

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

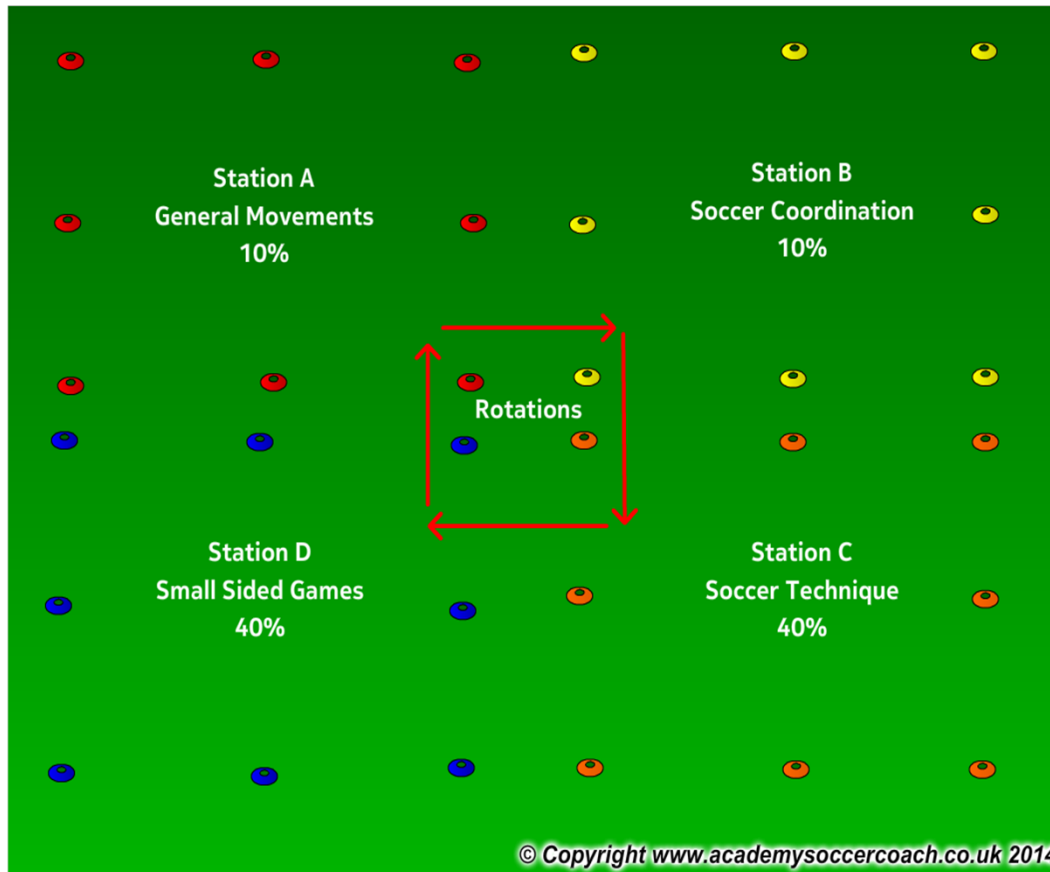
All sessions take a holistic approach to developing our youth. Each game and activity will take a look at how we can focus on 4 main areas of the child's development; these include Social/Emotional, physical, physiological and also technical

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.



