

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

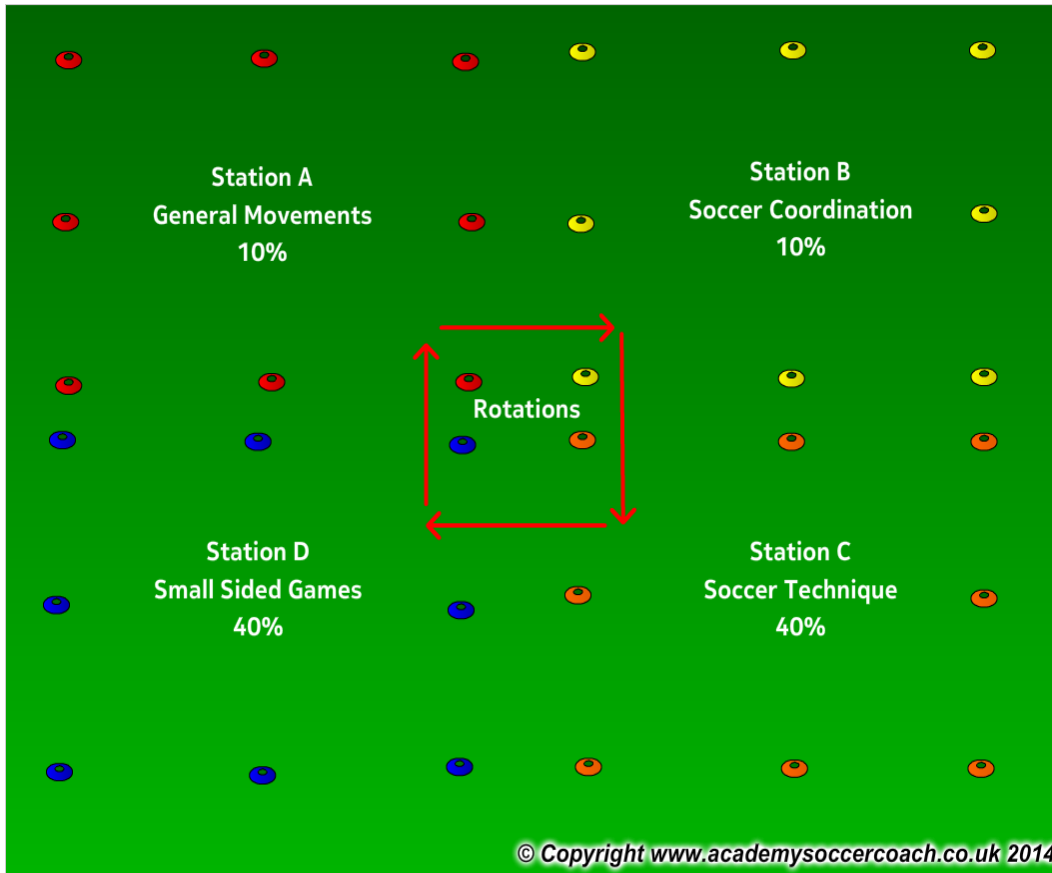
All sessions take a holistic approach to developing our youth. Each game and activity will take a look at how we can focus on 4 main areas of the child's development; these include Social/Emotional, physical, physiological and also technical

