

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

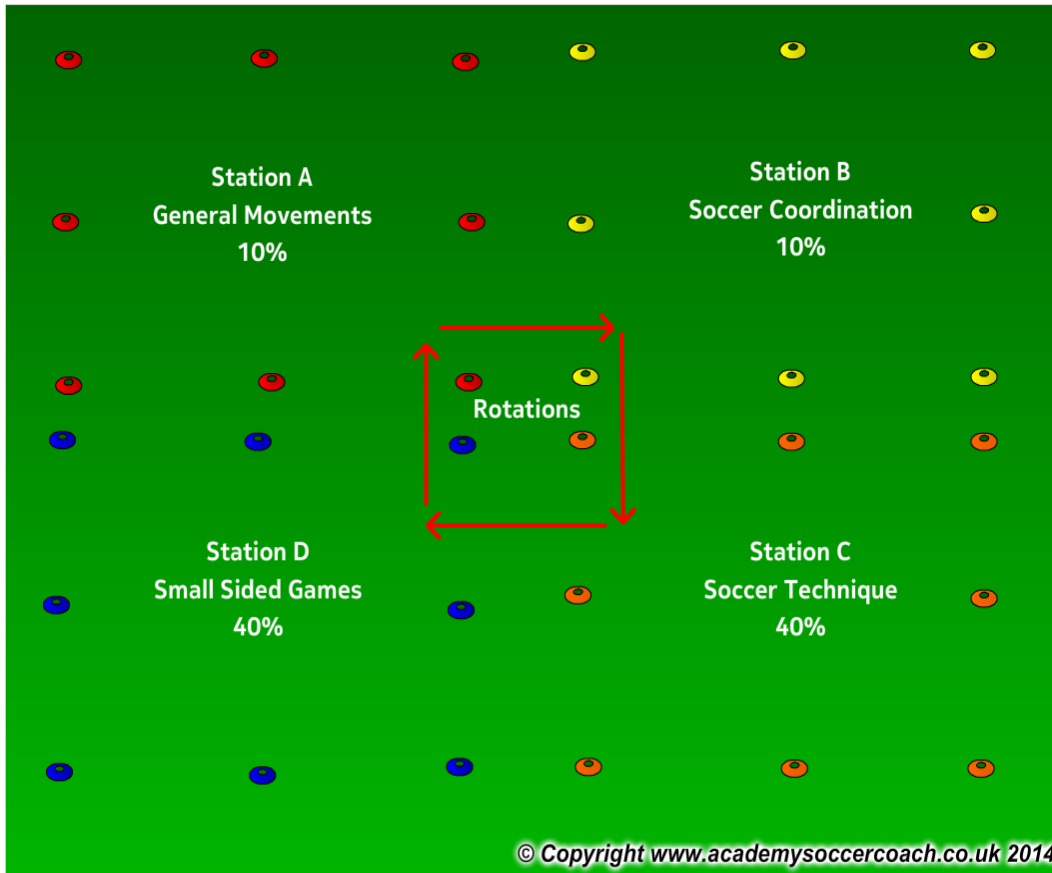
All sessions take a holistic approach to developing our youth. Each game and activity will take a look at how we can focus on 4 main areas of the child's development; these include Social/Emotional, physical, physiological and also technical

