

# 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

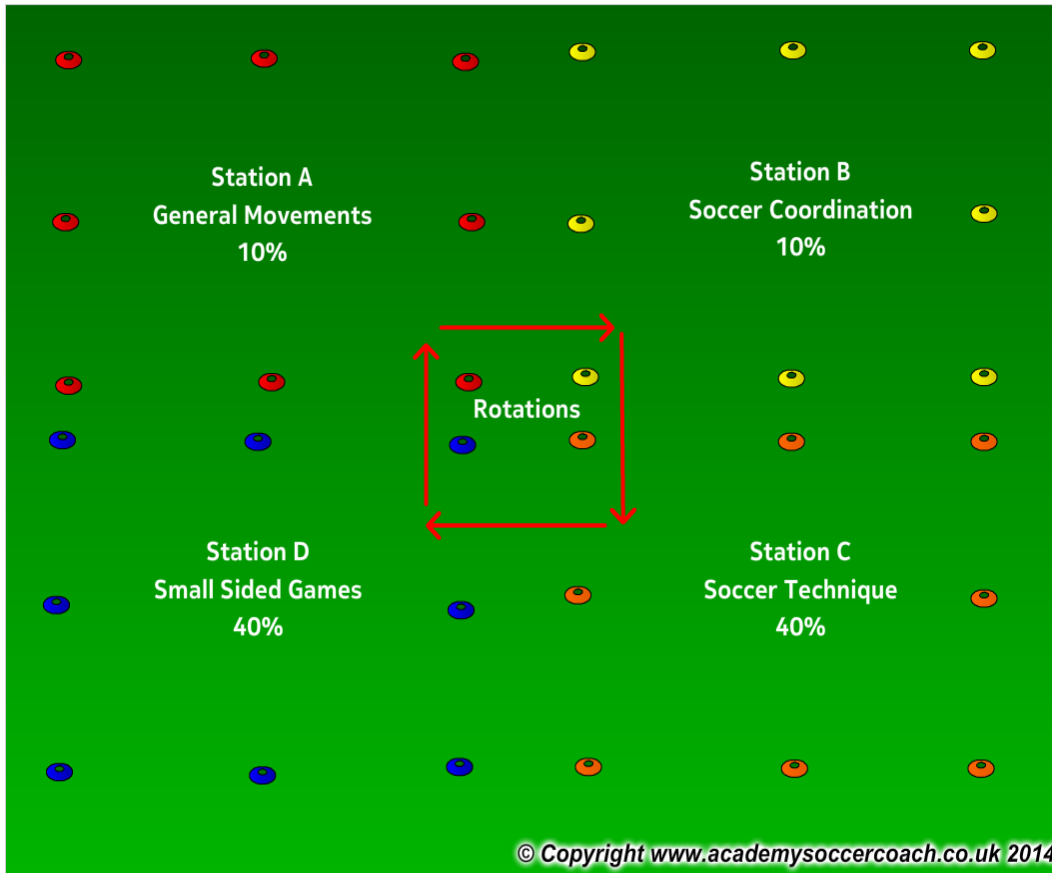
All sessions take a holistic approach to developing our youth. Each game and activity will take a look at how we can focus on 4 main areas of the child's development; these include Social/Emotional, physical, physiological and also technical

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 29

## Station A

### General Movement – The Huddle



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**Organization:** -Players divided into groups of 6-7.

-1 Player is selected as a target (yellow) and another selected as a chaser.

-Target player tucks a pinnie into the back of his/her shorts

**Procedure:** -Players, excluding the chaser, join hands to form a circle

-The circle must stay intact and the players must move together to prevent the chaser from catching the target player and stealing the pinnie. -Players work together for around 1 minute or until the chaser steals the pinnie. -Chaser can go under the legs or the arms, or around the group, but cannot go over the top. After 1 minute change the chaser and the target player. Competition can be created between groups.

Time frame. 10-12 minutes

### Emphasis:

- Team work
- A,B,C's
- FUN!

<p><b><u>Psychological</u></b></p> <p>Confidence Being safe Competition</p>	<p><b><u>Technical</u></b></p>
<p><b><u>Physical</u></b></p> <p>Agility, Balance, Coordination. Strength Speed</p>	<p><b><u>Social</u></b></p> <p>Communication Teamwork Peer interaction FUN</p>



