

# 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.

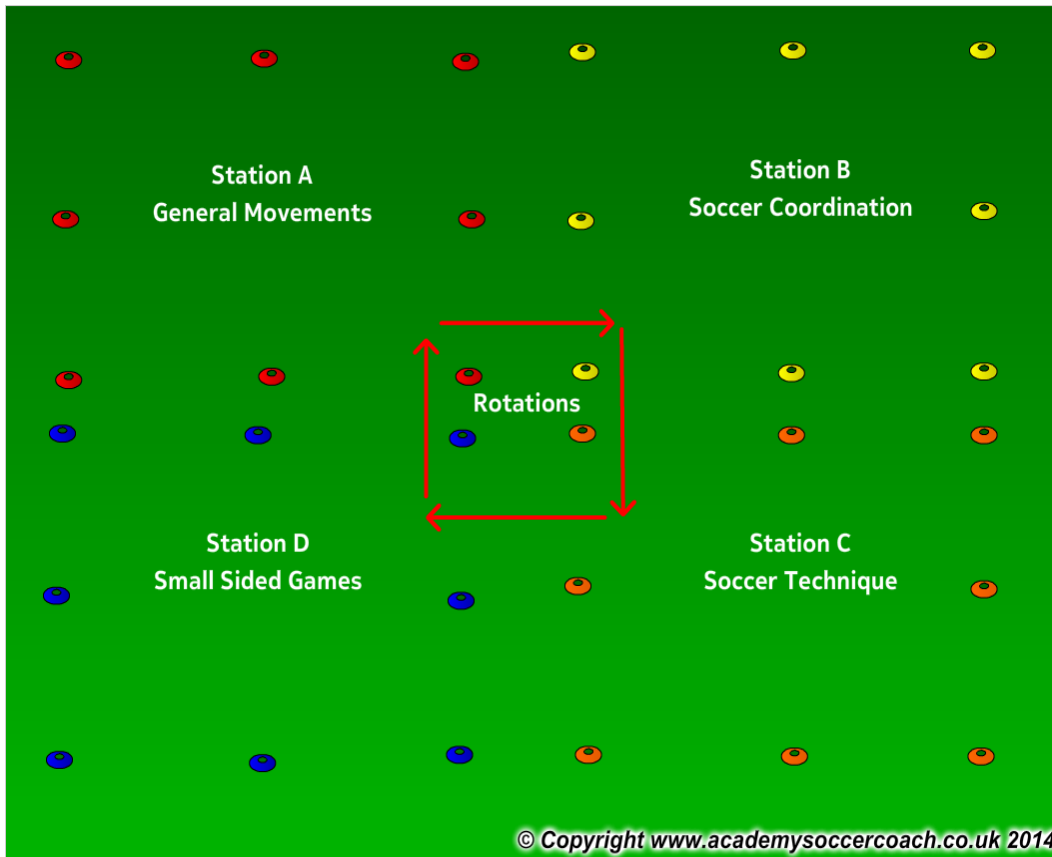
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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 21

