

# GRASSROOTS WORKBOOK & PRACTICE PLANS





## Learn to Train practice plan The OSA Player Development Model – The Station concept

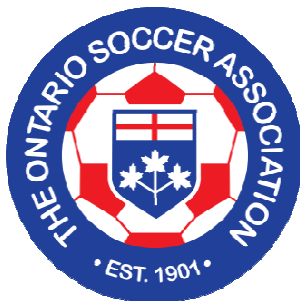


The activities provided take a look at how stations are being used at the Grassroots level. During the practice players will spend an allotted time at each station having fun and developing specific skills before moving onto the next station. By using station work we ensure players are continually motivated 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

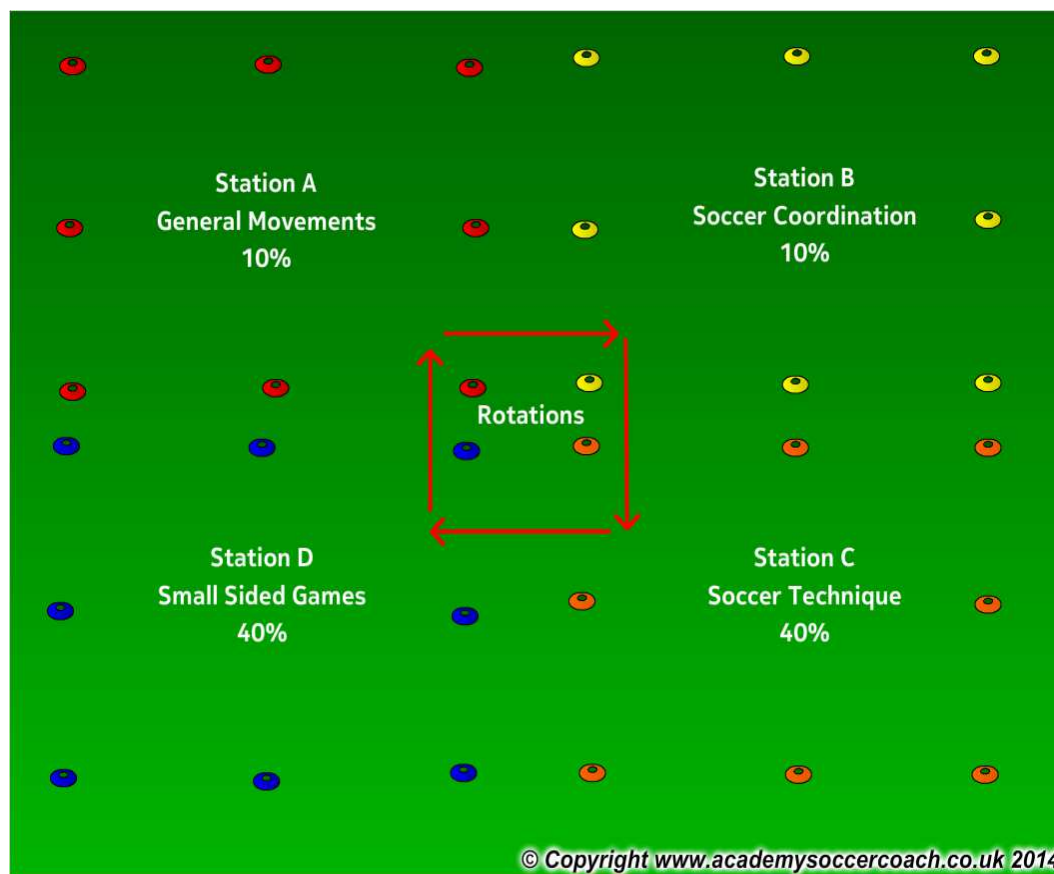
All sessions take a holistic approach to developing our youth. Each game and activity will take a look at how we can focus on 4 main areas of the child's development; these include Social/Emotional, physical, physiological and also technical

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 33

### Station A

### General Movement – Retrieval



**Organization:** Players are in groups of 3 in a large open space on the field. Each group has 1 ball.

**Procedure:** Each group gives their ball to the coach and the coach throws the ball into a space. The group has to retrieve the ball and bring it back to the coach as fast as possible. The coach will tell the players how the ball has to be brought back, IE all players hopping on their right foot with each of them touching the ball. The coach will also ask the players for solutions. This will all lead to the players having to get the ball back to the coach while playing 2v1.

**Time frame. 12-15 minutes**

### **Emphasis:**

Can the players come up with solutions?

How can the players work together?

Can the players be creative?

Speed

FUN!

#### **Psychological**

Confidence  
Being safe  
Decision making

#### **Technical**

Passing  
Receiving

#### **Physical**

A,B,C's  
Change of Direction  
General Movements

#### **Social**

Communicating  
Peer interaction  
FUN



## Learn to Train practice plan – Week 33

### Station B

### 3v3 small sided game



Time frame. 12-15 minutes

### Emphasis:

How can you support your team mate?