## Learn to Train practice plan – Week 29

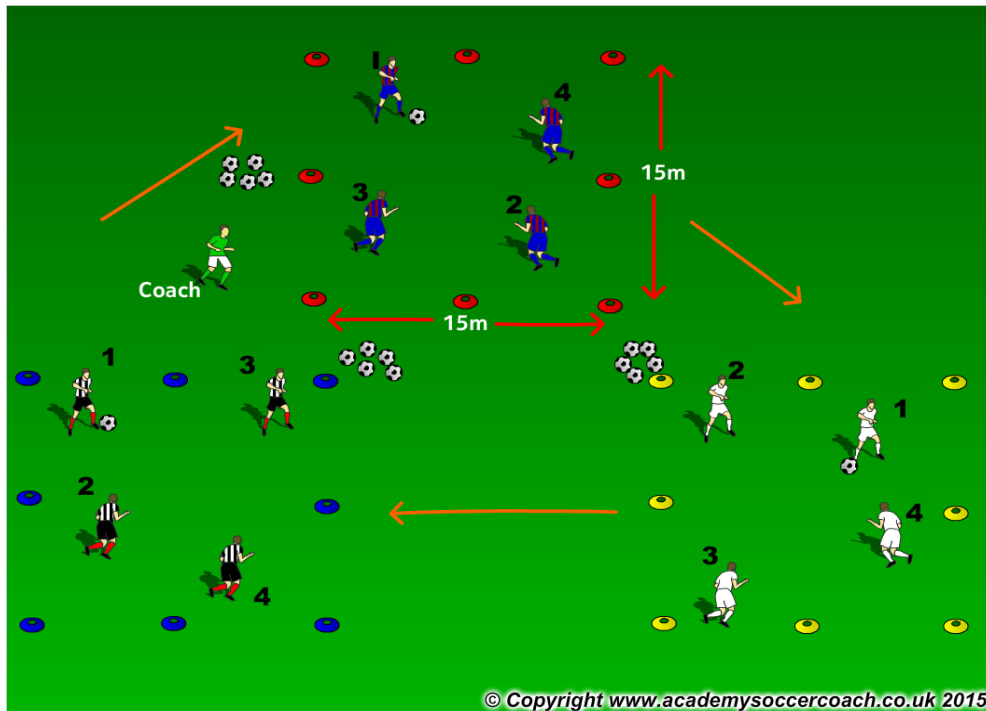
### Station B 3v1 World Cup



Time frame. 12-15 minutes

Emphasis:

- Movement to create space & support player in possession
  - Passing key factors
  - Receiving skills



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**Organization:** 4 players are placed inside each 15m x 15m area each player is numbered from 1- 4.

**Procedure:** Players will pass and move inside their area. When the coach calls out a number that player will rotate clock wise and become the defender in the next square to create a 3v1. Attackers score 1 point each time they complete 3/4 passes. Defenders score a point each time they win possession or the ball goes out. After 30 seconds players return to their own team and calculate their points. Allow each player to become the defender and then tally all points to find the winning team.