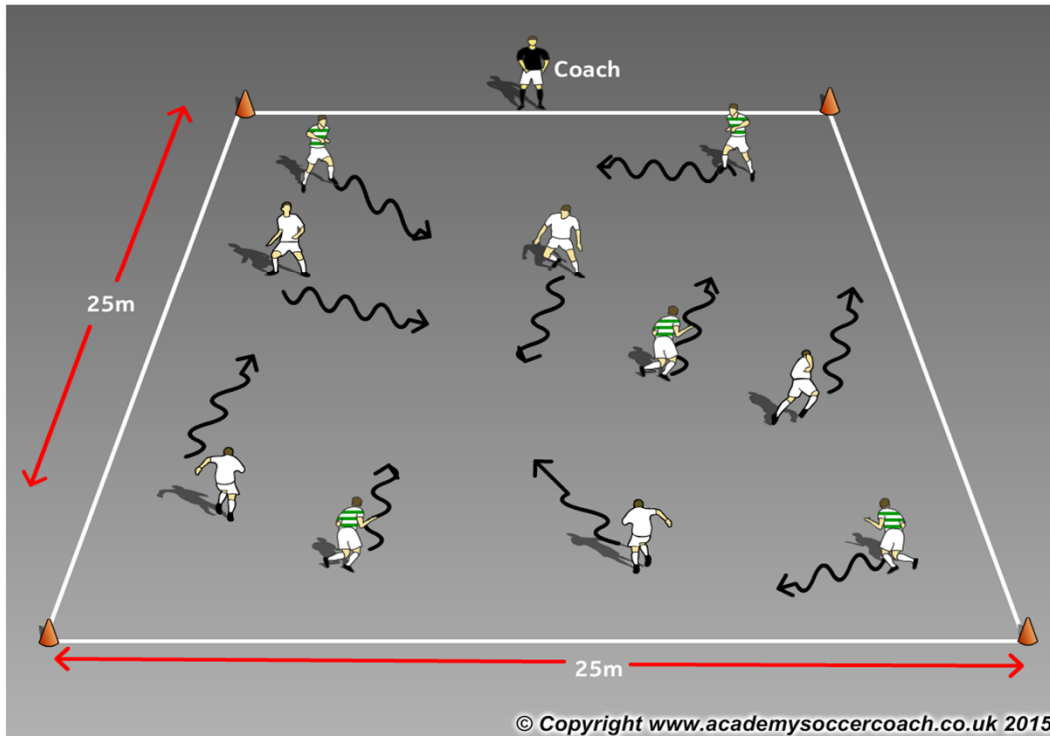
Learn to Train practice plan - Week 18
Station A
General Movement – Dynamic warm up



Time frame. 12-15 minutes

Emphasis:

Changing direction
A,B,C's
FUN!



Organization: Player's are placed inside a 25m x 25m area.
Procedure: Encourage the players to use different soccer related movements such as walking, running, jumping, rolling, running backwards and also sideways Movements can occur with or without a ball.

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



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Station B

3V3 Leading to 1v1 to goal



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Organization: 2 fields are set up 30m x 20m with players divided in to 2 groups of 6. Each player on both teams is given a number 1-6. Players are then divided into 2 games as shown above. 1 goalkeeper is placed into a goal as shown.

Procedure: Players play 3v3. Once the coach calls out a number, the players with that number move out of the game into a 1v1 situation to goal. The example above shows the coach calling number 3. The two players who have been given the number 3 will now play 1v1 to goal. Once the coach calls the number they pass the ball into the area for the players to compete for. Once the ball has gone dead the players re-join the game and another number is called. While the 2 players are competing 1v1 the games below will now have uneven teams which will create opportunities for players to make decisions both when attacking and defending.

Time frame. 12-15 minutes

Emphasis:

1v1 attacking
Decision making

Psychological

Positive reinforcement
Confidence
Being safe

Technical

1v1
Passing
Receiving

Physical

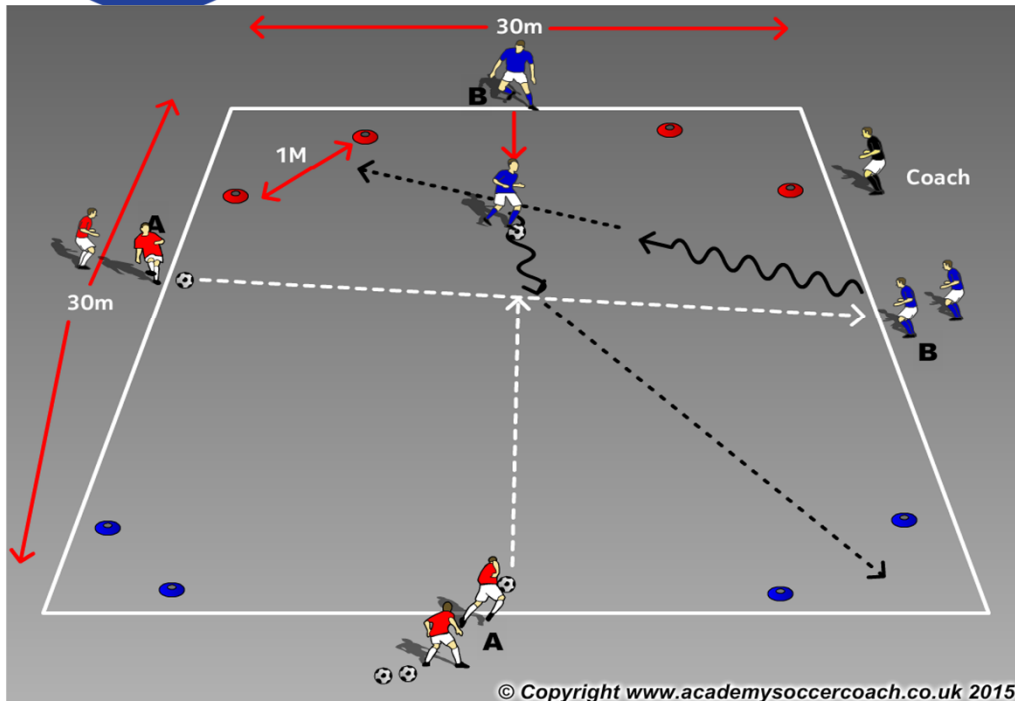
A,B,C's
Speed of Support
Body position

Social

Supporting team mates
Communicating
Peer interaction /fun



Soccer Technique – 1v1s



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. 12-15 minutes

What can I do to beat my opponent?
What moves can you show?
Once you have beaten your opponent
what can you do?

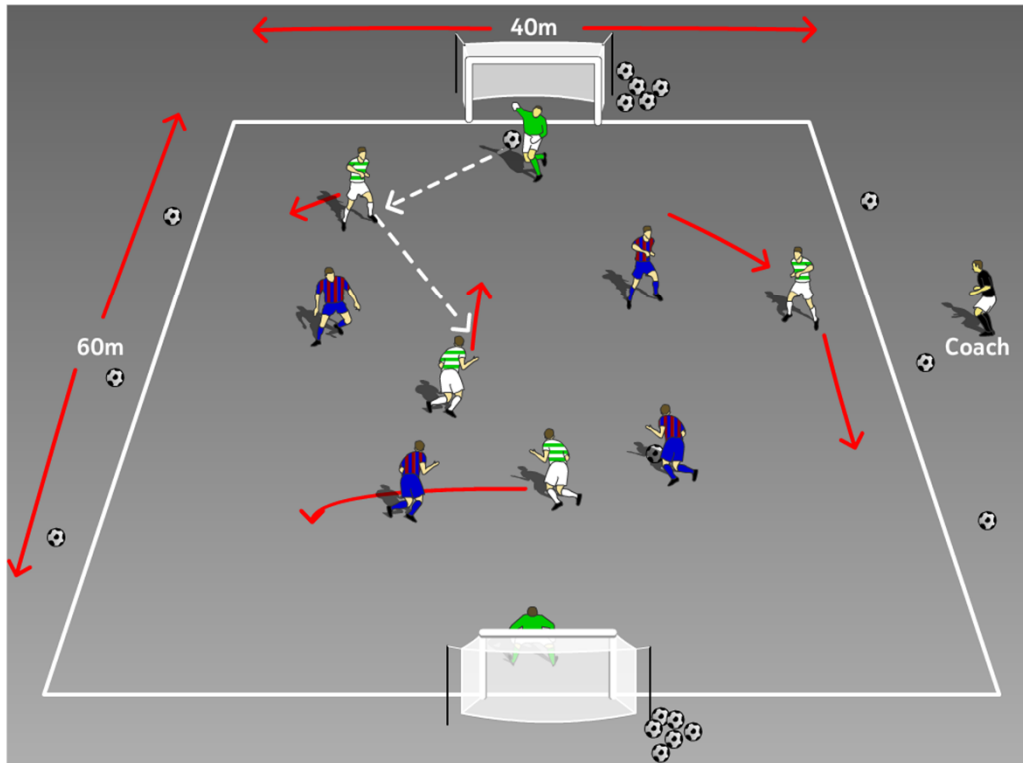
<p><u>Psychological</u></p> <p>Fun Confidence Decision Making Imagination</p>	<p><u>Technical</u></p> <p>1v1 attacking</p>
<p><u>Physical</u></p> <p>A,B,C's Acceleration</p>	<p><u>Social</u></p> <p>Communicating Fun with friends</p>



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Station D

Small sided game – Free play



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Organization: 5v5, 6v6 or 7v7 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.

Time frame. 12-15 minutes

Emphasis:

FREE PLAY

Creativity

Allow the game to be the teacher

FUN

Psychological

Fun
Confidence
Being safe
Imagination

Technical

1V1
Creating space
Penetration

Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Fun with friends