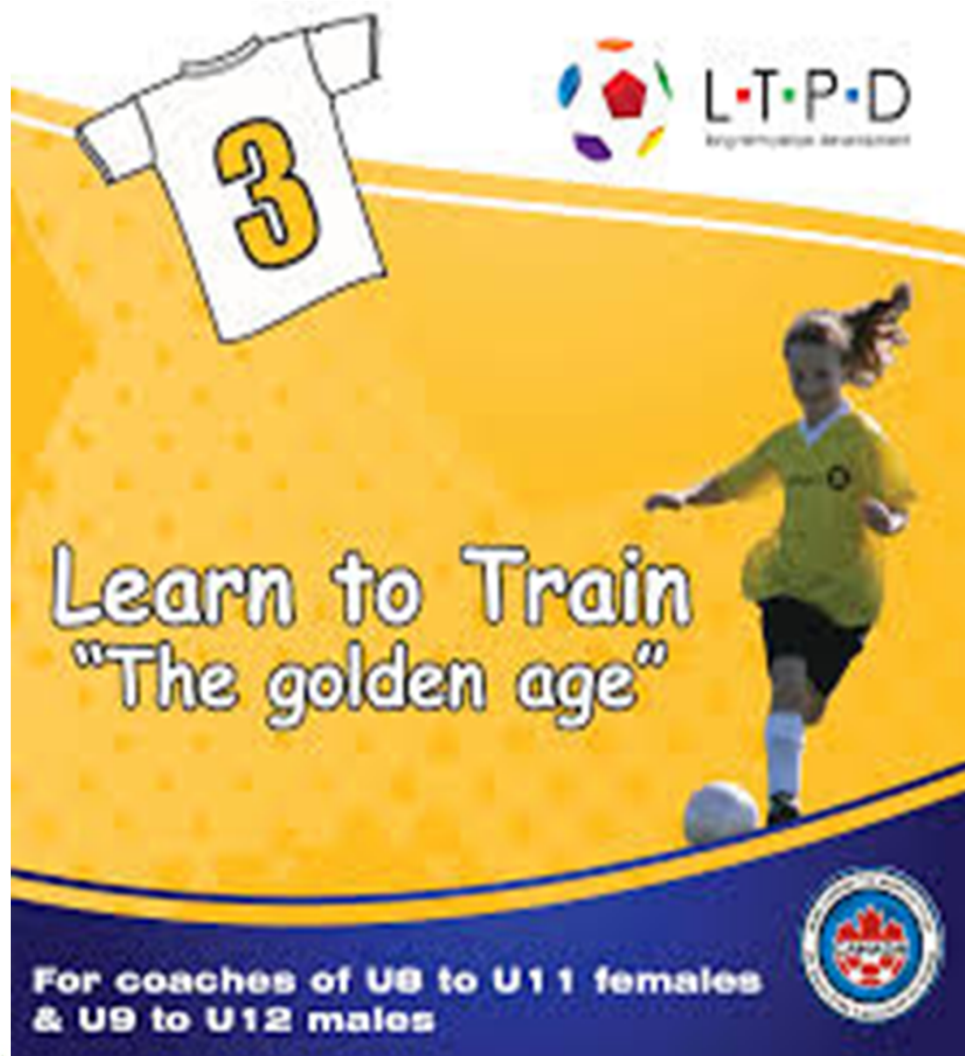


# GRASSROOTS WORKBOOK & PRACTICE PLANS





## Learn to Train practice plans Preferred method of training – The Station concept



Hello , and welcome to the session plans which are design for coaches working with Learn to Train age group. This is third stage of the grassroots level . We hope you enjoy this session plans. The focus for this stage should be providing a positive, and fun environment, concentration on ABC ( Agility, Balance, and Coordination), and playing small-sided games, 3v3, 4v4 etc. Can you develop players' ability to read what other players are going to do based on their movements, let your players make decisions, expose them to working out problems and coming up with solutions.





