

# GRASSROOTS WORKBOOK & PRACTICE PLANS





## Active Start practice plan The OSA Player Development Model – The Station concept



The activities provided illustrate how stations can be used during Grassroots practices. During the practice players will spend an allotted time at each station having fun, developing specific skills and qualities before moving onto the next station. By using station work we create an environment where players are continually motivated and that they are continually challenged.

In the following activities players will travel through 4 stations. In these examples one station focuses on Physical Literacy, two stations on movements with the ball and the 4th station is focused around the game with the children playing 1v1.

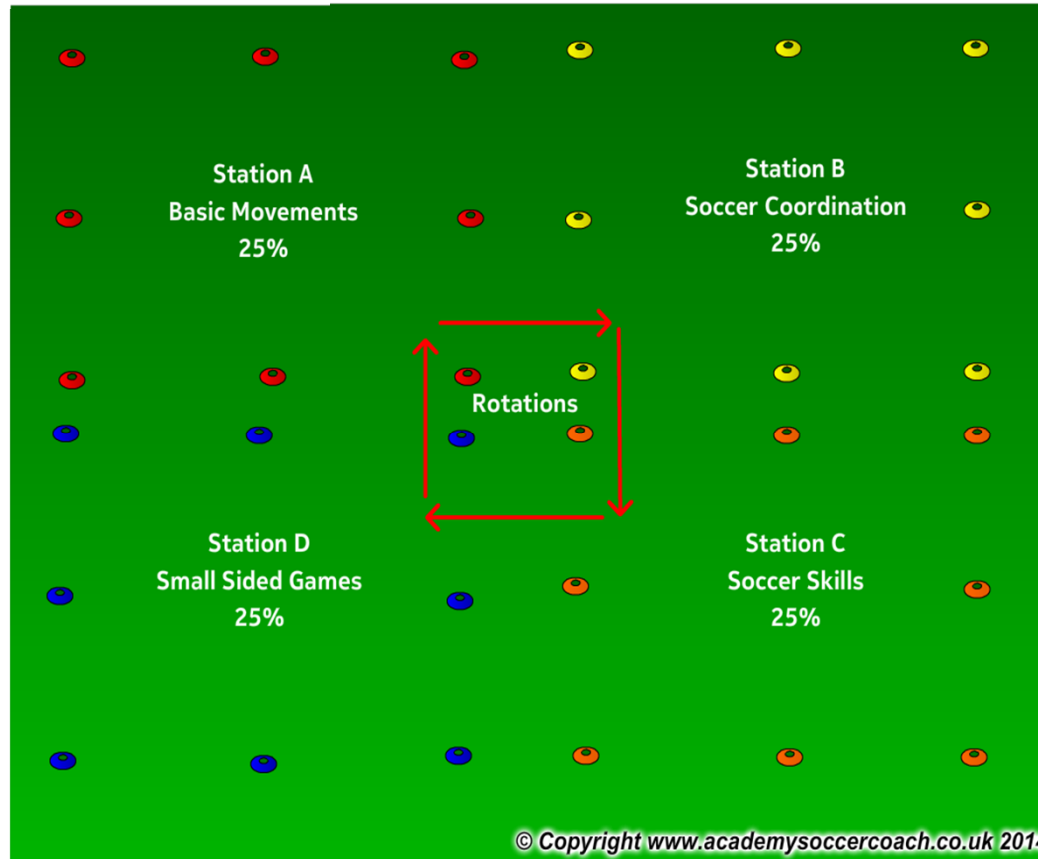
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

Total Practice time 40 minutes as per the Recreational and Development Matrix



## Active Start practice plan

### How The OSA Player Development Model works



If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 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.

