

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.

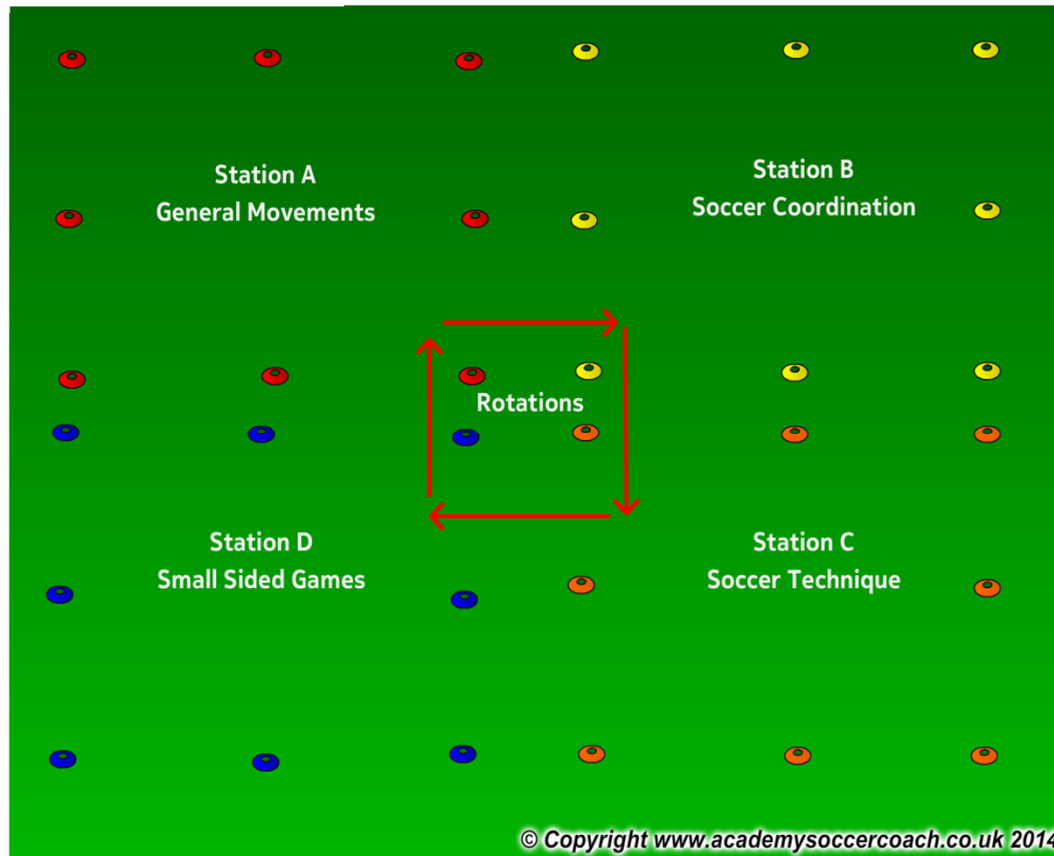
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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 17

Station A

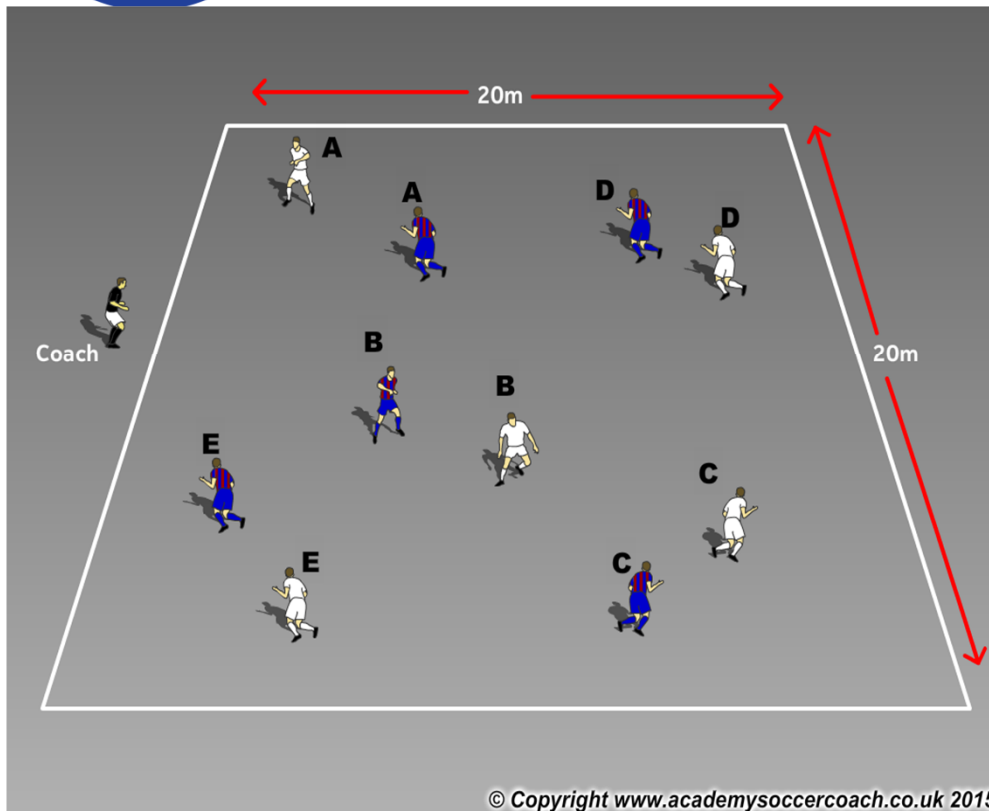
General Movements – Individual Tag



Time frame. 8-10 minutes

Emphasis:

Agility, Balance, Coordination, Speed
Changing Direction
FUN!



