

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

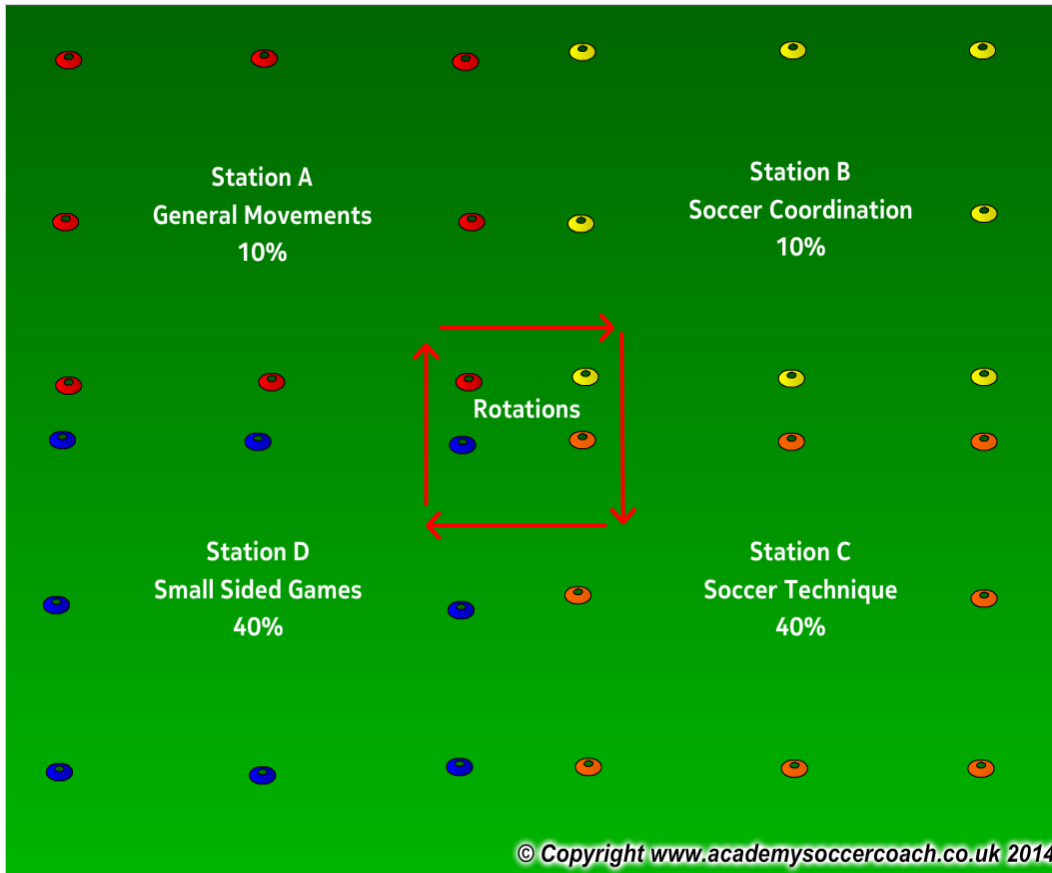
All sessions take a holistic approach to developing our youth. Each game and activity will take a look at how we can focus on 4 main areas of the child's development; these include Social/Emotional, physical, physiological and also technical

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 35

Station A

General Movement – The Huddle



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Organization: -Players divided into groups of 5-7.
 -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

