

# 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.

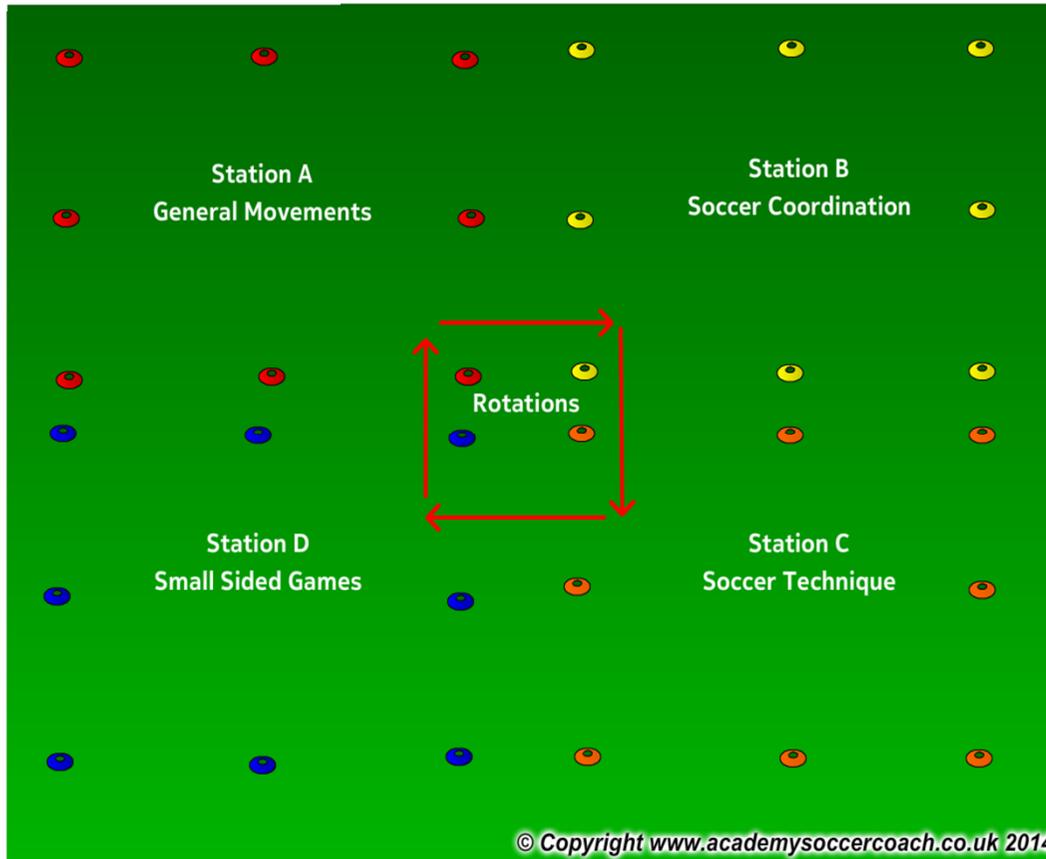
In the following activities players will travel through 4 stations. In these examples one station focuses on general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a small sided soccer game of 2v2, 3v3, 4v4 or 5v5.

