



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.

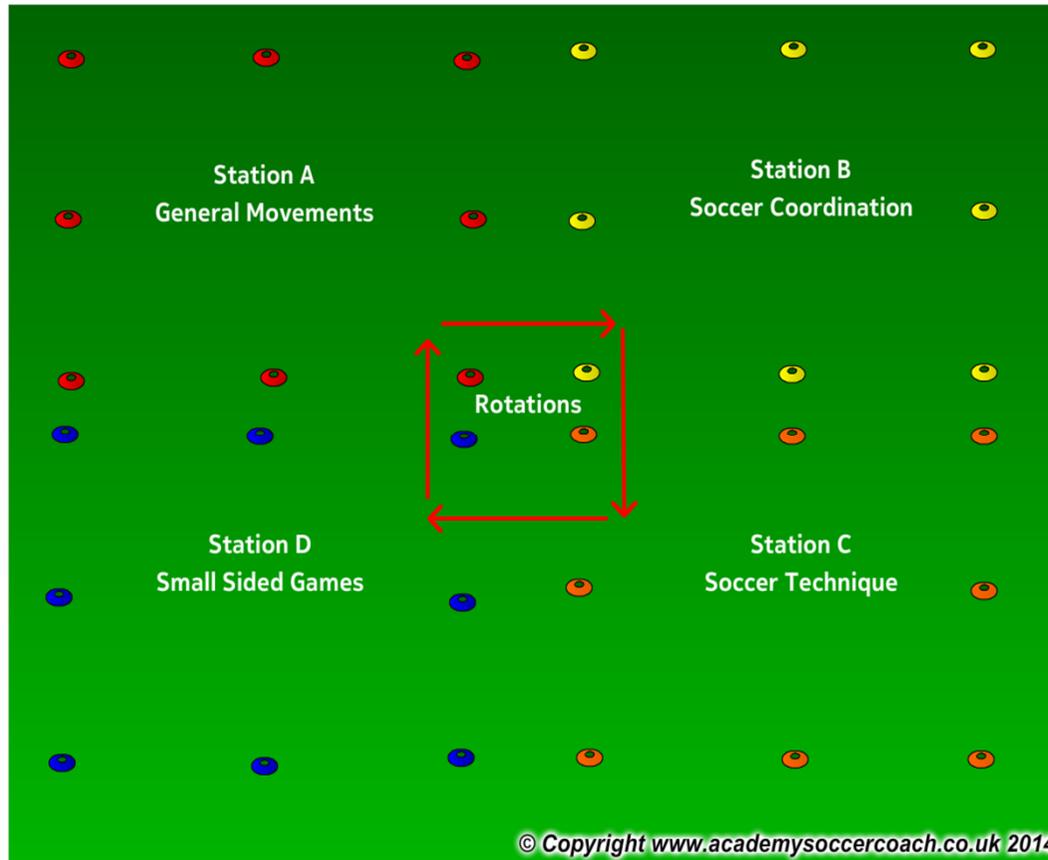
In the following activities players will travel through 4 stations. In all sessions players will travel through 4 stations. In these examples one station focuses on general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a 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



