

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

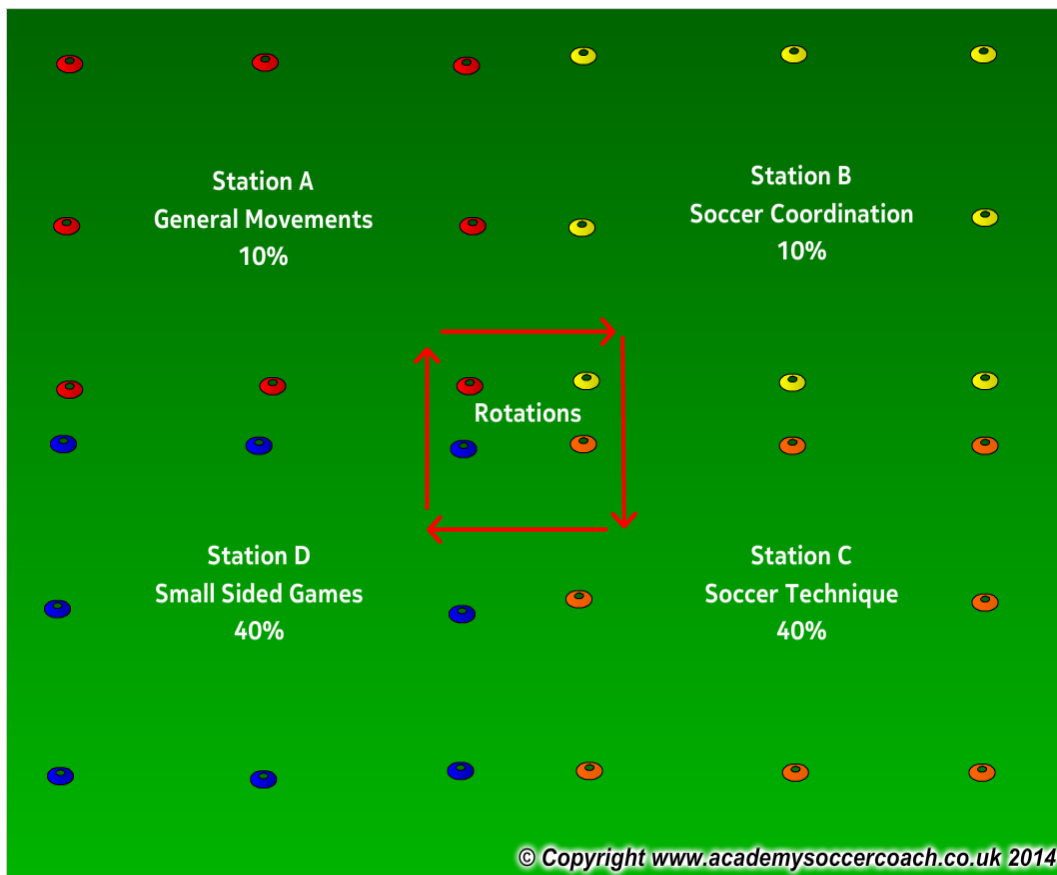
All sessions take a holistic approach to developing our youth. Each game and activity will take a look at how we can focus on 4 main areas of the child's development; these include Social/Emotional, physical, physiological and also technical

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 39

Station A

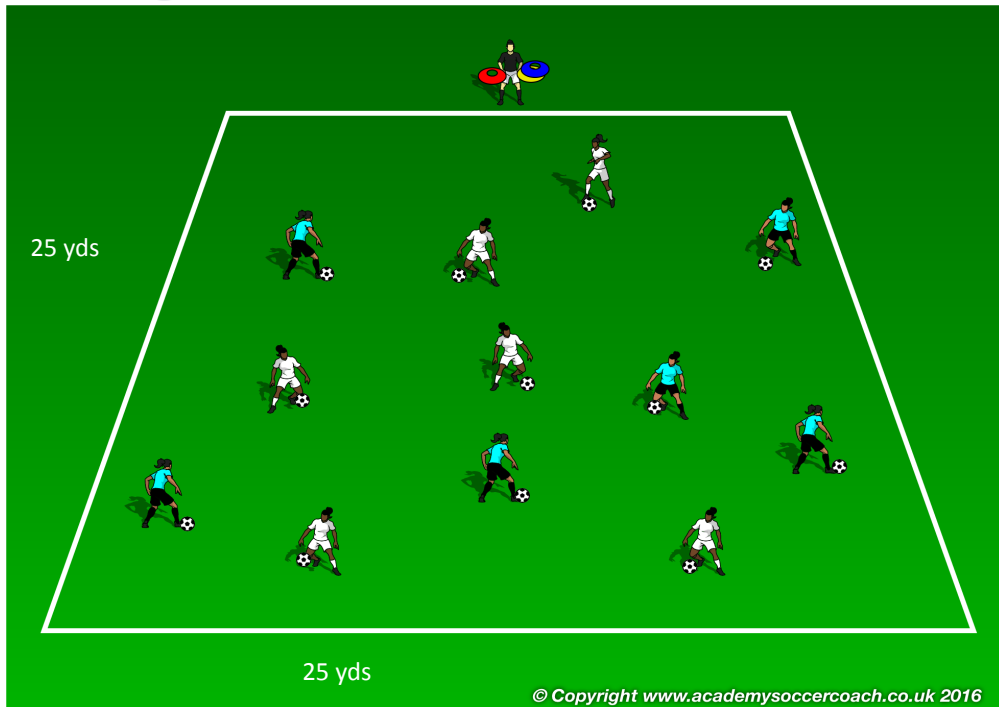
General Movement – Dynamic warm up with the ball



