

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.

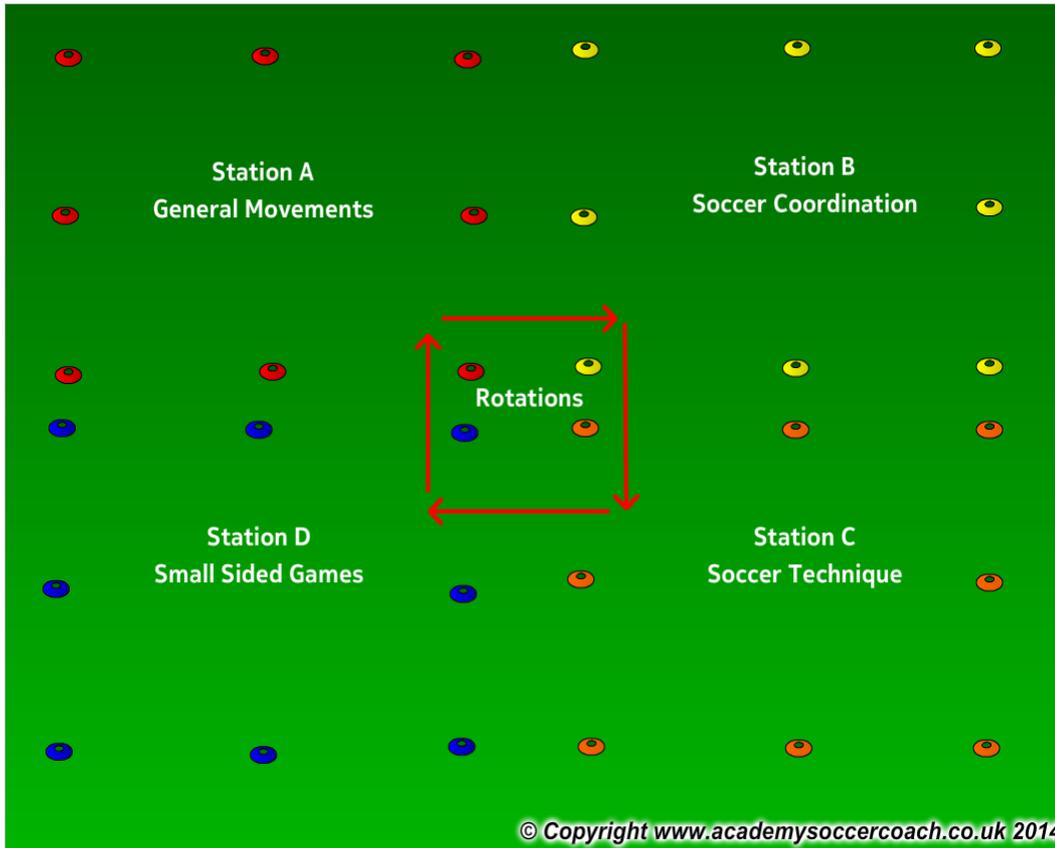
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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.

General Movement: %20

Coordination: %20

Soccer technique: %20

Small sided game: %40



FUNdamentals practice plan – Week 11

Station A

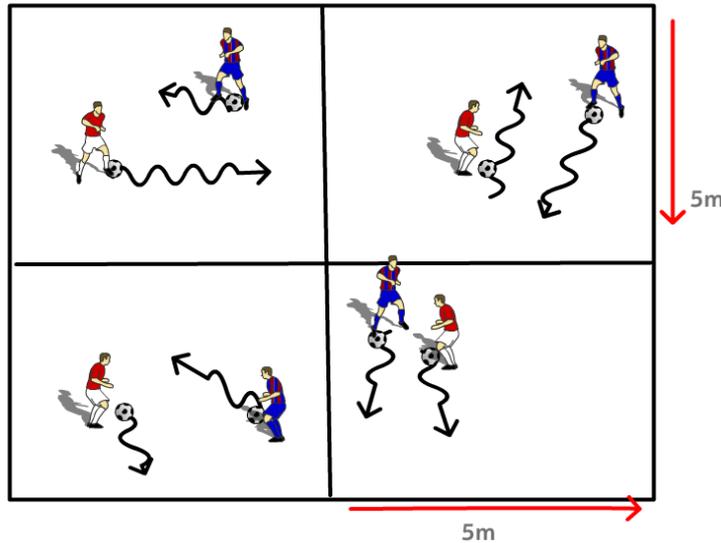
General Movements



Time frame. 8-10 minutes

Emphasis:

Changing direction
 Agility, Balance, Coordination
 Awareness
 FUN!