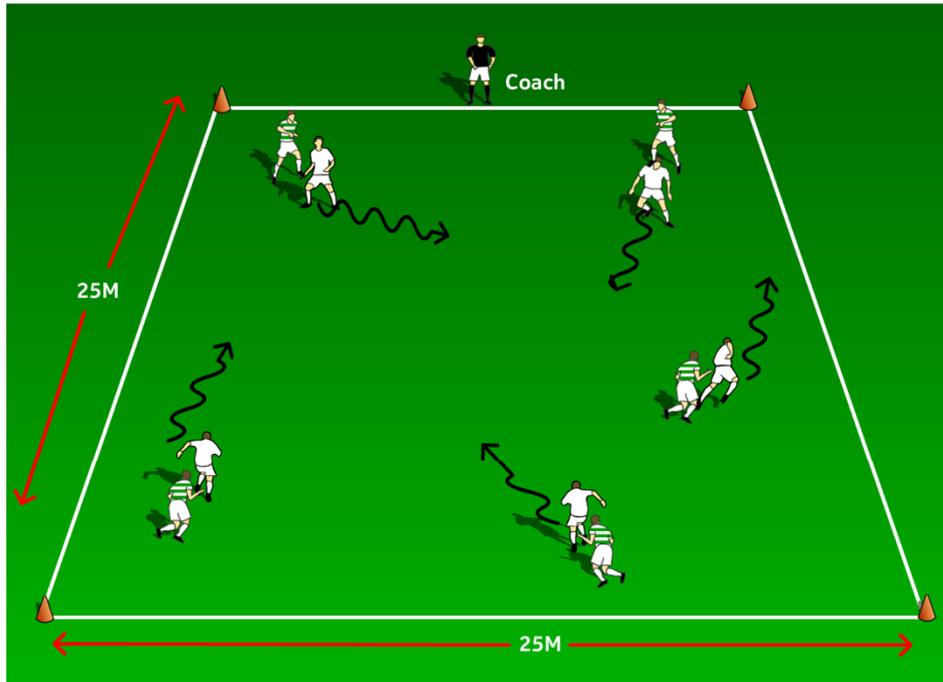
If working with a larger group organize players into groups of 8-10. Each station has a coach who will lead that specific station for the session. Players rotate every 8-10 minutes with a 2 minute break in between each station to have a water break and move to the next station.

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 12

Station A General Movements



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Organization: Players are placed into pairs in a 25m x 25m area.
Procedure: 1 player becomes the leader and the 2nd player becomes the follower. Encourage the players to use different movements such as walking, running, jumping, rolling, running backwards and also sideways. After 30 seconds players switch.
Progression: Each player has a ball.

Time frame. 8-10 minutes

Emphasis:

- Listening
- Different types of running/movements
- Changing direction
- Agility, Balance, Coordination
- FUN!**

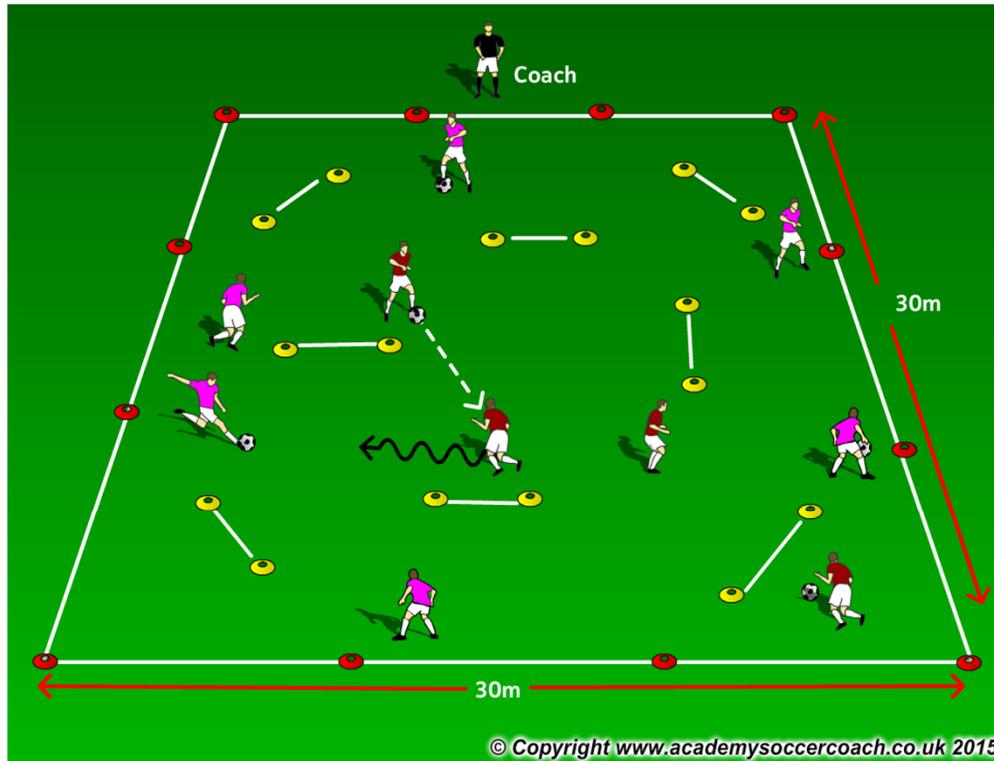
| | |
|--------------------------------|---|
| <u>Psychological</u> | <u>Technical</u> |
| Confidence Being safe | N/A |
| <u>Physical</u> | <u>Social</u> |
| A,B,C's Change of Direction | Listening Communicating Celebrating |