Time frame. 10-12 minutes

Emphasis:

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



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Organisation

-Players are placed in a 25x25 area with a ball each.

Procedure

-Players dribble round with a ball, speeding up when they see open space and slowing down when crowded.
- Coach holds up a colour cone or bib and players react.

Red - Jump & high 5 team mate, Blue - change direction, roll over & accelerate, Yellow - skill move - step-over.

Progression:

- Change commands:
Red - low 5 team mate, Blue - leave the ball and hop to the nearest one, Yellow - stop the ball, run/shuffle backwards and accelerate back to the ball.

Psychological

Confidence
Being safe

Technical

Keeping the ball under control
Head looking forward
Part of foot/ball

Physical

A,B,C's
Change of Direction

Social

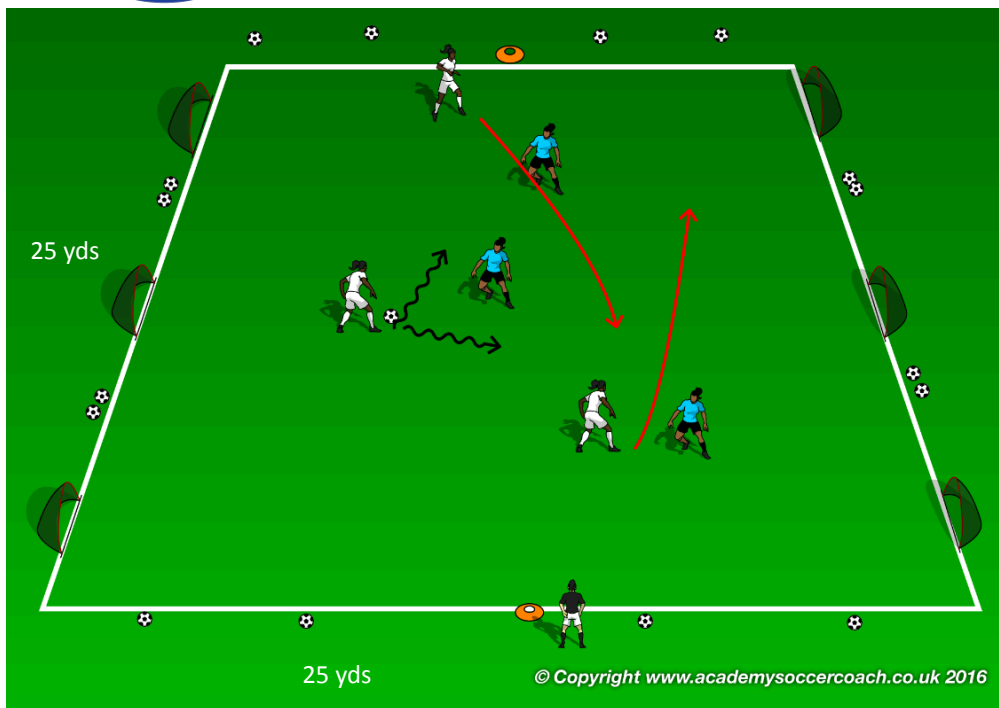
Communicating
Peer interaction
FUN



Learn to Train practice plan – Week 39

Station B

SSG: 3v3



Organization:

- Players are divided in two teams. Three in blue and three in white.
- Players play 3v3 but score goals for their team. If no goals, use cones and dribble through.
- Set up activity twice to incorporate all players.

Procedure:

- Players play 3v3 and can score in any of the goals.
- If a player scores, team retreats back in line with orange cone.
- If the ball goes out, players can dribble in from the nearest ball.