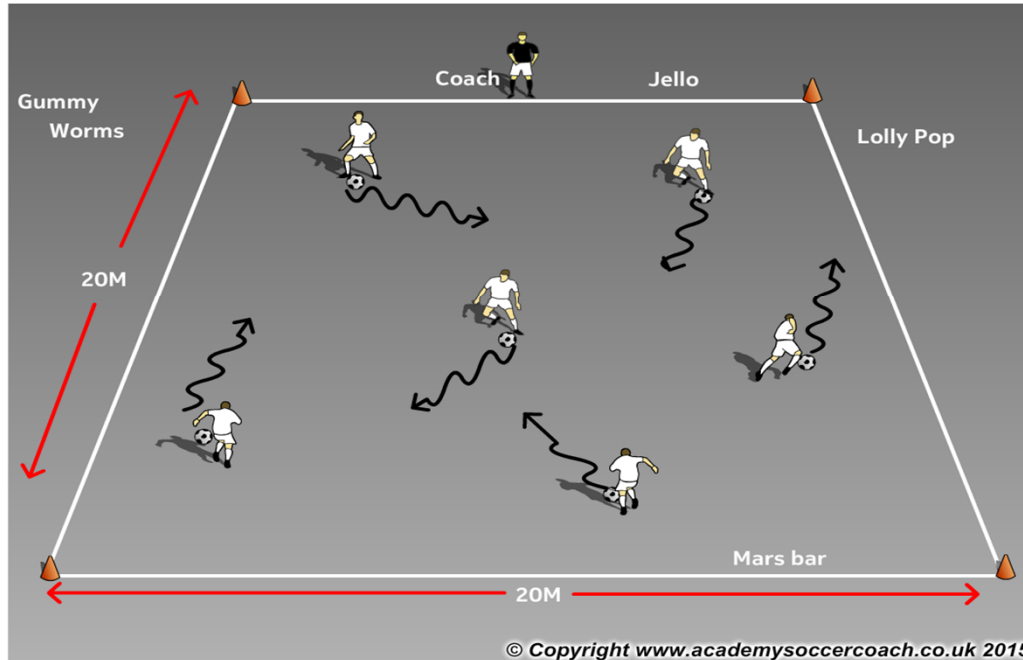




## Active Start practice plan – Week 30

### Station A

### General movement – Candy Store



**Organization:** 20m x 20m area. Each player has a soccer ball.  
**Procedure:** All players dribble inside the area. The area now becomes a candy store and the players explore by shouting out their favourite candies. The coach names each side of the area after a different candy and when the coach calls out that specific candy the players dribble to the correct side and perform a specific challenge. I.e. toe taps, (players touch ball 1 foot at the time using their sole) inside inside etc. (Players use the inside of their feet to knock the ball back and forth between each foot).

**Time Frame. 8 minutes**

**Emphasis:**

Listening  
 Changing direction  
 Agility, Balance, Coordination  
 Competition  
 FUN!

<p><b><u>Psychological</u></b></p> <p>Confidence          Being safe          FUN</p>	<p><b><u>Technical</u></b></p> <p>Dribbling</p>
<p><b><u>Physical</u></b></p> <p>A,B,C's          Change of Speed          Change of Direction</p>	<p><b><u>Social</u></b></p> <p>Listening          Communicating          Celebrating</p>



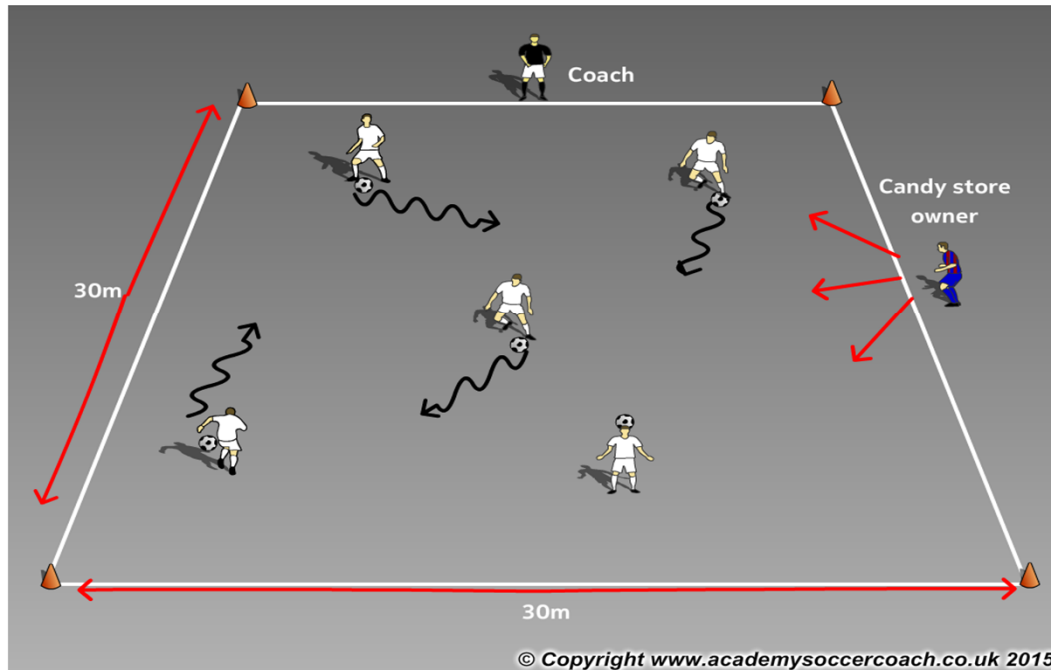
**Active Start practice plan – Week 30**  
**Station B**  
**Soccer Technique – Candy store owner**



