



GRASSROOTS WORKBOOK & PRACTICE PLANS





FUNdamentals practice plans

Preferred method of training – 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 all sessions 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 or 5v5 which includes the retreat line.

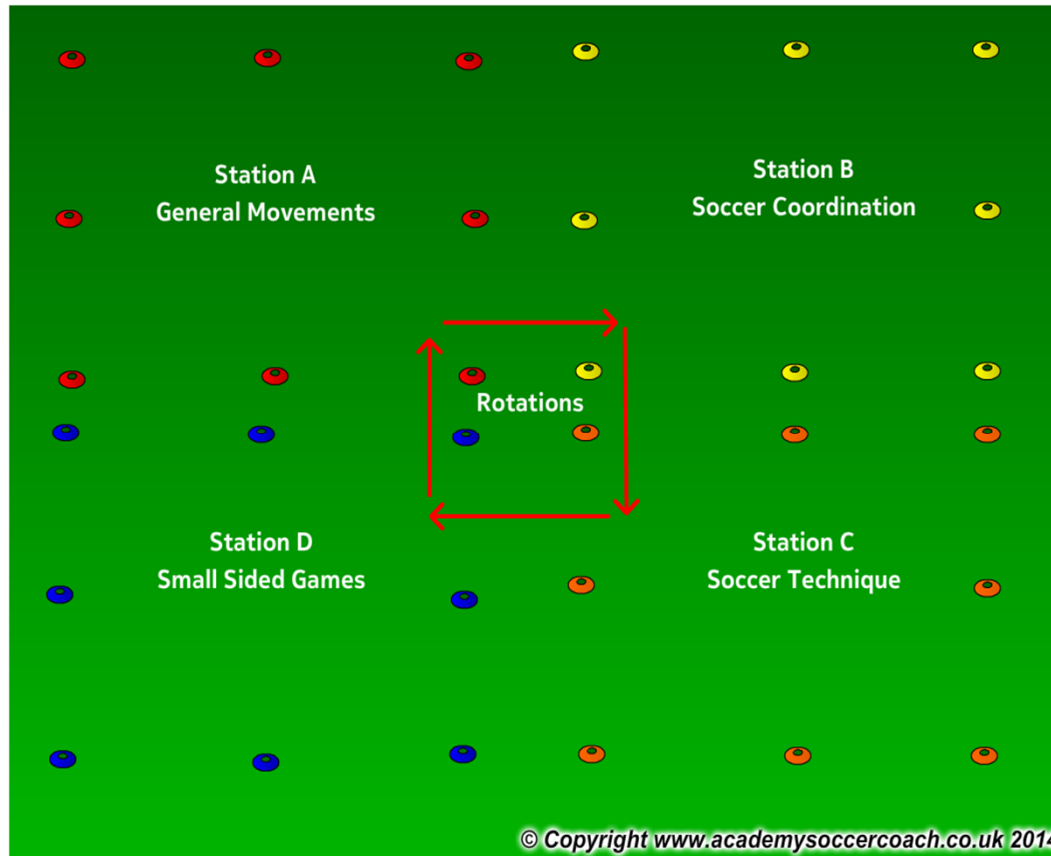
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

Total Practice time 45 minutes as per the Recreational and Development Matrix



FUNdamentals practice plans

How the preferred training model works



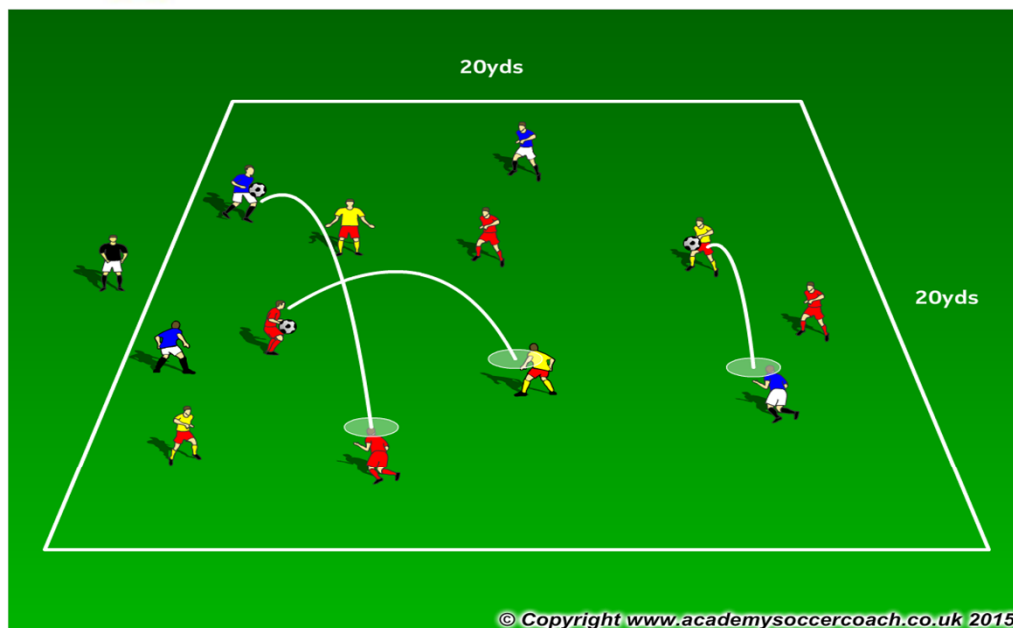
If working with a larger group organize players into groups of 8-10. Each station has a coach who will lead that specific station for the session. Players rotate every 8-10 minutes with a 2 minute break in between each station to have a water break and move to the next station.