### Station A

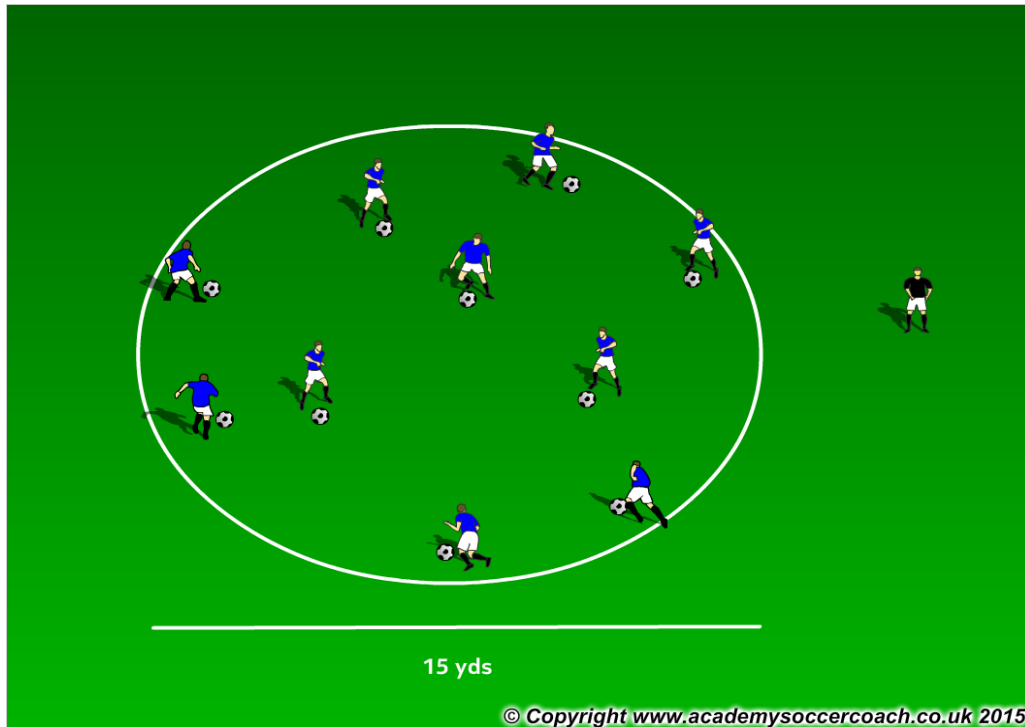
### General Movements – King of the Ring



Time frame. 8-10 minutes

#### Emphasis:

Agility, Balance, Coordination, Speed  
Changing Direction  
Dribbling  
FUN!



**Organization:** All players have a ball each and are placed in a circle, approx 15 yards in diameter.

**Procedure:** Players dribble their ball ensuring that the ball is always moving. On coach command all players keep their own ball under control while attempting to kick other players balls out of the circle.

If a players ball is kicked from the circle they must retrieve it and perform a task to re-enter play. example: 10 toe-taps, 1 lap of the circle dribbling their ball.

#### Psychological

Decision Making  
Confidence  
Being safe  
Spatial Awareness

#### Technical

Dribbling  
Shielding

#### Physical

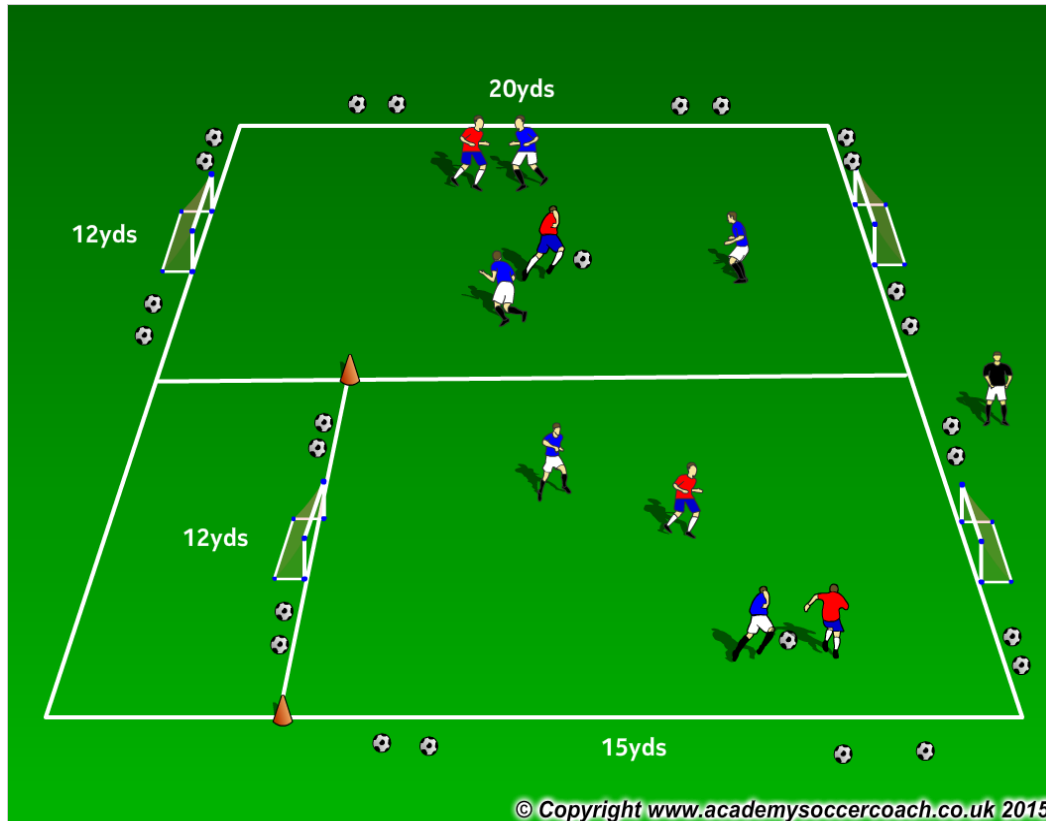
Agility, Balance  
Change of Direction  
Speed