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



## FUNdamentals practice plans 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

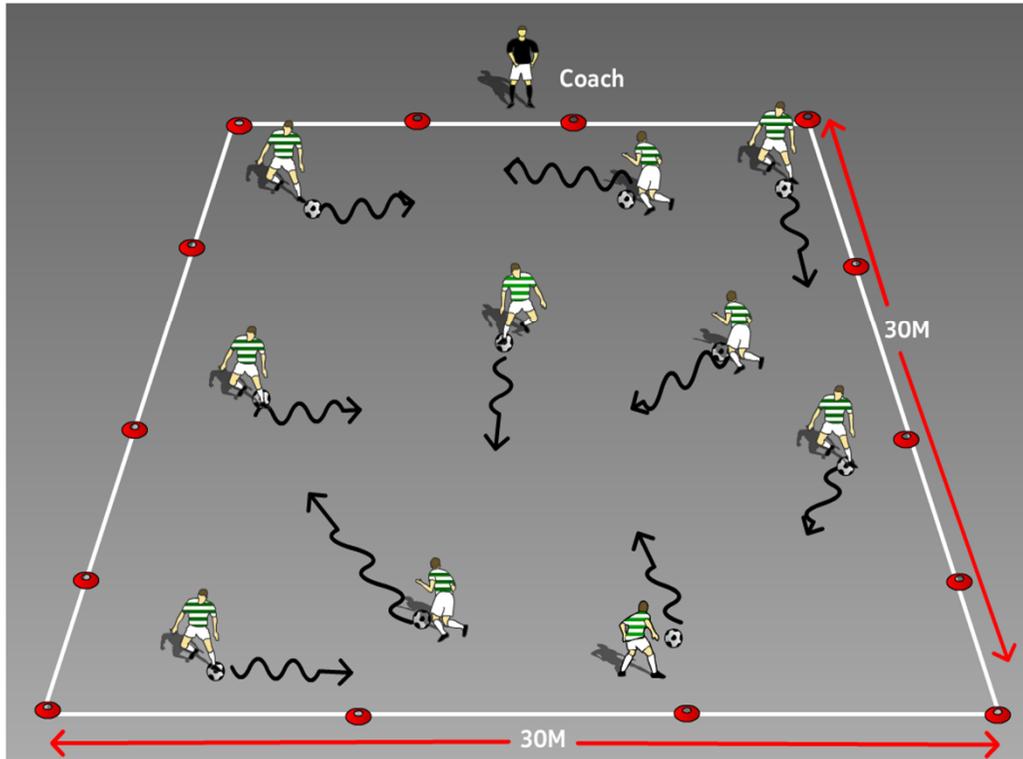
Coordination: %20

Soccer technique: %20

Small sided game: %40



**FUNdamentals practice plan – Week 16**  
**Station A**  
**General Movements – Ball familiarity**



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**Organization:** Players dribble freely inside 30m x 30m area.  
**Procedure:** Players are asked to express them self's and be creative by attacking space and showing different moves. On coaches command players will perform different touches on the ball, for example Toe Taps.

**Time frame. 8-10 minutes**

**Emphasis:**

Dribbling

Changing direction

Agility, Balance, Coordination

FUN!

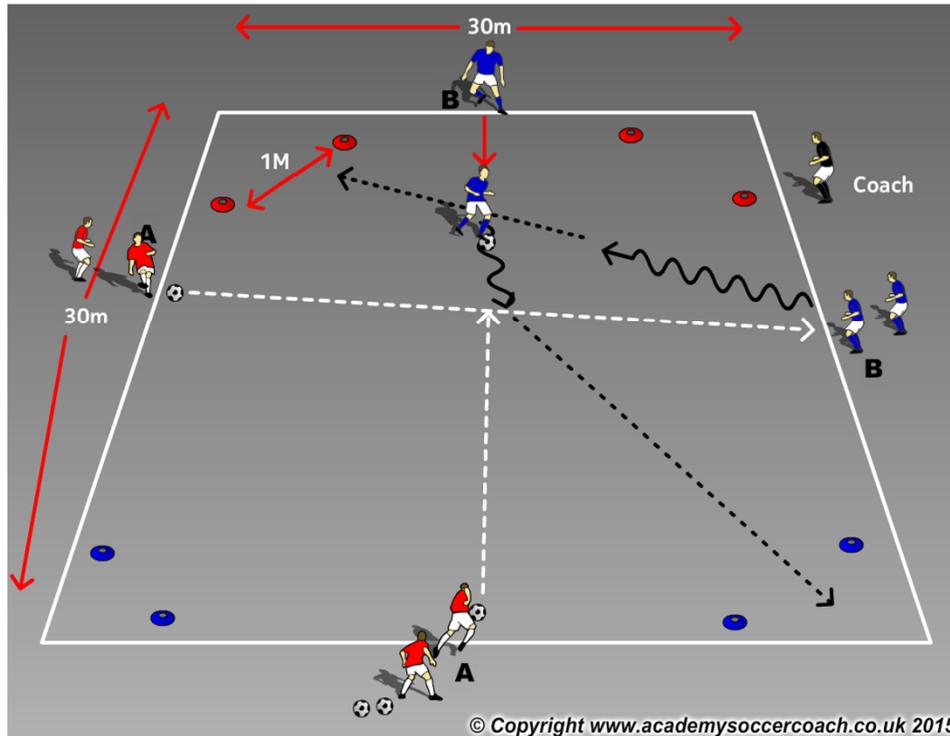
<p><b><u>Psychological</u></b>          Positive reinforcement          Confidence          Being safe</p>	<p><b><u>Technical</u></b>           Dribbling</p>
<p><b><u>Physical</u></b>          Agility, Balance          Change of Direction          Speed</p>	<p><b><u>Social</u></b>          Listening          Communicating          Celebrating</p>