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.



FUNdamentals practice plan – Week 27

Station A Physical Literacy



© Copyright www.academysoccercoach.co.uk 2015

Organization: Players are divided into 3 or 4 groups and placed in a 20x20 yard area. 1 ball per group.

Procedure: Players move around the area using type of movement dictated by coach: running, backwards running, hopping, skipping etc. Players throw the ball to each other using a variety of techniques: overhead throw, under-arm throw, chest/bounce pass, 1 hand throw under opposite leg, American football "snap".

Progressions: Players can only play to players in same team (red only pass to red), Players must pass to a different team each time (Red must play blue or yellow).

Time frame. 8-10 minutes

Emphasis:

Multi direction movement

Coordination

Balance

Psychological

Confidence
Being safe
Decision making
FUN

Technical

N/A

Physical

Multi direction moves
Coordination
Balance
Speed

Social

Listening
Communicating
FUN



FUNdamentals practice plan – Week 27

Station B

3v3 to 2 target players



Time frame. 8-10 minutes

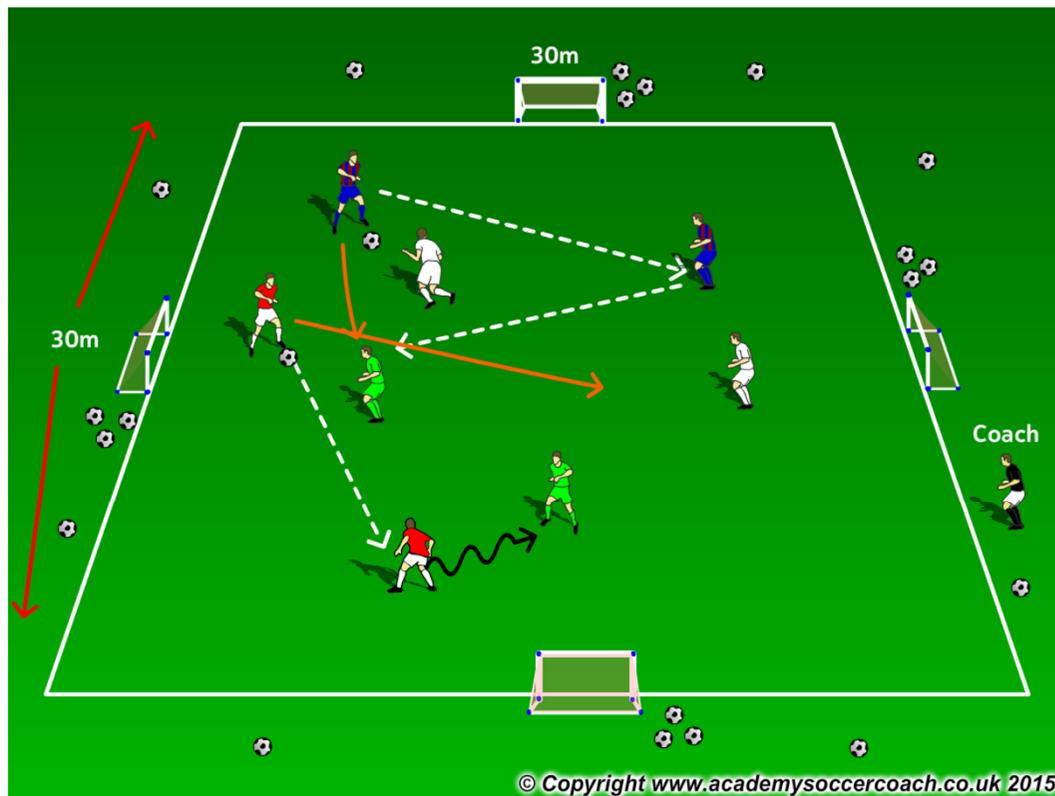
Emphasis:

1v1 attacking/defending

Decision making

Team work

FUN!