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 24

Station A

General Movement – Ball Mastery Circle

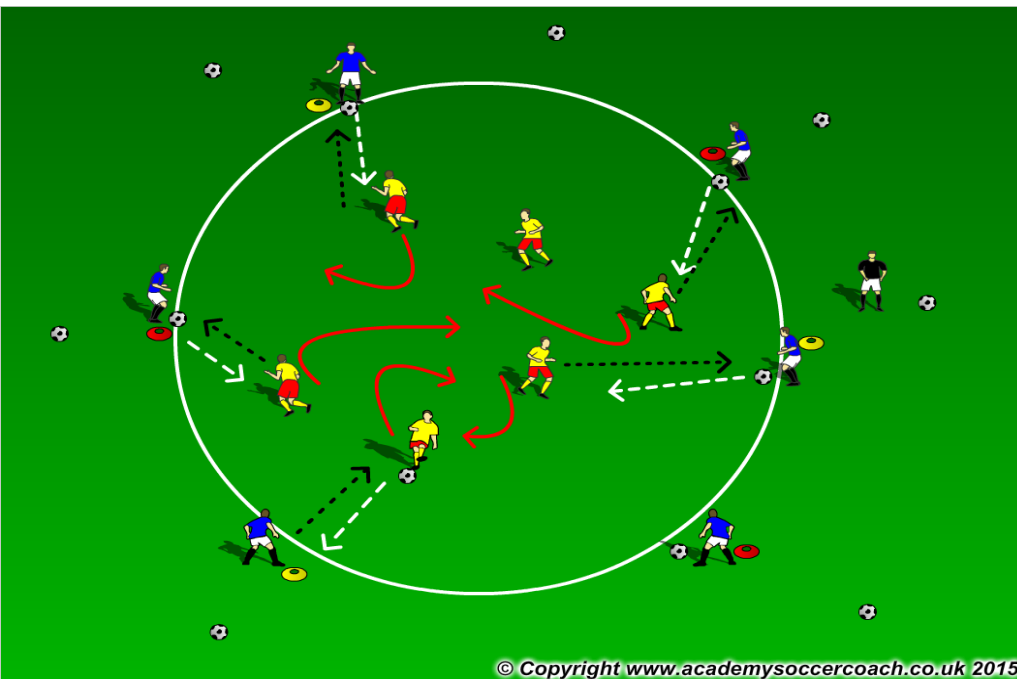


Time frame. 10-12 minutes

Emphasis:

Changing direction, A,B,C's, FUN!

Please note that heading CAN be introduced into this exercise with U12 players. This would be done with the server initially holding up a light-weight ball with the inside player making contact with the ball using his/her forehead whilst in a stationary position. Server will always maintains grip of the ball and is not thrown.



Organization: Using pylons create a circle (15-20 yard in diameter). Divide the players into 2 groups: Group 1 will be servers and take up a position on an outside pylon, and Group 2 will start inside the circle. 1 ball per pylon.

Procedure: Players inside the circle collect a ball from a server, controlling and returning the ball using a variety of techniques. After returning the ball the inside player must travel to another part of the circle and receive from a different server. Players inside will work for 1 minute before swapping positions with a server. At each change-over the coach will announce the type of service to be delivered and the technique used to deliver the ball. example: on the ground (1 touch return pass), in the air (side-foot volley), in the air (chest and volley), in the air (trap and return pass on ground) etc.

Psychological

Confidence
Being safe

Technical

Controlling with
different passes with
different surfaces.
Passing

Physical

A,B,C's
Change of Direction
Throwing

Social

Communicating
Peer interaction
FUN



Learn to Train practice plan – Week 24

Station B

SSG: 2v2 or 3v3's



Time frame. 12-15 minutes

Emphasis:

Movement to create space & support player in possession



SSG - 2v2's or 3v3's

Organization:

Create 2 12x10 area grids with nets positioned on either side.
Additional balls placed on each endline to minimize stoppages.

Procedure:

Players play 2v2 in each grid.

Free Play = NO COACHING

If numbers dictate switch to playing 3v3 in larger grid shown above.

Progressions: Limit touches

Psychological

Decision making
Confidence
Creativity

Technical

Type of pass
Body position to receive

Physical

A,B,C's
Speed of Support
Power

Social

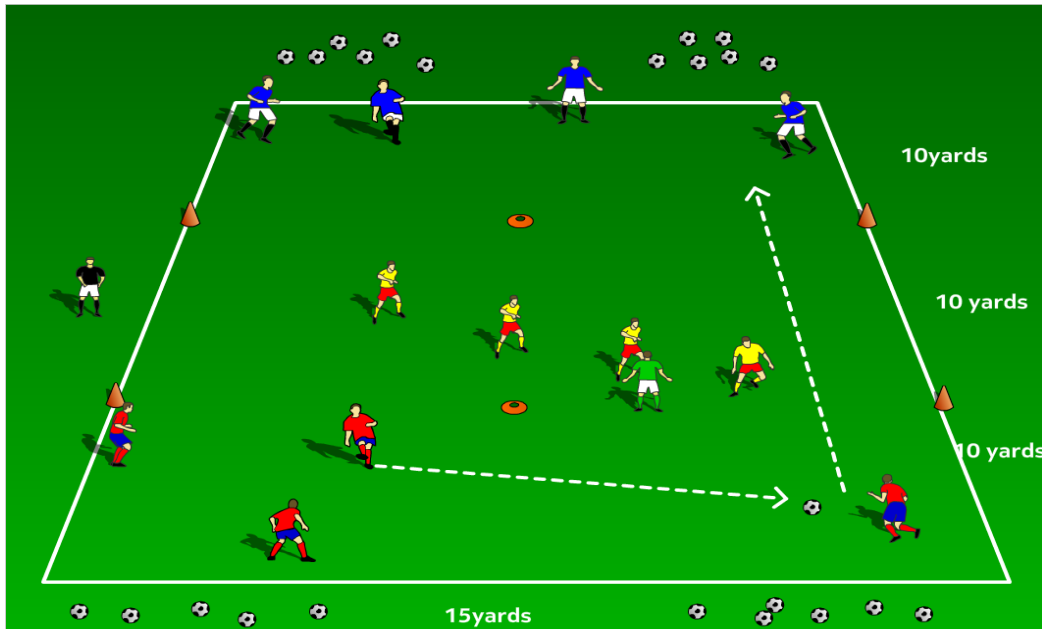
Supporting team mates
Communicating
Peer interaction /fun



Learn to Train practice plan – Week 24

Station C

Penetrating Passing– Breaking the line



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Organization: Set up 15x30 yard area and divide area into 3 10x15 yard zones. Players divided evenly into 3 groups and assigned to a zone.

