



GRASSROOTS WORKBOOK & PRACTICE PLANS





Learn to Train practice plan 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.

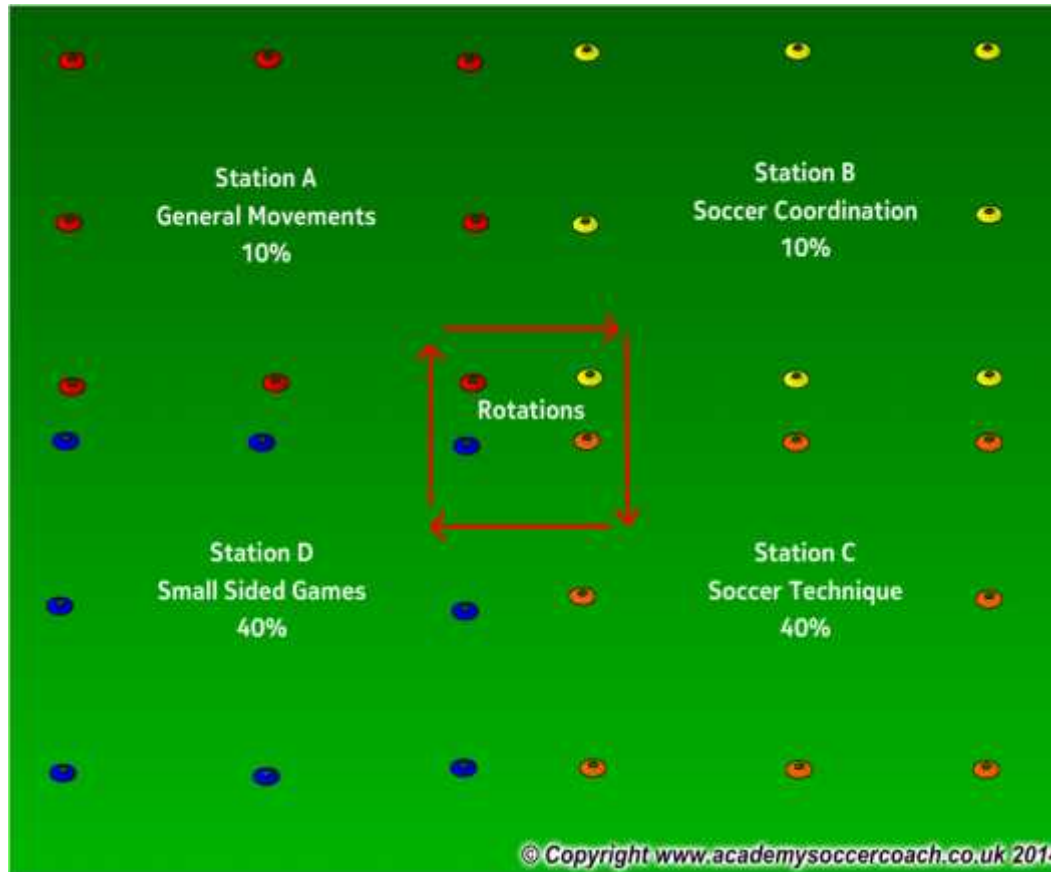
In all sessions players will travel through 4 stations, one station focuses on general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a small sided soccer game 3v3, 4v4 and 5v5

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

Total Practice time 45-70 minutes as per the OSA Recreational and Development Matrix



Learn to Train practice plan How the 4 stations work



If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 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.



Learn to Train practice plan
Station A
General Movement



Time frame. 12-15 minutes

Emphasis:

Changing direction
 Eye-hand Coordination
 Running with the ball
FUN!

