

# 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.

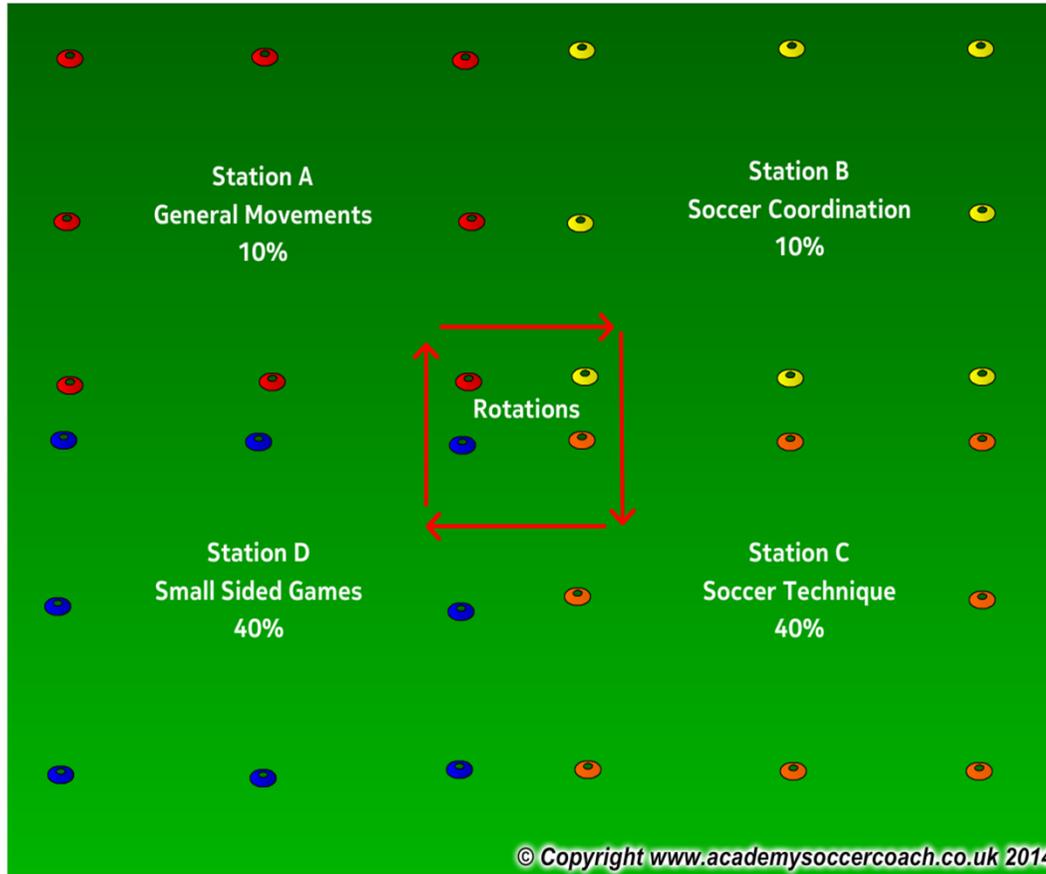
In the following activities players will travel through 4 stations. In these examples one station focuses on general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a small sided soccer game 3v3, 4v4 and 5v5