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General Movements:

Organization: A20x20m (divided to 4 areas of 5x5m) Balls, and 2 sets of different colour pinnies.

Procedure: Every player has a ball in their own area. Players have to keep control of their ball and kick their opponents' ball out. If player's ball is kicked out, on return juggle for 2-5 times.

<p><u>Psychological</u> Positive reinforcement Confidence Being safe</p>	<p><u>Technical</u> N/A</p>
<p><u>Physical</u> Eye-foot coordination A'B'C's Change of Direction</p>	<p><u>Social</u> Peer Interaction Problem Solving</p>



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Station B

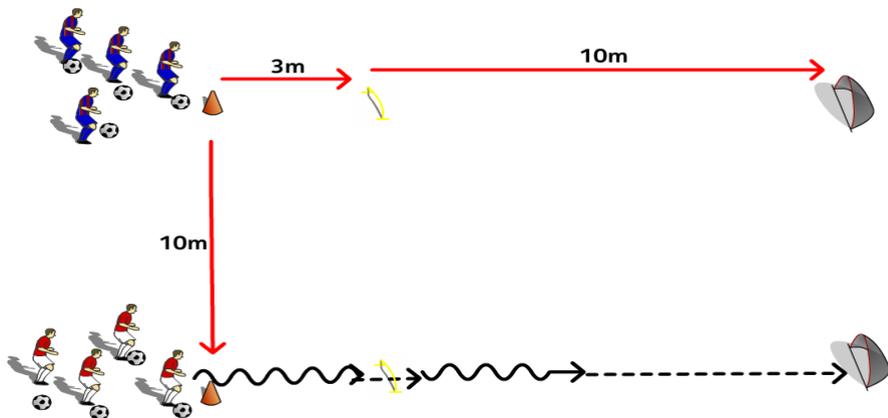
Soccer Coordination



Time frame. 8-10 minutes

Emphasis:

Dribbling
Changing direction/Speed
Balance
FUN!



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Coordination:

Organization: Hurdles, balls, and mini goals. Place two starting cones side by side 10 m apart. Set up a hurdle 3m in front of each starting cone, and there is a mini goal 10 m beyond each hurdle. Players line up in two equal sized team in front of each a starting cone, each have a ball.

Procedure: On the coach's signal, players dribble toward the hurdle, passes under the hurdle, jump over them, take the ball and finish on the goal. Players then run with their ball in back of the line.

Variation: Players can take off with right or left foot. They can also do quick feet before jumping.