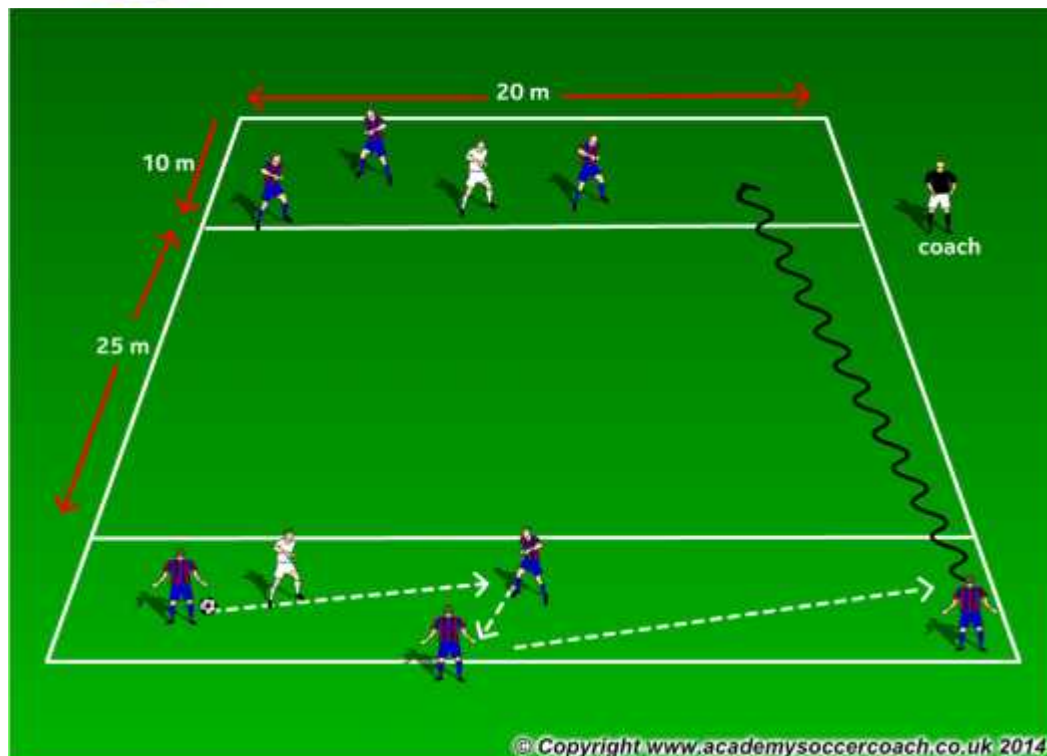


Organization: A 25mx25m field. 12 Players. 7 with the ball in their hands. 5 players with no ball. 4 players outside of the field as taggers.
Procedure: On the coach's call, taggers try to tag the players without the ball only. Players with the ball will pass to players without the ball to assist them not to be tagged. Players rotate on coach's discretion.
Progression: This game can be played with the ball on the ground.

<p><u>Psychological</u> Decision Making Confidence Being safe</p>	<p><u>Technical</u> Dribbling Passing, receiving Running with the ball</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Communicating Peer interaction</p>



Learn to Train practice plan
Station B
Soccer Coordination



Time frame. 12-15 minutes

Emphasis:

- Communication
- Passing/Receiving
- Running with the ball
- Changing direction
- Eye-foot Coordination
- Spatial Awareness
- Lots of touches
- FUN!

Organization: A 25 mx 20 m in the middle, with two end zone 10 mx 20 m. 9 players. 3+1 v 1 in each end zone.

Procedure: After 3 passes, player with the ball dribble to the other box and after 3 passes player with the ball leave to the other box. Procedure.

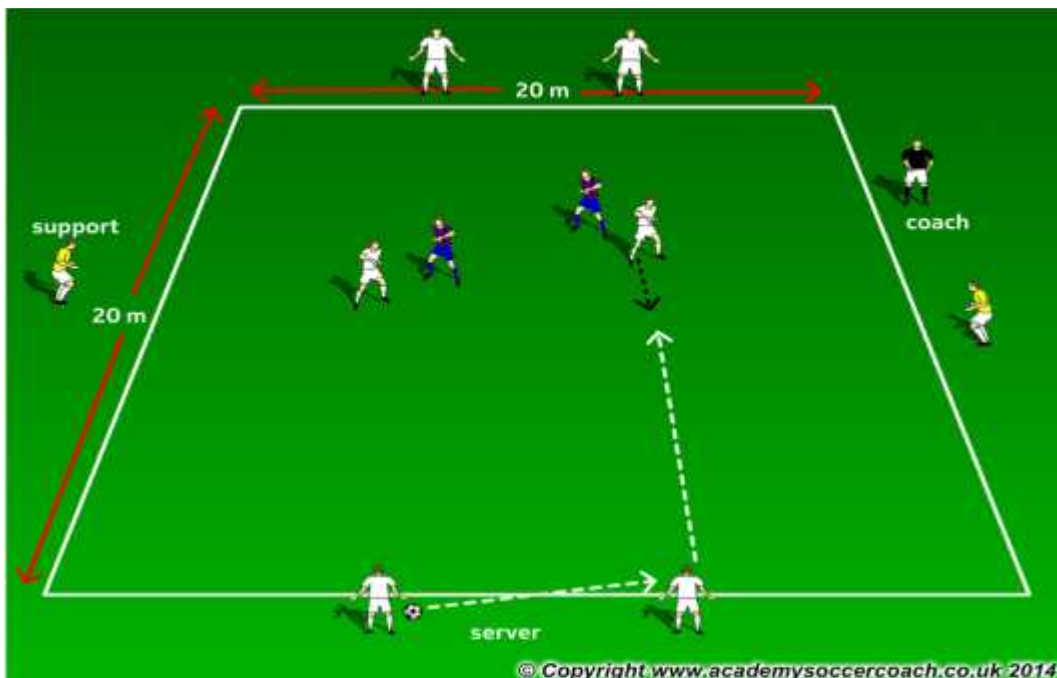
Progression: Player in the other box can come out of the box to show and receive the ball.

