

# GRASSROOTS WORKBOOK & PRACTICE PLANS





## Learn to Train practice plan The OSA Player Development Model – The Station concept



The activities provided take a look at how stations are being used at the Grassroots level. During the practice players will spend an allotted time at each station having fun and developing specific skills before moving onto the next station. By using station work we ensure players are continually motivated and we can ensure that their attention is not lost.

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 3v3, 4v4 and 5v5

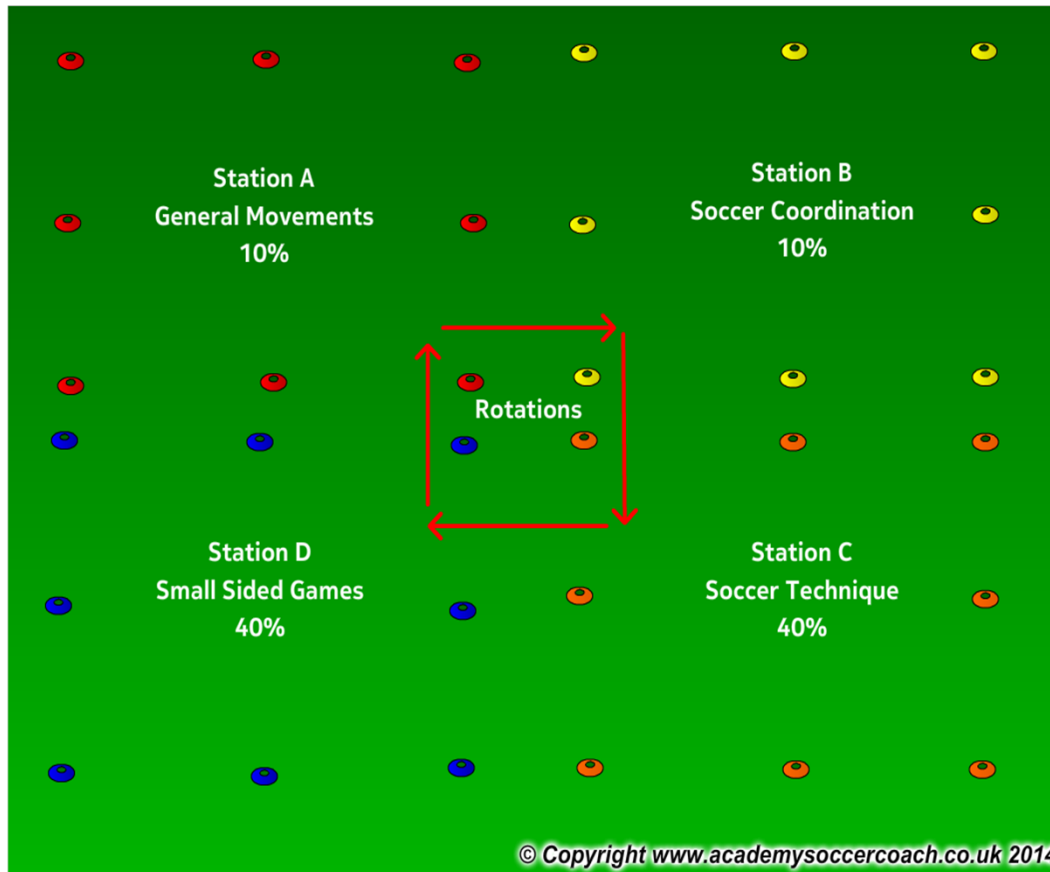
All sessions take a holistic approach to developing our youth. Each game and activity will take a look at how we can focus on 4 main areas of the child's development; these include Social/Emotional, physical, physiological and also technical

