



# 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.

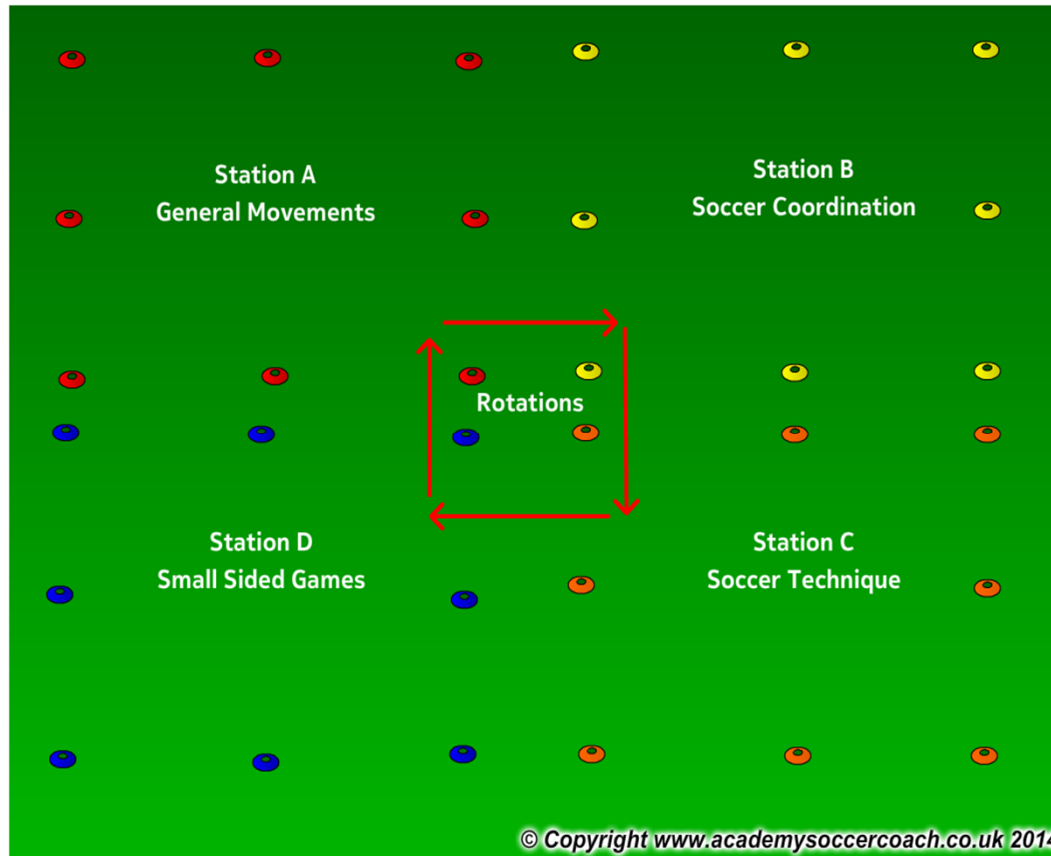
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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.