## FUNdamentals practice plan – Week 16

### Station B

### 1v1 to goals – 2 games at once



**Organization:** Area is 30m x 30m with 1 goal in each corner, 1m in width.  
**Procedure:** Player A's plays the pass to player B's on the opposite side of the area. Player B attempts to dribble past player A and dribble through one of the goals. If player A takes the ball away from play B he/she then tries to dribble the ball through any of the goals. Keep rotating the service so that all players are attackers. 2 1v1 games are happening at the same time  
**Progression:** Players progress to play 2v2 if success is being achieved.

Time frame. 8-10 minutes

### Emphasis:

Passing  
 Receiving  
 Balance  
 A,B,C'S  
 FUN!

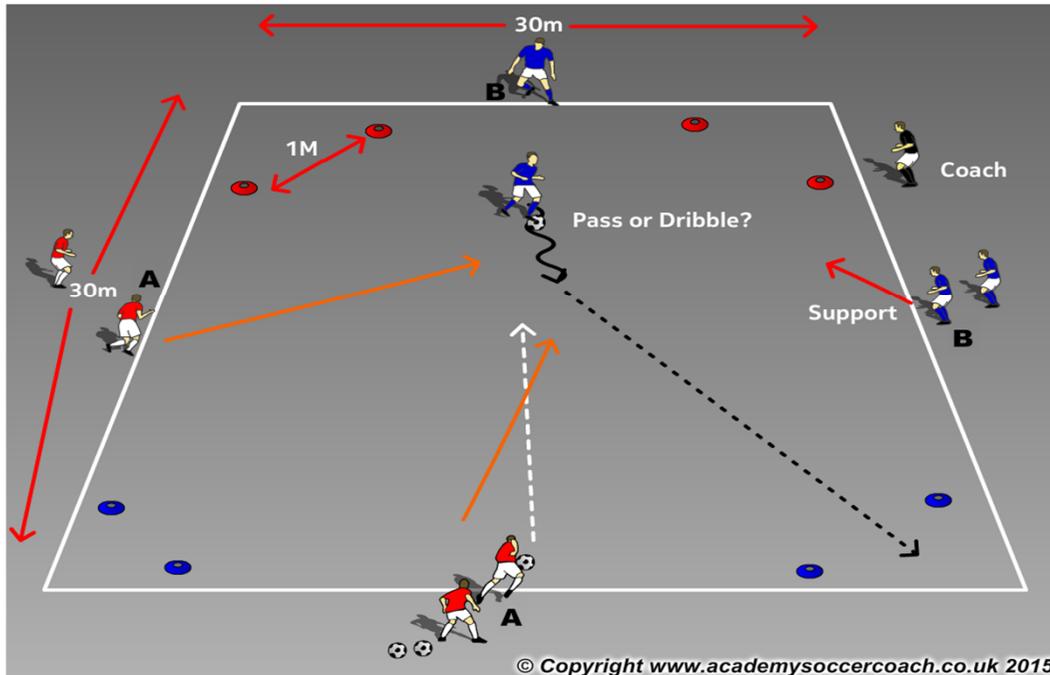
<p><b><u>Psychological</u></b>            Confidence            Being safe            Individual Goals</p>	<p><b><u>Technical</u></b>            Passing            Receiving</p>
<p><b><u>Physical</u></b>            A,B,C's            Change of Direction</p>	<p><b><u>Social</u></b>            Listening            Communicating            Interacting with friends</p>



## FUNdamentals practice plan – Week 16

### Station C

### Soccer technique – 2v2



**Organization:** Area is 30m x 30m with 1 goal in each corner, 1m in width.  
**Procedure:** Player A plays the pass to player B on the opposite side of the area. Player B on the side now comes in as support and the second Player A now comes in as another defender. Players now play 2v2. Player B attempts to dribble past player A and dribble through the blue goals. If player A takes the ball away from player B he/she then tries to dribble the ball through the red goals. Keep rotating the service so that all players are attackers. Players are now asked to make decisions - Do I dribble or pass?