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



## Learn to Train practice plan

### How the OSA Player Development Model works



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 -Week 14

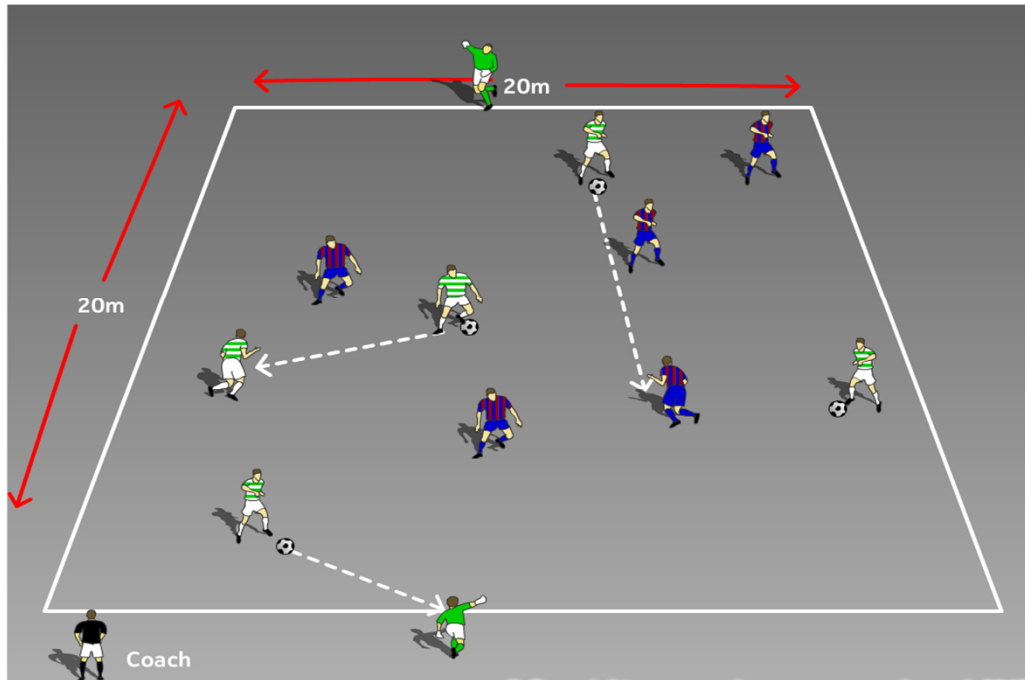
### Station A General Movement



**Time frame. 12-15 minutes**

#### **Emphasis:**

Changing direction  
Passing and Receiving  
A,B,C's  
Speed  
FUN!



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**Organization:** Players placed into 2 groups of 4 with 2 players on the outside of a 20m x 20m area. 4 balls in play.

**Procedure:** Passing/receiving/movement warm up. 2 teams of players, 1/2 players with a ball. Option is to have players on the outside, this example shows goalkeepers. Players pass the ball using various surfaces of the foot and receiving with various surfaces of the foot. Encourage quick passes, accuracy and pace. GK's use hands to receive and then distribute.