FUNdamentals practice plan – Week 12

Station B

Soccer Coordination – Passing and Receiving



Organization: Players are placed into 2s inside 30m x 30m area.
Procedure: Players pass and move inside area. Focus should be on how the player passes and receives the ball.
Progression: To make it fun/competitive for the players add gates into the area and on the command of "Shopping" players look to pass the ball through the gates. Each gate = 1 point, after 60 seconds pair with the most points wins the competition. Repeat game several times.

Time frame. 8-10 minutes

Emphasis:

Passing - Receiving
 Dribbling
 Changing direction
 Agility, Balance, Coordination
 Imagination
 Change of speed
FUN!

Psychological

Confidence
 Being safe

Technical

Passing - Receiving
 Dribbling
 Running with the ball

Physical

A,B,C's
 Change of Direction

Social

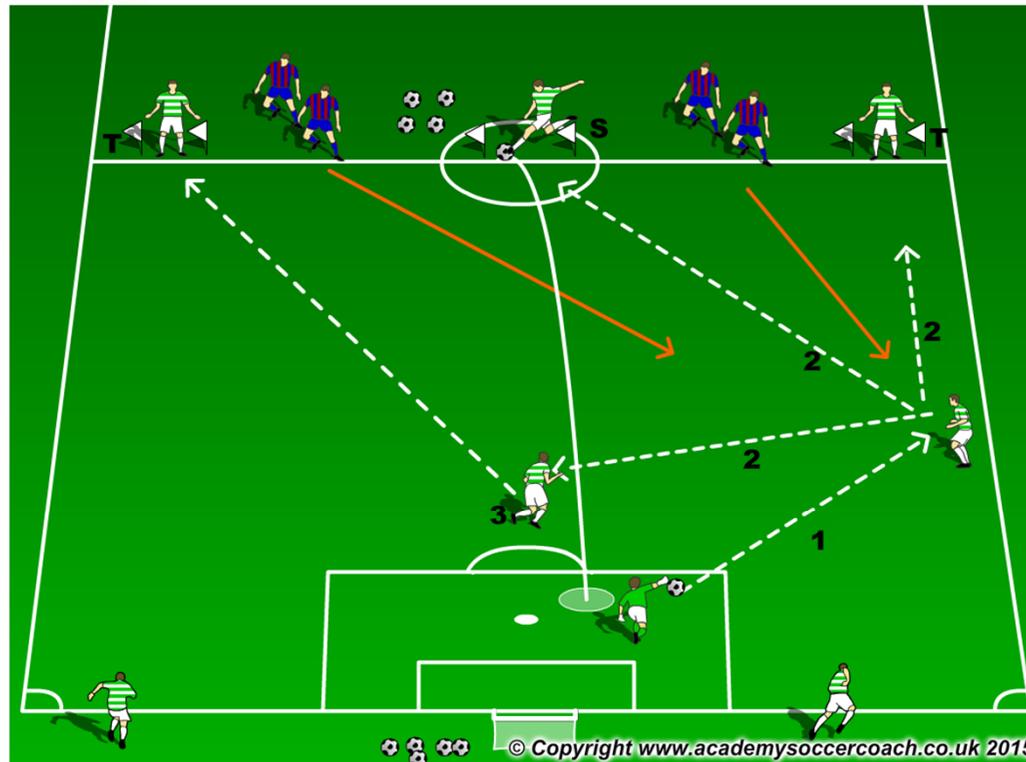
Listening
 Communicating
 Celebrating



FUNdamentals practice plan – Week 12

Station C

Soccer Technique – 3v2 – Playing out



Organization: Players set up as above.