## Learn to Train practice plan Preferred method of training – 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.

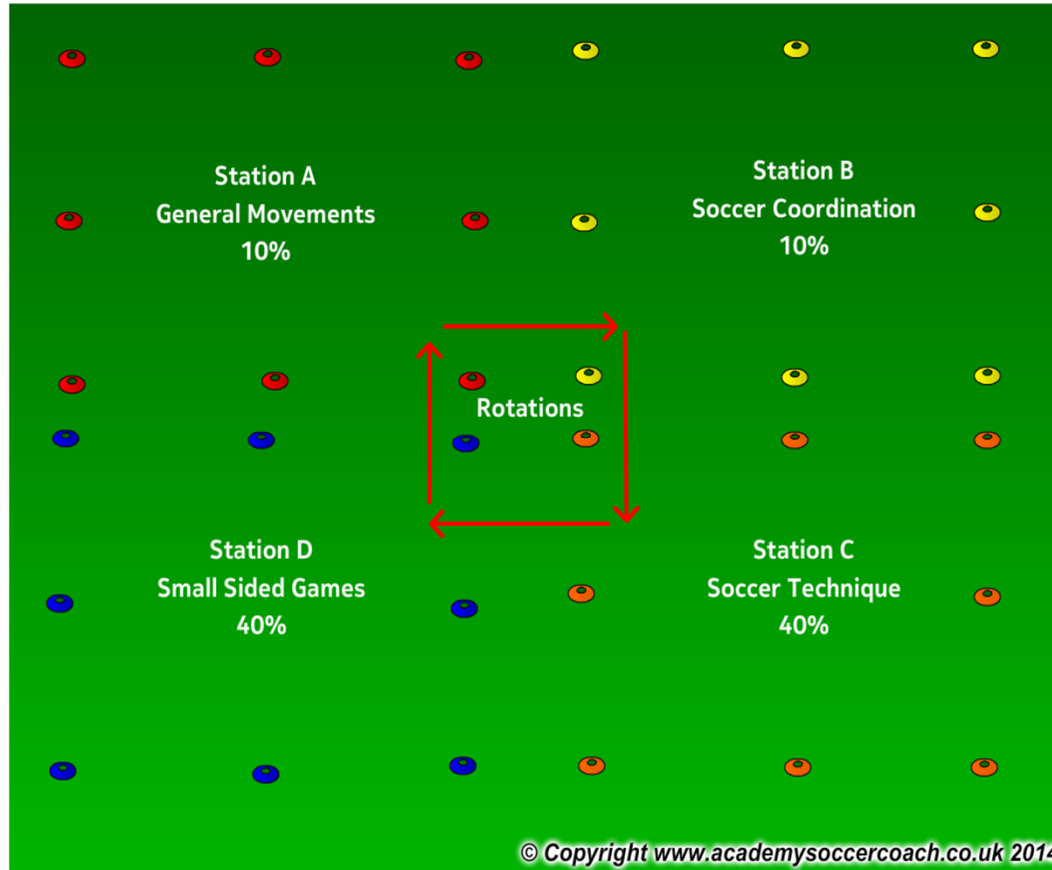
In the following activities players will travel through 4 stations. In these examples one station focuses on general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a small sided soccer game 3v3, 4v4 and 5v5

