



# 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.

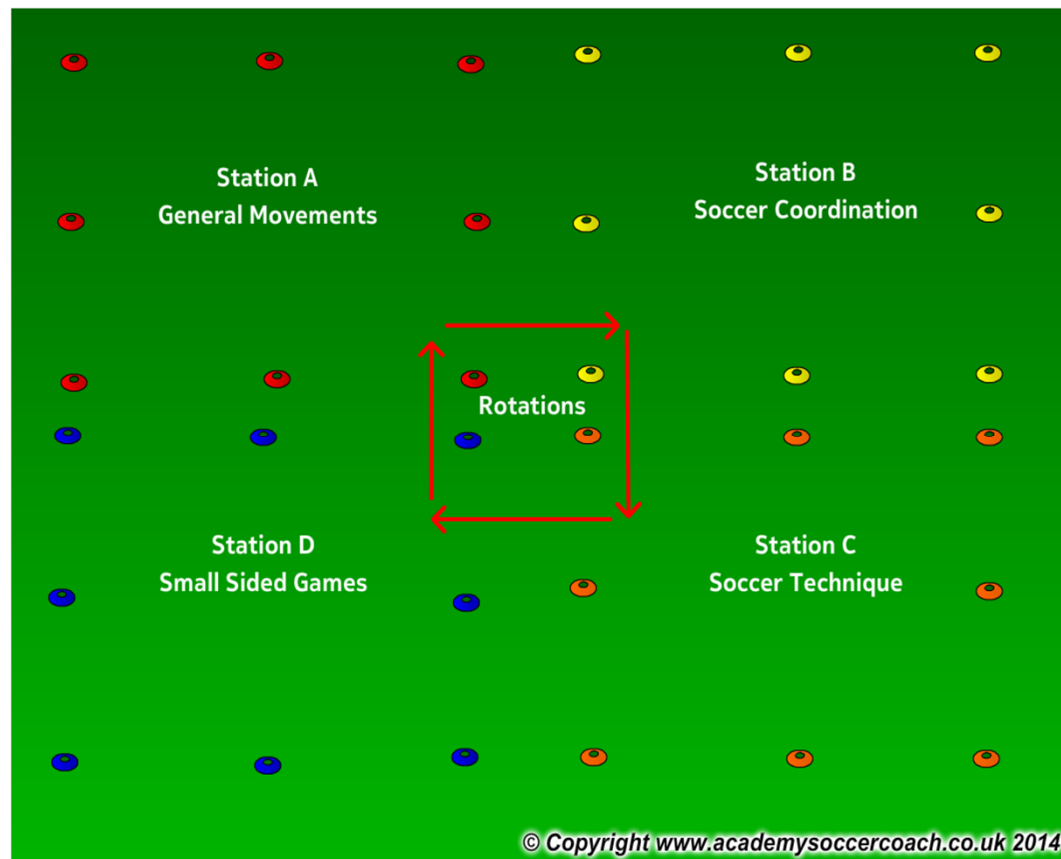
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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.

