

# 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

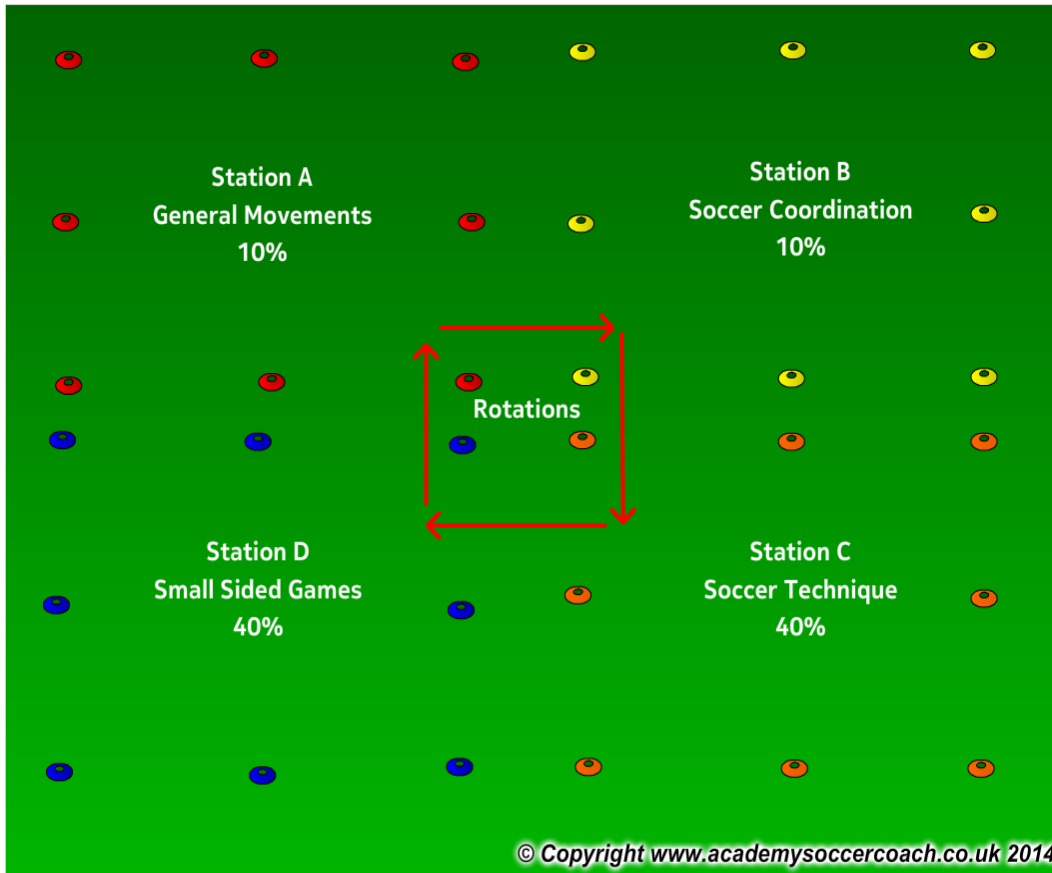
All sessions take a holistic approach to developing our youth. Each game and activity will take a look at how we can focus on 4 main areas of the child's development; these include Social/Emotional, physical, physiological and also technical

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 38

### Station A

### General Movement – The Huddle



Time frame. 10-12 minutes

#### Emphasis:

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



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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.