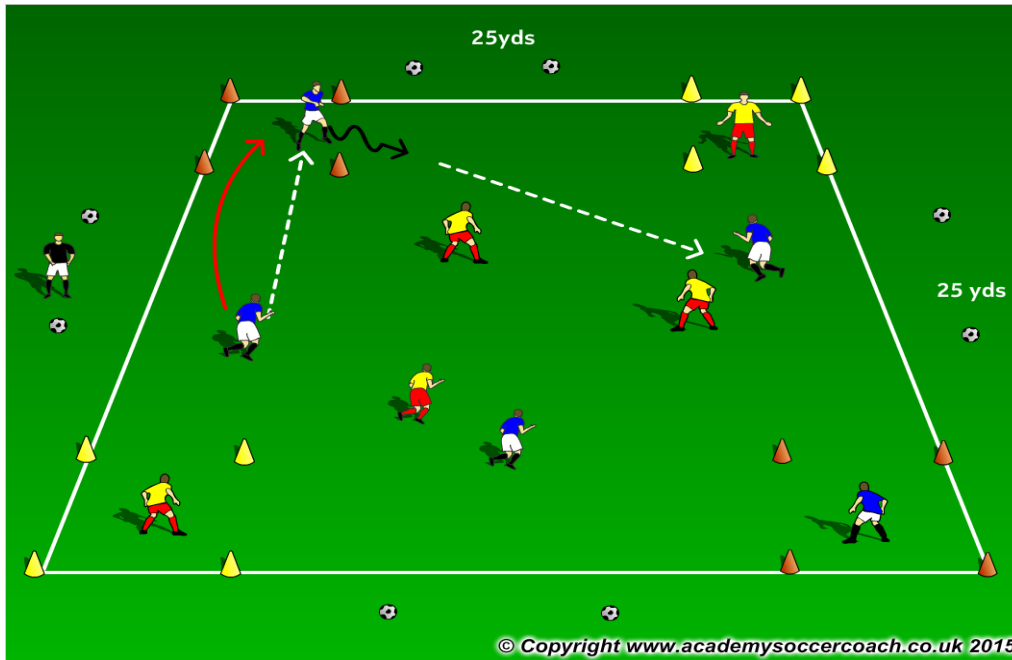
Emphasis:

- A,B,C's
- FUN!

<p><u>Psychological</u> Confidence, Reaction time, Being safe, Competition</p>	<p><u>Technical</u></p>
<p><u>Physical</u> Agility, Balance, Coordination, Speed</p>	<p><u>Social</u> Communication FUN</p>



Learn to Train practice plan – Week 35 Station B – Possession to Targets



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Organization:

- 1 large square 25x25 with target areas set up in each corner. 2 Red and 2 Blue as shown above (approx 4x4 yards)
- Players play up to 3v3 in the middle + target players on corners.

Procedure:

Teams score by playing pass to target player.
The player who passes to target player switches places as the target player enters the play with the ball. Cannot score on same target area, must look to change direction and attack opposite target.

Progressions:

Target players must open up and take touch out opposite side of target area.
If players combine in central area before scoring they gain additional point.

Time frame. 12-15 minutes

Emphasis:

- Creating space
- Passing & Receiving skills
- Support

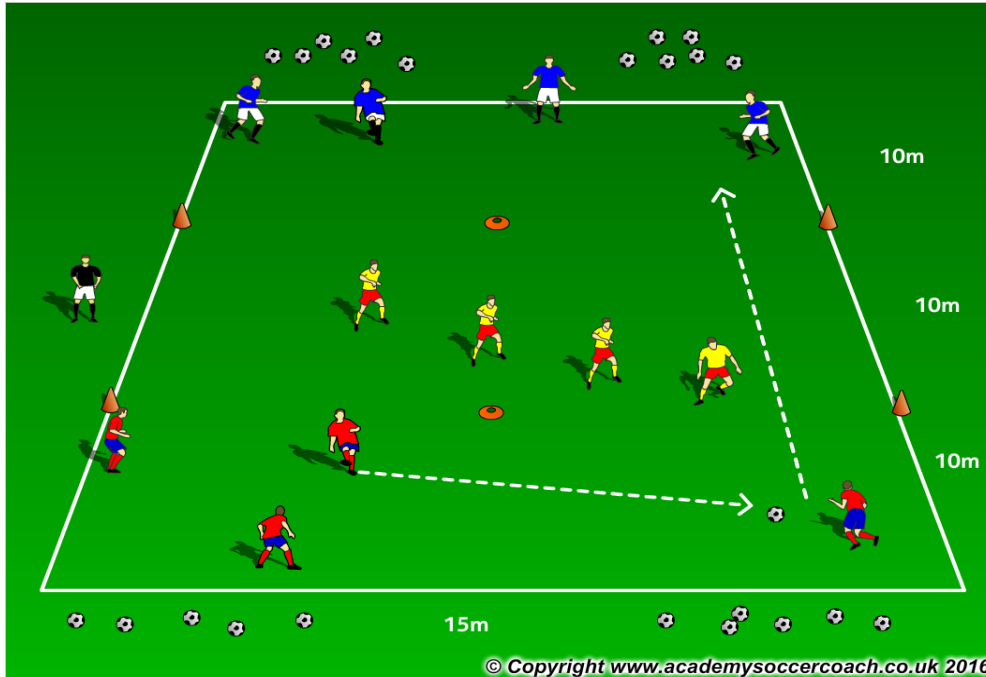
<p><u>Psychological</u> Confidence Decision making Creativity</p>	<p><u>Technical</u> Support Receiving skills Passing key factors</p>
<p><u>Physical</u> Agility, Balance, Coordination Speed</p>	<p><u>Social</u> Communication Peer interaction</p>



Learn to Train practice plan – Week 35

Station C

Penetrating Passing



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Organization: Set up 15x30m area and divide area into 3 10x15m zones. Players divided evenly into 3 groups and assigned to a zone.

