

# 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.

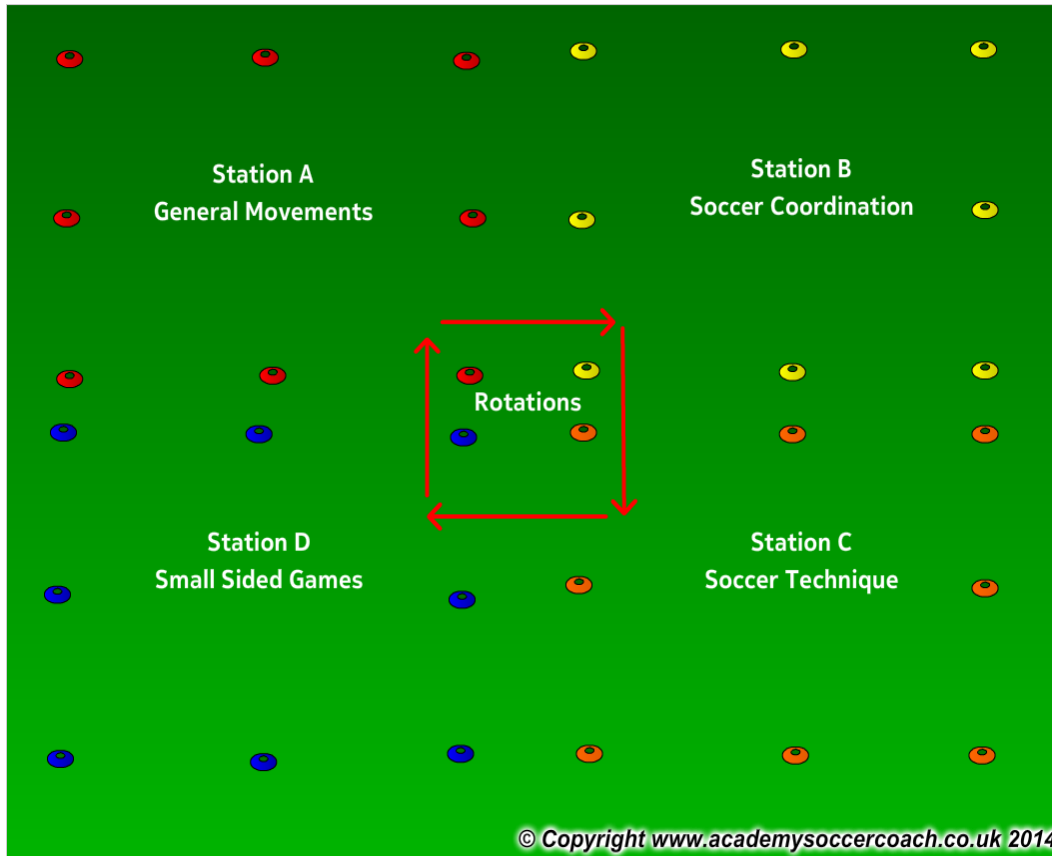
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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 42