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<p><u>Psychological</u> Positive reinforcement Confidence Being safe</p>	<p><u>Technical</u> Running with the ball Part of the ball, Part of the foot</p>
<p><u>Physical</u> Eye-hand coordination Agility, Balance Change of Direction</p>	<p><u>Social</u> Listening Communicating Peer interaction /fun</p>



Learn to Train practice plan
Station C
Soccer Technique – Passing/Possession



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Organization: A 20 mx 20 m field.(could be modified based on players age). 8 players, 2 attackers, and 2 defenders inside the field. Four servers outside of the field, 2 supports on the side of the field.

Procedure: Server plays the ball to the other server, one of the attacker shows, and game starts. Attackers try to transfer the ball to the other servers. If the defenders win the ball, they become attackers. Attackers always can use the support on the side.

Players will rotate the roles at coach's discretion.

Progression: One of the server can move into the field to make a 3v2 .

Time frame. 12-15 minutes

Emphasis:

- Passing
- Receiving
- Communication
- Changing direction
- Change of speed
- Agility, Balance, Coordination
- Spatial Awareness
- FUN!

<p><u>Psychological</u> Fun Confidence Decision Making</p>	<p><u>Technical</u> Dribbling 1v1 Passing Creating Space</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Fun with friends</p>



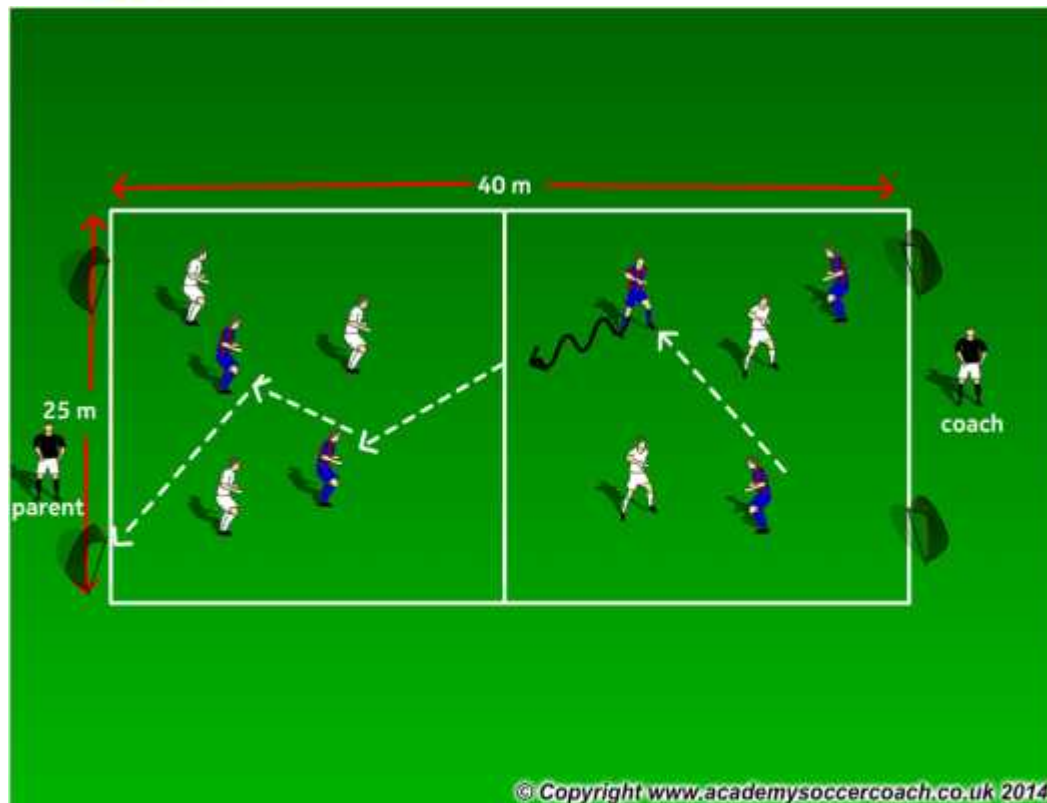
Learn to Train practice plan
Station D
Small sided game –4 goals



Time frame. 12-15 minutes

Emphasis:

Running with the ball
Passing
Receiving
Possession
Changing direction
Change of speed
Agility, Balance, Coordination
Imagination
FUN!



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Organization: A 40 mx25 m field divided to two. 10 players, and 4 small nets.
Procedure: 3v2 game in each box, and each team try to score in opponent's goals. Players have to stay in their boxes. Players switch the roles every 3 to 5 minutes on coach's discretion.

Psychological

Fun
Confidence
Decision Making

Technical

Dribbling
1v1
Passing

Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Fun with friends