Organization: Players are placed inside a 20m x 20m in pairs.

Procedure: Players play tag with their own partner. Once you are tagged you are it. Play for 60 seconds or the first person to 5 points wins. Alternate the players to ensure they get appropriate competition.

Progression: Play the same game but with all players having a soccer ball.

Psychological

Can I get away/catch my partner?
Confidence
Being safe

Technical

N/a

Physical

Agility, Balance
Change of Direction
Speed

Social

Listening
Problem Solving
Celebrating



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Station B

Passing and Receiving in 4s or 5s

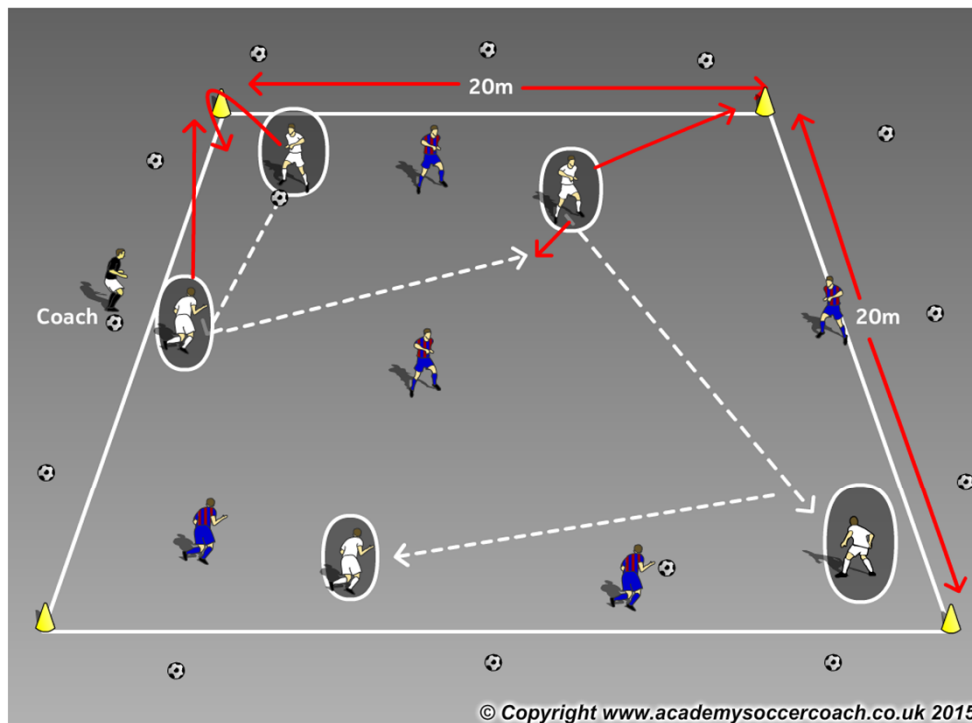


Time frame. 8-10 minutes

Emphasis:

Ask your players questions rather than providing all the answers.

Guide your players to make better decisions.



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Organization: Players are placed inside a 20m x 20m in two teams of 4 or 5.
Procedure: Each team has 1 soccer ball and the players pass and move within the area, looking to keep possession of the ball. Once a player plays a pass they must sprint/explode around 1 of the yellow cones and then rejoin the group. Players can play to any player on their team.
Progression: Create a competition where the first team to make 25 consecutive passes (without the ball going out) wins the game