### Station A

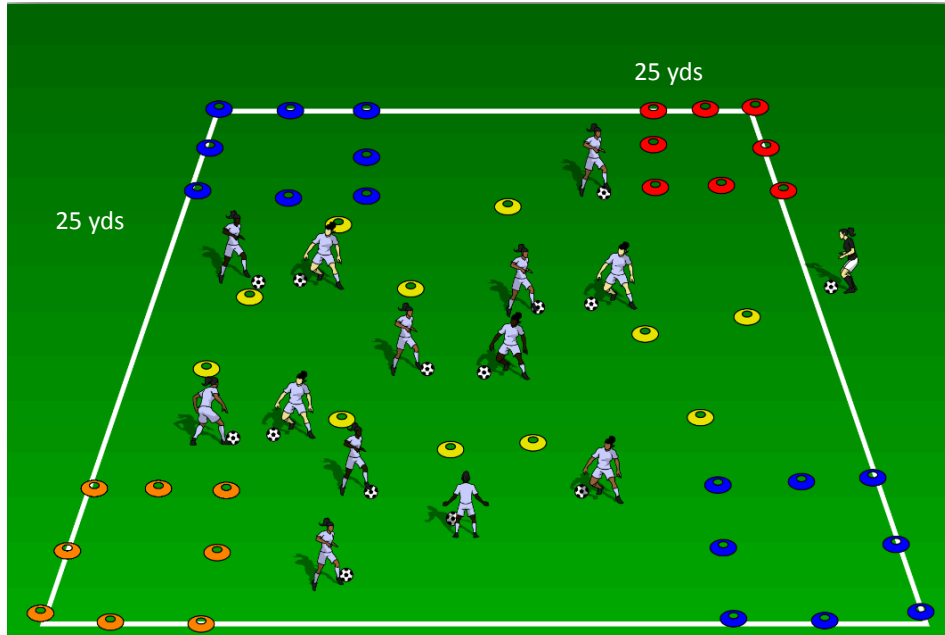
### General Movements – Zoo Keeper



Time frame. 8-10 minutes

Emphasis:

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



#### **Organisation**

-Twelve players dribble the ball round in a 25x25 area. Players are told that animals have escaped from the zoo!

#### **Procedure**

Players drive the zoo buggy (dribble the ball) Listen to coaches command. Each animal found is a different soccer or physical literacy movement. Players can make the noise of each animal. Once they find an animal, they must perform each move 3 times in order to capture the animal. They then transport it back to an enclosure

(coloured square) and repeat the same move to get it to go into the square.

Kangaroo - Toe Taps, Penguin - Boxes/tic, Bear - Crawl, Snake - roll over, Flamingo - hop on one leg, Tree Frog - jump, Reverse buggy - Drag back, Monkeys - collect the scattered cones. Ask players what they have found or what they can see.

#### **Progression:**

Players then dribble round with a ball and perform all the moves when the name of the animal is called out. e.g "Kangaroo, bear, frog"

#### Psychological

Confidence  
Creativity  
Imagination  
Being safe

#### Technical

Running with the ball

#### Physical

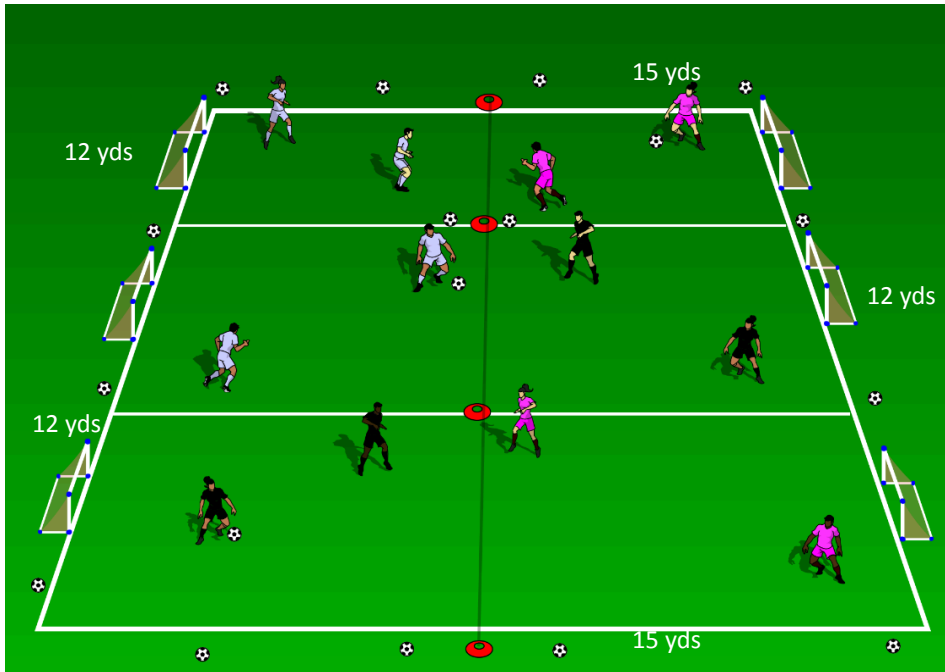
Agility, Balance  
Change of Direction  
Speed

#### Social

Listening  
Problem Solving  
Teamwork



FUNdamentals practice plan – Week 42  
Station B  
Small sided game – 2v2 – with retreat line



Time frame. 8-10 minutes

Emphasis:

FREE PLAY!  
 FUN!

