

# 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.

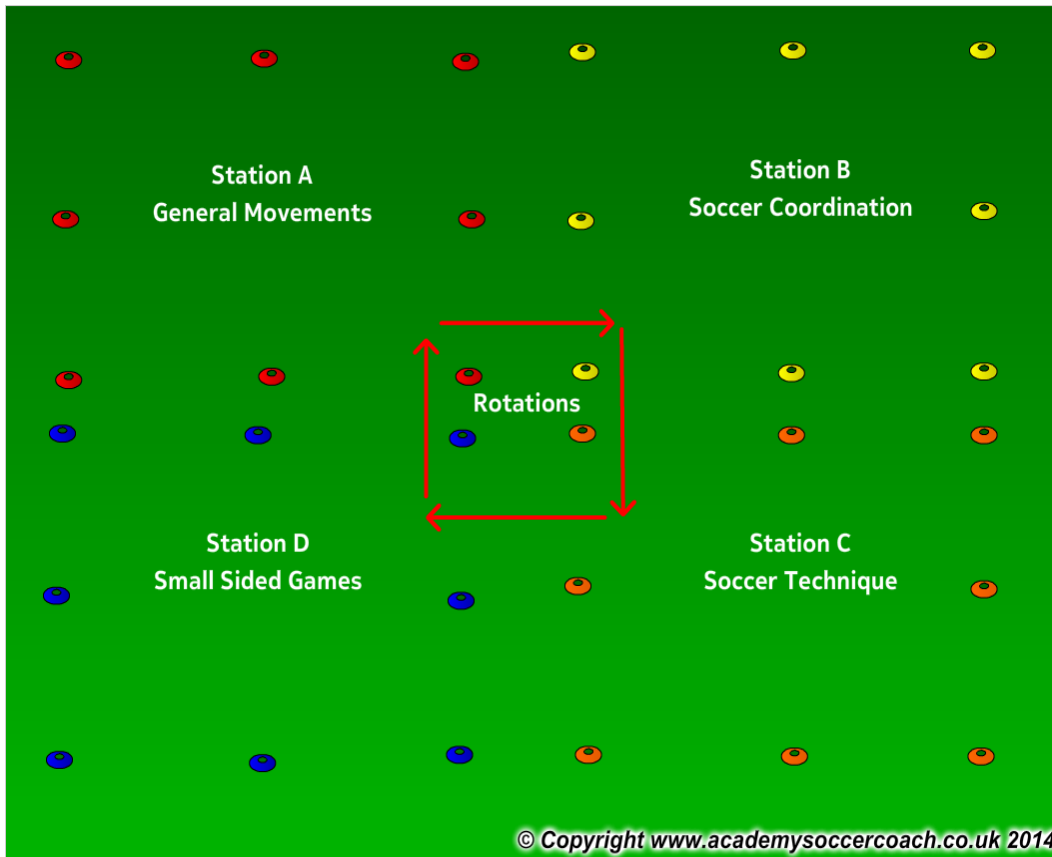
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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 31