Psychological

Confidence
Being safe
Self Control

Technical

Passing
Receiving

Physical

A,B,C's
Change of Direction
Acceleration

Social

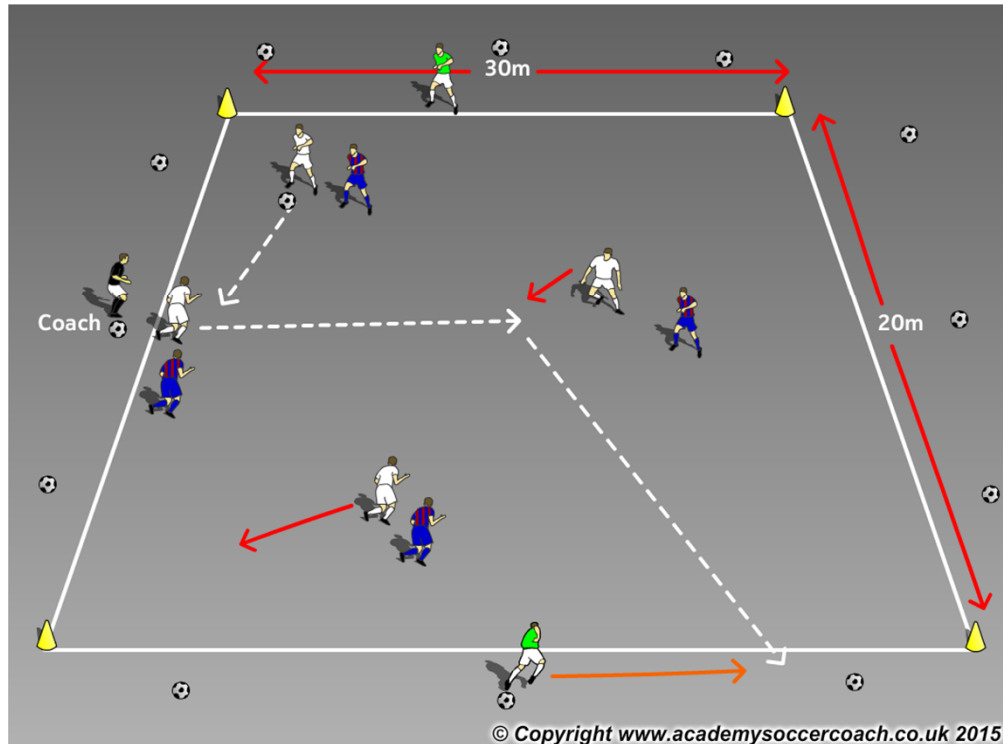
Listening
Communicating
How can I help my team mate?



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Station C

4v4 to target players



Organization: Players play 4v4 to 2 target players inside a 30m x 30m area.
Procedure: To score a point the team in possession of the ball has to complete a pass to a target player in green. The target player then keeps possession of the ball by playing to the team of the same colour. Rotate the Target players every 2 minutes.

Time frame. 8-10 minutes

Emphasis:

Ask your players questions rather than providing all the answers.

Guide your players to make better decisions.

Psychological

Positive reinforcement
Confidence
Decision making
Fun

Technical

Passing
Receiving
Possession

Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
How can we help each other?



FUNdamentals practice plan – Week 17

Station D

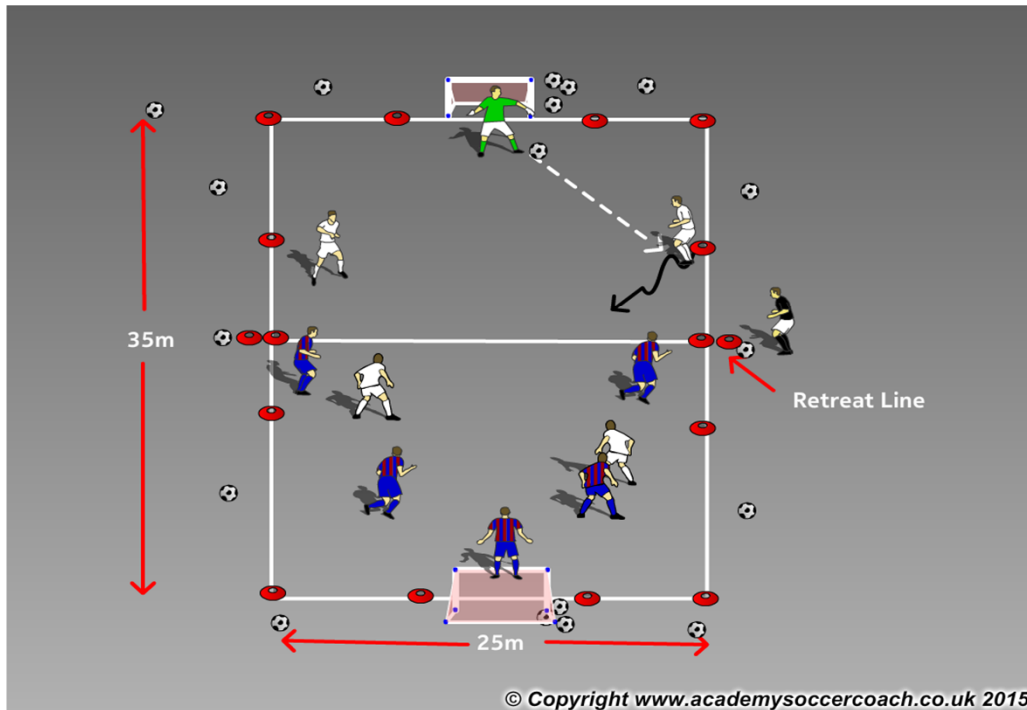
Small sided game – 5v5 with the Retreat line



Time frame. 8-10 minutes

Emphasis:

FREE PLAY!
FUN!



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 opposition 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

Fun
Confidence
Being safe
Decision making

Technical

Passing
Receiving
Attacking/Defending

Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating
Helping each other