#### Psychological

Decision making  
Confidence  
Creativity

#### Technical

Body position to  
receive  
Weights of pass  
Protecting ball

#### Physical

Agility, Balance,  
Coordination

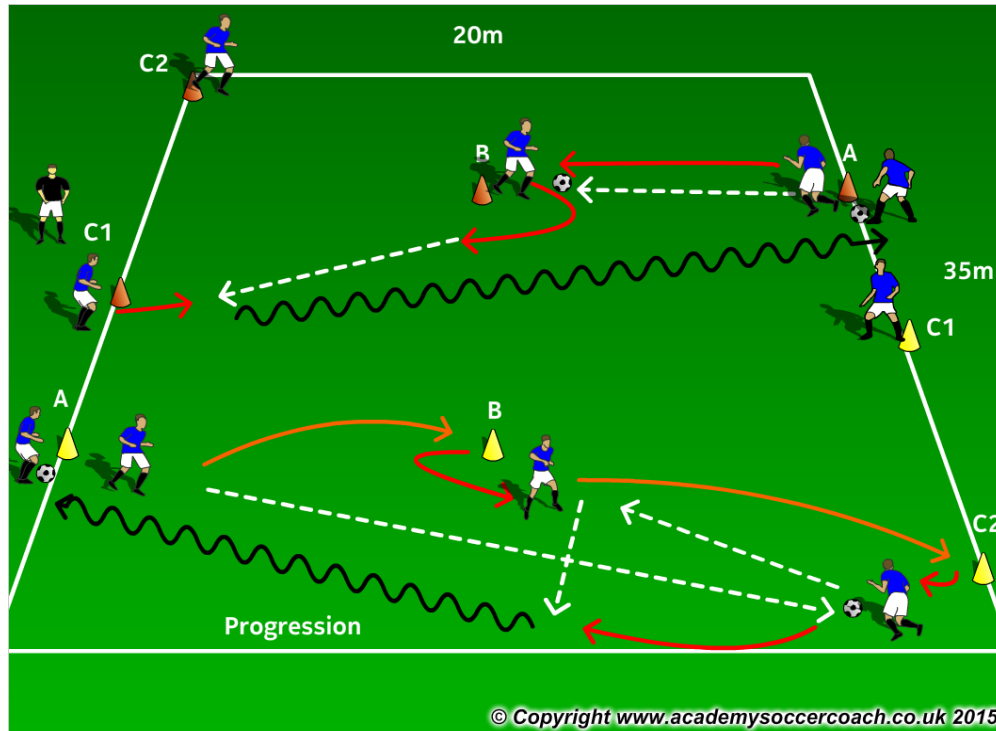
#### Social

Supporting team  
mates  
Communication  
Peer interaction /fun



## Learn to Train practice plan – Week 29

### Station C – “Y” Passing Pattern



**Organization:** 35x20 area with players divided in 2 groups (minimum 5 players per group). 4 pylons are set up in a Y shape as shown above: A-B 10 yards, C is positioned 10 yards and at 45 degree angle for point B.

**Procedure:** Player passes from A to B, B receives, turns and plays pass to C1/C2 (alternating each time between C1 and C2). Player C dribbles back to point A. All players follow pass.

**Progression:** A plays C, B supports player C and combines with wall pass (one-two).

**Time frame. 12-15 minutes**

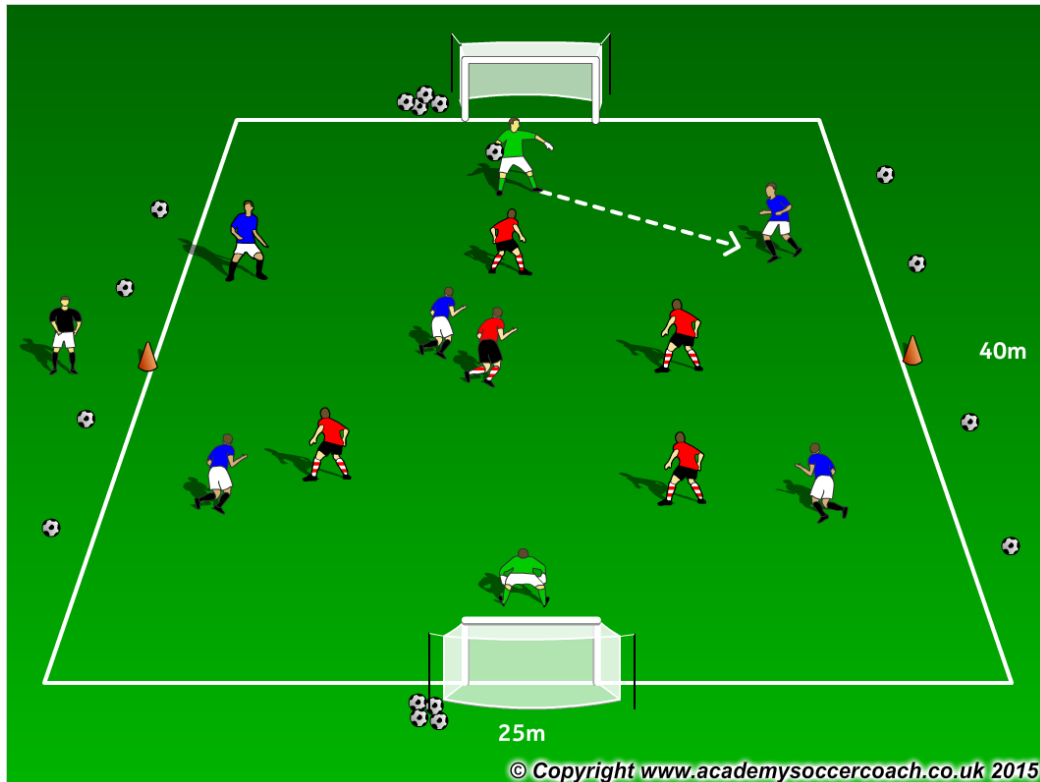
### **Emphasis:**

- Quality/Type of Pass: short (instep) vs Driven pass (laces)
- Receiving skills/touch direction
  - Communication
  - Peer interaction

<b><u>Psychological</u></b> Confidence Decision making	<b><u>Technical</u></b> Passing key factors Receiving skills Touch direction
<b><u>Physical</u></b> Agility, Balance, Coordination Speed	<b><u>Social</u></b> Communication Peer interaction



**Learn to Train practice plan – Week 29**  
**Station D**  
**Small Sided Game – 6v6 with retreat line**



**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
- Support players in possession
- Opportunities to play forward

**Psychological**

Confidence  
Decision Making  
Spatial Awareness

**Technical**

Passing key factors

**Physical**

A,B,C's  
Acceleration

**Social**

Communication  
Fun with friends