



# 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.

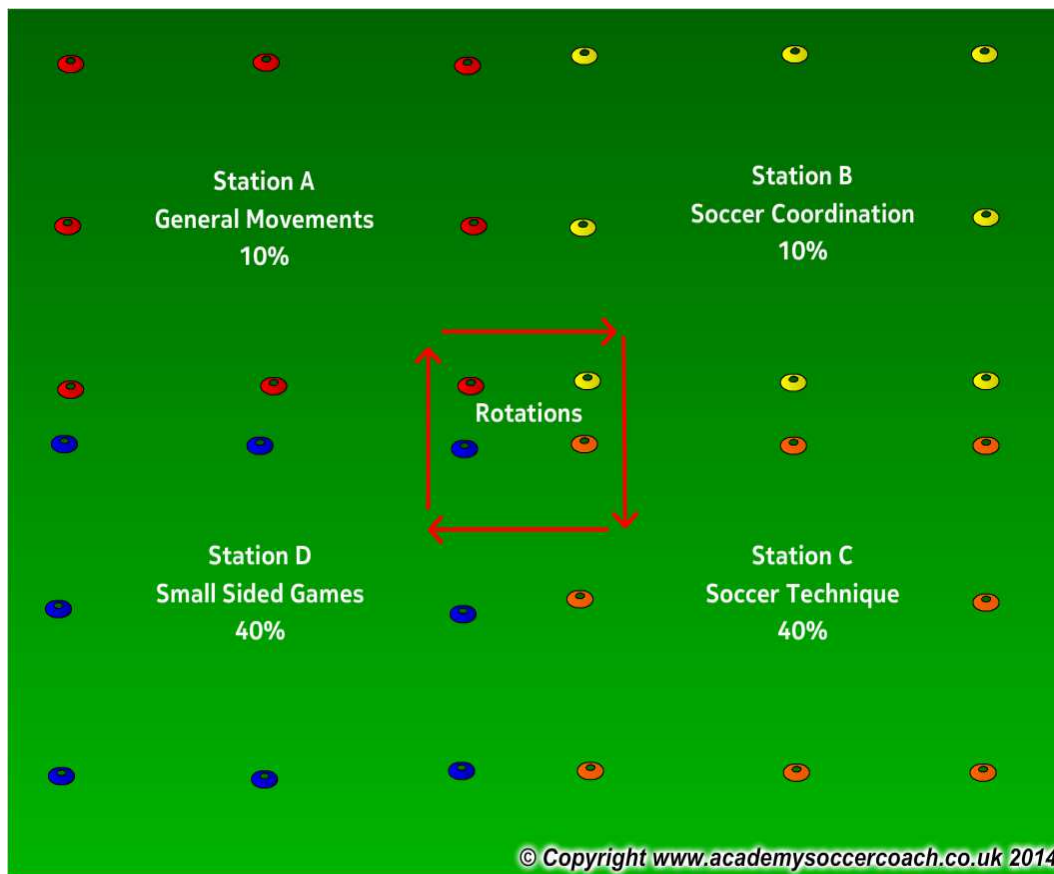
In the following activities players will travel through 4 stations. In these examples one station focuses on general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a small sided soccer game 3v3, 4v4 and 5v5