#### Social

Listening  
Problem Solving  
Celebrating



**FUNdamentals practice plan – Week 21**  
**Station B**  
**Technique work – 2v2/3v3 Mini games**



**Organization:** Create two mini fields, one 12 x 15yards & the other 12 x 20 yards.

**Balls around perimeter**

**Procedure:** Players play 3v3 in larger field & 2v2 in smaller field

**Time frame. 8-10 minutes**

**Emphasis:**

Opportunities to Dribble

Allow players to be creative.

**Psychological**

Confidence  
Being safe  
Self Control  
Decision Making

**Technical**

Dribbling  
Keeping the ball close  
Cuts & Turns

**Physical**

A,B,C's  
Change of Direction  
Acceleration

**Social**

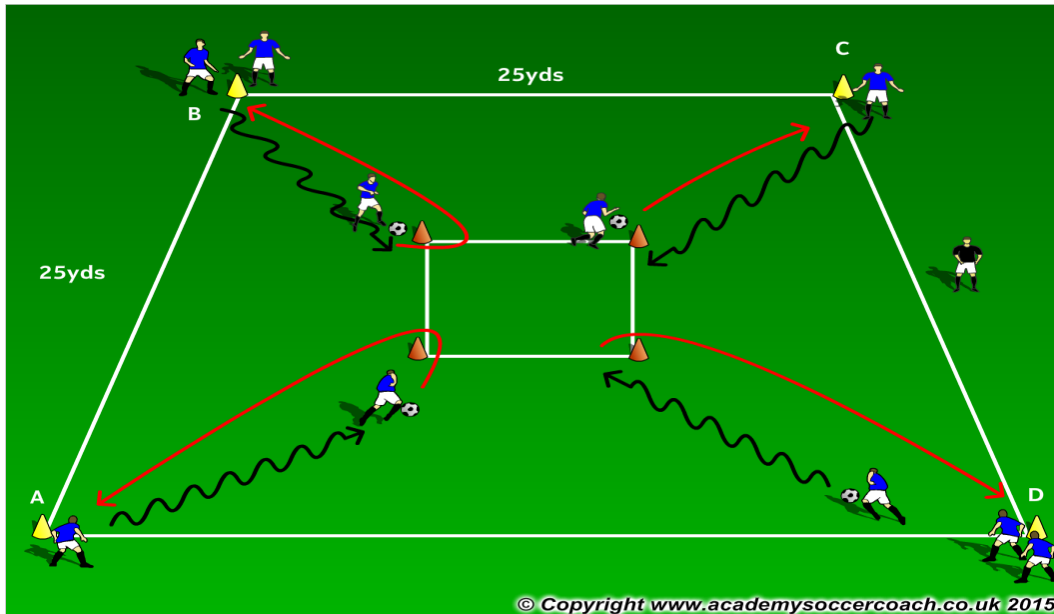
Listening  
Communicating  
Celebrating



# FUNdamentals practice plan – Week 21

## Station C

### Dribbling: Coerver Square



**Organization:** Set up large grid 25x25 yds with a smaller 8x8yds area in the centre. Position large pylon at each corner of the smaller grid. Players are divided evenly and positioned at a corner of the large grid (A,B,C,D) with no more than 3 per corner. 1 ball with each group of players

**Procedure:** Players will dribble to the centre pylon using different ball manipulation (inside/outside foot, sole, laces etc). Once at the centre cone they turn staying as close to the pylon as possible before running the ball at speed back to next player in line.