**Organisation**

-Create three mini fields, 12x15 yards. Balls around the perimeter.

**Procedure**

Players play 2v2 in smaller fields. After 2 minutes. Rotate the teams. Can do a competition ladder and rock paper scissors if a tie.

Include celebrations with team mates, high 5's, come up with their own etc.

<u>Psychological</u> Fun Confidence Being safe Decision making	<u>Technical</u> Dribbling Passing Receiving
<u>Physical</u> Speed A,B,C's Change of Direction	<u>Social</u> Listening Communicating Celebrating Teamwork



## FUNdamentals practice plan – Week 42

### Station C

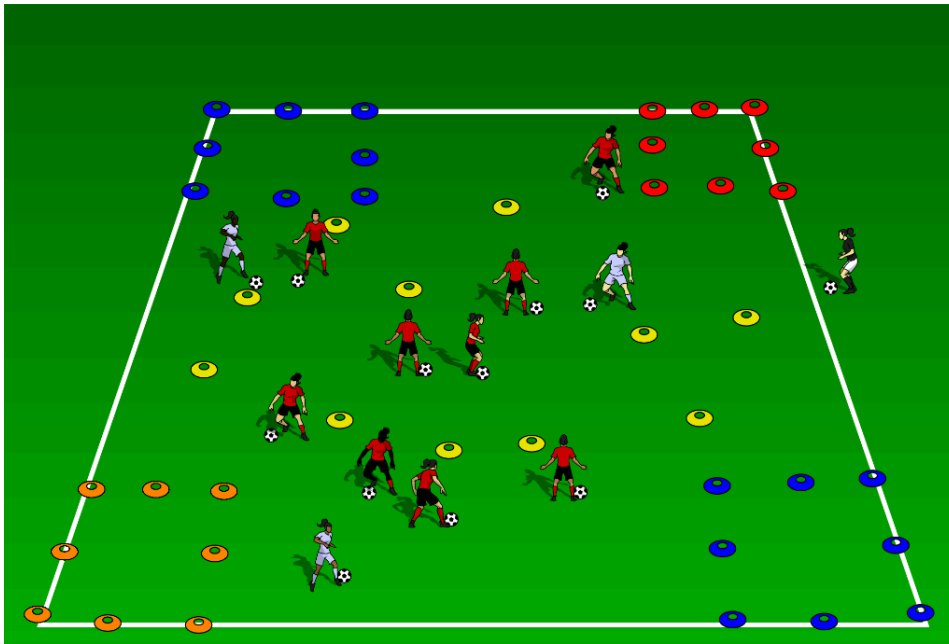
### Technical work “Zootopia”



Time frame. 8-10 minutes

Emphasis:

Running with the ball  
Problem solving  
Support.



#### **Organisation**

-Twelve players dribble the ball round in a 25x25 area. 3 players are “Jess the Cop” and are in a colour or bib.

**Procedure:** Half the group runs around pretending to be their favourite animal. If they are tagged, they are ‘caught’ and must go to an enclosure, they can be ‘freed’ by a high 5. Play for 2 mins and swap roles.

#### **Progression:**

When players are in the enclosure, they can practice a skill move of their choice before coming back in rather than waiting for a high 5.

#### Psychological

Confidence  
Imagination  
Creativity

#### Technical

Running with the ball

#### Physical

A,B,C's  
Change of Direction  
Acceleration

#### Social

Listening  
Communicating  
FUN



FUNdamentals practice plan – Week 42  
Station D  
Small sided game – 3v3 – with retreat line



Time frame. 8-10 minutes

Emphasis:

FREE PLAY!  
 FUN!

**Organisation**

-Create three mini fields, 12x15 yards. Balls around the perimeter.

**Procedure**

Players play 2v2 in smaller fields. After 2 minutes. Rotate the teams. Can do a competition ladder and rock paper scissors if a tie.

Include celebrations with team mates, high 5's, come up with their own etc.

<u>Psychological</u> Fun Confidence Being safe Decision making	<u>Technical</u> Passing Receiving
<u>Physical</u> Speed A,B,C's Change of Direction	<u>Social</u> Listening Communicating Celebrating Teamwork