Procedure: 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 play a penetrating pass to the opposite endzone. Central players look to shift together to prevent any penetrating passes.

If the central players possess the ball or the ball goes out of bounds they switch with the team in the endzone.

Progressions: 1. Scoring: Teams score by successfully playing a penetrating pass through the central area. 2. Players in middle can now send 1 defender into the endzone where possession is.

Time frame. 12-15 minutes

Emphasis:

- Body position to receive
- Supporting position
- First Touch out of feet
- Type of pass

Psychological

Confidence
Decision making
Spatial awareness
Supporting team

Technical

Receiving Skills
Touch direction
Body position
Supporting roles

Physical

Speed
Change of Direction
A,B,C's

Social

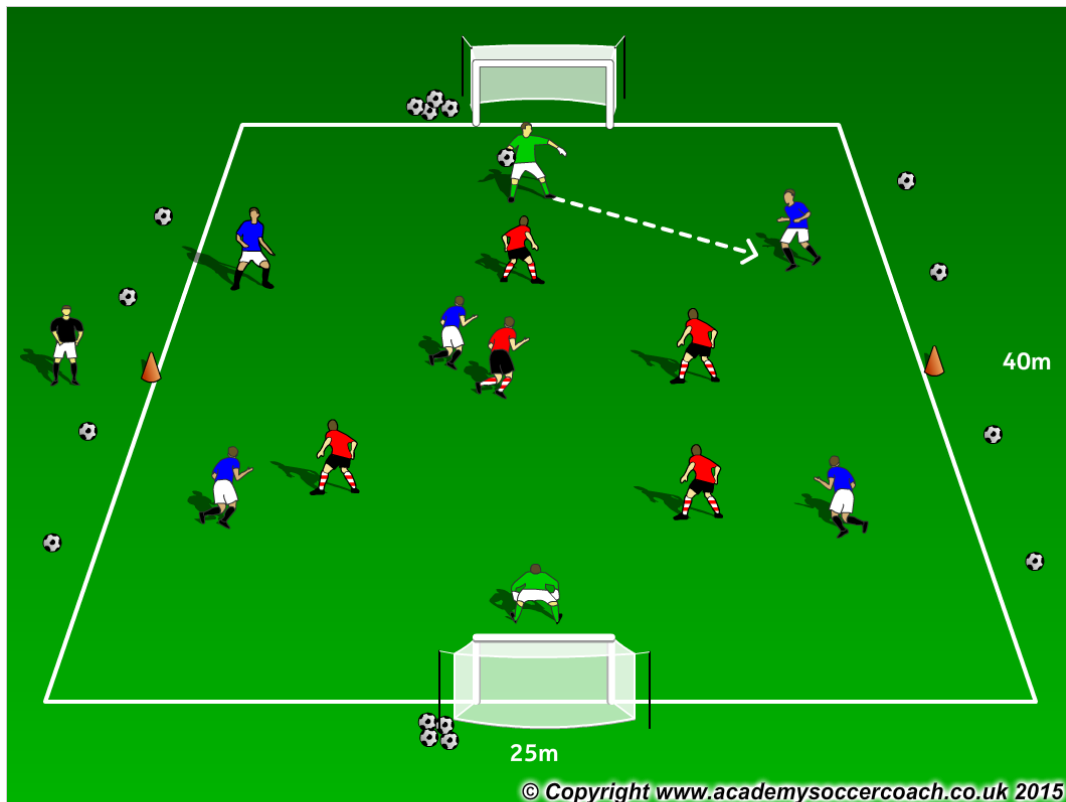
Positive support
Communicating
Fun with friends



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Station D

Small Sided Game – 5v5 + GK's



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. 12-15 minutes

Emphasis:

- Create Space
- Look to play forward
- Body position and touch when receiving
- Support of teammates

Psychological

Confidence
Decision Making
Spatial Awareness

Technical

Passing key factors
Execution under pressure

Physical

A,B,C's
Acceleration

Social

Positive support
Communicating
Fun with friends