Procedure: Players in the outside zones pass the ball among the group while looking for a gap to appear in the middle zone where they can play a penetrating pass to the opposite endzone. Central players look to shift together to prevent any penetrating passes.

If the central players possess the ball or the ball goes out of bounds they switch with the team in the endzone.

Progressions: 1. Scoring: Teams score by successfully playing a penetrating pass through the central area. 2. Players in middle can now send 1 defender into the endzone where possession is.

Time frame. 12-15 minutes

Emphasis:

- Passing
- Receiving
- Support
- Scanning

Psychological

Decision making
Confidence
Creativity

Technical

Receiving Skills
Passing Skills
Support

Physical

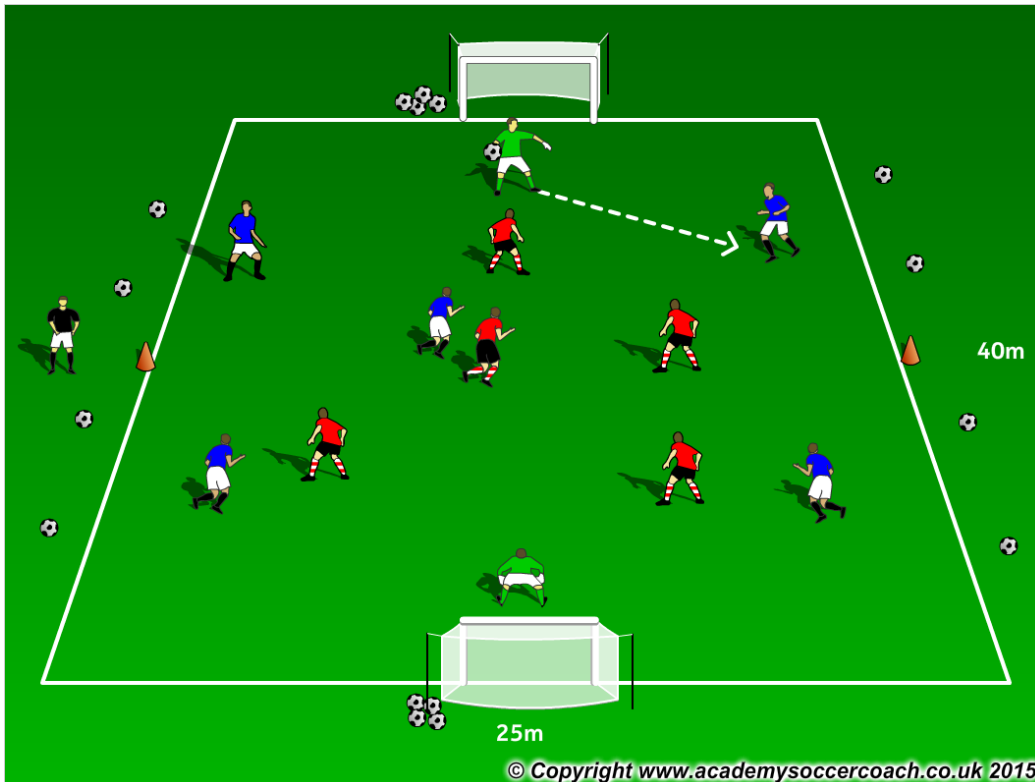
Agility, Balance,
Coordination
Speed

Social

Competition
Communication
Peer interaction /fun



Learn to Train practice plan – Week 35
Station D
Small Sided Game – 6v6 with retreat line



Time frame. 12-15 minutes

Emphasis:

- Create Space
- Support players in possession
- Opportunities to play forward

<p><u>Psychological</u> Confidence Decision Making Spatial Awareness Attacking mentality</p>	<p><u>Technical</u> Receiving skills Passing key factors Support</p>
<p><u>Physical</u> A,B,C's Acceleration</p>	<p><u>Social</u> Communication Competition Fun with friends</p>

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.