**Time Frame. 8 minutes**

**Emphasis:**

- Dribbling
- Different parts of the foot
- Changing direction
- Competition
- FUN!**



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**Organization:** 30m x 30m area set up. Every player has a soccer ball apart from the "Candy store owner"

**Procedure:** All players dribble around inside the area. 1 player at a time is selected to become the "Candy store owner". When the coach calls "go" the candy store owner comes in and attempts to tag the players. If a player is tagged they must stand with their legs apart, holding the soccer ball in their head shouting, "help, help I'm stuck in the candy store" to be freed a player who is dribbling crawls through the back of their legs. Each player gets to be the candy store owner for 1 minute.

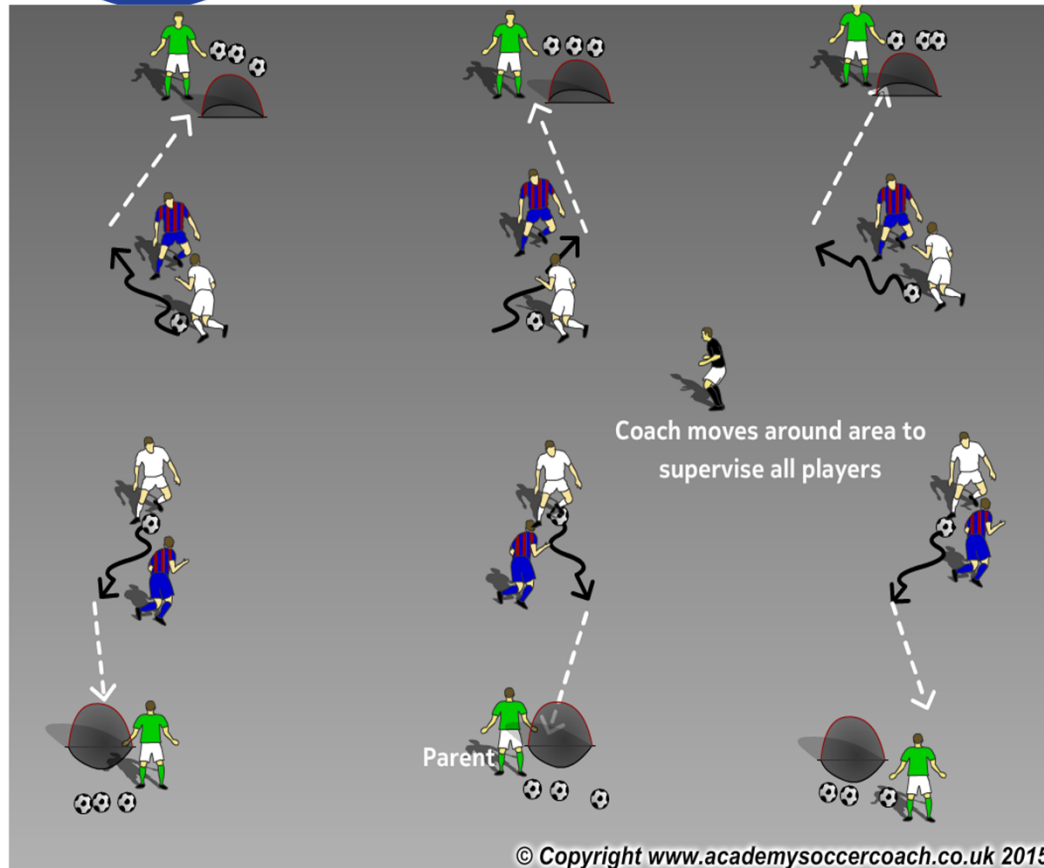
<p><b><u>Psychological</u></b>            Confidence            Being safe            FUN</p>	<p><b><u>Technical</u></b>            Dribbling            Running with the ball            Beating a player</p>
<p><b><u>Physical</u></b>            A,B,C's            Change of Direction            Change of Speed</p>	<p><b><u>Social</u></b>            Listening            Communicating            Celebrating</p>



## Active Start practice plan – Week 30

### Station C

### Soccer Technique – 1v1.



**Organization:** Player placed into groups of 2. They play 1v1 to goal.

**Procedure:** Parent rolls the ball out and the 2 players play 1v1. Players look to score in the pug goal. After 90 seconds rotate partners.