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 4 stations work

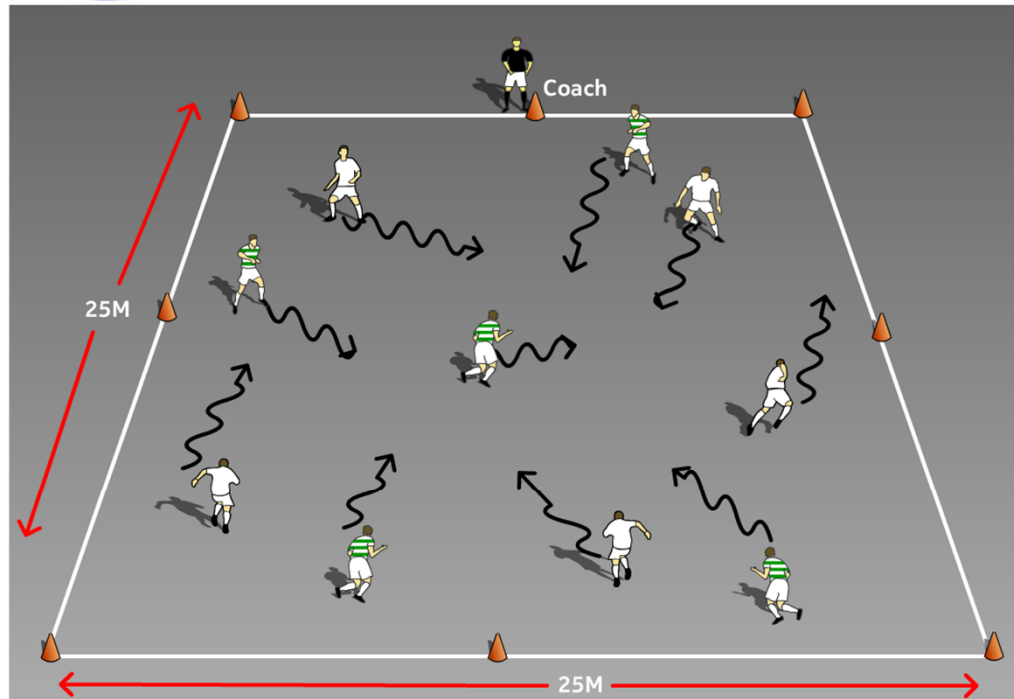


If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller 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 13

### Station A General Movement



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**Organization:** Players are placed into pairs in a 25m x 25m area.  
**Procedure:** All players start by marching around inside the area. The coach calls out different commands for the players to perform such as walking, running, jumping, rolling, hopping running backwards moving sideways and also sprinting to touch outside cones.  
**Progression:** Each player has a ball and the coach calls out commands.

Time frame. 12-15 minutes

#### Emphasis:

Changing direction

A,B,C's

Speed

FUN!

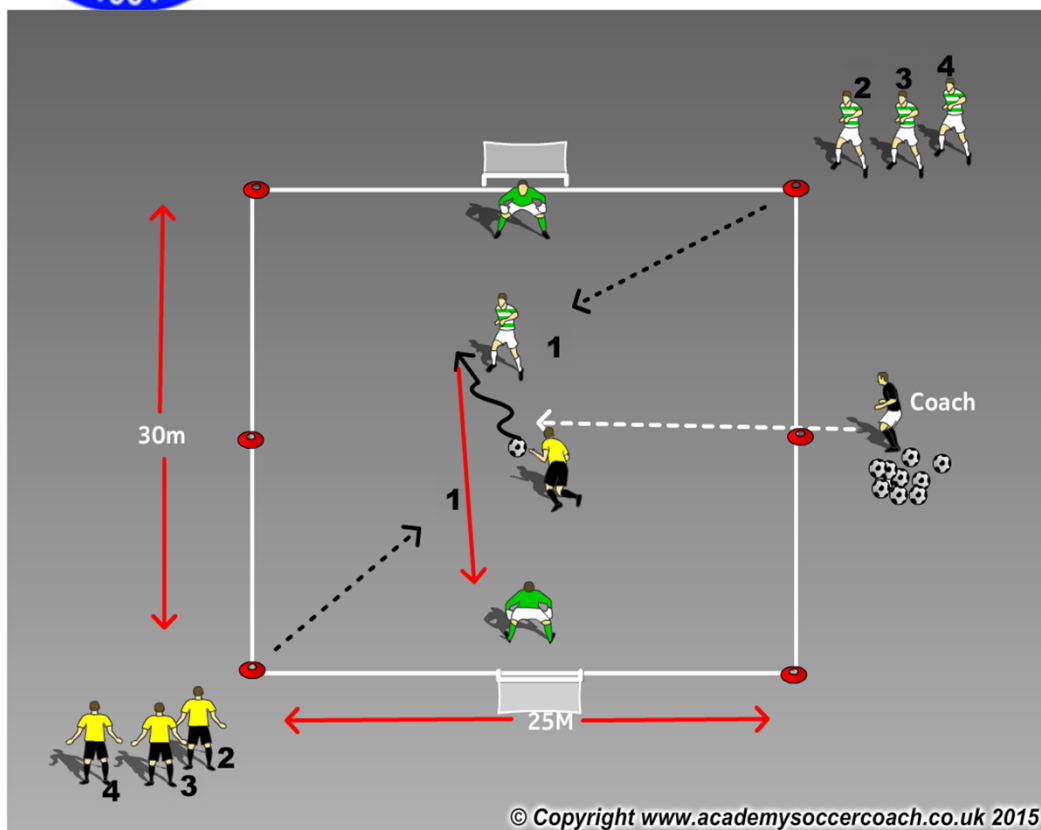
<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>N/A</p>
<p><u>Physical</u></p> <p>A,B,C's Change of Direction</p>	<p><u>Social</u></p> <p>Communicating Peer interaction FUN</p>