### Station A

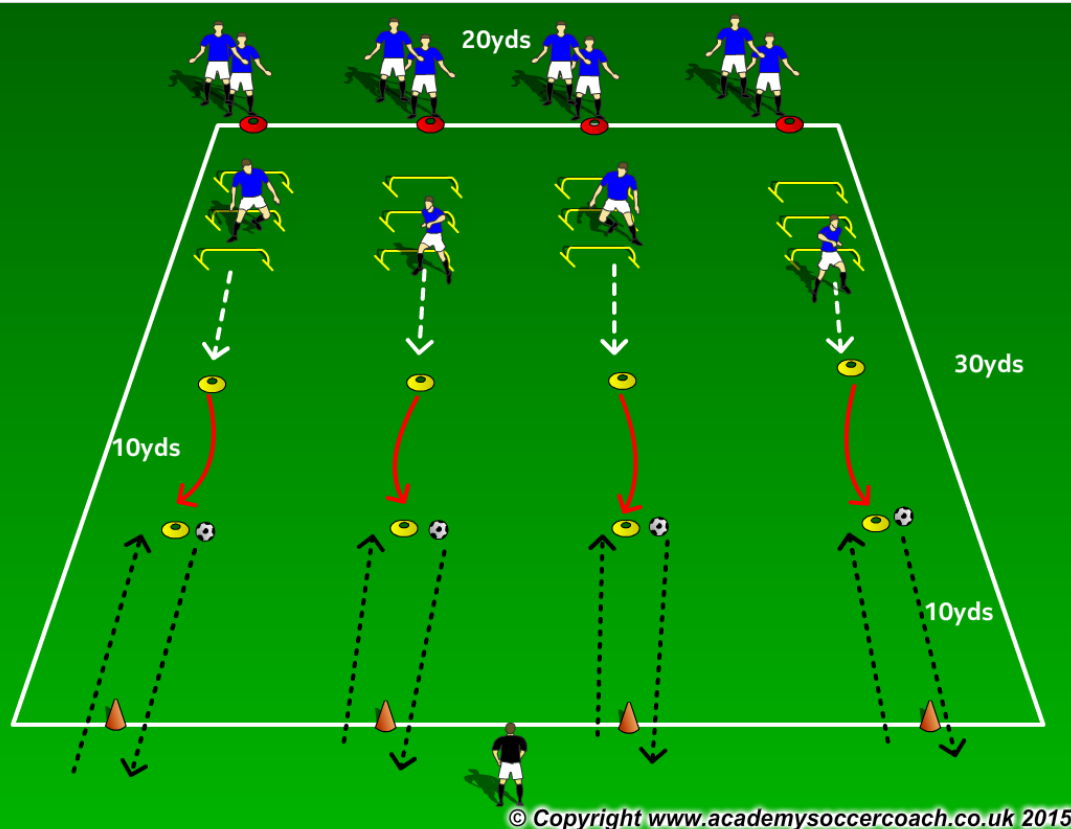
### Obstacle Course – Olympic Relay



Time frame. 8-10 minutes

#### Emphasis:

Agility, Balance, Coordination, Speed  
Changing Direction  
Running with the ball  
FUN!



#### Psychological

Decision Making  
Confidence  
Being safe  
Spatial Awareness

#### Technical

Running with the ball

#### Physical

Agility, Balance,  
Coordination  
Speed

#### Social

Listening  
Teamwork  
Celebrating

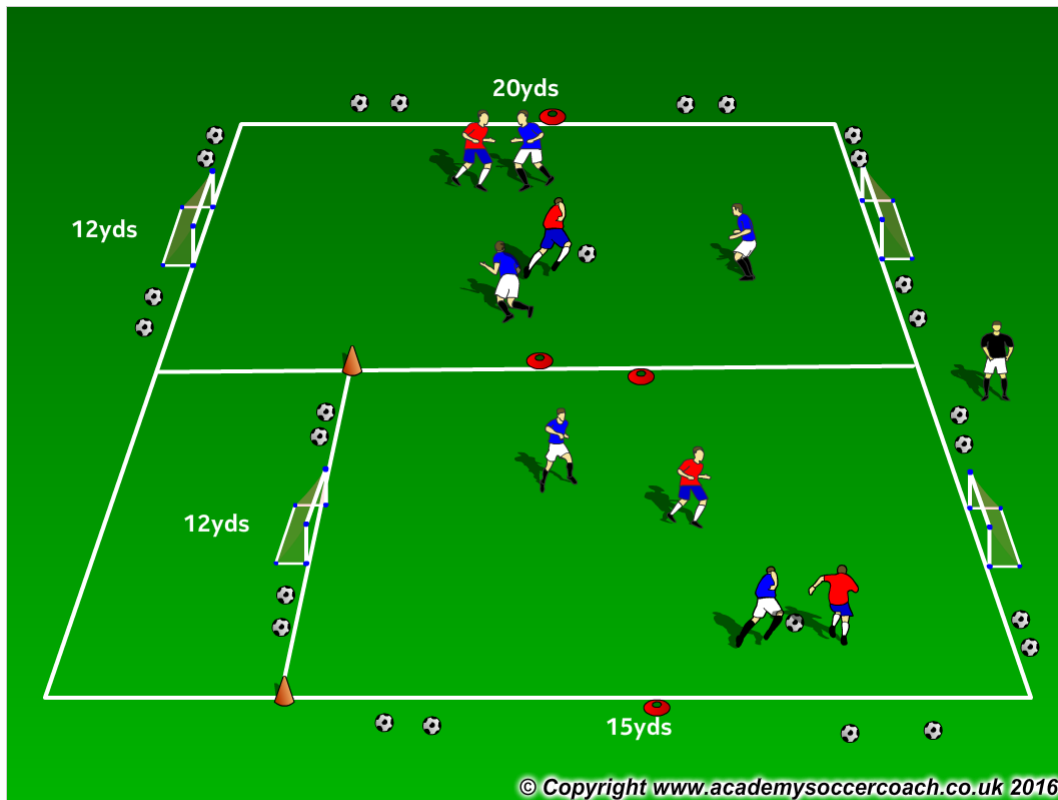
**Organization:** Players split into 4 groups of 3 (or 3 groups of 4)  
**Procedure:** Players race through 4 stages of the obstacle course performing a variety of fundamental movement skills eg. forward/backwards running, skipping, hopping, bear-crawls, frog jumps, lateral shuffles etc.