#### Psychological

Confidence  
Being safe  
Competition

#### Technical

#### Physical

Agility, Balance,  
Coordination.  
Strength  
Speed

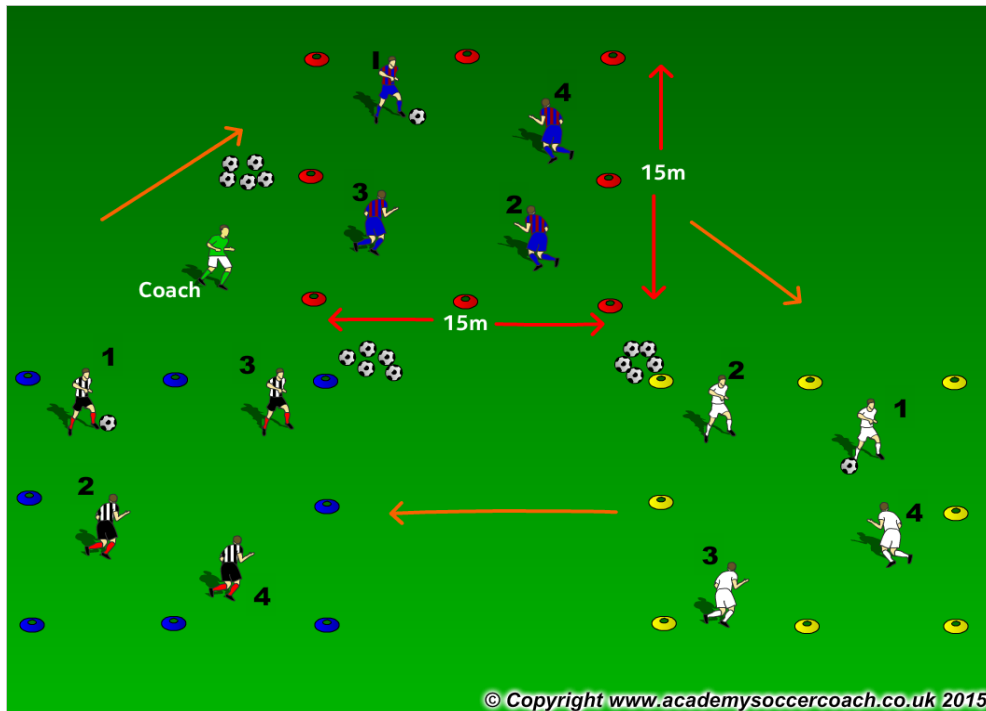
#### Social

Communication  
Teamwork  
Peer interaction  
FUN



## Learn to Train practice plan – Week 38

### Station B 3v1 World Cup



**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.

Time frame. 12-15 minutes

#### Emphasis:

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

#### Psychological

Decision making  
Confidence  
Creativity

#### Technical

Body position to receive  
Weights of pass  
Protecting ball

#### Physical

Agility, Balance,  
Coordination

#### Social

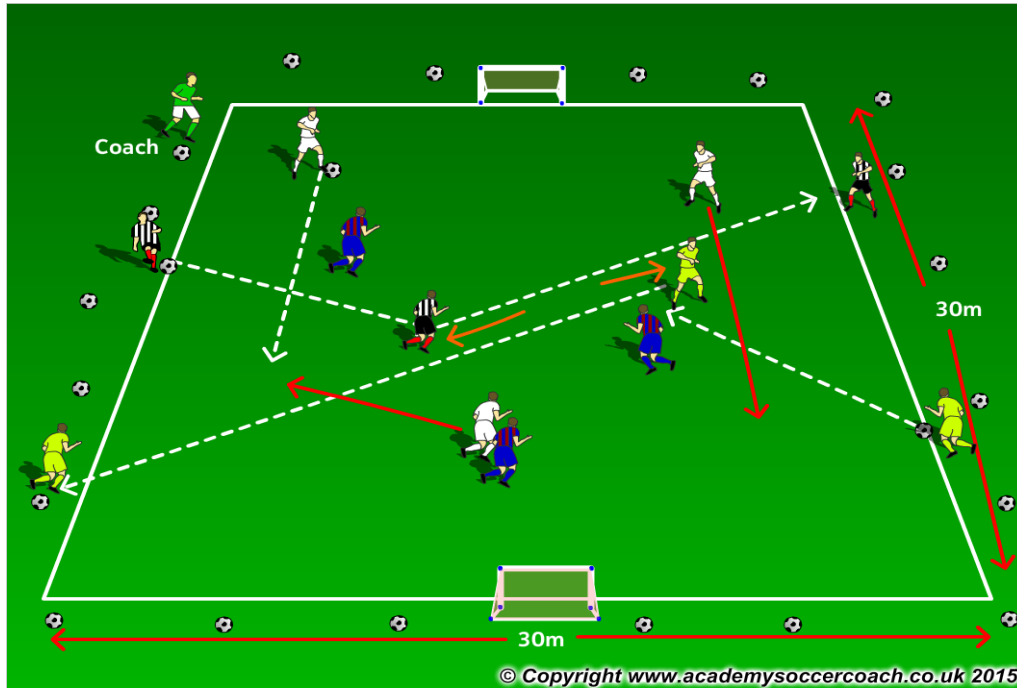
Supporting team mates  
Communication  
Peer interaction /fun



# Learn to Train practice plan – Week 38

## Station C

### 3v3 Chaos: Passing & Receiving



**Organization:** The white team will play a 3v3 game against the Blue and purple team, while the yellow and black and white teams are organized with 1 player each in the centre of the field and 2 players from each team placed on the outside as shown above.

