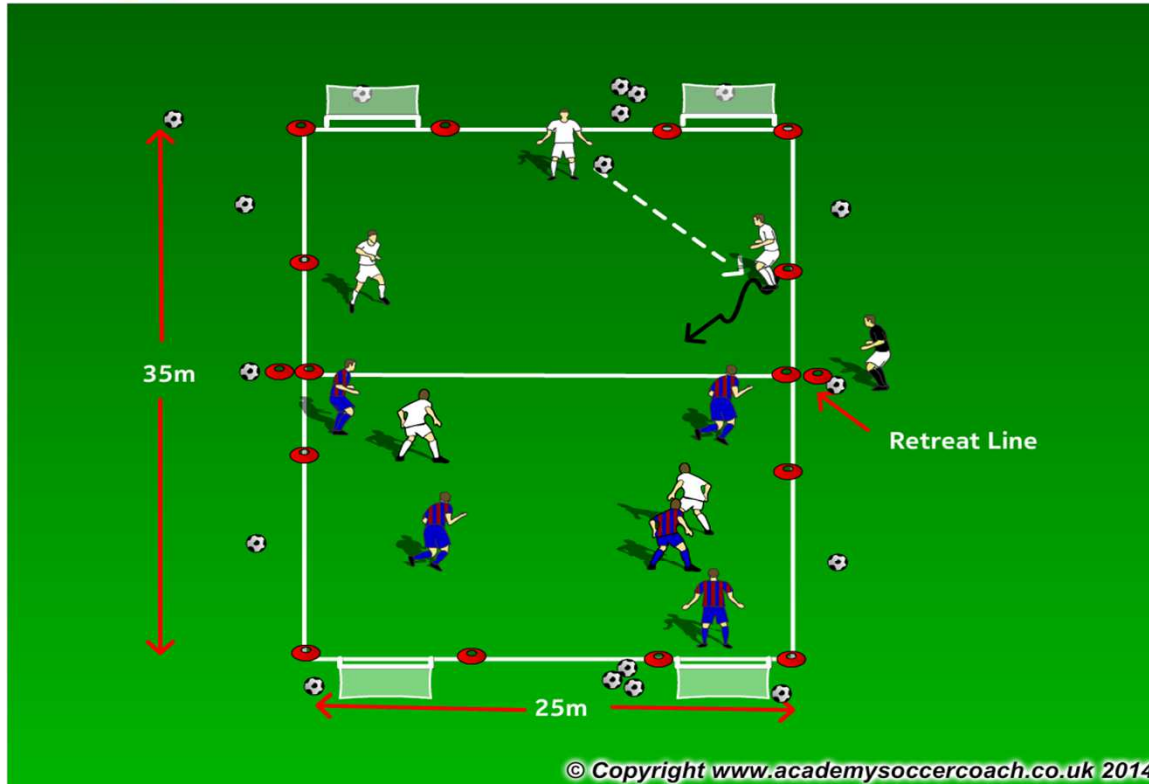
<p><b><u>Psychological</u></b> Positive reinforcement Confidence Being safe Fun</p>	<p><b><u>Technical</u></b>  Shooting Dribbling</p>
<p><b><u>Physical</u></b> Speed A,B,C's Change of Direction</p>	<p><b><u>Social</u></b> Listening Communicating Celebrating</p>



# FUNdamentals practice plan – Week 4

## Station D

### Small Sided Game – 5v5 with Retreat line



#### **5V5 with the Retreat line.**

**Organisation.** Players play 5v5 on a 35mx25m field. the Retreat line is located at the half way line. 2 goals are located at each end

**Procedure.** Once the ball goes out for a goalkick or the goalkeeper has control of the ball the oppersition must retreat behind the retreat line. Once the player receives the pass from the goalkeeper the game is live.

**When scoring a goal** team in possession has two goals to score on.

**If you have odd numbers** you can have the extra player become a neutral player in the game who plays for the team in possession.

**Time frame. 8-10 minutes**

#### **Emphasis:**

Running with the ball

Dribbling

1v1

Changing direction

Change of speed

Agility, Balance, Coordination

Imagination

FUN!

#### **Psychological**

Fun

Confidence

Being safe

#### **Technical**

Dribbling

1v1

Shooting

#### **Physical**

Speed

A,B,C's

Change of Direction

#### **Social**

Listening

Communicating

Celebrating