

# GRASSROOTS WORKBOOK & PRACTICE PLANS





## **FUNdamentals practice plans**

### **The OSA Player Development Model – The Station concept**

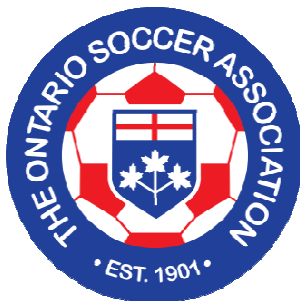


The activities provided illustrate how stations can be used during Grassroots practices. During the practice players will spend an allotted time at each station having fun, developing specific skills and qualities before moving onto the next station. By using station work we create an environment where 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.

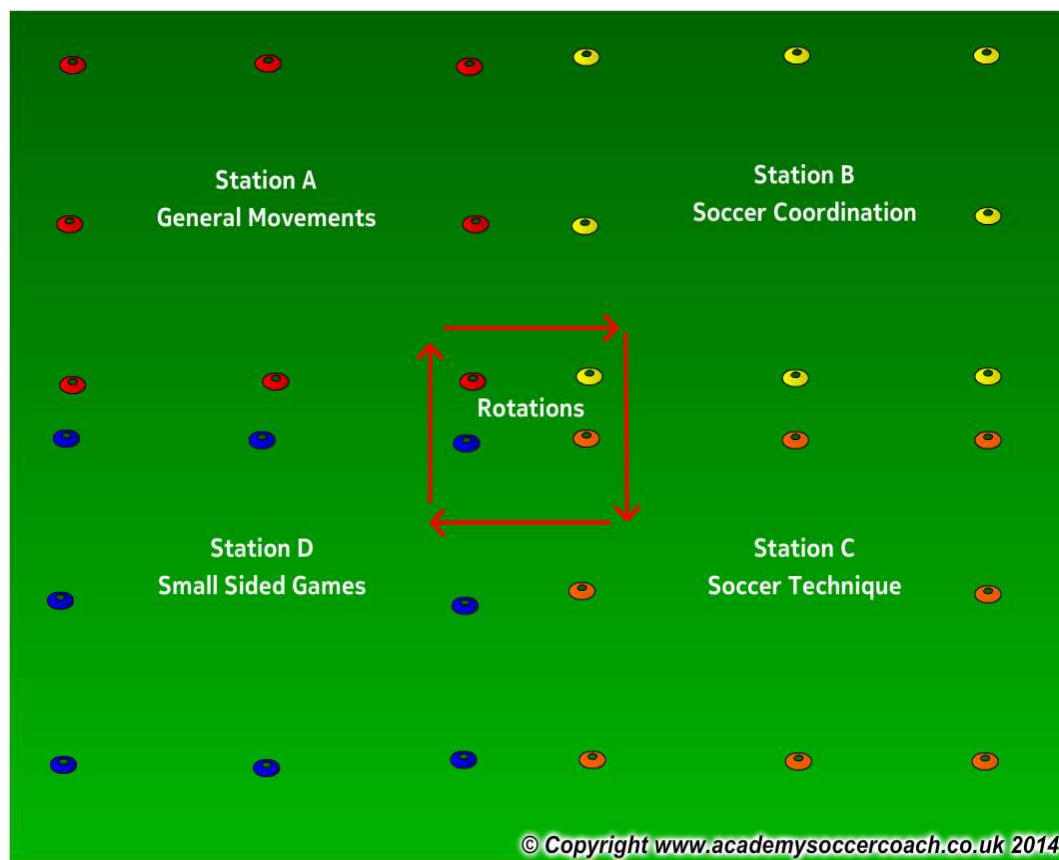
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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.



## FUNdamentals practice plan – Week 33

### Station A

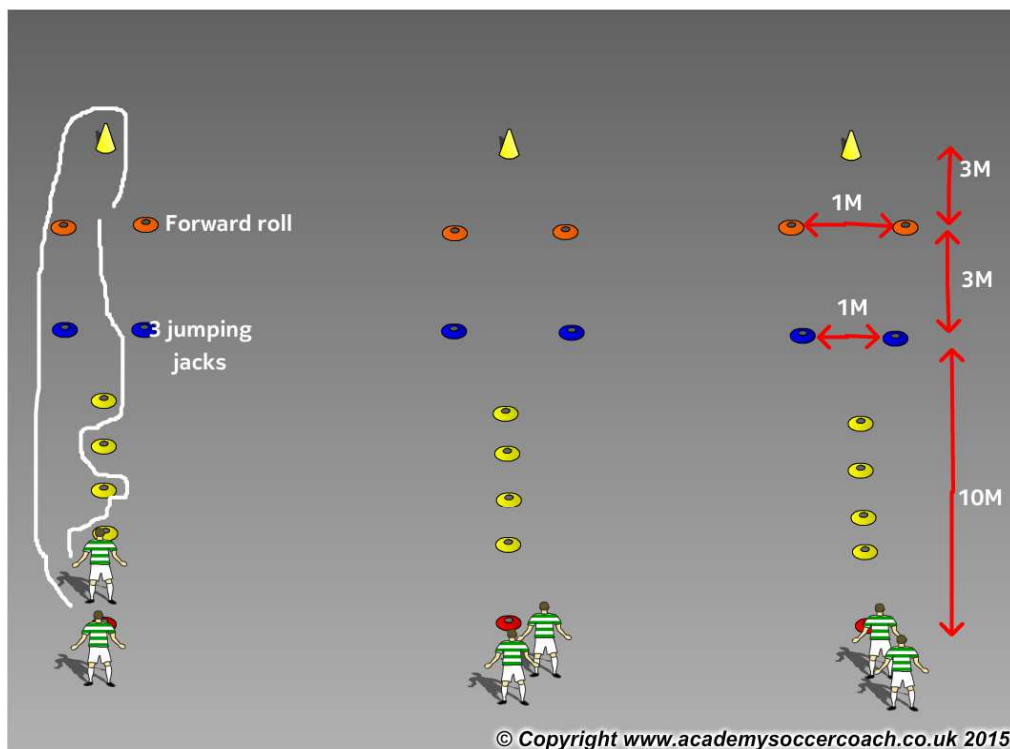
### General Movements – Relay Race



**Time frame. 8-10 minutes**

### **Emphasis:**

Agility, Balance, Coordination, Speed  
Changing Direction  
Movement Preparation  
**FUN!**



**Organization:** Players are placed into 2 or 3s.

**Procedure:** The 1st player runs in and out of the yellow cones and then sprints to the blue gate. The player performs 3 jumping jacks and then runs backwards to the orange cones where they perform a forward roll. They then run around the end yellow cone and sprint straight back to the start, give their partner a high 5 and then the next player goes. Players waiting perform jumping jacks.

<b><u>Psychological</u></b> Confidence Being safe FUN	<b><u>Technical</u></b> N/A
<b><u>Physical</u></b> Agility, Balance Change of Direction Fundamental Movements	<b><u>Social</u></b> Listening Working as a team Celebrating





## FUNdamentals practice plan – Week 33

### Station B

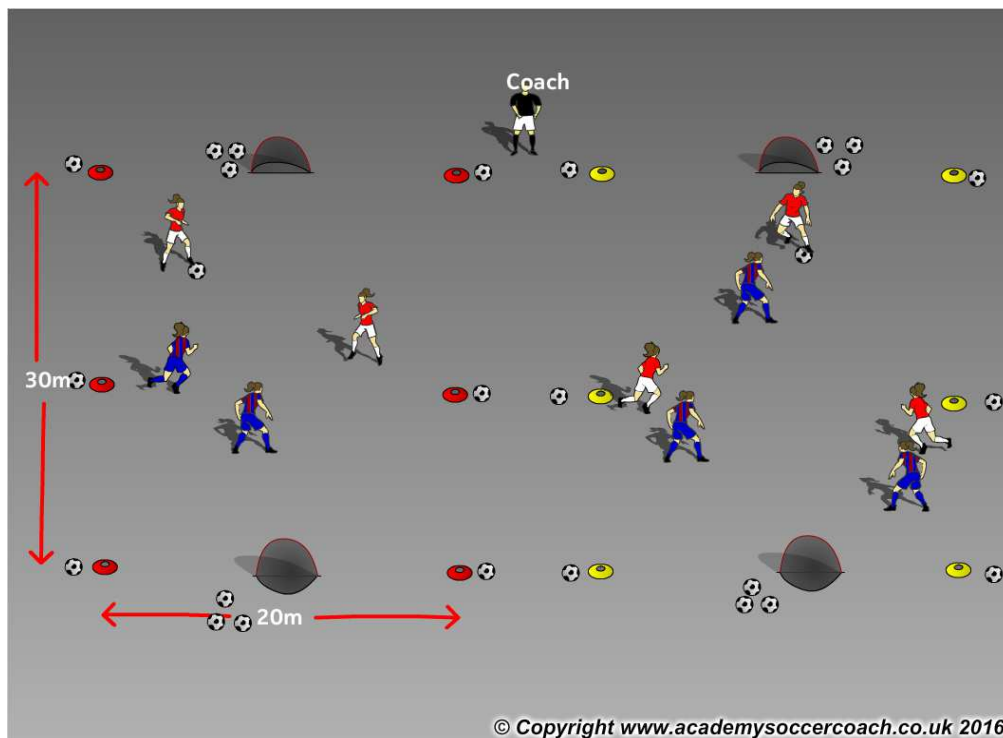
### 2v2/3v3 small sided games



Time frame. 8-10 minutes

### Emphasis:

Passing/Receiving  
Players working together  
Decision making of the players



Organization: 2 fields of 20m x 30m are set up. Organize players into either 2v2 or 3v3 games.

Procedure: Children play 2v2. The emphasis for the coach should be on how the children play and receive the ball as well as the decisions that the players make within the game situation. Coach should ask questions of the players, such as "how can you help your team mate" or "What other decision could you have made, and why?"

### Psychological

Confidence  
Being safe  
Decision making

### Technical

Passing  
Receiving

### Physical

Movement  
Body position  
Acceleration

### Social

Listening  
Communicating  
FUN



## FUNdamentals practice plan – Week 33

### Station C Passing Gates

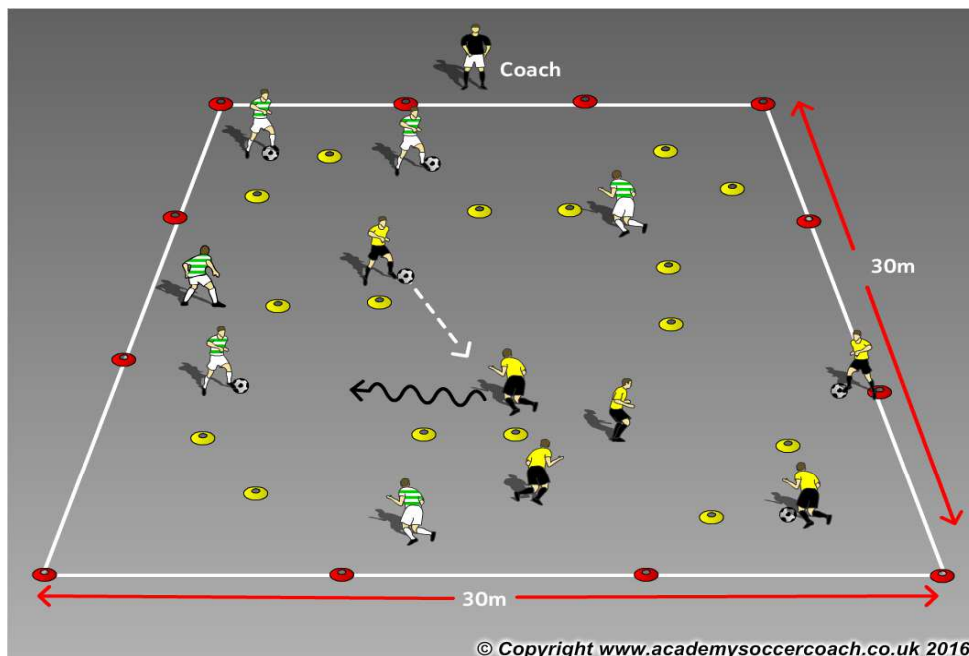


**Time frame. 8-10 minutes**

#### **Emphasis:**

Guide players to make the correct decisions.

Offer advice through questions



**Organization.** Players are placed into 2s inside 30mx30m area. Gates are created using cones. The size of each gate should vary to challenge each individual.

**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 =1point, after 60 seconds pair with the most points wins the competition. Repeat game several times.

#### **Psychological**

Competition  
Confidence  
Decision making  
FUN

#### **Technical**

Passing  
Receiving

#### **Physical**

Speed  
Movement  
Change of Direction

#### **Social**

Listening  
Communicating  
Interaction



## FUNdamentals practice plan – Week 33

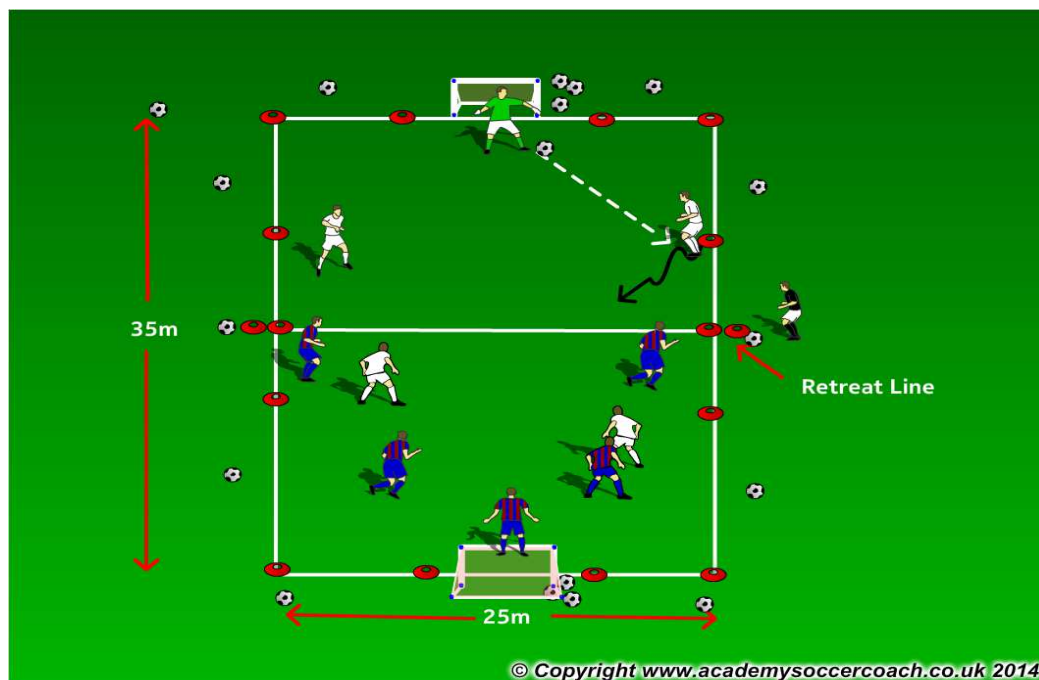
### Station D Small sided game



Time frame. 8-10 minutes

Emphasis:

FREE PLAY!  
FUN!



**5V5 with the Retreat line.**

**Organisation.** Players play 5v5 on a 35mx25m field. the Retreat line is located at the half way line.

**Procedure.** Once the ball goes out for a goalkick or the goalkeeper has control of the ball the oppersition 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  
Shooting  
Attacking/Defending

#### Physical

Speed  
A,B,C's  
Change of Direction

#### Social

Listening  
Communicating  
Celebrating  
Helping each other