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



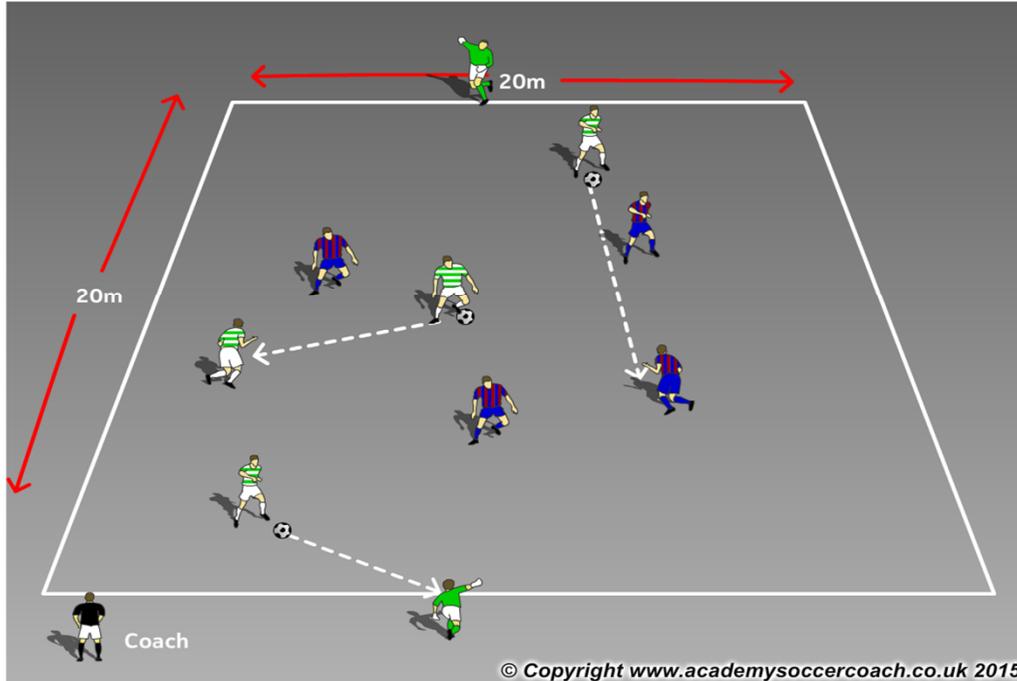
## Learn to Train practice plan How the OSA Player Development Model works



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 17**  
**Station A**  
**General Movement – Give a pass, get a pass**



**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.

**Time frame. 12-15 minutes**

**Emphasis:**

- Changing direction
- Passing/Receiving
- Decision making
- Speed
- FUN!**

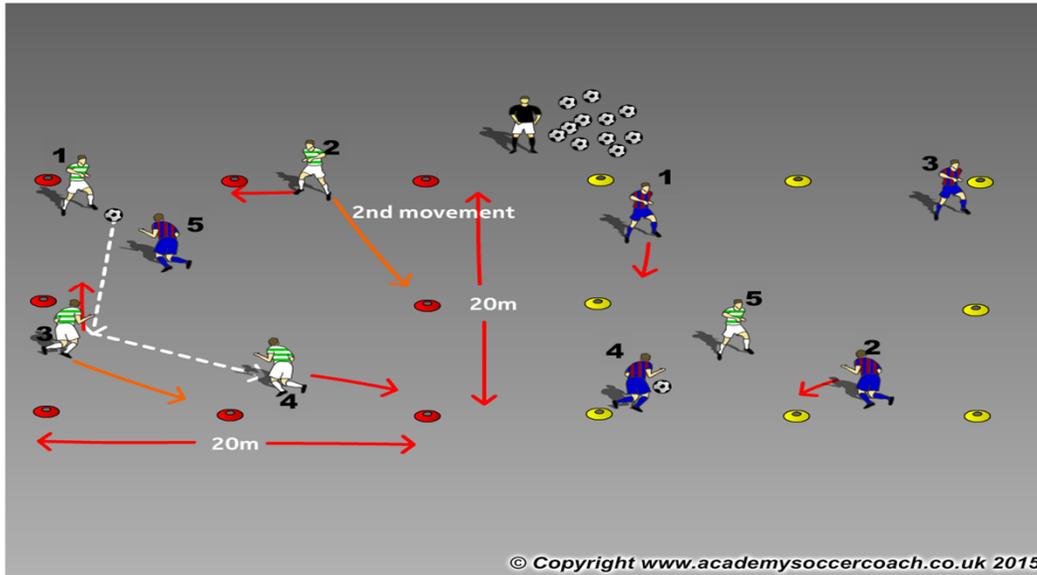
<p><b><u>Psychological</u></b>          Confidence          Being safe          Decision making</p>	<p><b><u>Technical</u></b>          Passing          Receiving</p>
<p><b><u>Physical</u></b>          A,B,C's          Change of Direction</p>	<p><b><u>Social</u></b>          Communicating          Peer interaction          FUN</p>



## Learn to Train practice plan – Week 17

### Station B

### 4v1 possession



**Organization:** 5 players are placed inside a 20m x 20m area. Area can be made bigger or smaller depending on the ability of the players. Each player is numbered 1-5.

