

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

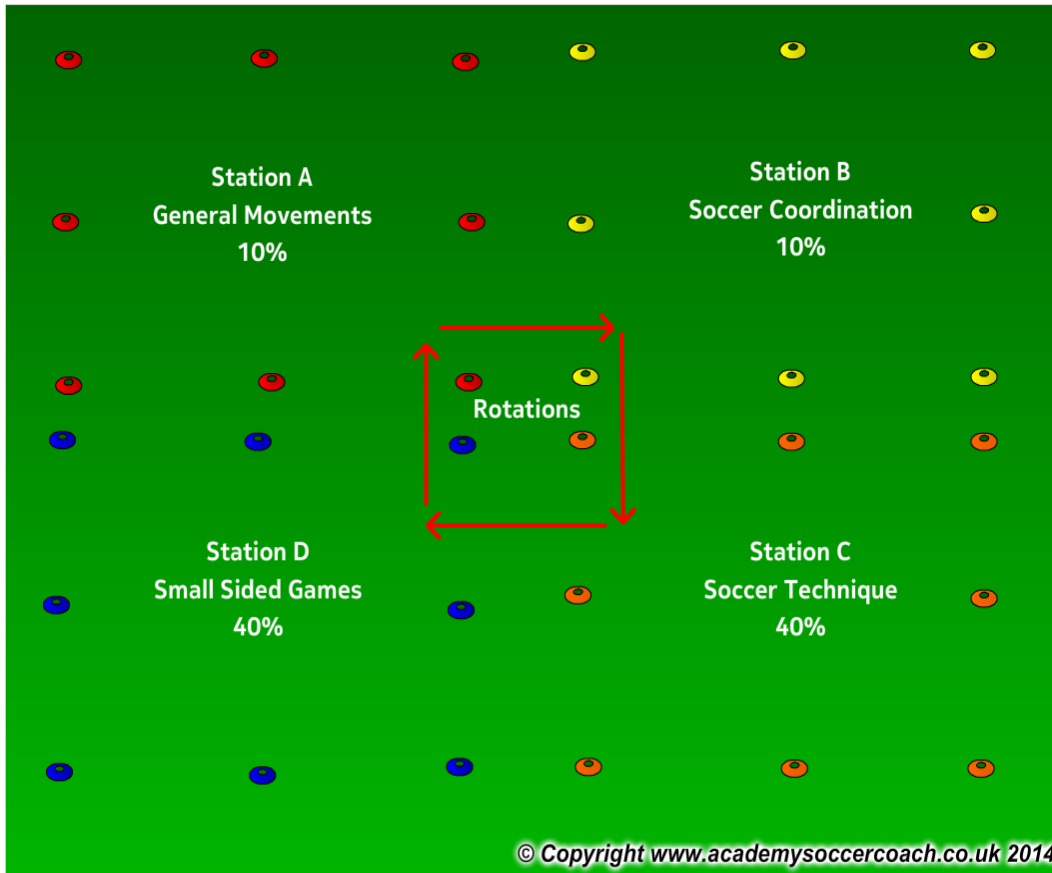
All sessions take a holistic approach to developing our youth. Each game and activity will take a look at how we can focus on 4 main areas of the child's development; these include Social/Emotional, physical, physiological and also technical