## FUNdamentals practice plan – Week 31

### Station B

### Small sided game – 2v2/3v3's with the Retreat line



**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:

Creativity  
FUN!

#### Psychological

Fun  
Confidence  
Being safe  
Decision making

#### Technical

Passing & Receiving

#### Physical

Speed  
A,B,C's  
Change of Direction

#### Social

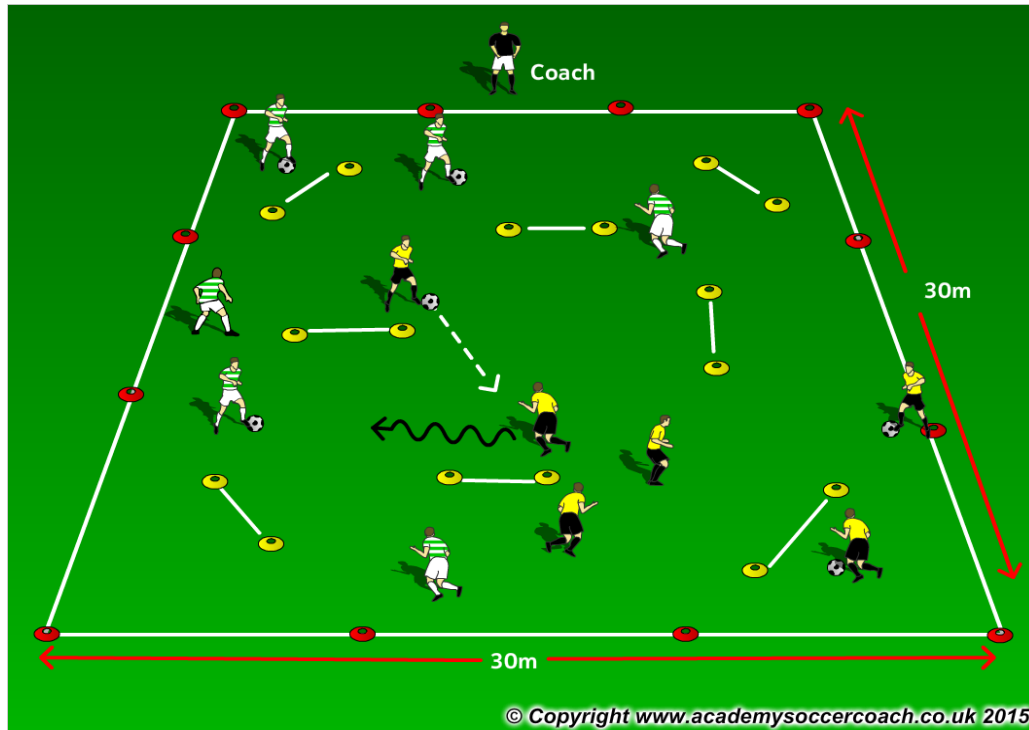
Listening  
Communicating  
Celebrating  
Teamwork