**Procedure:** Players start inside their own square passing and moving. The coach will call a number and that player will go defend in the opposite square creating a 4v1 situation. The player will defend in the opponent's area for 60 seconds. If the team in possession can make 5 consecutive passes they score one point, if the ball goes out or the defender wins the ball they score one point. After 60 seconds players return to their own square and add their points together creating competition amongst the two teams.

On the diagram above the red lines indicate the movement of the players when the player in possession has the ball (short and long support). The red lines indicate the movement after the ball has been passed (2nd movement)

**Time frame. 12-15 minutes**

**Emphasis:**

How can we keep possession of the ball?

How can I help my team mates?

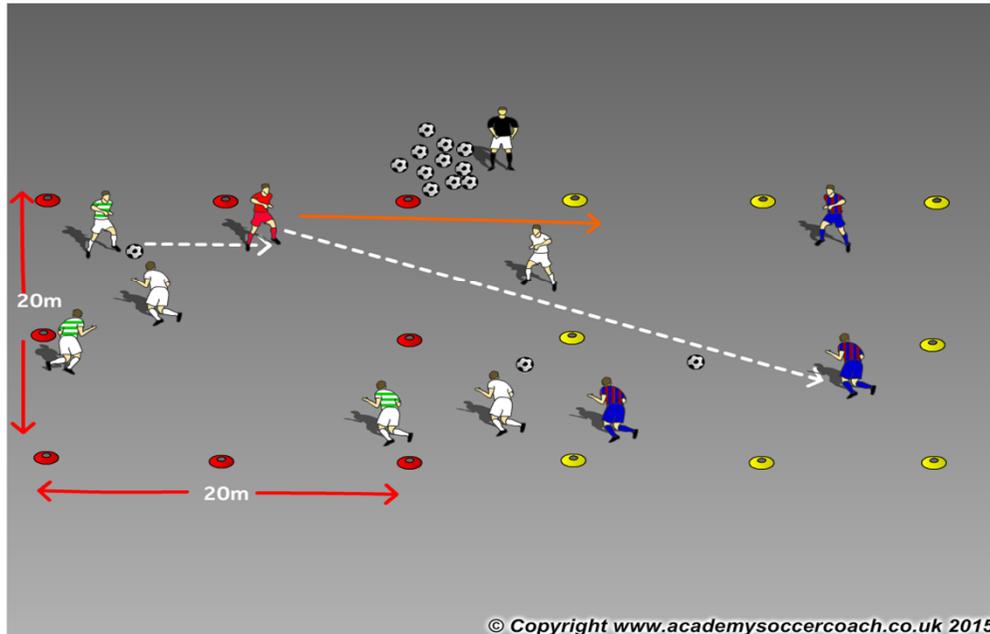
Communication

FUN!

<p><b><u>Psychological</u></b> Positive reinforcement Confidence Being safe</p>	<p><b><u>Technical</u></b> Passing Receiving</p>
<p><b><u>Physical</u></b> A,B,C's Speed of Support Body position</p>	<p><b><u>Social</u></b> Supporting team mates Communicating Peer interaction /fun</p>



**Learn to Train practice plan – Week 17**  
**Station C**  
**Soccer Technique – Possession Tennis**



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**Organization:** Players are now placed in to 3 groups of 3 plus 1 neutral player. 1 team will start in possession of the ball with the neutral player making up the 4th player. The defending team will have 1 player inside the area were the ball starts and the remaining 2 players in the central zone as shown above. The 3rd team will be moving around inside the 3rd area waiting to receive the ball. To score a point the team in possession must transfer the ball from their square to the other team; once the ball is transferred the neutral player will join the team to keep possession. If the team in possession loses the ball they become the defending team. The first team to score 5 points wins the game.