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



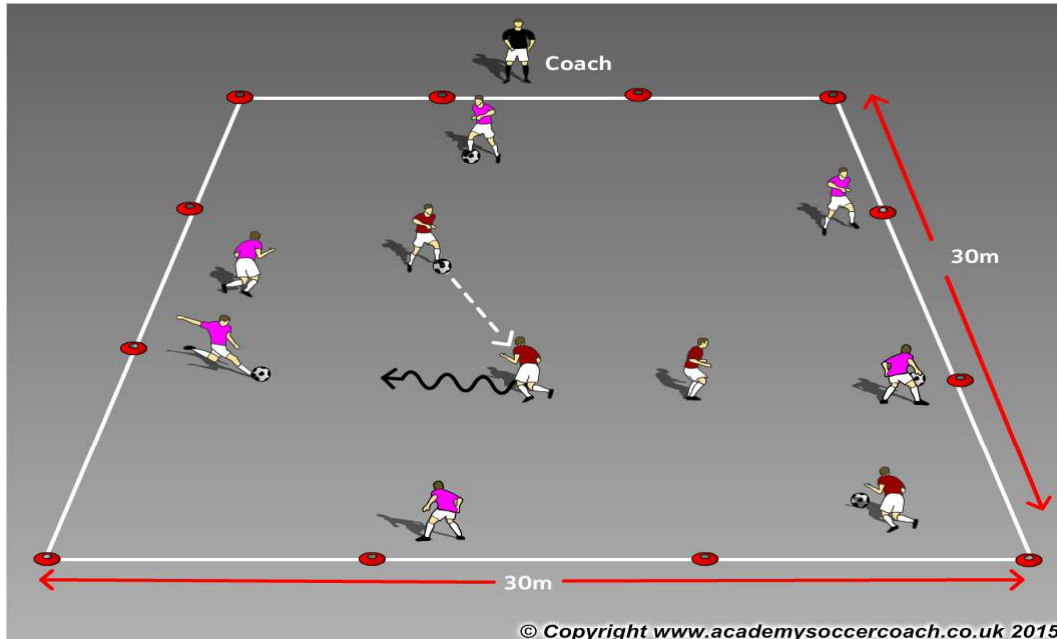
## Learn to Train practice plan How the OSA Player Development Model works



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 31**  
**Station A**  
**General Movement – Passing and Receiving**



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**Organization.** Players are placed into 2s inside 30mx30m area.  
**Procedure.** Players pass and move inside area. Focus should be on how the player passes and receives the ball. As players pass and move the coach calls out the following instructions.  
1. Pass with inside of each foot only. 2. Pass with the outside of each foot only. 3. Before passing do a move and then play pass. 4. Receive ball with the outside of either foot.

**Time frame. 12-15 minutes**

**Emphasis:**

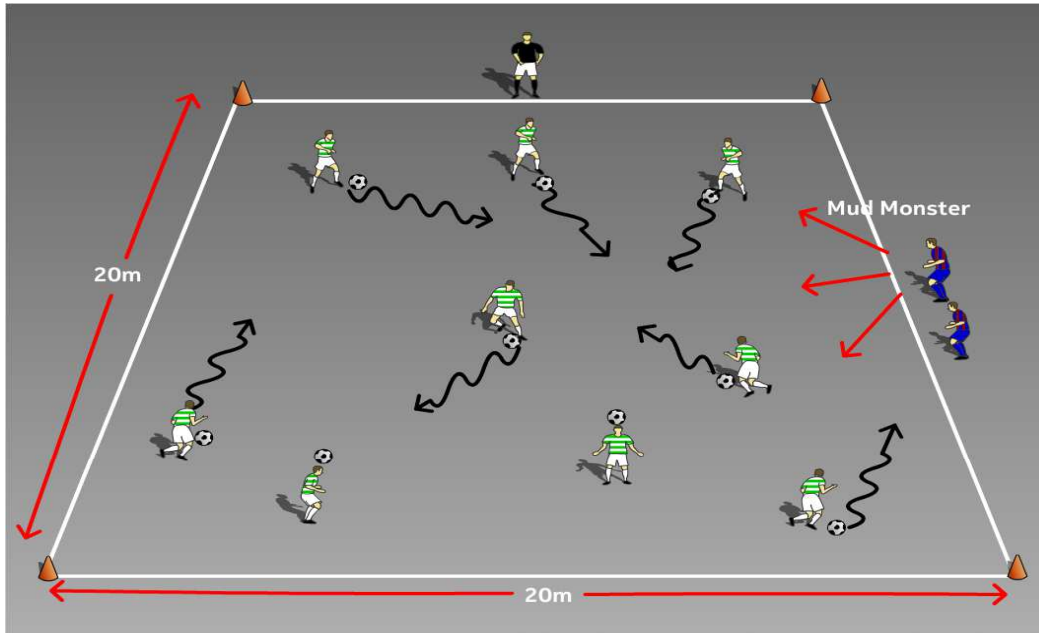
Changing direction  
Passing/Receiving  
Creativity  
Speed  
FUN!