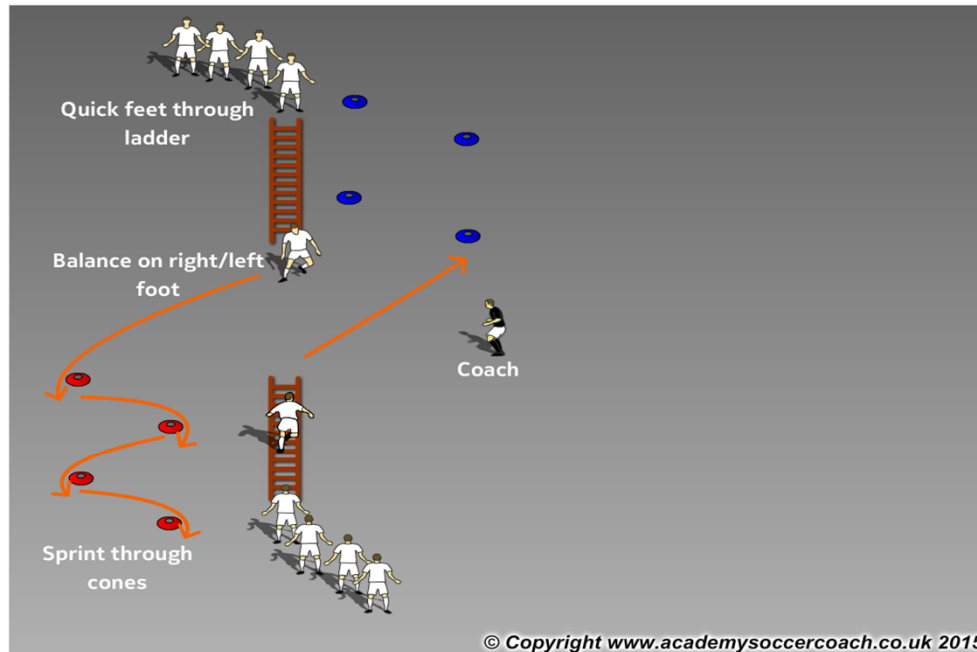
If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.





## FUNdamentals practice plan – Week 25

### Station A Physical Literacy



**Organization:** As above with players placed into 2 groups of 5.  
**Procedure:** Players move through speed ladder using different variations of footwork, Coach chooses at the start with and then allows the players to decide how they want to go through the ladder. Once the player gets to the end of the ladder they must balance on one foot for 2 seconds and then explode through the cones. Once through the cones join the back of the line. Once the player in front of you explodes from the balance, you can go. Coach should vary the movement's every 4 reps.

Time frame. 8-10 minutes

Emphasis:  
 Quick feet  
 Coordination  
 Balance

<p><u>Psychological</u></p> <p>Confidence          Being safe          Decision making</p>	<p><u>Technical</u></p> <p>N/A</p>
<p><u>Physical</u></p> <p>Quick feet          Coordination          Balance          Speed</p>	<p><u>Social</u></p> <p>Listening          Communicating</p>