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 21

Station A

General Movement – Dynamic warm up with the ball



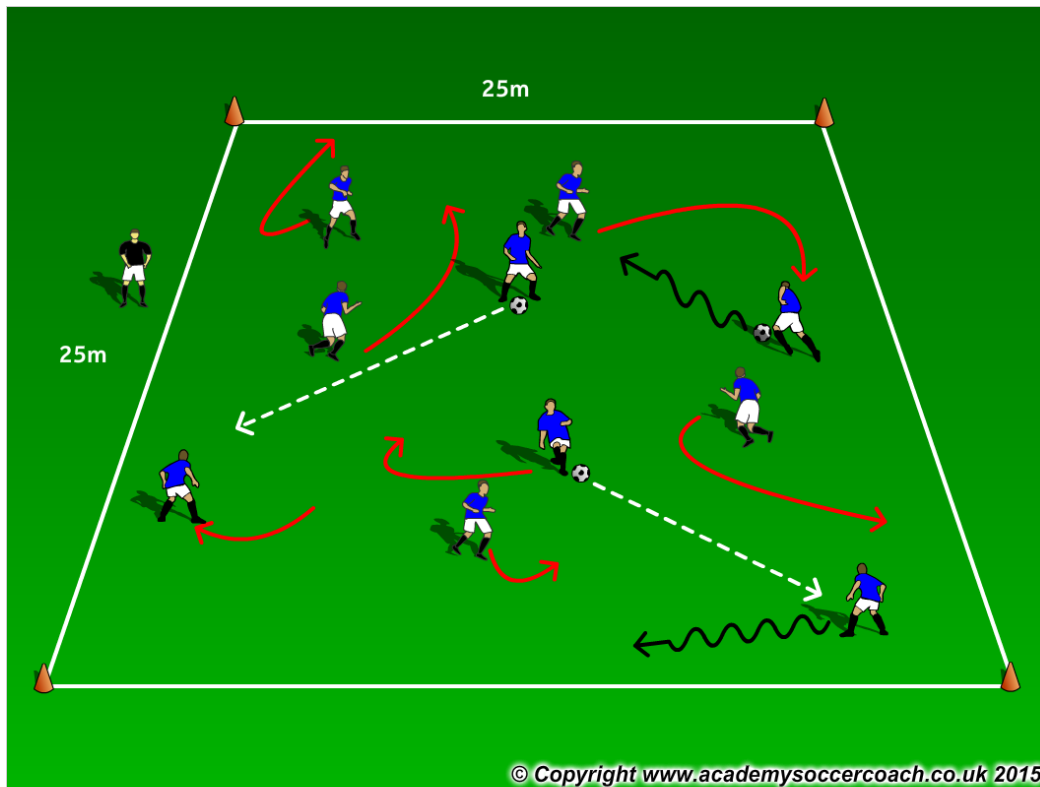
Time frame. 10-12 minutes

Emphasis:

Changing direction

A,B,C's

FUN!



Organization: Players are placed in a 25x25m area

Procedure: Players pass and dribble 3 balls amongst the group. Players without possession are encouraged to continuously move at different speeds and perform various multi-directional, soccer related movements such as walking & running (forwards and backwards), jumping, lateral movements, skipping, and rolling.

Psychological

Confidence
Being safe

Technical

Keeping the ball under control
First touch out of feet
Part of foot/ball

Physical

A,B,C's
Change of Direction

Social

Communicating
Peer interaction
FUN



Learn to Train practice plan – Week 21

Station B

Running with the Ball: 6v6 Endzones



Organization:

35x20 yard area with 5 yard endzones situated at each end.

Half-way line is marked and used as retreat line.

Procedure:

Players play 6v6 and attempt to score a point by running the ball into the oppositions endzone.

Defenders cannot defend inside the endzone

Progression:

Players play 5v5 + GK's.

1 point is scored by running the ball into the endzone

3 points are scored if the player can enter the endzone and then finish on goal.

Time frame. 12-15 minutes

Emphasis:

- Looking for opportunities to penetrate
- Keeping possession of the ball

Psychological

Positive reinforcement
Confidence
Decision making

Technical

Body position
Touch Direction
Keeping ball close
Scanning

Physical

A,B,C's
Power/accelerate

Social

Supporting team mates
Communicating
Peer interaction /fun



Learn to Train practice plan – Week 20

Station C

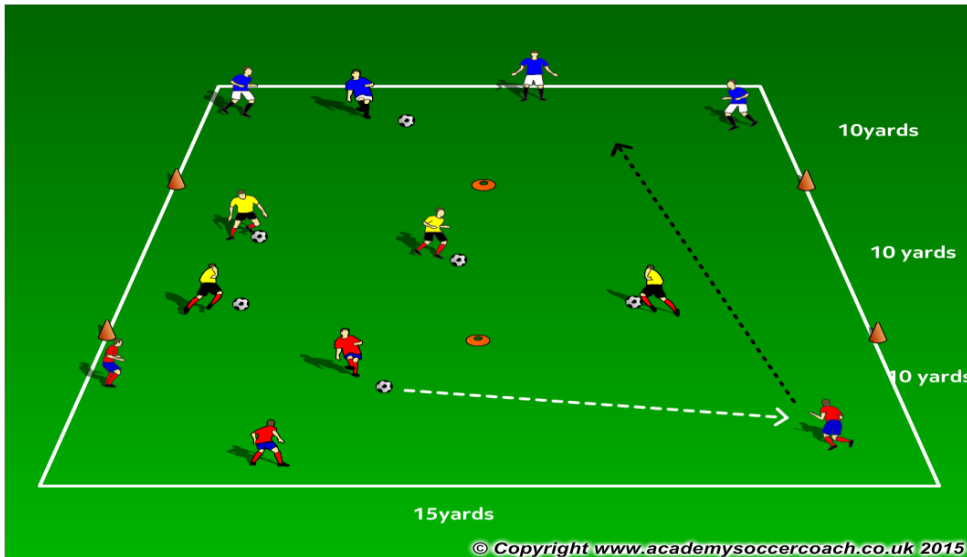
Running with the Ball: Breaking the Line



Time frame. 12-15 minutes

Emphasis:

- Recognising opportunities to penetrate



Organization:

Set up 15x30 yard area and divide area into 3 10x15yard zones
 Players divided evenly into 3 groups and assigned to a zone.
 Each outer zone the players have 1 ball between the group.