**Time frame. 8-10 minutes**

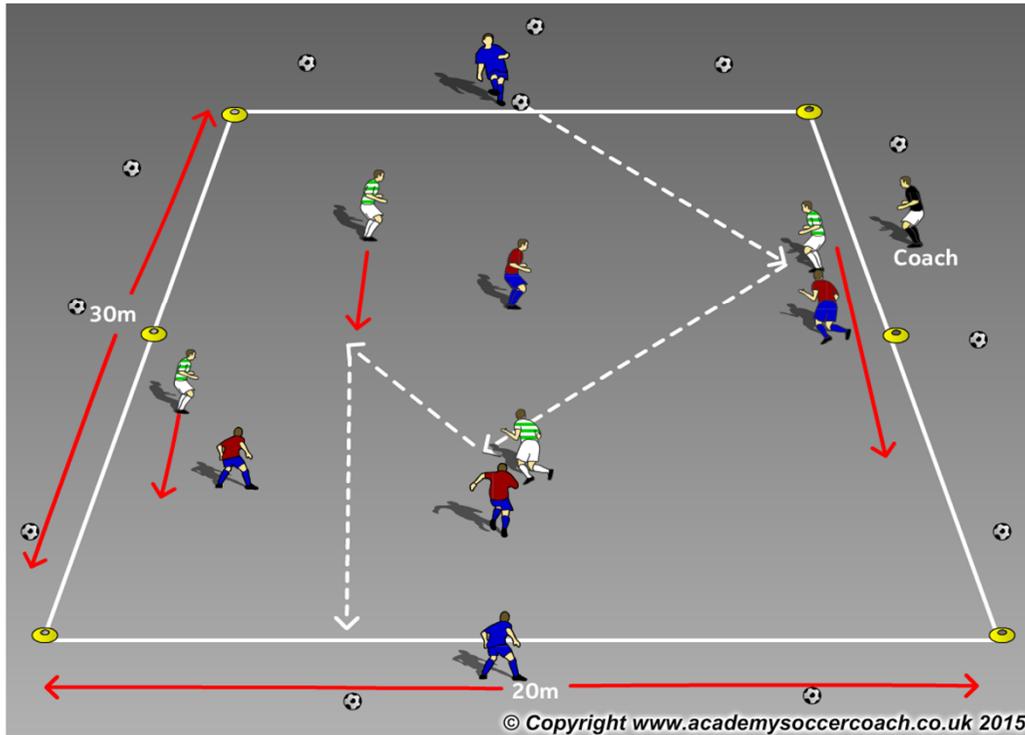
**Emphasis:**

Dribbling  
 Passing  
 Decision making  
 FUN!

<p><b>Psychological</b>          Positive reinforcement          Confidence          Decision making          Fun</p>	<p><b>Technical</b>          Dribbling          Passing          Defending</p>
<p><b>Physical</b>          Speed          A,B,C's          Change of Direction</p>	<p><b>Social</b>          Listening          Communicating          Interaction with peers</p>



**FUNdamentals practice plan – Week 16**  
**Station D**  
**Small sided game – 4v4 to Target players**



**Organization:** Players are organized into 2 teams of 4 with 2 neutral players inside a 30m x 20m playing area.  
**Procedure:** Players play 4v4 with the aim of getting the ball to a neutral player. Once they have the ball to one neutral player for them to score another goal they attempt the ball to the other neutral player. As the coach allow the players to play with minimal stoppages. Change neutral players every few minutes.

**Time frame. 8-10 minutes**

**Emphasis:**

- Passing
- Receiving
- Attacking/Defending
- Decision making
- FUN!**

<p><b><u>Psychological</u></b>            Fun            Confidence            Being safe            Decision making</p>	<p><b><u>Technical</u></b>            Passing            Receiving            Attacking/Defending</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>