When do you support your team mate?

Communication

**FUN!**



**Organization:** Players grouped into 4 teams of 4 and will play on fields 35 x 20.  
**Procedure:** Players play 4 v4 with the coaches emphasis on how can the players help each other. Where can they support each other? When do they support each other? How do they support each other.

#### Psychological

Positive reinforcement  
 Confidence  
 Being safe

#### Technical

Passing  
 Receiving

#### Physical

Agility, Balance  
 Change of Direction  
 Mobility

#### Social

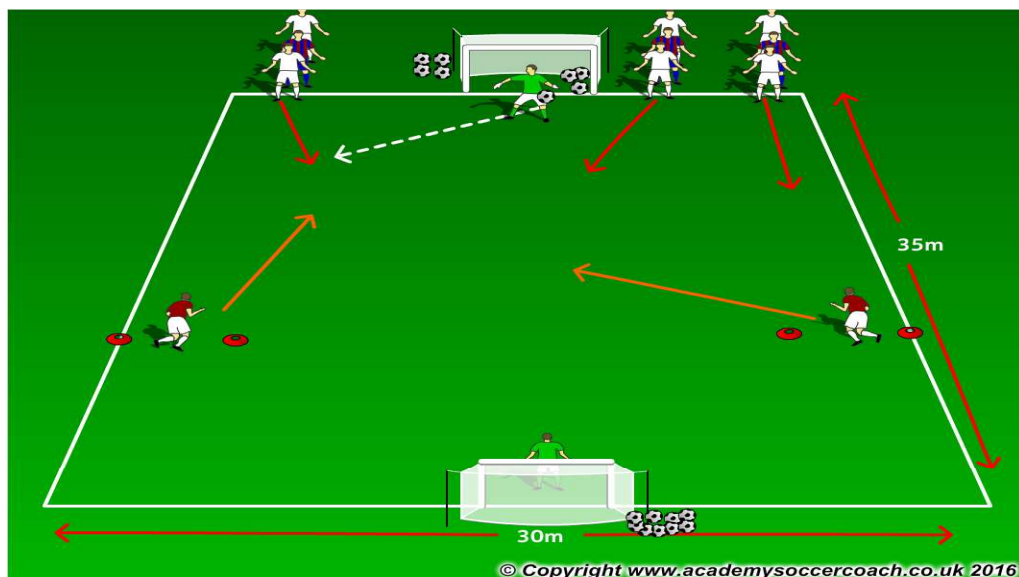
Listening  
 Communicating  
 Peer interaction  
 Fun



## Learn to Train practice plan – Week 33

### Station C

### 3v2 with transition to 2v1



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**Organization:** Players are organized as above in a 35m x 30m field with a goal at either end. A large supply of balls should be available in each goal.

**Procedure:** 3 attackers start the game playing against 2 defenders. The GK starts with the ball and distributes to any of the 3 attackers. The 2 defenders try to prevent the attackers from scoring. Transition occurs when the ball either goes out of play, a goal is scored or the GK has made a save and has the ball. The last attacker to touch the ball now becomes the defender and the 2 red defenders now become the attackers to create a 2v1 to the other goal. The remaining 2 attackers move to the coned area to become 2 defenders. Once the 2v1 situation has finished 3 blue players will play against 2 white defenders.

To encourage competition keep score and set a target for the number of goals each team must score to win the game.

Time frame. 12-15 minutes

### Emphasis:

Passing  
Receiving  
Finishing

How can you support your team mate?  
When do you support your team mate?

### Psychological

Fun  
Confidence  
Decision Making  
Freedom to make mistakes

### Technical

Passing  
Receiving  
Finishing

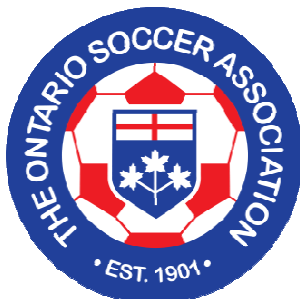
### Physical

Change of Direction  
Mobility  
Timing of runs

### Social

Team work  
Communicating  
Fun with team mates





## Learn to Train practice plan – Week 33

### Station D

### Small sided game – Free play



Time frame. 12-15 minutes

### Emphasis:

FREE PLAY

Creativity

Allow the game to be the teacher

FUN



Organization: 7v7 on a mini field.

Procedure. Allow the players to have free play. The retreat line is in play. The players are asked to focus on what they have worked on inside the session and show how they can support thier team mates.

### Psychological

Fun  
Decision making  
Confidence

### Technical

Passing  
Receiving  
Finishing

### Physical

Speed  
A,B,C's  
Change of Direction

### Social

Listening  
Communicating  
Fun with team mates