Procedure:

Middle players dribble the ball inside the central zone moving at all times.
 Players in the outside zones pass the ball among the group while looking for a gap to appear in the middle zone where they can drive through to opposite zone. Example: player in left zone drives through space in middle to reach the right zone.

Central players do not defend.

Players in central zone have 1 ball each.

Rotate middle players every 2/3 minutes.

Progressions:

Players in middle can now look to block player from penetrating. (they cannot tackle, they defend by preventing space).

Scoring outside players score an individual point by breaking through, middle players score a team point by denying a player space to penetrate.

Psychological

Confidence
 Decision Making
 Positive reinforcement

Technical

Body position
 Touch Direction
 Keeping ball close
 Scanning

Physical

A,B,C's
 Acceleration
 Power

Social

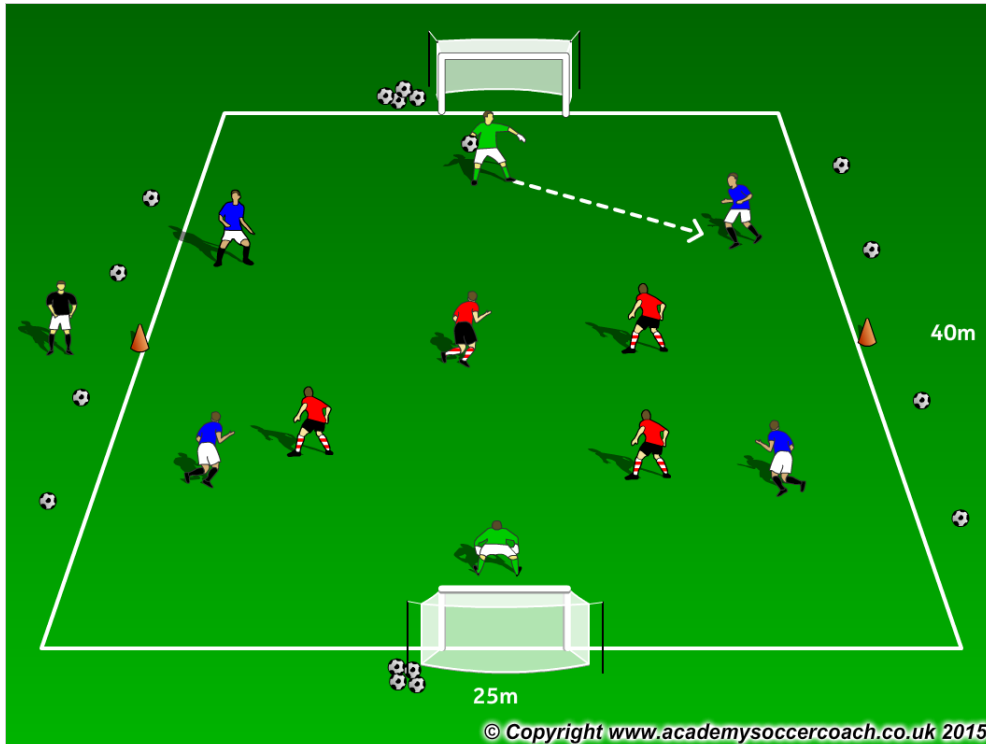
Supporting team mates
 Communicating
 Peer interaction /fun



Learn to Train practice plan – Week 21

Station D

Small Sided Game – 6v6 Free play



Organization: Players play 5v5 in a 40x25m area (6v6/7v7 = increase area accordingly). Balls stationed along outside of field. Retreat Line marked at half way line for 5v5.

Procedure: Encourage players to penetrate with forward passes, however passes should not be forced. Look for efficient movement to support player in possession and find space.

Time frame. 15-20 minutes

Emphasis:

FREE PLAY

Creativity

Opportunities to penetrate

Allow the game to be the teacher

FUN

Psychological

Fun

Confidence

Decision Making

Imagination

Technical

Body position

Touch Direction

Keeping ball close

Scanning

Physical

Speed

A,B,C's

Power/acceleration

Social

Listening

Communicating

Fun with friends