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 27

Station A

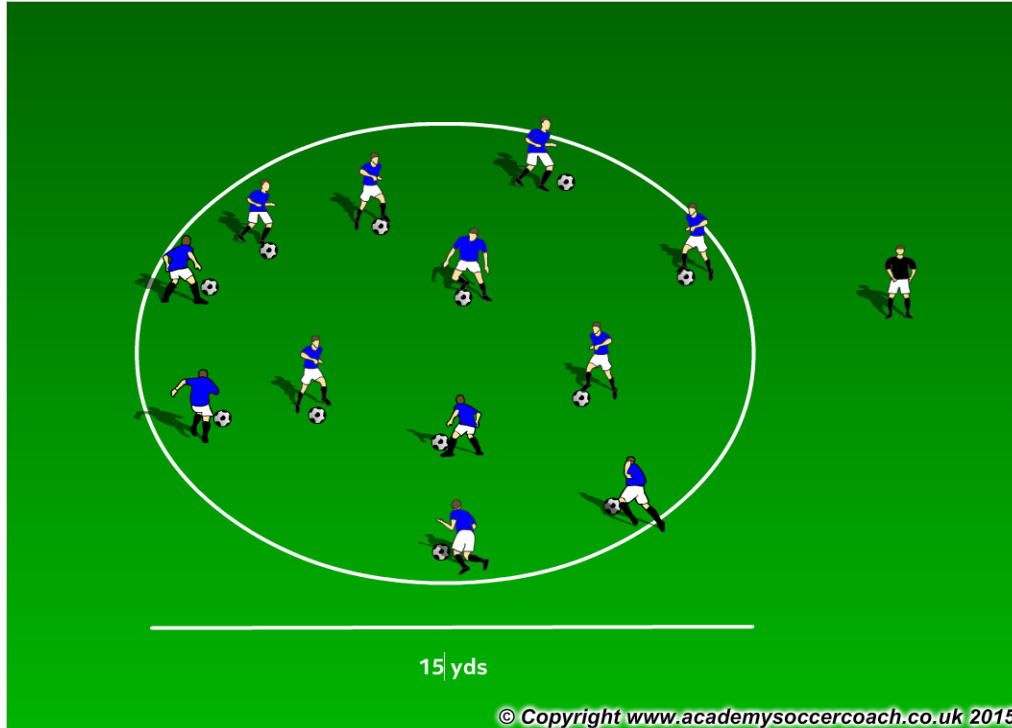
General Movements - King of the Ring



Time frame. 15 minutes

Emphasis:

Ball Mastery
Movement Skills
Dribbling



Organization: All players have a ball each and are placed in a circle, approx 15 yards in diameter.

Procedure: Players dribble their ball ensuring that the ball is always moving. On coach command all players keep their own ball under control while attempting to kick other players balls out of the circle.

If a players ball is kicked from the circle they must retrieve it and perform a task to re-enter play. example: 10 toe-taps, 1 lap of the circle dribbling their ball.

Psychological
Decision making
Confidence
Creativity
Problem solving

Technical
Ball Mastey
Running with the ball
Dribbling

Physical
A,B,C's
Speed
Power

Social
Competition
Peer interaction /fun



Learn to Train practice plan - Week 27

Station B

Soccer Coordination – The Reaction Line



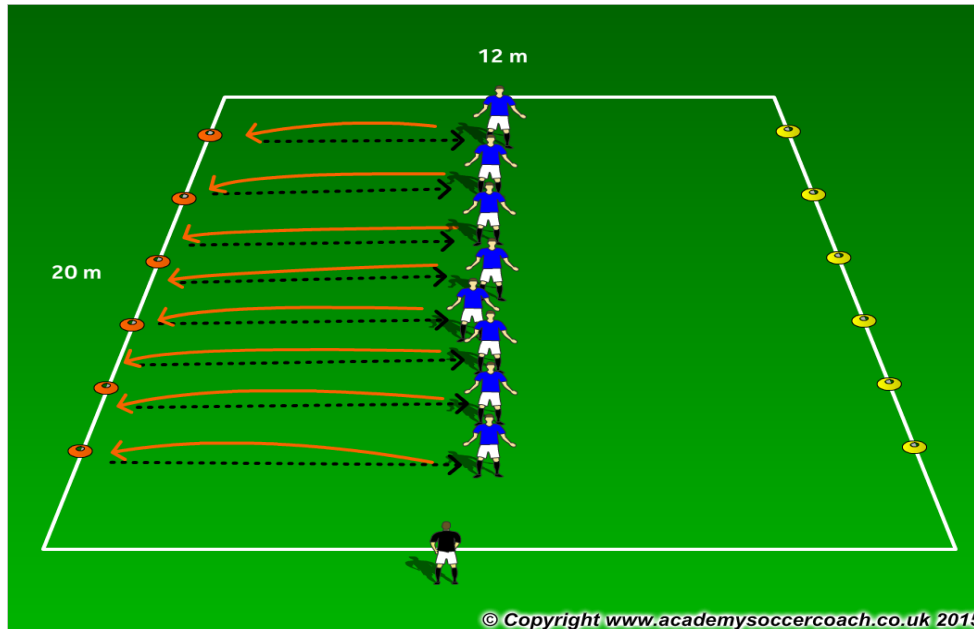
Time frame. 15 minutes

Emphasis:

Changing direction

A,B,C's

FUN!



© Copyright www.academysoccercoach.co.uk 2015

Organization: Players are positioned in a vertical line down the centre of a 12x20m area. Each side of the area is marked with a coloured cone (orange & yellow). Coach is positioned at the front of the area in full view of all players.

Procedure: On the spot players perform the movement dictated by the coach e.g. running on the spot, high knees, jumping jacks, 1 leg hops, jumping etc. When the coach calls out a colour (orange or yellow) players must move to that side of the area and return to the starting point as quickly as possible. Coach must be creative in the types of movements both at the starting position and as the players travel to and from the side of the area. To simulate reactions the coach can also play opposites, give the colours soccer teams such as orange is Barcelona, Yellow is Real Madrid and call out players, facts that relate to those teams. Players are then required to think fast and react based on verbal communication.