# Learn to Train practice plan – Week 13

## Station B

### Soccer Coordination – 1v1



**Organization:** Players are organized into 2 teams. Each player is given a number. Field is 30x25 with a goal at each end.

**Procedure:** The coach calls a specific number and that number runs into the field. The coach plays the ball to any player. These 2 players now play 1v1 to goal. Allow players to move within their lines to create different competition.

**Time frame. 12-15 minutes**

**Emphasis:**

- 1v1 attacking/defending
- Movement
- Communication
- FUN!

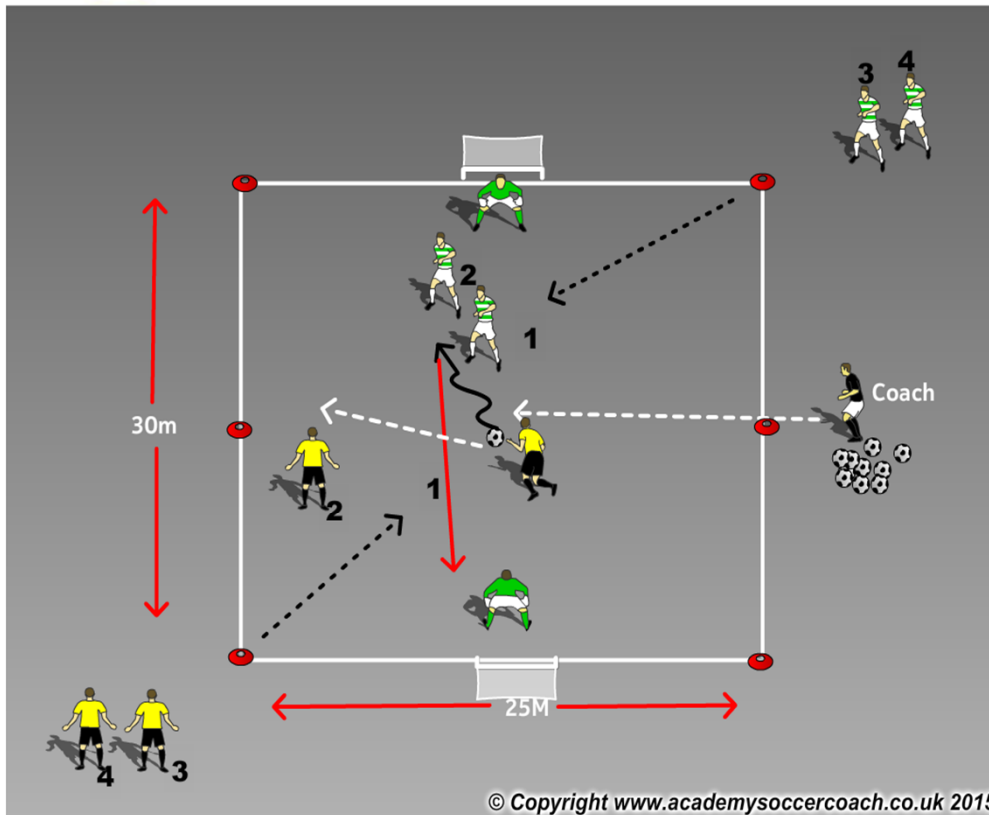
<p><b><u>Psychological</u></b> Positive reinforcement Confidence Being safe</p>	<p><b><u>Technical</u></b> Dribbling 1v1</p>
<p><b><u>Physical</u></b> Agility, Balance Change of Direction Coordination</p>	<p><b><u>Social</u></b> Listening Communicating Peer interaction /fun</p>



## Learn to Train practice plan – Week 13

### Station C

### Soccer Technique – 2v2



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**Organization:** Players are organized into 2 teams. Each player is given a number. Field is 30x25 with a goal at each end.