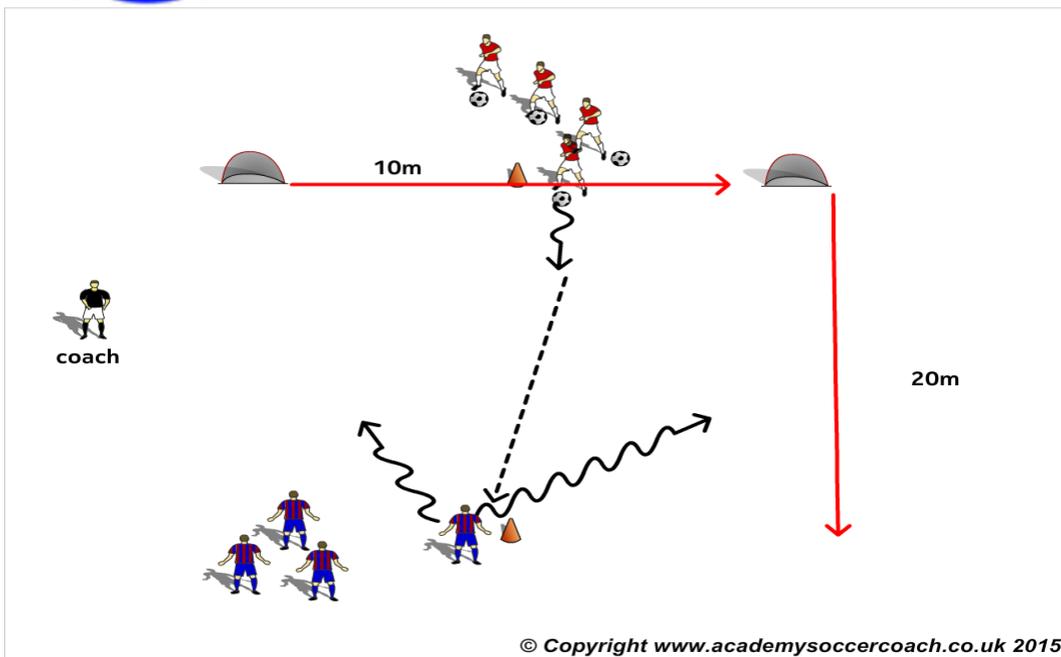
<u>Psychological</u>	<u>Technical</u>
Confidence Being safe	Dribbling Running with the ball
<u>Physical</u>	<u>Social</u>
A,B,C's Change of Direction	Listening Communicating Interacting with friends



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Station C

Soccer technique – Dribbling



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Dribbling/faking

Organization: Set up two mini goals 10m apart. Place a starting cone between two goals, and one cone 20 m in front of it. Players line up in two equal sized team at the starting cones. The players between the goals each have a ball.

Procedure: The first player between the goals dribbles onto the field, passes to the first player at the other cone and then became a defender. The receiver takes the ball forward and tries to score on either goal. If the defender wins the ball, he/she can counterattack on either goal.

Time frame. 8-10 minutes

Emphasis:

Dribbling
1v1 attacking
Change of speed
Agility, Balance, Coordination
FUN!

Psychological

Positive reinforcement
Confidence
Being safe
Fun

Technical

Dribbling
Part of the foot
Part of the ball
Using both feet

Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Interaction with peers



FUNdamentals practice plan – Week 11

Station D

Small sided game with retreat line



Time frame. 8-10 minutes

Emphasis:

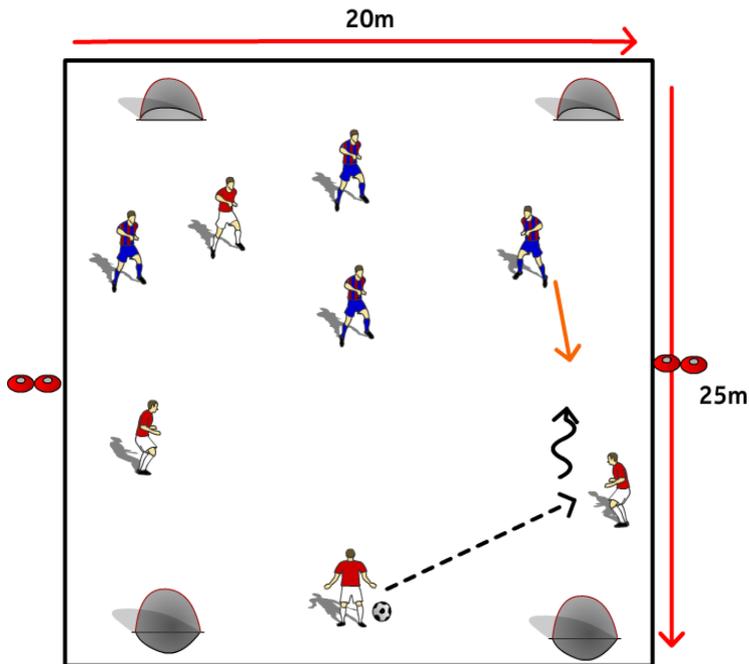
Dribbling

1v1

Changing direction/Speed

Imagination

FUN!



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4v4 small sided game with retreat line.
4 mini goals.

Psychological

Fun
Confidence
Being safe
Decision making

Technical

Passing
Dribbling
Shooting

Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating