

GRASSROOTS WORKBOOK & PRACTICE PLANS





FUNdamentals practice plans

The OSA Player Development Model – The Station concept

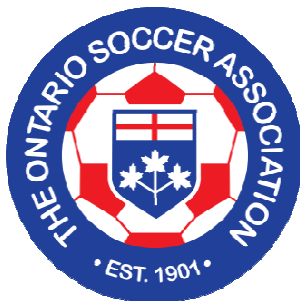


The activities provided illustrate how stations can be used during Grassroots practices. During the practice players will spend an allotted time at each station having fun, developing specific skills and qualities before moving onto the next station. By using station work we create an environment where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

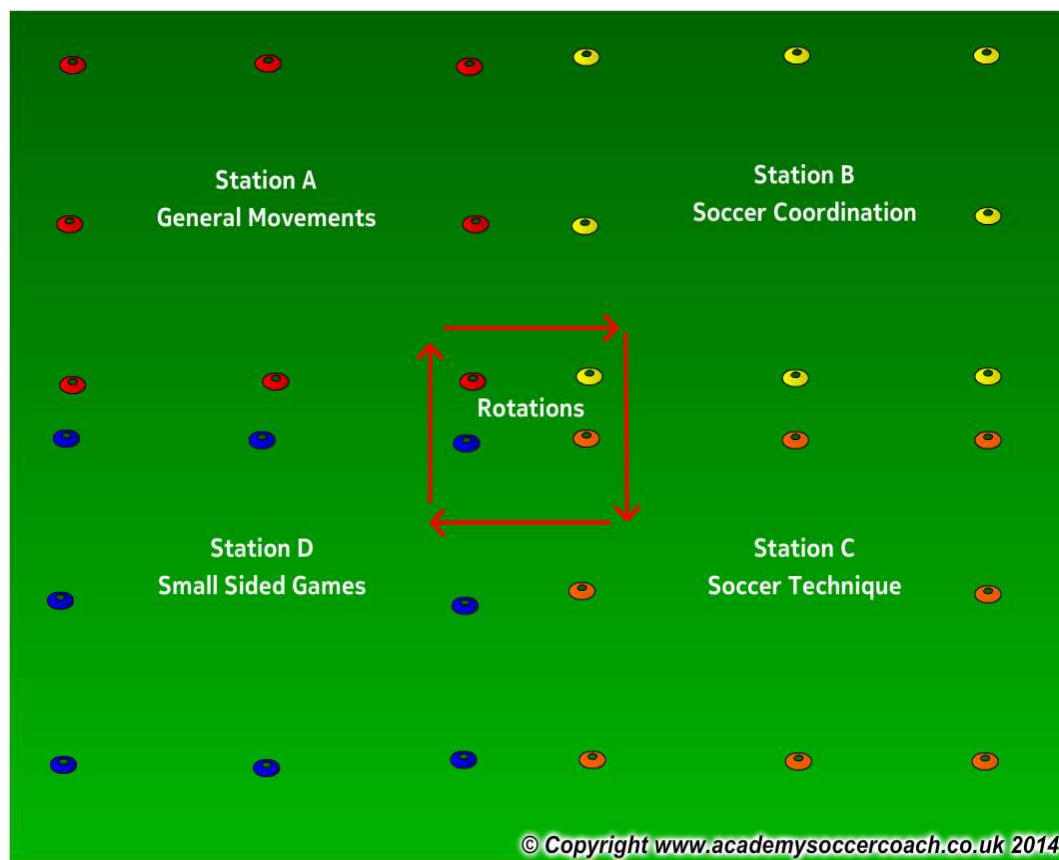
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

Total Practice time 45 minutes as per the Recreational and Development Matrix



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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 34

Station A

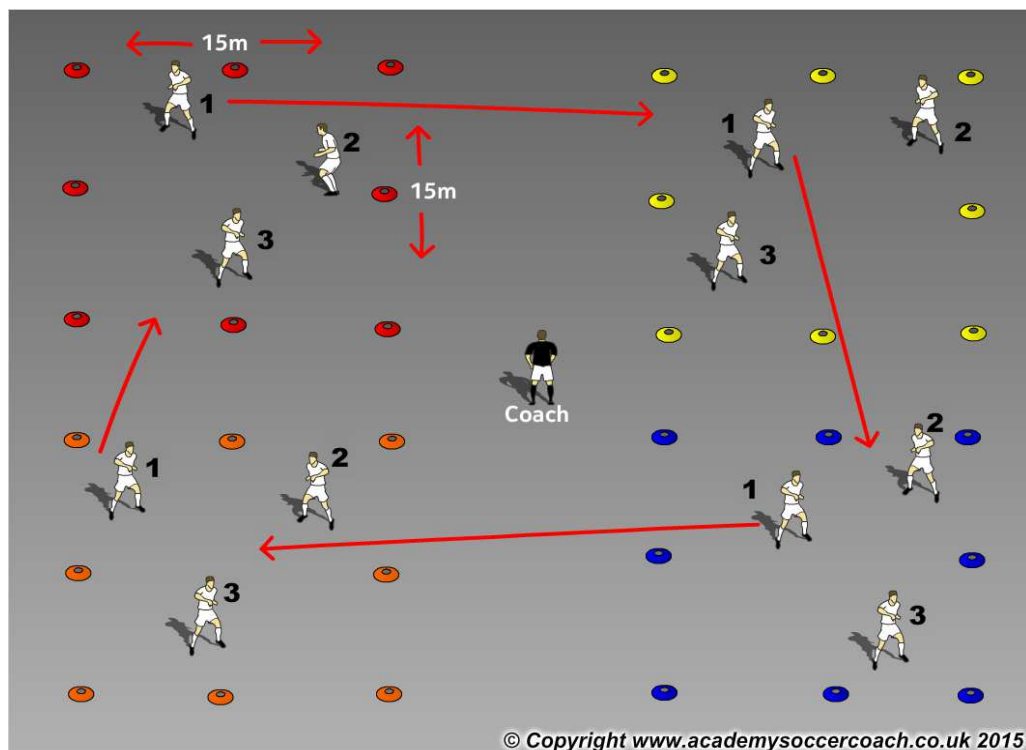
General Movement squares



Time frame. 8-10 minutes

Emphasis:

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



Organization: 3 players are placed inside each 15m x 15m area.
Procedure: Players are asked to move around in different directions within their own area. The coach should also ask players to perform different movements. I.e. skipping, hopping, moving sideways, backwards etc.
When the coach calls out a number, that player sprints to the next square in the direction shown by the arrows.
Progression: Add a ball to each square and have players pass and move.

Psychological

Confidence
Being safe
FUN

Technical

Passing
Receiving

Physical

Agility, Balance
Change of Direction
Fundamental
Movements

Social

Listening
Working as a team



FUNdamentals practice plan – Week 34

Station B

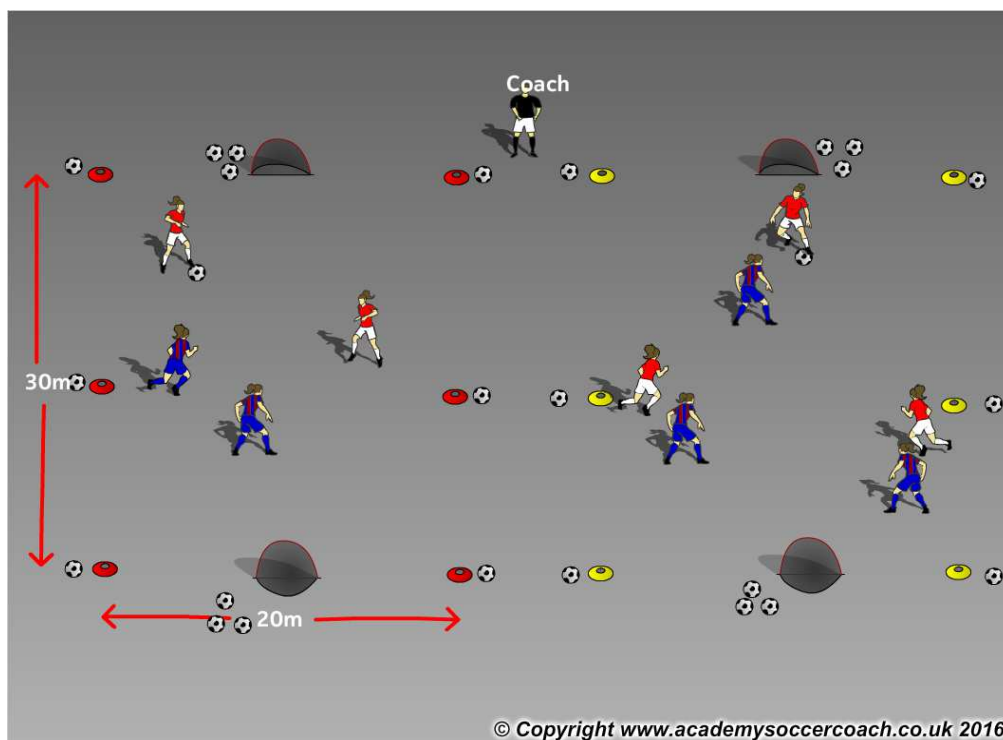
2v2/3v3 small sided games



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

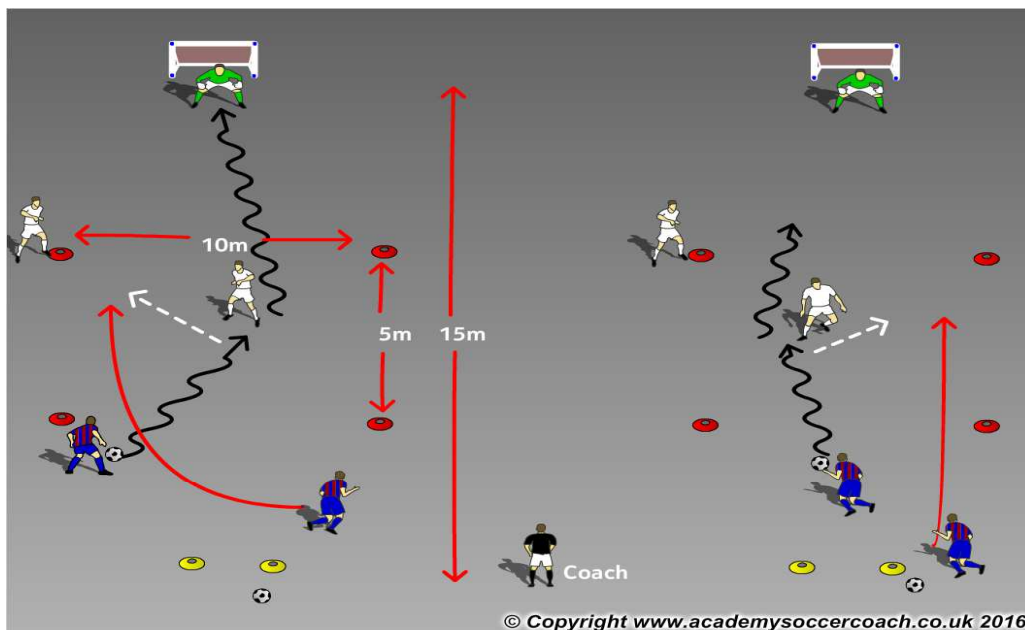
Social

Listening
Communicating
FUN



FUNdamentals practice plan – Week 34

Station C 2v1 alley



Organization: Players are placed into groups of 5. 2 defenders and 2 attackers and 1 goalkeeper. Space is organised as above.