<p><u>Psychological</u></p> <p>Confidence</p> <p>Quick decisions</p>	<p><u>Technical</u></p>
<p><u>Physical</u></p> <p>A,B,C's</p> <p>Change of Direction</p> <p>Acceleration</p> <p>FMS</p>	<p><u>Social</u></p> <p>Communicating</p> <p>Peer interaction</p> <p>FUN</p>



Learn to Train practice plan – Week 27 Station C Creative Movements - Running with the Ball



Time frame. 15 minutes

Emphasis:

Dribbling

Running with the ball

Receiving Skills – touch direction

Passing & Shooting



Organization: 20x20 yard area. 1 net positioned on 1 end. A1 & B1 starting positions beside net, A2 & B2 positioned at the edge of the area around halfway mark (10 yards), A3 and B3 positioned at the top of the playing area. 2 manikins are positioned between A3/B3 and the target net.

Procedure: A1 passes to A2, A2 passes to A3, A3 dribbles through the manikins and finishes on goal. All players follow their pass. Once A3 receives the pass from A2 then B1 plays to B2.

Players switch lines after each rotation.

Progression: #1- Players are given 5 seconds (can be adjusted) from when they receive at A/B3 to score.

#2- Once A/B2 plays A/B3 they become the recovering defender who must sprint around the pylon at A/B3 and attempt to catch player going to goal.

Psychological

Confidence
 Decision Making
 Problem solving

Technical

Dribbling & Running
 with the ball key
 factors
 Passing & Receiving

Physical

A,B,C's
 Acceleration
 Power

Social

Communicating
 Fun with friends
 Competition



Learn to Train practice plan – Week 27

Station D Small Sided 7v7



Time frame. 15-20 minutes

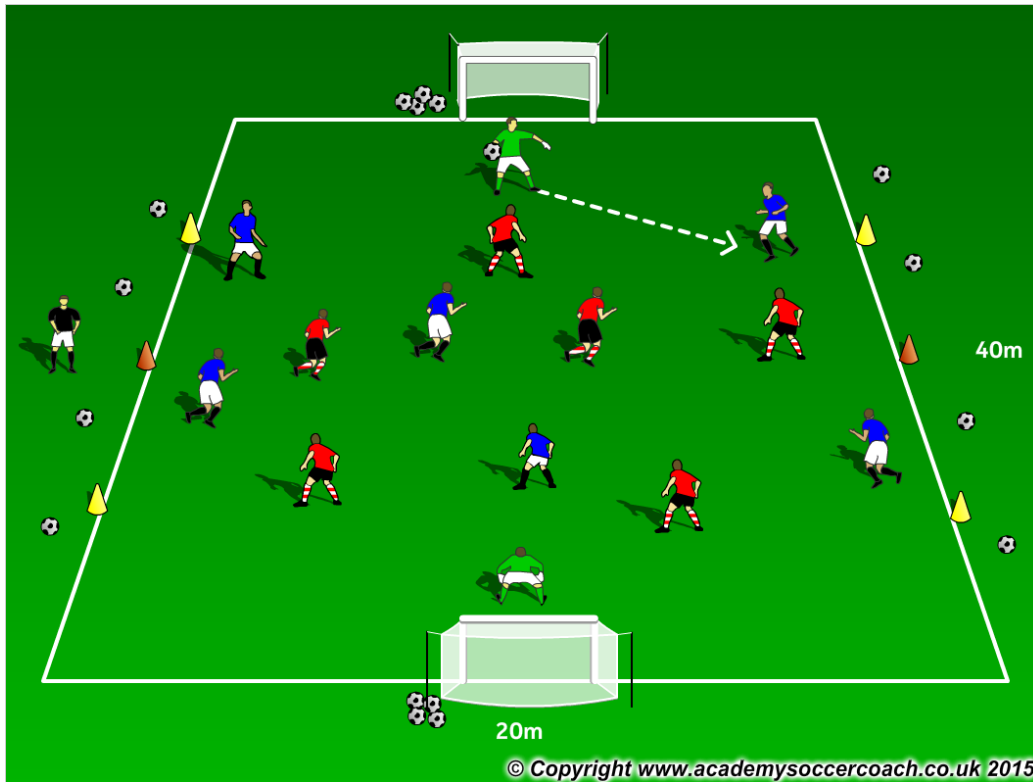
Emphasis:

FREE PLAY

Creativity

Allow the game to be the teacher

FUN



Organization: Players play 7v7 in a 40x20 yard area. Balls stationed along outside of field. Retreat Line marked at each 3rd for 7v7.

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.

Psychological

Fun
Confidence
Decision Making
Imagination

Technical

Running with the ball
Dribbling
1v1's

Physical

Speed
A,B,C's
Change of Direction

Social

Competing
Communicating
Fun with friends