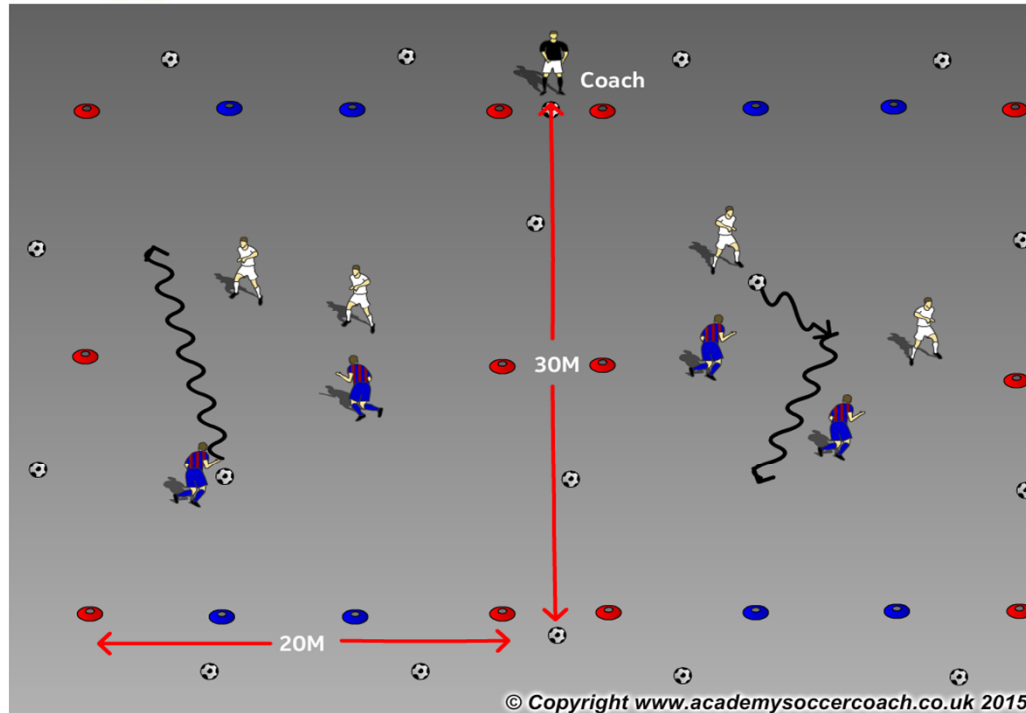




## FUNdamentals practice plan – Week 24

### Station A

### 2v2 Small Sided Game Running with the ball



**Organization:** 2, 30m x 20m fields are set up. 4 teams of 2 are created and players play 2v2 on each field.

**Procedure:** Players play 2v2; to score they must run the ball through the goal. Once a team scores they keep possession of the ball and attempt to attack the opposite goal. If the ball goes out of play they can either pass the ball in or dribble in.

Time frame. 8-10 minutes

### Emphasis:

Running with the ball  
Decision making  
FUN!