Procedure: S plays ball into the goalkeeper. The goalkeeper now looks to distribute the ball to one of his/her team mates. As soon as the player receiving the ball touches the ball the 2 strikers are released to pressure the ball. The team in possession now look to get the ball to T or S to score a point. If the Strikers win possession they head to goal. All players rotate through all positions.

Time frame.8- 10 minutes

Emphasis:

Passing - Receiving

Changing direction

Agility, Balance, Coordination

Imagination

FUN!

Psychological

Confidence

Being safe

Decision making

Technical

Passing

Receiving

Physical

A,B,C's

Change of Direction

Social

Listening

Communicating

Celebrating



FUNdamentals practice plan – Week 12

Station D

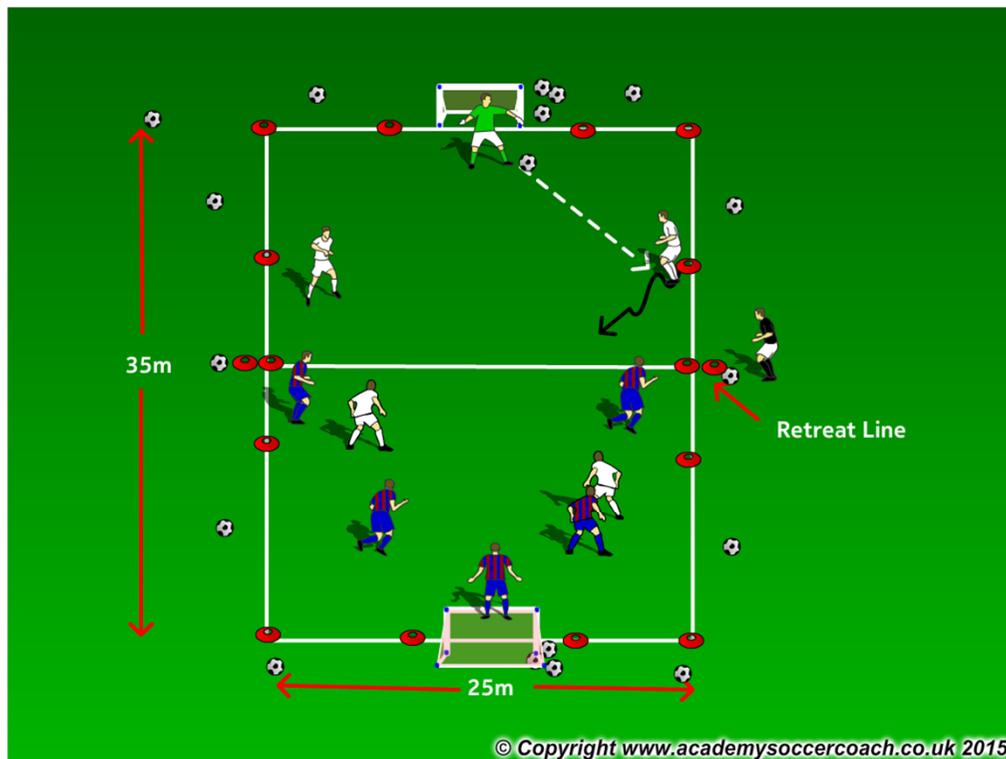
Small Sided Game – 5v5 with Retreat line



Time frame. 8-10 minutes

Emphasis:

- Listening
- Running with the ball
- Passing
- Shooting
- Dribbling
- Team work
- Changing direction
- Agility, Balance, Coordination
- Imagination
- FUN!



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Organization: Players play 5v5 on a 35m x 25m field. The Retreat line is located at the half way line.

Procedure: Once the ball goes out for a goal kick 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.

If you have odd numbers you can have the extra player become a neutral player in the game.

Psychological

Confidence
Being safe
Decision making

Technical

Dribbling
Running with the ball

Physical

A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating