

# GRASSROOTS WORKBOOK & PRACTICE PLANS





## FUNdamentals practice plans

### 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 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 of 2v2, 3v3, 4v4 or 5v5.

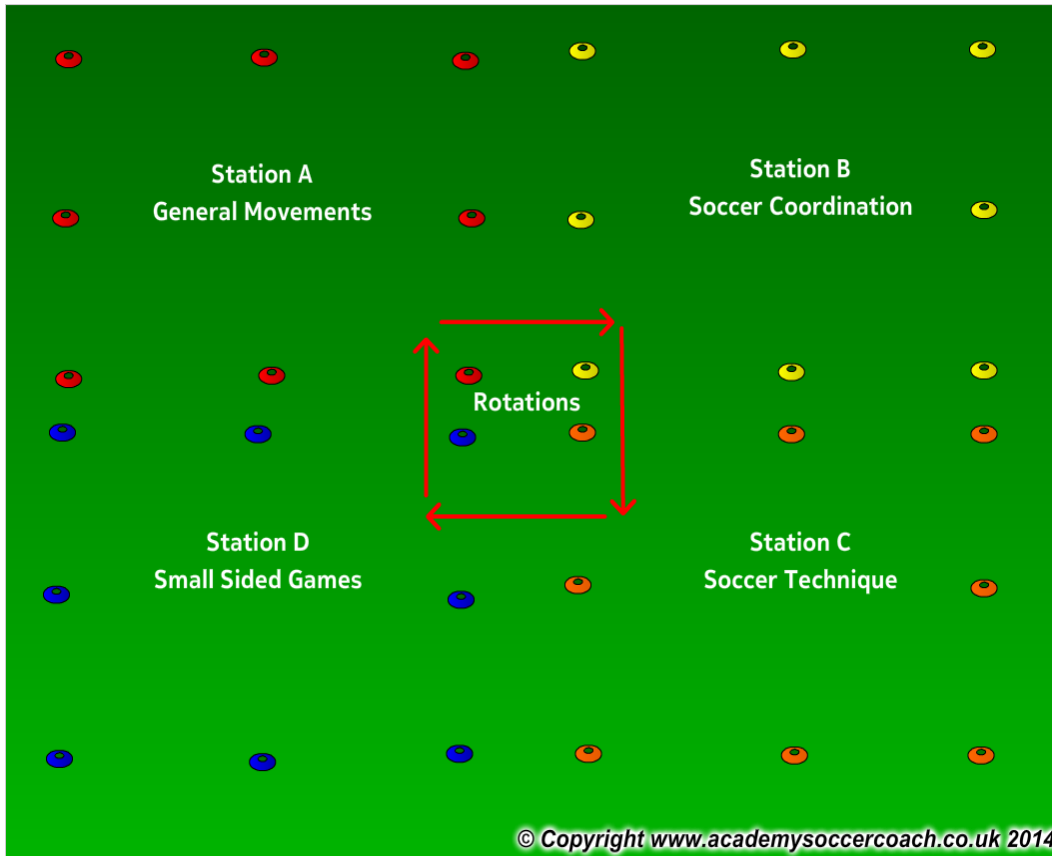
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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



## FUNdamentals practice plans

### How the OSA Player Development 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.

General Movement: %20

Coordination: %20

Soccer technique: %20

Small sided game: %40



# FUNdamentals practice plan – Week 22

## Station A

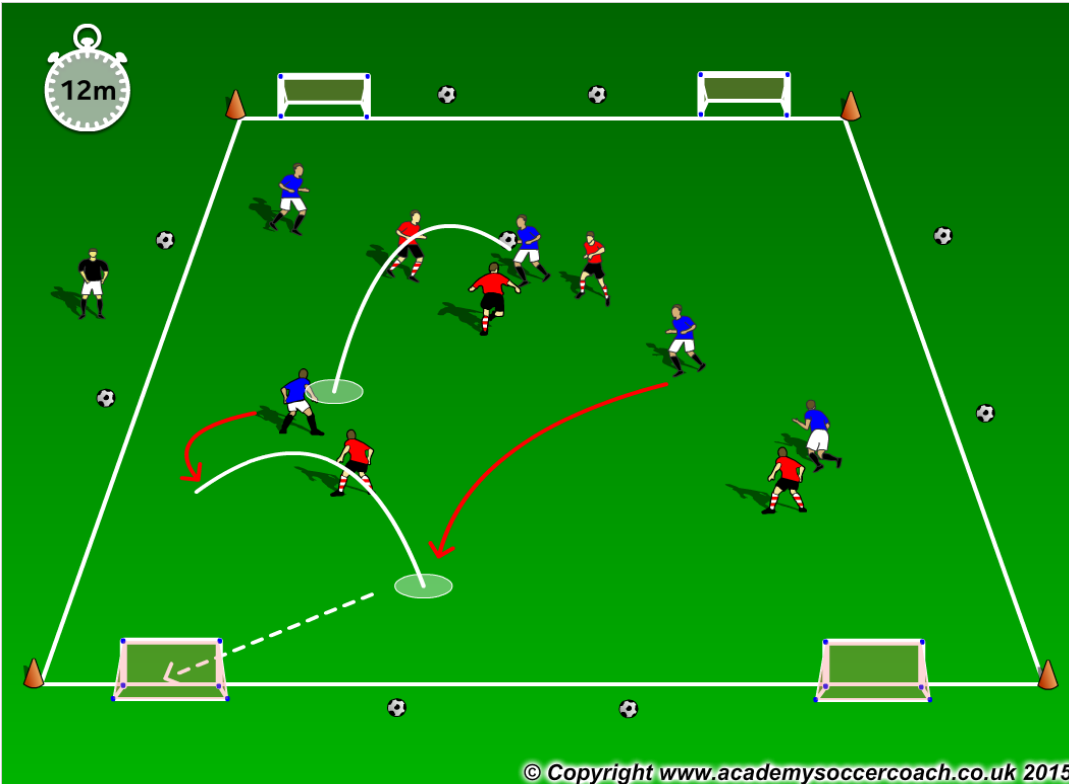
### General Movements – 2 Goal Handball Game



Time frame. 8-10 minutes

Emphasis:

Agility, Balance, Coordination, Speed  
Changing Direction  
**FUN!**



© Copyright www.academysoccercoach.co.uk 2015

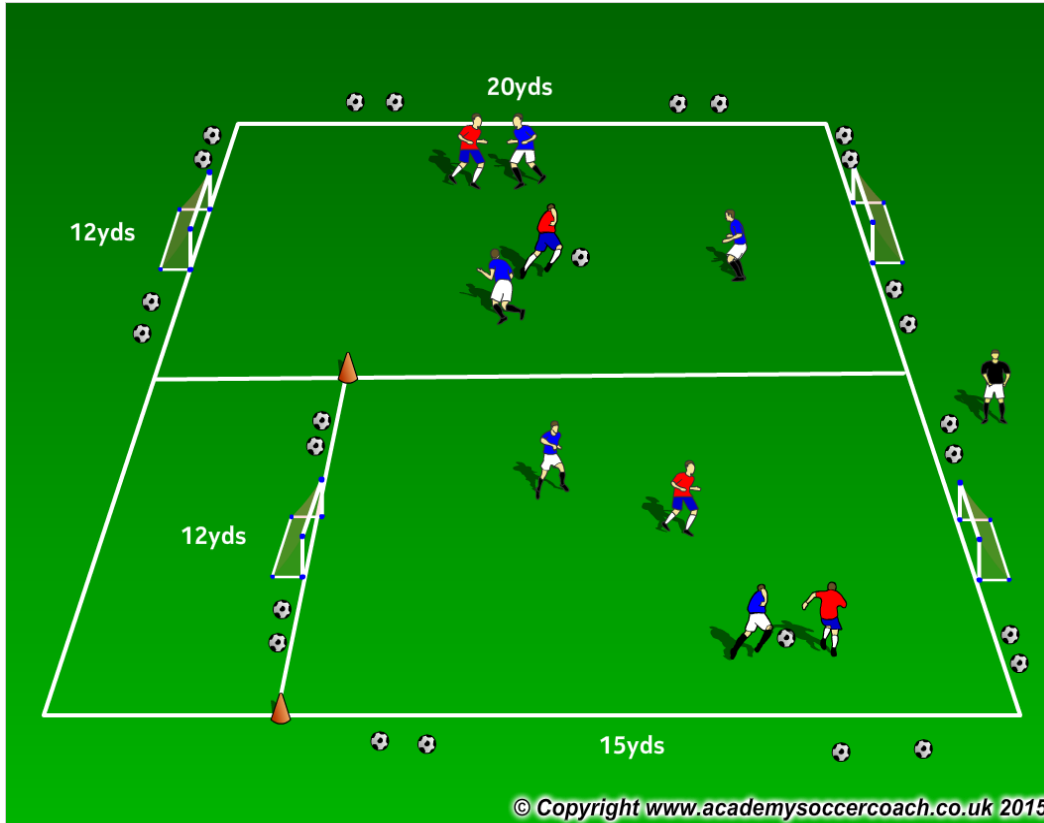
**Organization:** Players are placed in 20x20 area with 2 nets positioned at each end as shown above.

**Procedure:** Players play handball and attempt to score by throwing the ball into either net. Players cannot move more that 3 steps when in possession. Defending team win possession by intercepting passes

<p><b><u>Psychological</u></b> Decision Making Confidence Being safe Spatial Awareness</p>	<p><b><u>Technical</u></b> Different types of pass</p>
<p><b><u>Physical</u></b> Agility, Balance, Coordination Speed Power</p>	<p><b><u>Social</u></b> Listening Problem Solving Fun</p>



**FUNdamentals practice plan – Week 22**  
**Station B**  
**Technique work – 2v2/3v3 Mini games**



**Organization:** Create two mini fields, one 12 x 15yards & the other 12 x 20 yards.

**Balls around perimeter**

**Procedure:** Players play 3v3 in larger field & 2v2 in smaller field

**Time frame. 8-10 minutes**

**Emphasis:**

Opportunities to Dribble

Allow players to be creative.

**Psychological**

Confidence  
Being safe  
Self Control  
Decision Making

**Technical**

Dribbling  
Keeping the ball close  
Cuts & Turns

**Physical**

A,B,C's  
Change of Direction  
Acceleration

**Social**

Listening  
Communicating  
Celebrating



# FUNdamentals practice plan – Week 22

## Station C

### Dribbling: 1v1 Attacking



**Organization:** 12x25 yard area with 2 nets placed at each end. Players are divided evenly into 2 teams; attackers and defenders. Defenders are positioned on sideline while attackers are positioned on the opposite side of the field. The coach will act as server and be stationed opposite attackers with ball. After 4-5 minutes switch attackers and defenders.

**Procedure:** Coach serves ball to attacker who receives the ball and attacks the goal. As coach serves the ball, the first defender comes to engage the attacker. **Scoring:** 1 point for attacker if they can score on the goal. If defender wins the ball they can score on the opposite net.

Time frame. 8-10 minutes

Emphasis:

- Ball control on the move
- Ball manipulation
- Change of speeds/directions

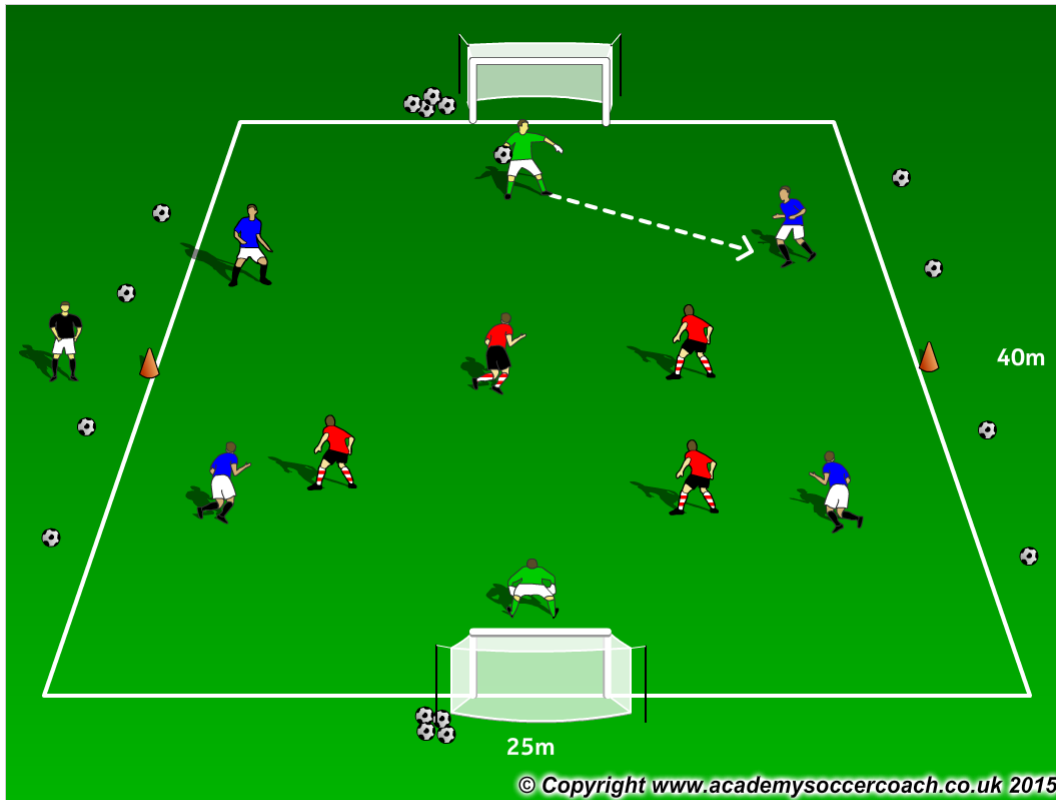
<p><b><u>Psychological</u></b> Confidence Decision making Spatial awareness</p>	<p><b><u>Technical</u></b> Different dribbling skills Ball control Receiving skills</p>
<p><b><u>Physical</u></b> Speed Change of Direction A,B,C's</p>	<p><b><u>Social</u></b> Listening Communicating Fun</p>



## FUNdamentals practice plan – Week 22

### Station D

#### Small sided game – 5v5 with the 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.

**Procedure:** Encourage players to penetrate with forward passes, however passes should not be forced. Look for efficient movement to support player in possession and find space.

Time frame. 8-10 minutes

Emphasis:

FREE PLAY!  
FUN!

#### Psychological

Fun  
Confidence  
Being safe  
Decision making

#### Technical

Receiving  
Dribbling  
Attacking

#### Physical

Speed  
A,B,C's  
Change of Direction

#### Social

Listening  
Communicating  
Celebrating  
Helping each other