#### Psychological

Confidence  
Being safe  
Decision making

#### Technical

Running with the ball

#### Physical

A,B,C's  
Change of Direction  
Speed

#### Social

Listening  
Communicating  
Celebrating



## FUNdamentals practice plan – Week 24

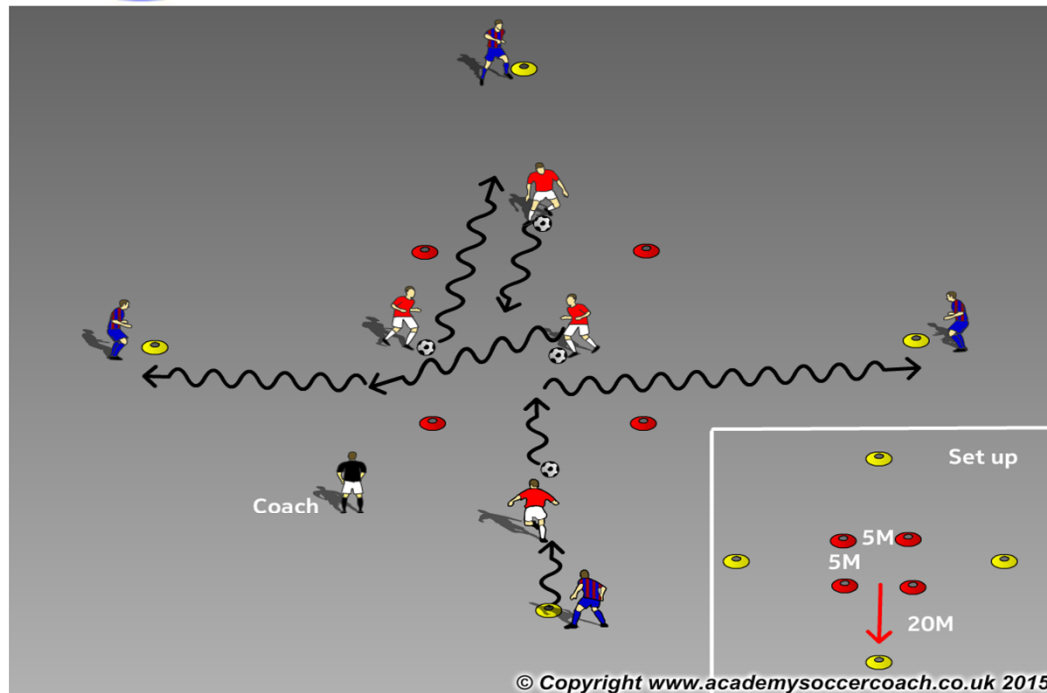
### Station B Running with the ball



Time frame. 8-10 minutes

#### Emphasis:

Running with the ball  
Changing direction  
Decision making  
Change of speed  
FUN!



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**Organization:** Players are placed into pairs as shown. Set up your area as shown in the set up diagram.

**Procedure:** Players have to run with the ball towards the middle square. Once they get to the middle square they must make a decision and run out of a different side to score a point. The player in waiting takes over the ball and continues.

**Progression:** Make it a competition for the players. They have 60 seconds to score as many points as possible. While 4 players work the remaining 4 players each keep track of how many points their partner scores.

Psychological  
Confidence  
chaotic  
Decision making

Technical  
Running with the ball

Physical  
A,B,C's  
Change of Direction  
Speed

Social  
Listening  
Communicating  
Celebrating



## FUNDamentals practice plan – Week 24

### Station C

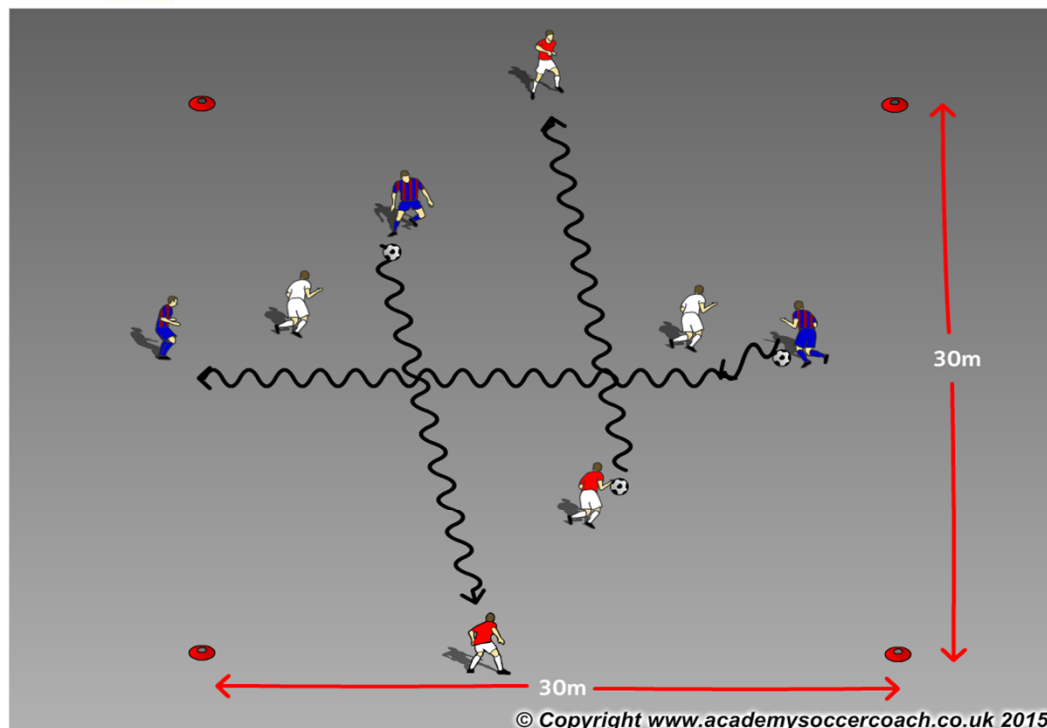
### Running with the ball to target players



### Time frame.8- 10 minutes

#### Emphasis:

Running with the ball  
Decision making  
Chaotic situations  
Agility, Balance, Coordination  
Imagination  
FUN!