# FUNdamentals practice plan – Week 31

## Station C

### Passing Gates: Passing and Receiving



**Organization.** Players are placed into 2s inside 30mx30m 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:

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

### Psychological

Confidence  
Decision making  
Spatial awareness

### Technical

Different dribbling skills  
Running with the ball  
Ball control  
Turning

### Physical

Speed  
Change of Direction  
A,B,C's

### Social

Listening  
Communicating  
Fun



## FUNdamentals practice plan – Week 31

### Station D

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

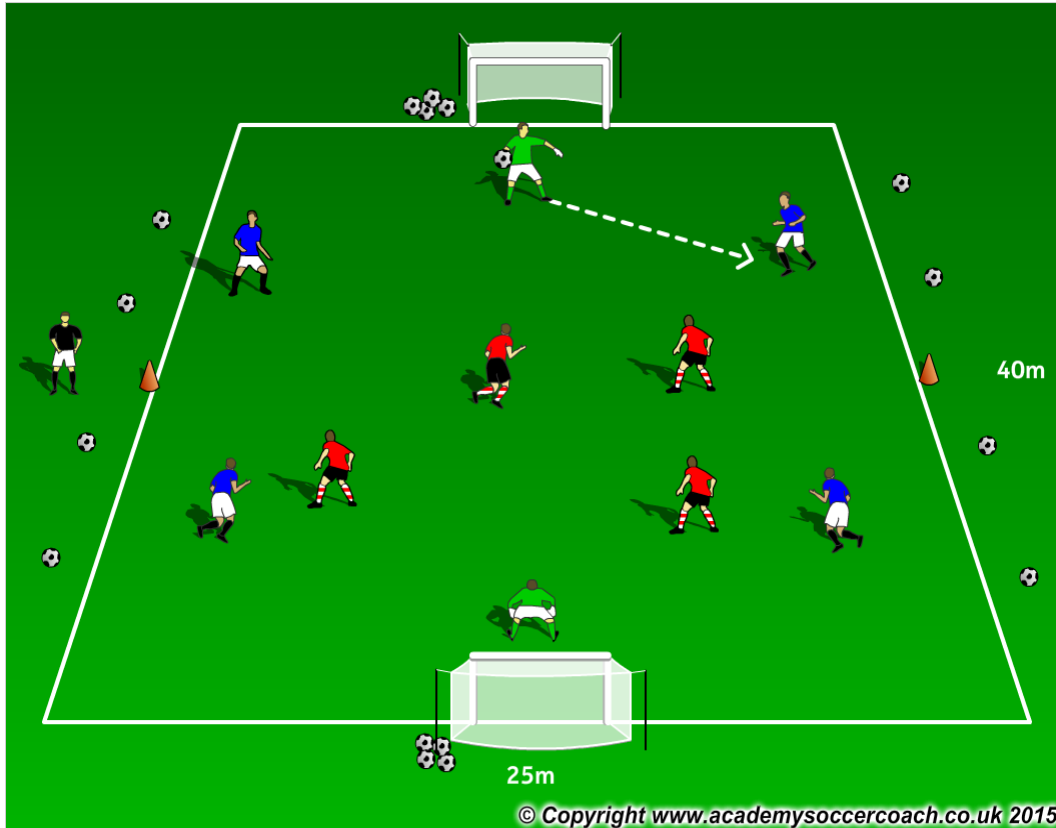


Time frame. 8-10 minutes

Emphasis:

FREE PLAY!

FUN!



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.

#### Psychological

Fun  
Confidence  
Being safe  
Decision making

#### Technical

Passing  
Receiving

#### Physical

Speed  
A,B,C's  
Change of Direction

#### Social

Listening  
Communicating  
Celebrating  
Helping each other