Progression:

- New opponents after 2 mins. Winning teams face each other.

Time frame. 12-15 minutes

Emphasis:

- Head in a position to see the ball, opponents feet and space behind.
- Decision making
- Movement to create space & support player in possession

Psychological

Decision making
Confidence
Creativity

Technical

Fast approach then accelerate
Keep the ball on the 'safe side' (part of the foot furthest away from defender)

Physical

A,B,C's

Social

Supporting team mates
Communicating
Peer interaction /fun



Learn to Train practice plan – Week 39

Station C Dribbling 1v1



Organization:

- Players are divided in to pairs. One player in blue, the other in white.
- Players play 1v1 but score goals for their team. If no goals, use cones and dribble through.
- 1 ball between 2

Procedure:

- Players play 1v1 and can score in any of the goals. If the defender wins, counter to score.
- If a player scores, they retreat back in line with orange cone.

Progression:

- Play for one minute, whoever wins moves on to a new partner.

Time frame. 12-15 minutes

Emphasis:

- Dribble at speed
- Use the last three toes on the foot to move the ball
- Accelerate as approach the first cone
- Cut off the recovery line of the defender

Psychological

Confidence
Decision making
Spatial awareness

Technical

Using the last three toes
Speed of dribble
Head looking forward

Physical

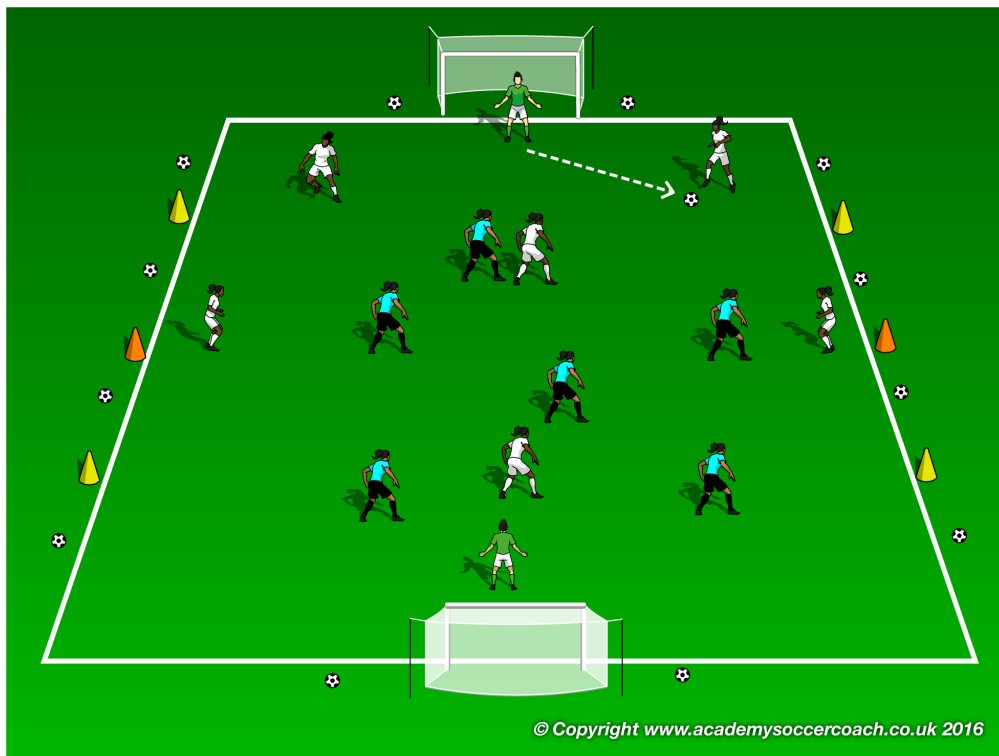
A,B,C's

Social

Positive support
Communicating
Fun with friends



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Station D
Small Sided Game – 7v7 with retreat line



Organisation

-Players play 7v7 in a 60x40 area. Balls stationed on the outside of the field.
Retreat line marked at each 3rd for 7v7.

Procedure

Encourage players to receive on the half turn so they can beat players 1v1. However, don't force them to do it every time. Let them see if they can identify when to try and beat a player and when to retain the ball. Look for efficient movement to support the player in possession and find space.

Time frame. 12-15 minutes

Emphasis:

- Create Space
- Opportunities to turn

Psychological

Confidence
Decision Making
Spatial Awareness

Technical

Dribbling key factors
Execution under pressure

Physical

A,B,C's
Acceleration

Social

Positive support
Communicating
Fun with friends