#### **Psychological**

Confidence  
Being safe

#### **Technical**

Passing  
Receiving

#### **Physical**

A,B,C's  
Change of Direction

#### **Social**

Communicating  
Peer interaction  
FUN





## Learn to Train practice plan – Week 14

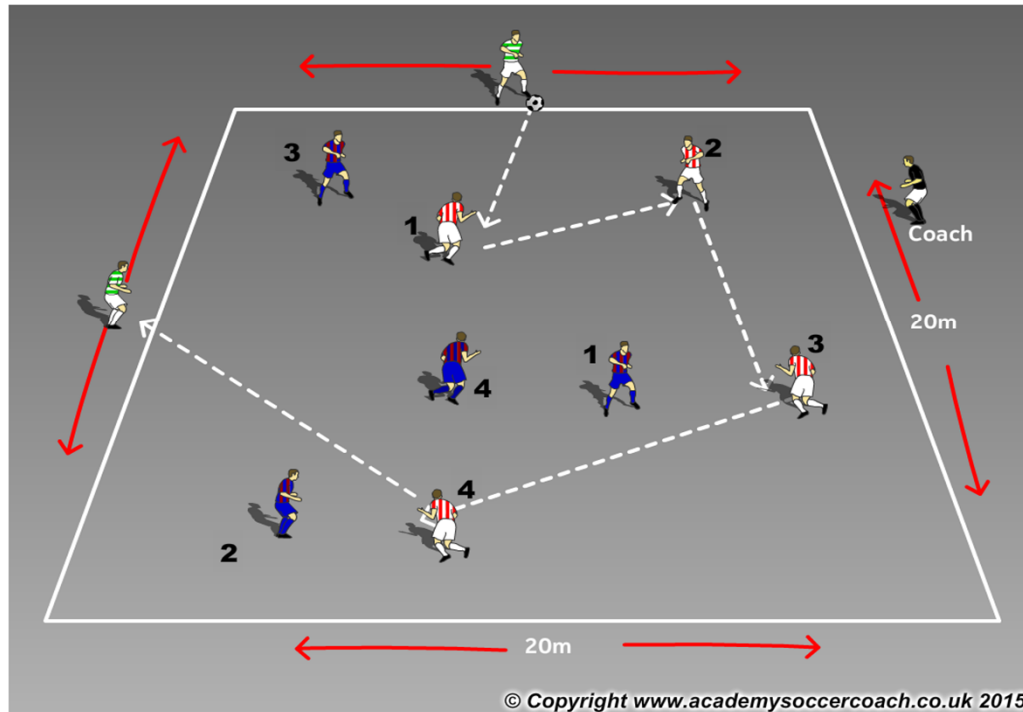
### Station B Soccer Coordination



Time frame. 12-15 minutes

#### Emphasis:

Passing  
Receiving  
Movement  
Communication  
FUN!



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**Organization:** Players placed into groups of 4 with 2 players on the outside a 20m x 20m area. 2 balls. 2 groups of 4 players are numbered 1-4. Number 1 always shows for the ball from the player on the outside. Passing is in sequence and number 4 always passes to an outside player. Keep repeating sequence. Quick accurate passing along with good movement to create space and support the player in possession of the ball. Switch outside players after a predetermined time. Progress to passing (splitting) opposing players with a pass.

#### Psychological

Positive  
reinforcement  
Confidence  
Being safe

#### Technical

Passing  
Receiving

#### Physical

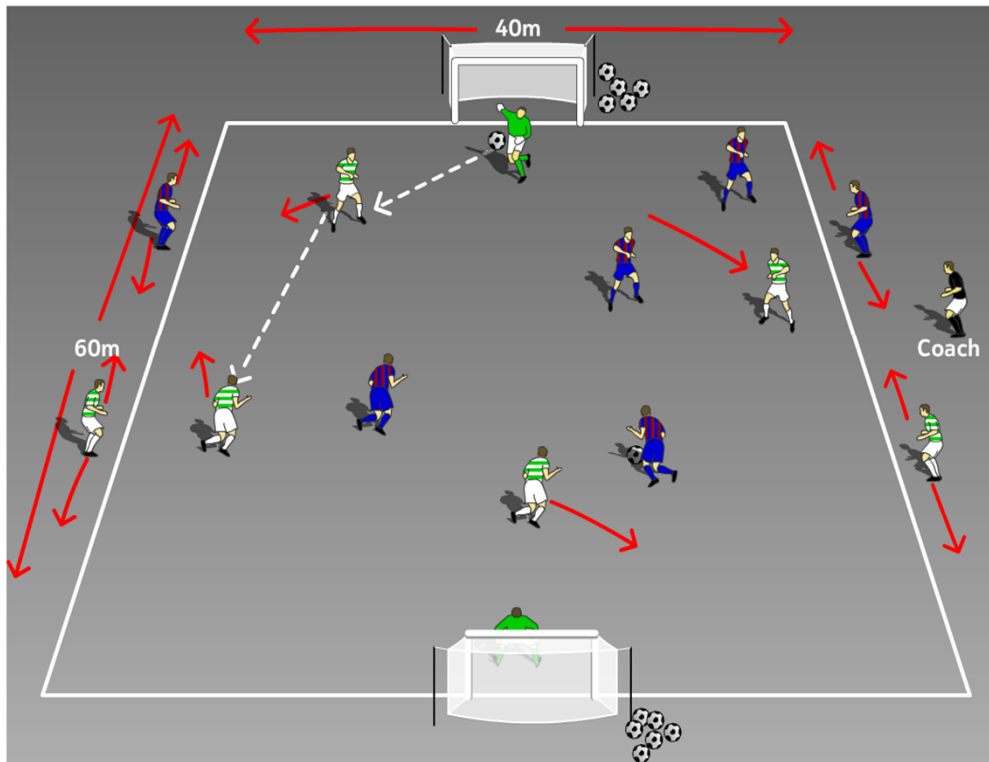
Agility, Balance  
Change of Direction  
Coordination

#### Social

Listening  
Communicating  
Peer interaction /fun



**Learn to Train practice plan – Week 14**  
**Station C**  
**Soccer Technique – Penetrating passing**



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**Organization:** 6v6 + 2 game in a 40m x 60m field. 2 players from each team are placed in the attacking half of the field on the side lines and can be used as support players when attacking. Support players have a limit on the amount of touches they can have. (1 or 2). Encourage quick, short, accurate passing. If the ball goes out of play use a pass in to restart.