**Progression 1:** When players turn at the centre pylons they return to a different line (eg. If everyone is moving clockwise: start at A dribble to pylon, turn and run ball back to B)

**Progression 2:** Players dribble at the same time through central grid and join opposite line (A dribbles through centre box and joins C)

Time frame. 8-10 minutes

### Emphasis:

- Ball control on the move
- Ball manipulation
- Change of speeds/directions

### Psychological

Confidence  
Decision making  
Spatial awareness

### Technical

Different dribbling skills  
Ball control  
Turning

### Physical

Speed  
Change of Direction  
A,B,C's

### Social

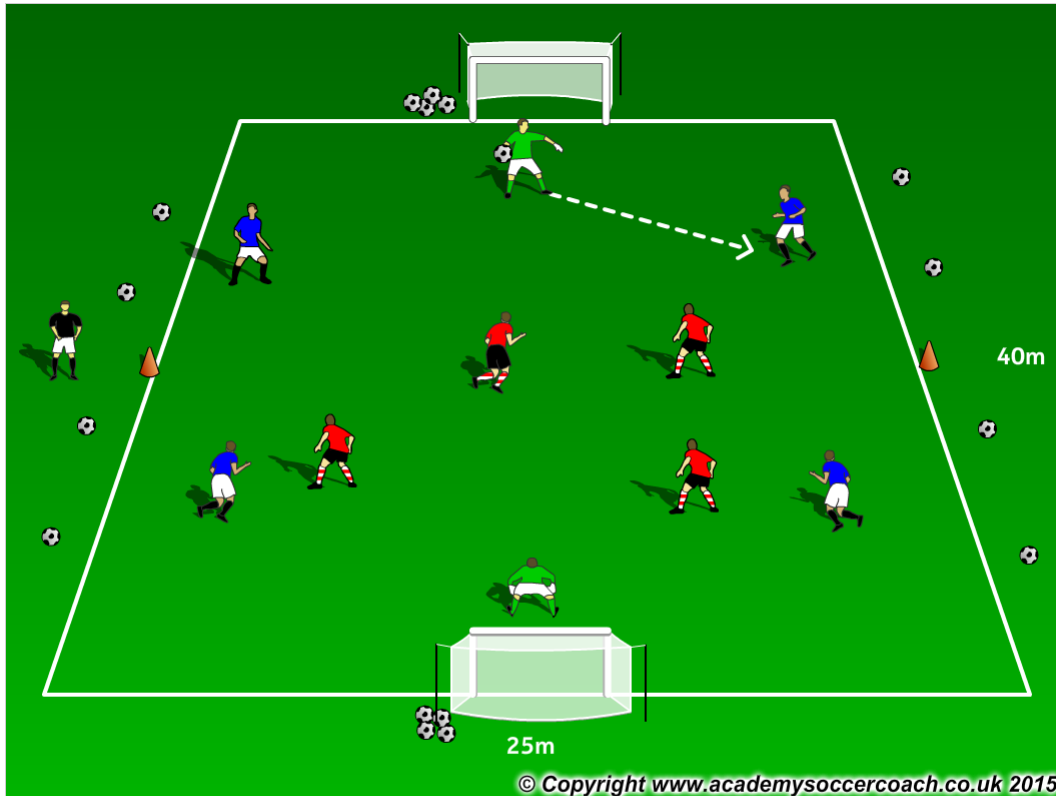
Listening  
Communicating  
Fun



## FUNdamentals practice plan – Week 21

### Station D

#### Small sided game – 5v5 with the Retreat line



**Organization:** Players play 5v5 in a 40x25m area (6v6/7v7 = increase area accordingly). Balls stationed along outside of field. Retreat Line marked at half way line for 5v5.

**Procedure:** Encourage players to penetrate with forward passes, however passes should not be forced. Look for efficient movement to support player in possession and find space.

Time frame. 8-10 minutes

Emphasis:

FREE PLAY!

FUN!

#### Psychological

Fun  
Confidence  
Being safe  
Decision making

#### Technical

Receiving  
Dribbling  
Attacking

#### Physical

Speed  
A,B,C's  
Change of Direction

#### Social

Listening  
Communicating  
Celebrating  
Helping each other