**Procedure:** The coach calls 2 number's and those number runs into the field. The coach plays the ball to any player. These 4 players now play 2v2 to goal. Allow players to move within their lines to create different competition.

Time frame. 12-15 minutes

#### Emphasis:

Passing  
Receiving  
Possession  
Movement off the ball

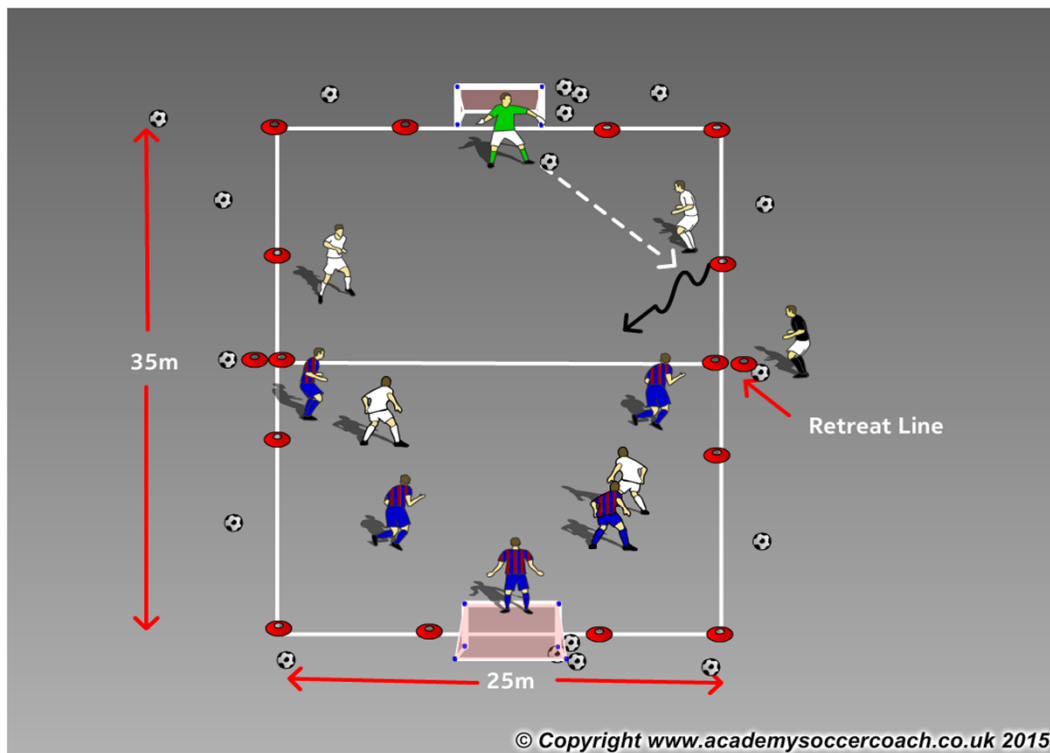
<p><b><u>Psychological</u></b> Fun Confidence Decision Making</p>	<p><b><u>Technical</u></b> Passing Receiving Possession</p>
<p><b><u>Physical</u></b> A,B,C's Change of Direction Movement</p>	<p><b><u>Social</u></b> Team work Communicating Fun with friends</p>



## Learn to Train practice plan – Week 13

### Station D

### Small sided game with retreat line



**Organization:** Players play 5v5 on a 35m x 25m field. The Retreat line is located at the half way line.

**Procedure:** Once the ball goes out for a goal kick or the goalkeeper has control of the ball the opposition must retreat behind the retreat line. Once the player receives the pass from the goalkeeper the game is live.

If you have odd numbers you can have the extra player become a neutral player in the game.

Time frame. 12-15 minutes

#### Emphasis:

Passing  
 Receiving  
 Possession  
 Dribbling  
 Shooting  
 FUN

#### Psychological

Fun  
 Confidence  
 Being safe

#### Technical

Passing  
 Team possession  
 Individual ability

#### Physical

Speed  
 A,B,C's  
 Change of Direction

#### Social

Listening  
 Communicating  
 Fun with friends