Procedure: A 2V1 situation is now created. Player in possession of the ball dribbles towards the defender to try to beat him/her. Defender must start in the square and can move anywhere in the area once the attacker dribbles in. The attacker now has a supporting team mate and can either make the decision to go 1v1 against the defender or pass to their team mate to create 2v1. If the attacker beats the defender they go and score in the main goal. If the defender wins possession they can score by dribbling through yellow goal. Players switch between attackers and defenders after each game. Players celebrate when they score and keep a track of how many goals they score.

Time frame. 8-10 minutes

Emphasis:

Guide players to make the correct decisions.

Offer advice through questions

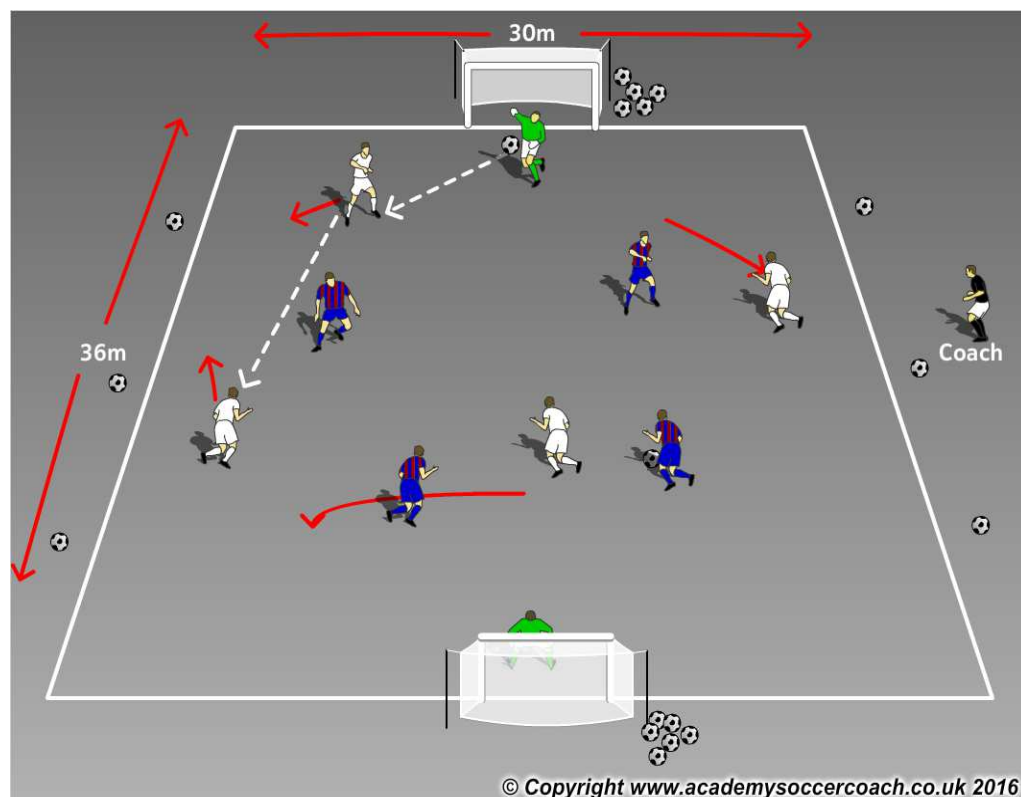
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|--|--|
| <p><u>Psychological</u></p> <p>Competition Confidence Decision making FUN</p> | <p><u>Technical</u></p> <p>Passing Receiving 1v1</p> |
| <p><u>Physical</u></p> <p>Speed Movement Change of Direction</p> | <p><u>Social</u></p> <p>Listening Communicating Interaction</p> |



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Station D

Small sided game – FREE PLAY



Organization: 5v5 in a 30m x 36m field. No conditions. Encourage players to be positive, run with the ball and penetrate space when they have the opportunity. Allow for players to make decisions based on what they see. Look for good movement to provide support and find space.

Time frame. 8-10 minutes

Emphasis:

FREE PLAY!
FUN!

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