**Procedure:** While the 3v3 game is taking place the yellow team and black and white team will work on passing and turning across the field. Rotate the middle player every 60 seconds. Players on the outside can move up and down the side line. Encourage all players to make appropriate decisions based on what is happening around them while working on technique in a chaotic environment.

Rotate teams every 3 minutes.

**Time frame. 12-15 minutes**

### **Emphasis:**

- Finding Space
- Angle of support
  - Scanning
- Opening up to receive

### **Psychological**

Confidence  
Decision making  
Creativity  
Competition

### **Technical**

Support  
Scanning  
Receiving skills  
Passing key factors

### **Physical**

Agility, Balance,  
Coordination  
Speed

### **Social**

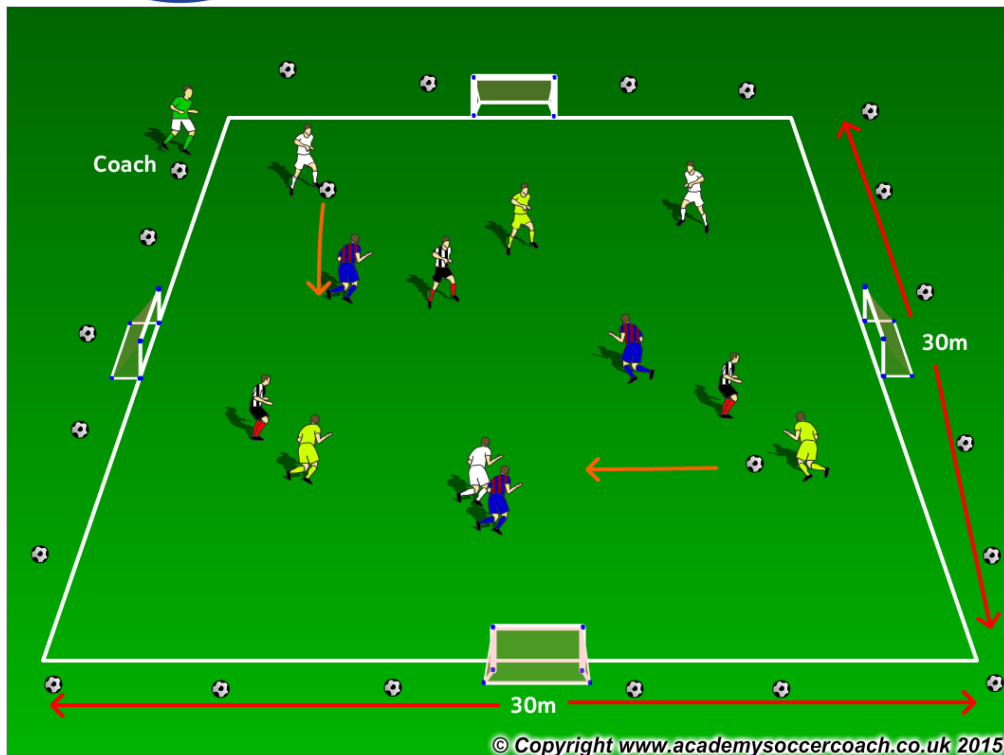
Communication  
Peer interaction  
FUN



## Learn to Train practice plan – Week 38

### Station D

## Small Sided Game – 3v3 + 3v3 in different directions



**Organization:** 4 teams of 3 are placed in a 30m x 30m field with goals on each side. The yellow team is playing against the black and white team from East to West. The White team is playing the blue and purple team from North to South.  
**Procedure:** 4 teams are playing 2, 3v3 games within the same area. The situation will create lots of chaotic situations which will force the players to make more decisions and be aware of what is happening around them. If the ball goes out grab the closest ball to keep the game flowing.

Time frame. 12-15 minutes

### Emphasis:

- Create Space
- Support players in possession
  - Opening up to receive
  - Type of pass

### Psychological

Confidence  
 Decision Making  
 Spatial Awareness  
 Attacking mentality

### Technical

Receiving skills  
 Passing key factors  
 Support  
 Running with the ball

### Physical

A,B,C's  
 Acceleration

### Social

Communication  
 Competition  
 Fun with friends