

# 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

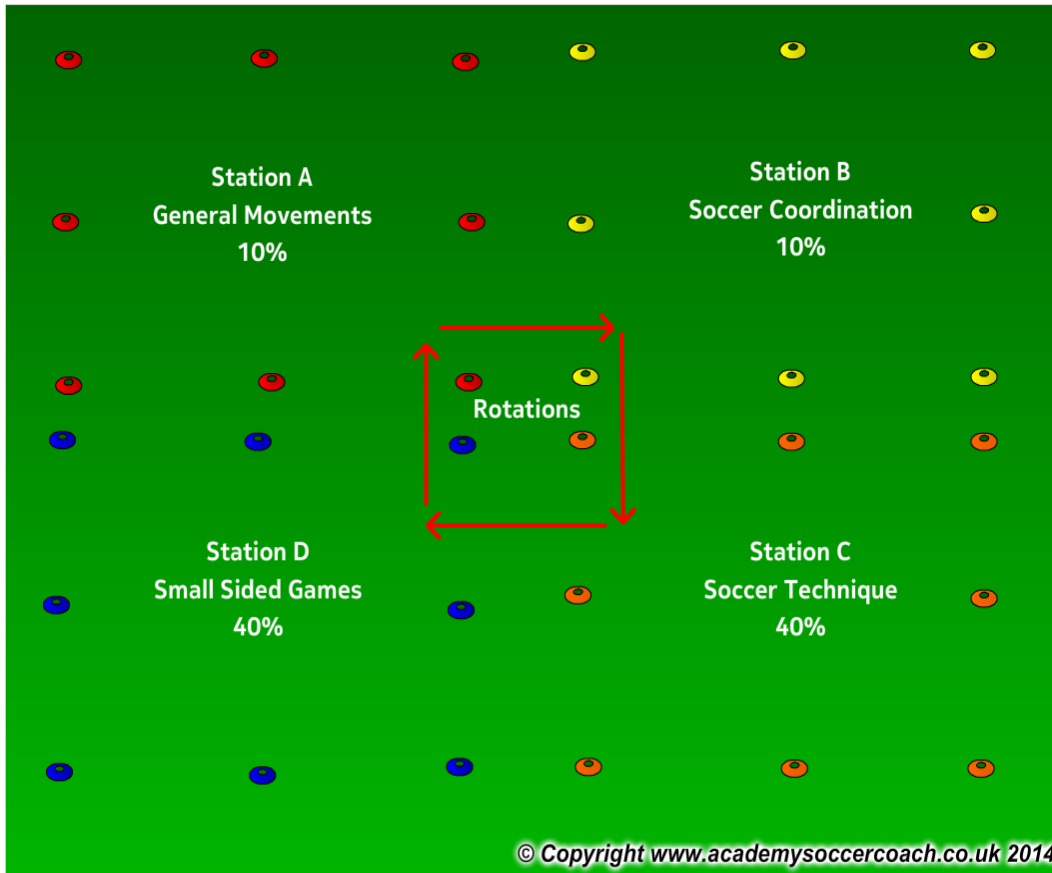
All sessions take a holistic approach to developing our youth. Each game and activity will take a look at how we can focus on 4 main areas of the child's development; these include Social/Emotional, physical, physiological and also technical

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 32

### Station A

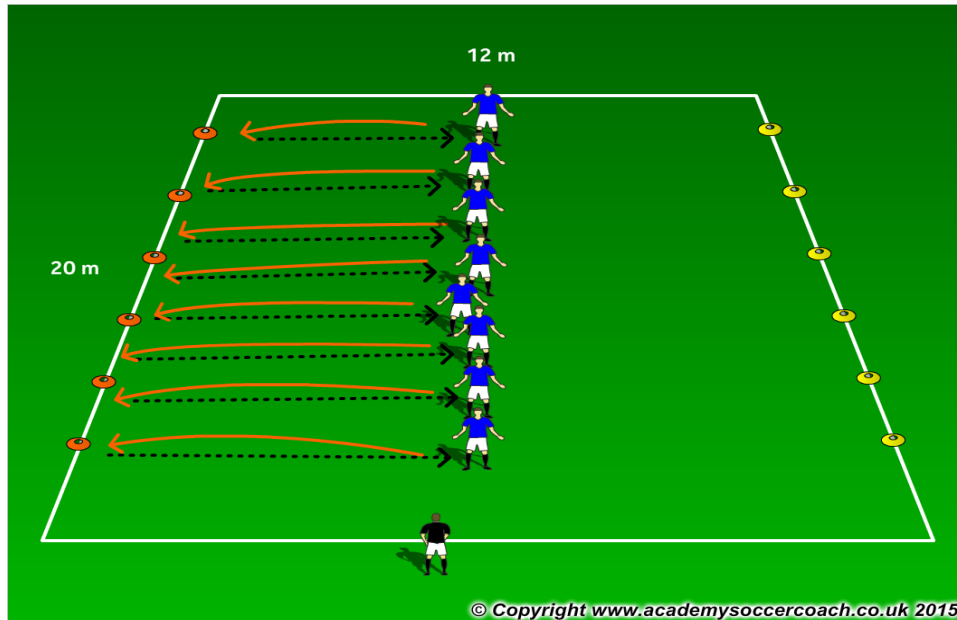
### General Movement – Reaction Line



Time frame. 10-12 minutes

#### Emphasis:

- A,B,C's
- FUN!