**Time frame. 12-15 minutes**

**Emphasis:**

What can I do to help my team mates?  
 Where should I Move to receive the ball?  
 What should my body position look like?

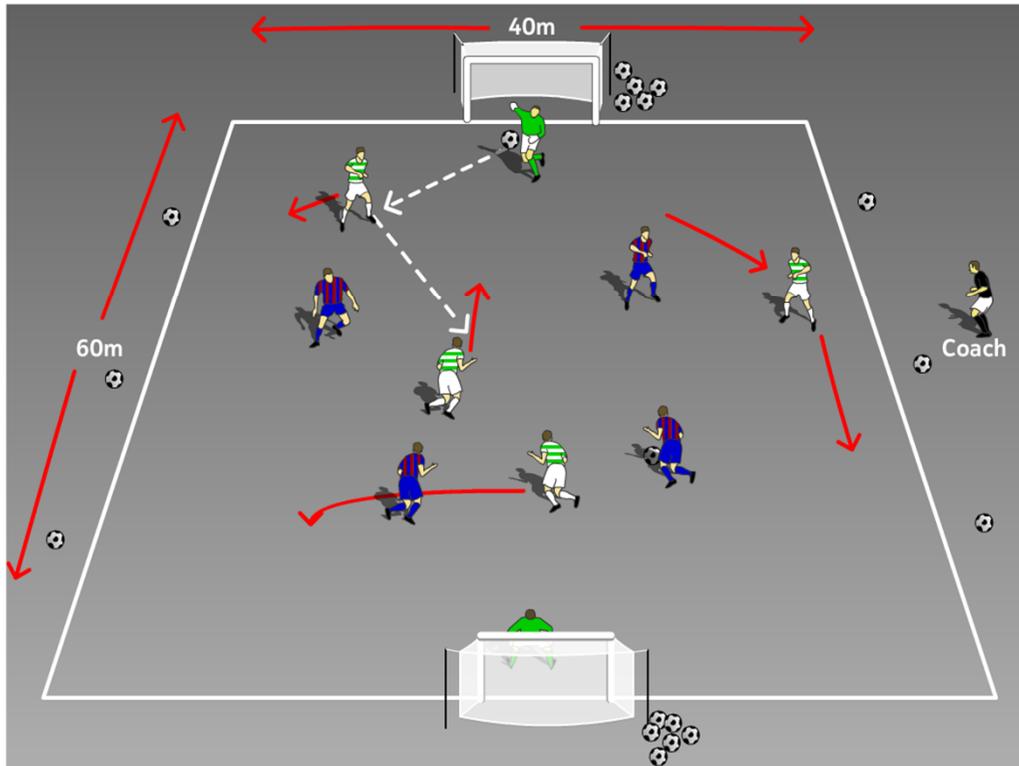
<p><b><u>Psychological</u></b>            Fun            Confidence            Decision Making</p>	<p><b><u>Technical</u></b>            Passing            Receiving            Possession</p>
<p><b><u>Physical</u></b>            A,B,C's            Support            Movement off the            ball</p>	<p><b><u>Social</u></b>            Team work            Communicating            Fun with friends</p>



## Learn to Train practice plan – Week 17

### Station D

### Small sided game – Free play



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Organization: 5v5, 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:

FREE PLAY

Creativity

Allow the game to be the teacher

FUN

<p><b><u>Psychological</u></b> Fun Confidence Being safe</p>	<p><b><u>Technical</u></b> Passing Team possession Individual ability</p>
<p><b><u>Physical</u></b> Speed A,B,C's Change of Direction</p>	<p><b><u>Social</u></b> Listening Communicating Fun with friends</p>