<b><u>Psychological</u></b> Confidence Being safe Decision making	<b><u>Technical</u></b> Passing Receiving
<b><u>Physical</u></b> A,B,C's Change of Direction	<b><u>Social</u></b> Communicating Peer interaction FUN



## Learn to Train practice plan – Week 31

### Station B Soccer Coordination



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**Organization:** Players are inside a 20m x 20m area, all with a ball. 2 players are on outside without a ball and become the mudmonsters.  
**Procedure:** All players dribble around inside the area. 2 players are selected to become the "MUD MONSTER". When the coach says go the Mud monster's come in and attempt to tag the players. If a player is tagged they must stand with their legs apart, holding the soccer ball and their head shouting, "help, help I'm stuck in the mud" to be freed a player who is dribbling crawls through the back of their legs. Each player gets to be the mud monster for 1 minute.

Time frame. 12-15 minutes

#### Emphasis:

Dribbling  
 Movement  
 A,B,C's  
 Communication  
 FUN!

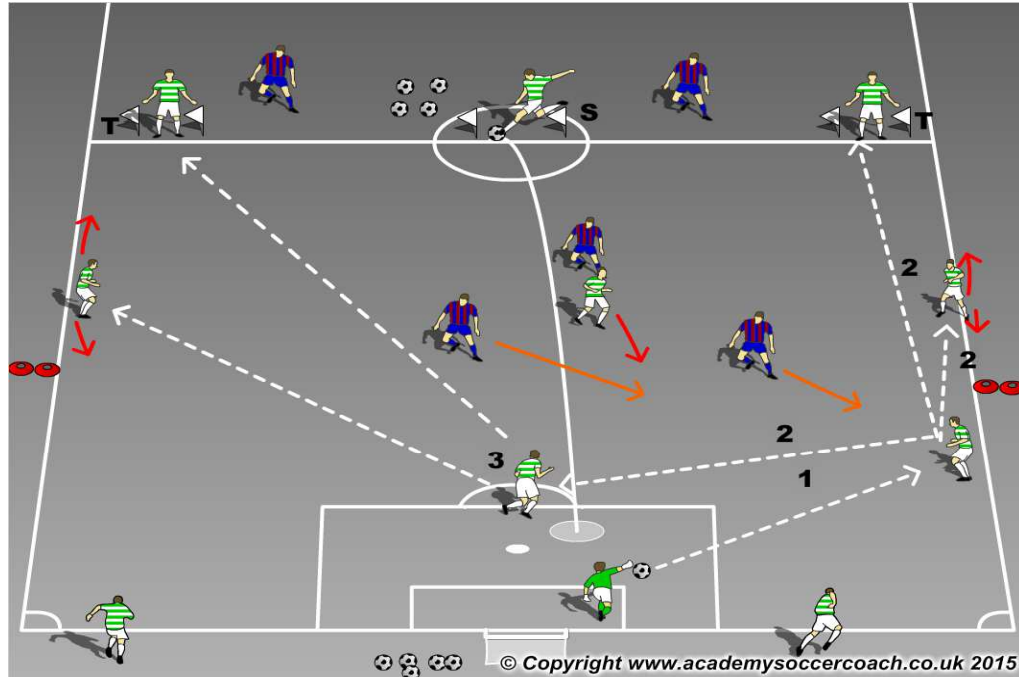
<p><b><u>Psychological</u></b>          Positive reinforcement          Confidence          Being safe</p>	<p><b><u>Technical</u></b>          Dribbling</p>
<p><b><u>Physical</u></b>          Agility, Balance          Change of Direction          Coordination</p>	<p><b><u>Social</u></b>          Listening          Communicating          Peer interaction /fun</p>



## Learn to Train practice plan – Week 31

### Station C

## Soccer Technique – Playing out from the back



**Organization:** Players set up as above.  
**Procedure:** S plays ball into the goalkeeper. The goalkeeper now looks to distribute the ball to one of his/her team mates. As soon as the player receiving the ball touches the ball the 3 players are released to pressure the ball. The team in possession now look to get the ball to T or S to score a point. If the win possession they head to goal. All players rotate through all positions.