**Organization:** 6 players are spread out on the outside of the 30m x 30m area. 3 players have a soccer ball. 2 players are placed in the square with a pinnie in their hand, these players start as defenders.

**Procedure:** Players on the outside with a ball must run with the ball to a player on a different side of the square to score a point. If the defender is able to tackle the dribbler they switch roles instantly. Players running with the ball must make decisions on which space to attack based on what the defenders are doing. Go for 90 seconds each game.

#### Psychological

Confidence  
Being safe  
Decision making

#### Technical

**Running with the ball**

#### Physical

A,B,C's  
Change of Direction  
Speed

#### Social

Listening  
Communicating  
Celebrating



## FUNdamentals practice plan – Week 24

### Station D

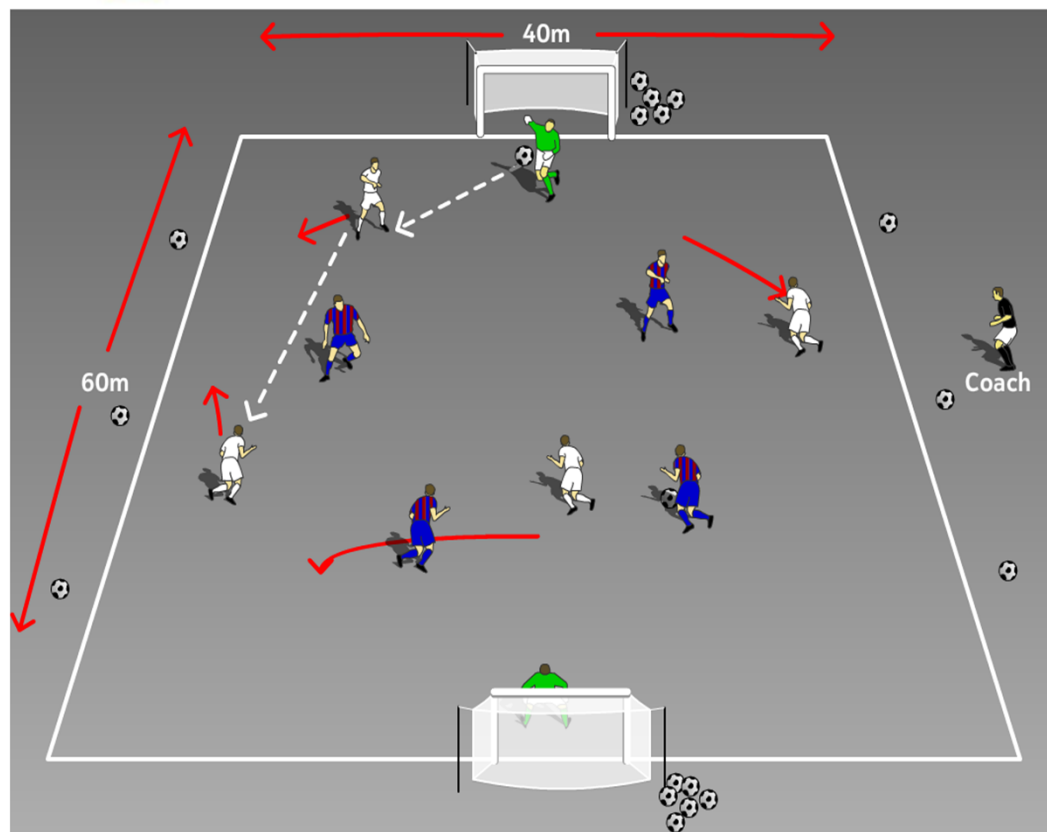
### Small Sided Game – 5v5



Time frame. 8-10 minutes

Emphasis:

Free Play  
Decision making  
**FUN!**



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Organization: 5v5 in a 60m x 40m field. No conditions. Encourage players to be positive, run with the ball and penetrate space when they have the opportunity. Look for good movement to provide support and find space.

#### Psychological

Confidence  
Being safe  
Decision making

#### Technical

Running with the ball

#### Physical

A,B,C's  
Change of Direction  
Speed

#### Social

Listening  
Communicating  
Celebrating