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**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.

#### Psychological

Confidence,  
Reaction time,  
Being safe,  
Competition

#### Technical

#### Physical

Agility, Balance,  
Coordination,  
Speed

#### Social

Communication  
FUN



## Learn to Train practice plan – Week 32

### Station B – King Louie



**Organization:** Players play 5v5 in 20x15 yard area. 1 net positioned on either end with a supply of balls. Pylons are used to mark the half-way line.

**Procedure:** Players must stay within their own half of the field except from one target striker in who remains in the opponents half to pressure (this player can score on rebounds). Players must look to receive the ball and get a shot on goal. If the ball goes out of bounds the ball will restart with the defending teams GK. Progression: Attackers can play into and combine with target striker for 2 points

**Time frame. 12-15 minutes**

**Emphasis:**

- Creating/identifying opportunities to shoot
  - Shooting
  - Support
- Receiving skills/touch direction

#### **Psychological**

Confidence  
Decision making  
Creativity

#### **Technical**

Shooting key factors  
Receiving skills  
Passing

#### **Physical**

Agility, Balance,  
Coordination  
Speed

#### **Social**

Communication  
Peer interaction



## Learn to Train practice plan – Week 32

### Station C

### Creative Movement - Shooting



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**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.

Time frame. 12-15 minutes

### Emphasis:

- Shooting
- Dribbling
- Passing key factors
- Receiving skills

### Psychological

Decision making  
Confidence  
Creativity

### Technical

Receiving skills  
Shooting key factors  
Dribbling

### Physical

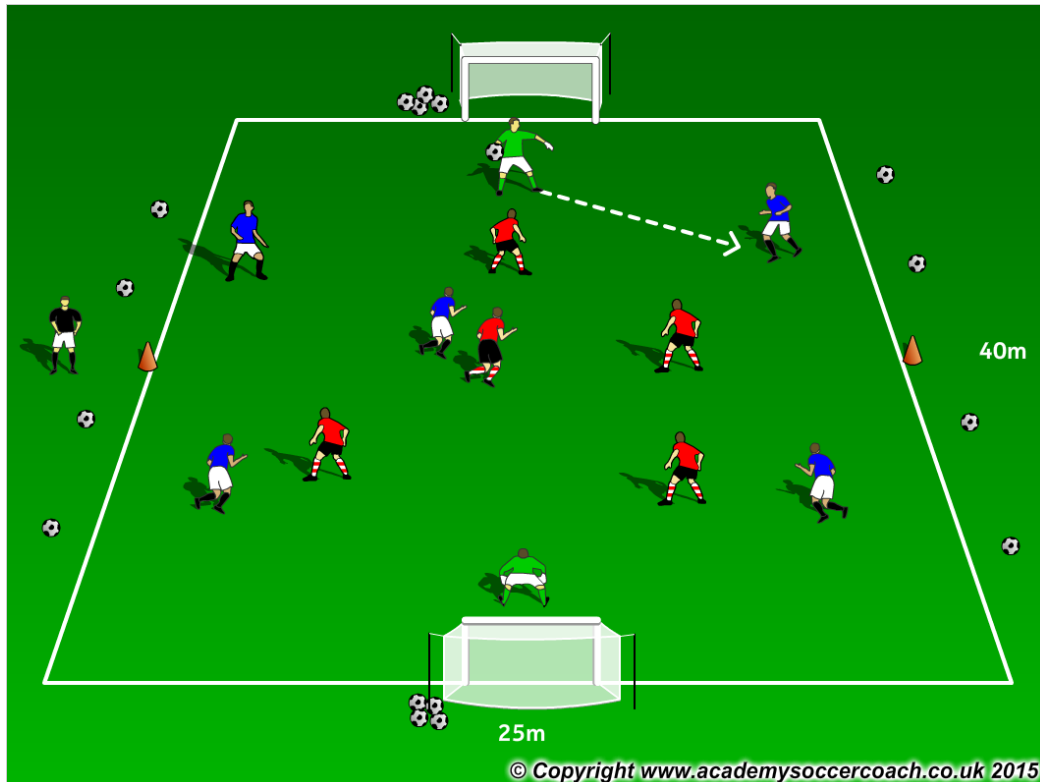
Agility, Balance,  
Coordination  
Speed

### Social

Competition  
Communication  
Peer interaction /fun



**Learn to Train practice plan – Week 32**  
**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 penetrate (shoot)

**Psychological**

Confidence  
Decision Making  
Spatial Awareness  
Attacking mentality

**Technical**

Receiving skills  
Shooting key factors  
Finishing v shooting

**Physical**

A,B,C's  
Acceleration

**Social**

Communication  
Competition  
Fun with friends