## FUNdamentals practice plan – Week 25

### Station B

### 3v3 to 2 target players



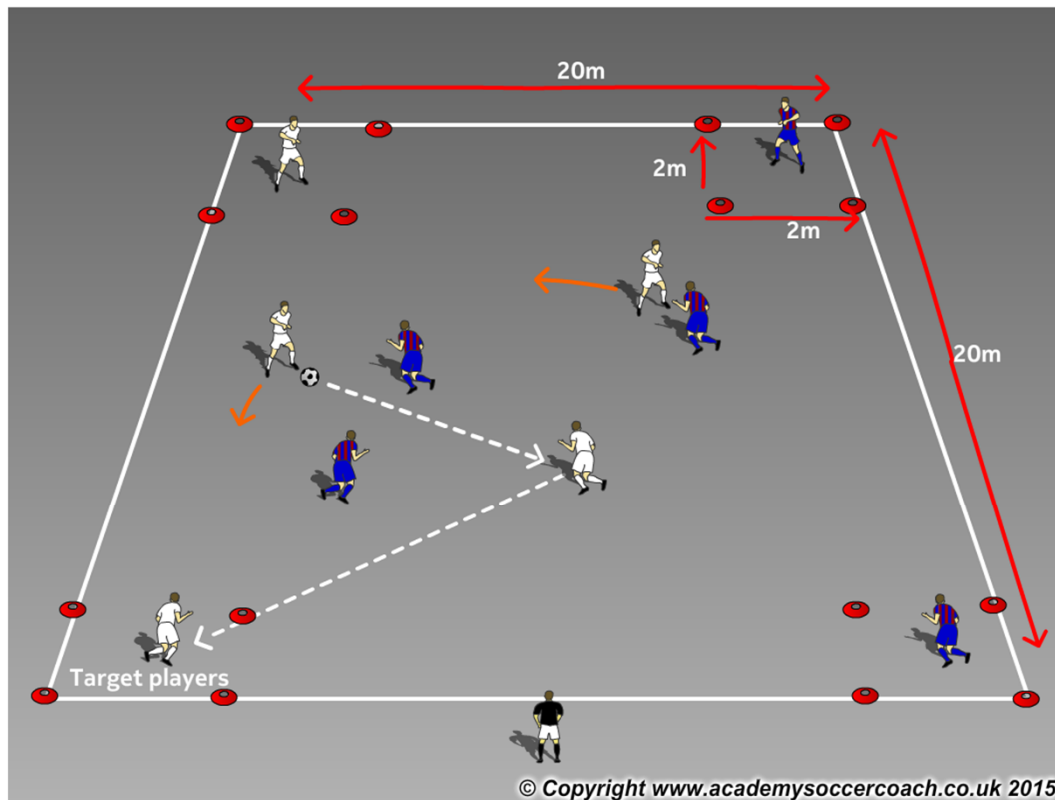
Time frame. 8-10 minutes

### Emphasis:

Small group possession

Team work

FUN!



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Organization: 20m x 20m area with a 2m x 2m target zone in each corner. Players play 3v3 to 2 target players. Target players are allowed to move in to any corner to receive the ball. Target players cannot be tackled. Procedure: Players play 3v3 inside the area and score a point by playing to a target player inside a target zone.

Psychological  
Confidence  
Decision making

Technical  
Passing  
Receiving

Physical  
Movement  
Timing

Social  
Listening  
Communicating  
Celebrating



## FUNDamentals practice plan – Week 25

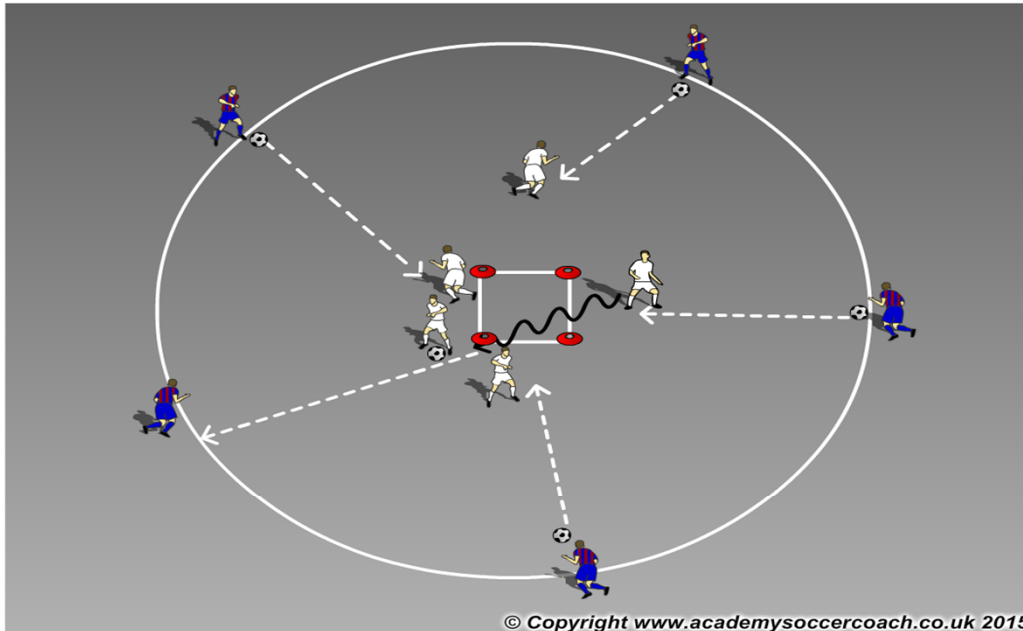
### Station C Passing circle



Time frame.8- 10 minutes

#### Emphasis:

Passing/Receiving  
Decision making  
Chaotic situations  
FUN!



**Organization:** 5 players are placed inside the centre square (3m x3m) 5 players are placed on the outside, 20m away from the centre of the square each with a ball.