© Copyright www.acadmysoccercoach.co.uk 2015

Organization: 4 teams of 2 players are placed on to a field 30mx30m.
Procedure: Players play two games of 2v2 with one game being played in one direction and the other game being played in the opposite direction. Players are now placed in to a game situation that will enable them to make decisions based on what is happening around them.

Psychological

Confidence
 Decision making
 FUN

Technical

1v1
 attacking/defending
 Passing
 Receiving

Physical

Movement
 Timing
 Acceleration

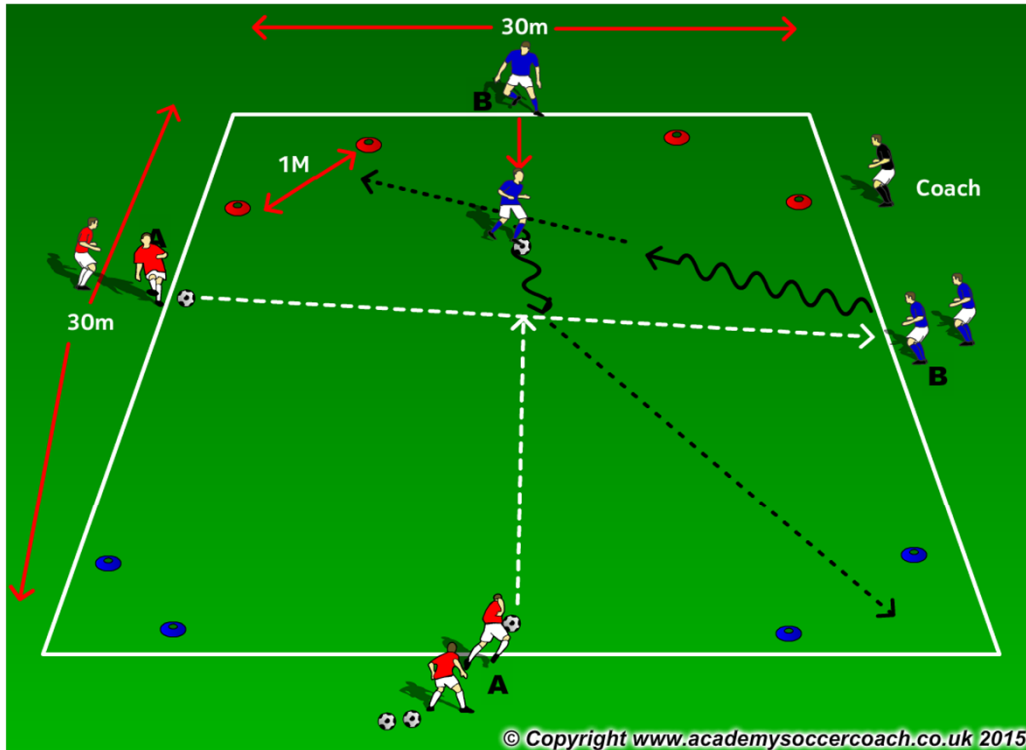
Social

Listening
 Communicating
 Celebrating

FUNdamentals practice plan – Week 27

Station C

1v1 Chaos – Show your skills



Organization: Area is 30m x 30m with 1 goal in each corner, 1m in width.
Procedure: Player A's plays the pass to player B's on the opposite side of the area. Player B attempts to dribble past player A and dribble through one of the goals. If player A takes the ball away from play B he/she then tries to dribble the ball through any of the goals. Keep rotating the service so that all players are attackers. 2 1v1 games are happening at the same time
Progression: Players progress to play 2v2 if success is being achieved.

Time frame.8- 10 minutes

Emphasis:

1v1 situations
Decision making
Chaotic situations
FUN!

Psychological

Confidence
Being safe
Decision making

Technical

1v1 attacking and defending

Physical

A,B,C's
Change of Direction
Speed/Acceleration

Social

Listening
Communicating
Competition



FUNdamentals practice plan – Week 27
Station D
Small Sided Game – 5v5 with retreat line



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.

Time frame. 8-10 minutes

Emphasis:

Free Play

Express yourself

Decision making

FUN!

Psychological

Confidence
Being safe
Decision making
FUN

Technical

Free Play
Express yourself

Physical

A,B,C's
Change of Direction
Speed

Social

Listening
Communicating
Celebrating
Interaction