Time frame. 12-15 minutes

### Emphasis:

Passing  
 Receiving  
 Possession  
 Decision making

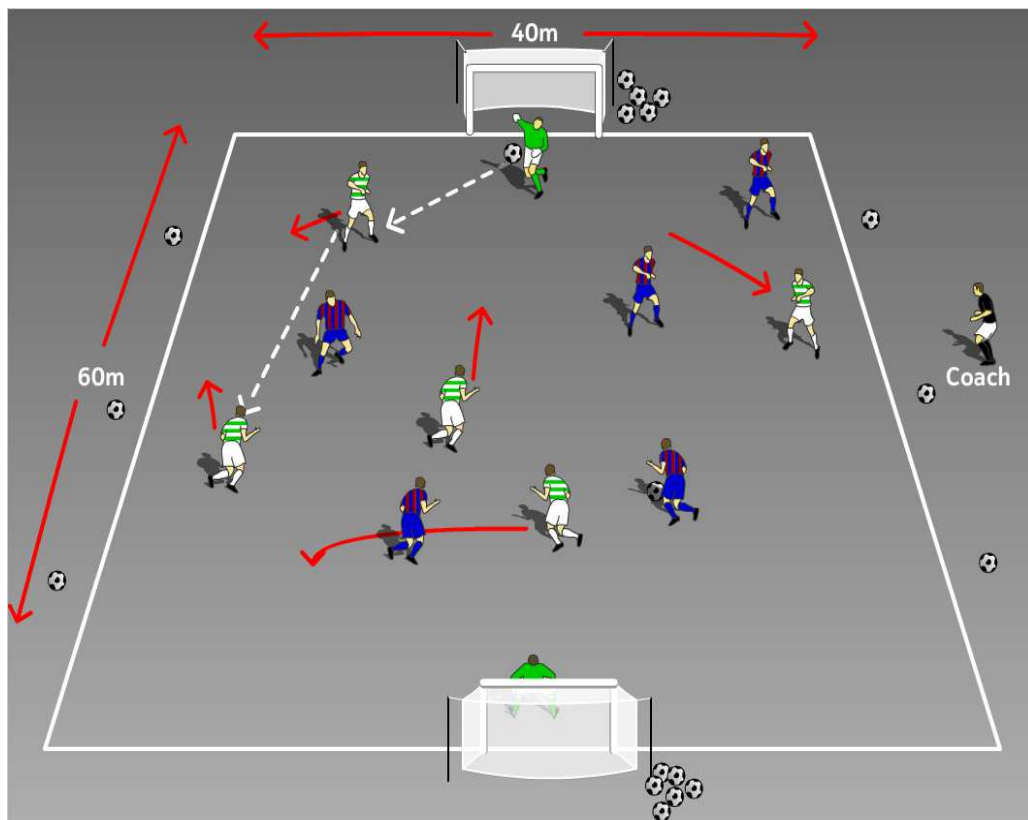
<p><b><u>Psychological</u></b>            Fun            Confidence            Decision Making</p>	<p><b><u>Technical</u></b>            Passing            Receiving            Possession</p>
<p><b><u>Physical</u></b>            A,B,C's            Change of Direction            Movement</p>	<p><b><u>Social</u></b>            Team work            Communicating            Fun with friends</p>



## Learn to Train practice plan – Week 31

### Station D

### Small sided game – Free play



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Organization: 6v6 or 7v7 in a 60m x 40m field. No conditions.

Time frame. 12-15 minutes

Emphasis:

FREE PLAY

Creativity

Allow the game to be the teacher

FUN

#### Psychological

Fun  
Confidence  
Being safe

#### Technical

Passing  
Team possession  
Individual ability

#### Physical

Speed  
A,B,C's  
Change of Direction

#### Social

Listening  
Communicating  
Fun with friends