**Procedure:** Central players show to a player on the outside at an angle to receive the pass. The player receives the ball on their back foot with their body position open to play forward. The player then dribbles into the centre square and makes a decision on which space to penetrate depending on traffic inside the area. The ball is then played to the other player on the outside. Sequence continues. Rotate players every 60 seconds. Players on the outside are free to move around the outside of the circle.

**Progression:** in 60 seconds see how many passes each of the central players can successfully play to players on the outside.

#### Psychological

Confidence  
Being safe  
Decision making

#### Technical

Passing  
Receiving

#### Physical

A,B,C's  
Body shape  
Change of Direction  
Speed

#### Social

Listening  
Communicating





## FUNdamentals practice plan – Week 25

### Station D

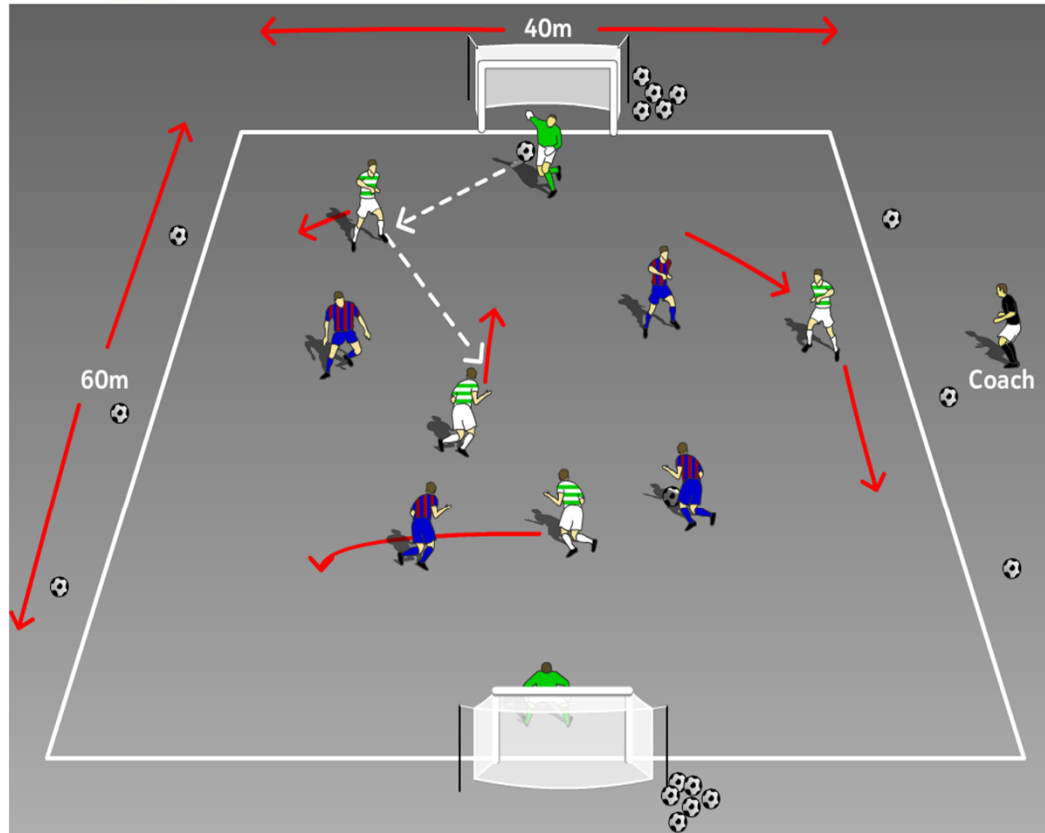
### Small Sided Game – 5v5



Time frame. 8-10 minutes

Emphasis:

Free Play  
Decision making  
**FUN!**



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Organization: 5v5, in a 60m x 40m field. No conditions. Encourage players to be positive, play forward and penetrate with passes. Look for good movement to provide support and find space.

#### Psychological

Confidence  
Being safe  
Decision making

#### Technical

Possession with a purpose

#### Physical

A,B,C's  
Change of Direction  
Speed

#### Social

Listening  
Communicating  
Celebrating  
Interaction