**Time Frame. 8 minutes**

**Emphasis:**

Running with the ball

Dribbling

Changing direction

Agility, Balance, Coordination

Imagination

**FUN!**

#### Psychological

Confidence  
Being safe

#### Technical

Dribbling  
Running with the ball  
Shooting

#### Physical

A,B,C's  
Change of Direction

#### Social

Communicating  
Celebrating





## Active Start practice plan - Week 30

### Station D

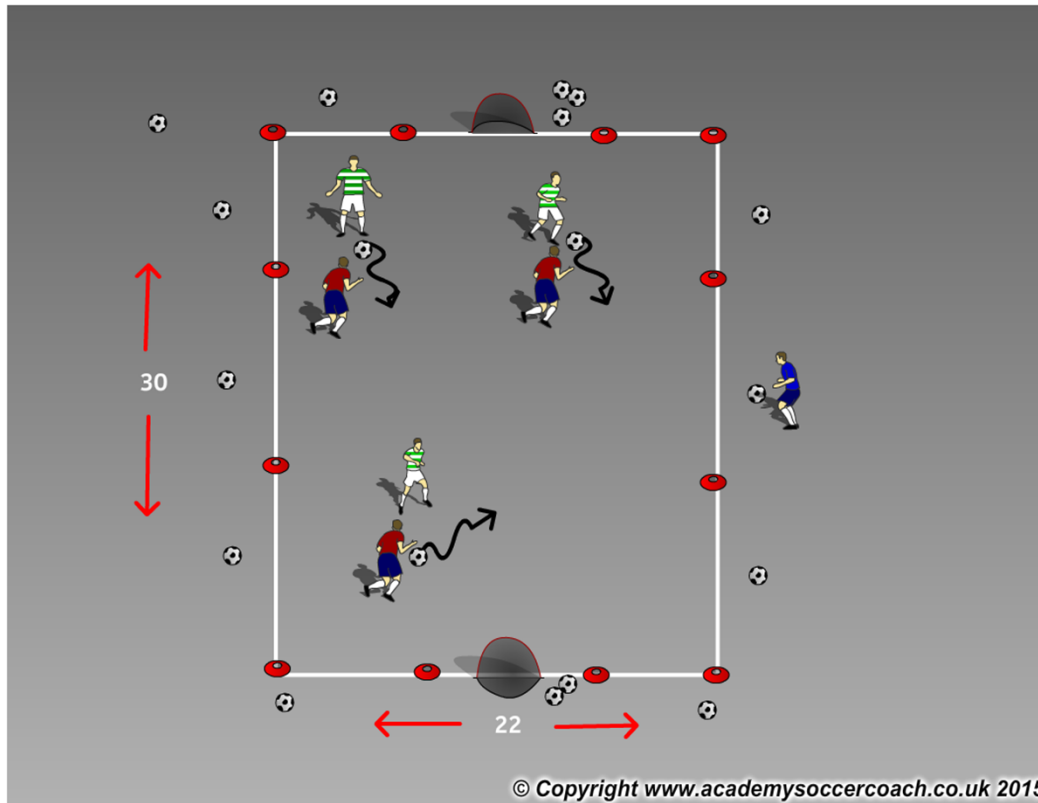
### Small sided game – 1v1 to goal



### Time Frame. 8 minutes

#### Emphasis:

- Listening
- Running with the ball
- Dribbling
- Changing direction
- Agility, Balance, Coordination
- Imagination
- FUN!



**Organization:** 6 children placed inside a 30m x 22m soccer field, 3 on each team.

**Procedure:** 3 soccer balls are inside the field of play and the children will play 1v1 against a player from the opposing team. If the ball goes out of the field the children get the closest ball and play on.

#### Psychological

Confidence  
Being safe  
FUN

#### Technical

Dribbling  
Running with the ball  
Shooting

#### Physical

A,B,C's  
Change of Direction

#### Social

Listening  
Communicating  
Celebrating