**Time frame. 12-15 minutes**

**Emphasis:**

Passing  
Receiving  
Possession  
Movement off the ball

**Psychological**

Fun  
Confidence  
Decision Making

**Technical**

Passing  
Receiving  
Possession

**Physical**

A,B,C's  
Change of Direction  
Movement

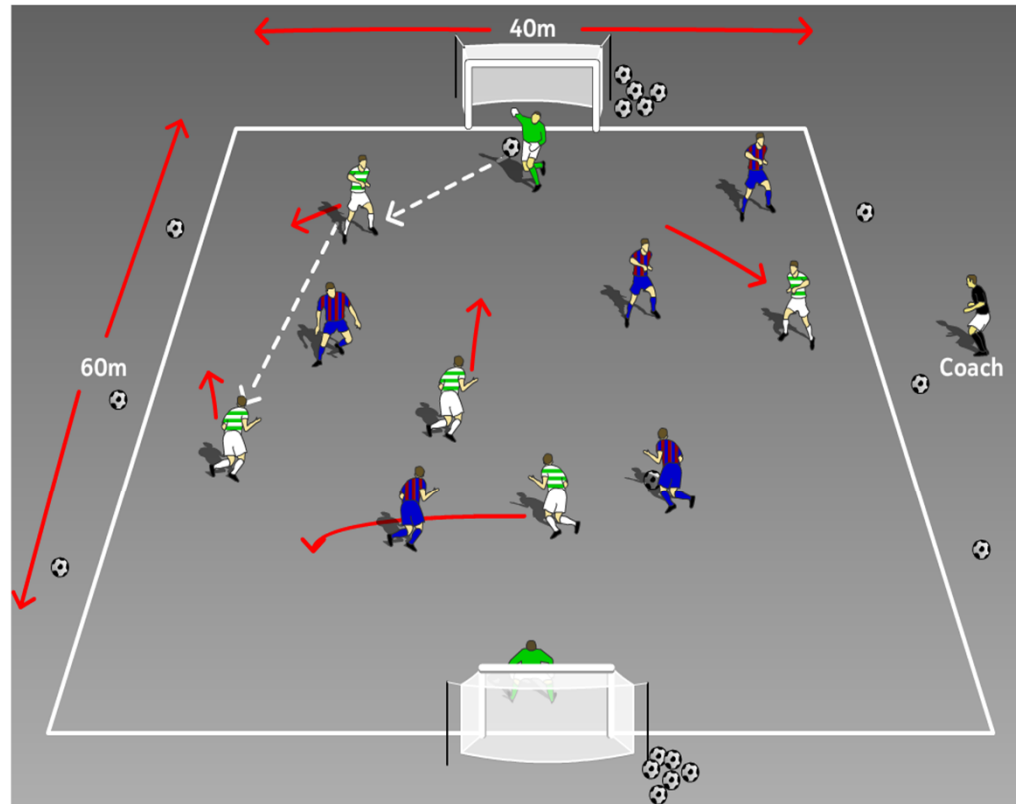
**Social**

Team work  
Communicating  
Fun with friends



## Learn to Train practice plan – Week 14

### Station D Small sided game



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Organization: 6v6 or 7v7 in a 60m x 40m field. No conditions. Encourage players to be positive, play forward and penetrate with passes. Look for good movement to provide support and find space.

Time frame. 12-15 minutes

#### Emphasis:

Passing  
Receiving  
Possession  
Dribbling  
Shooting  
FUN

#### Psychological

Fun  
Confidence  
Being safe

#### Technical

Passing  
Team possession  
Individual ability

#### Physical

Speed  
A,B,C's  
Change of Direction

#### Social

Listening  
Communicating  
Fun with friends