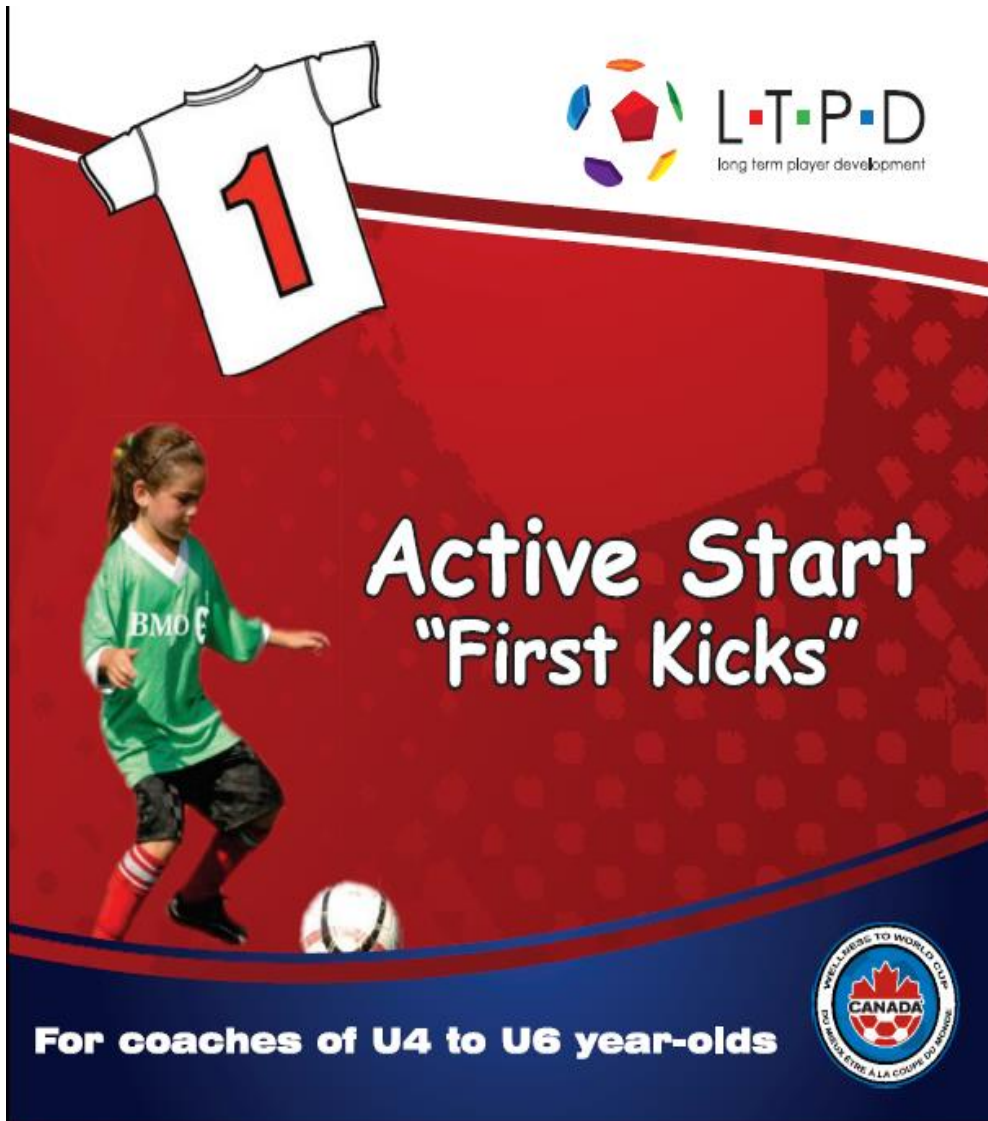




GRASSROOTS WORKBOOK & PRACTICE PLANS





Active Start practice plan 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 Physical Literacy, two stations on movements with the ball and the 4th station is focused around the game with the children playing 1v1.

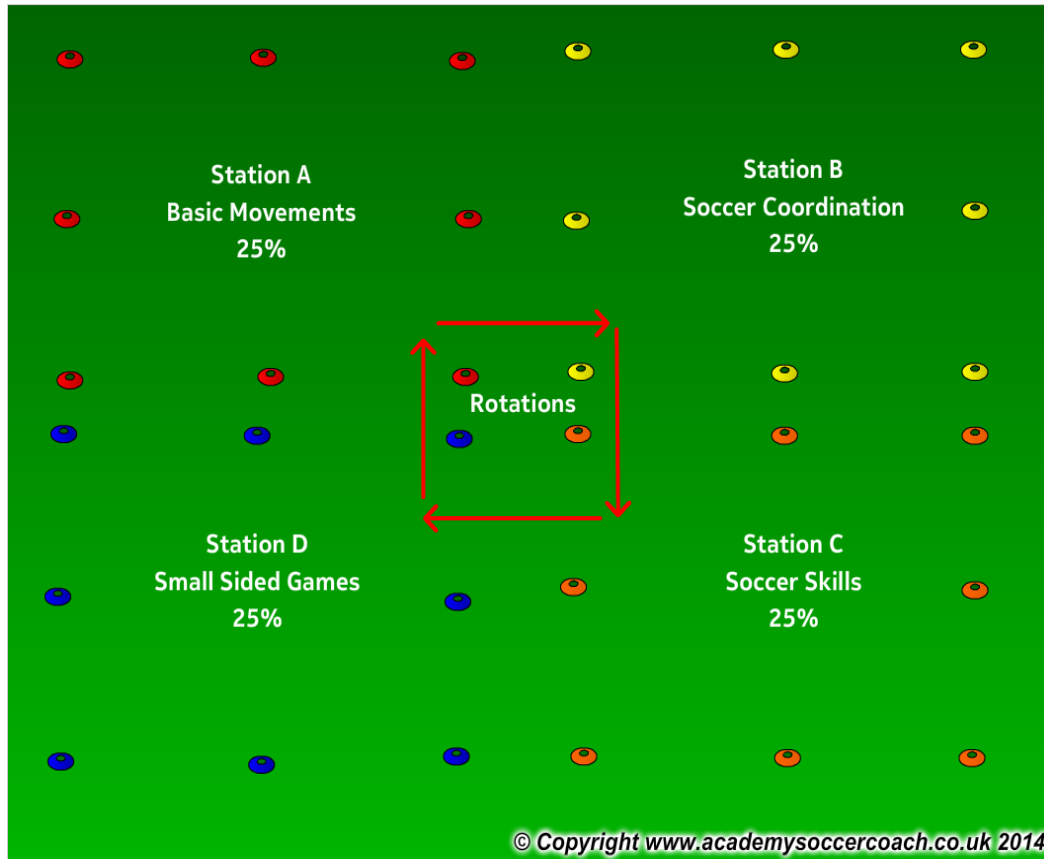
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

Total Practice time 40 minutes as per the Recreational and Development Matrix



Active Start practice plan

How The OSA Player Development Model works



If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 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.



Active Start practice plan – Week 43

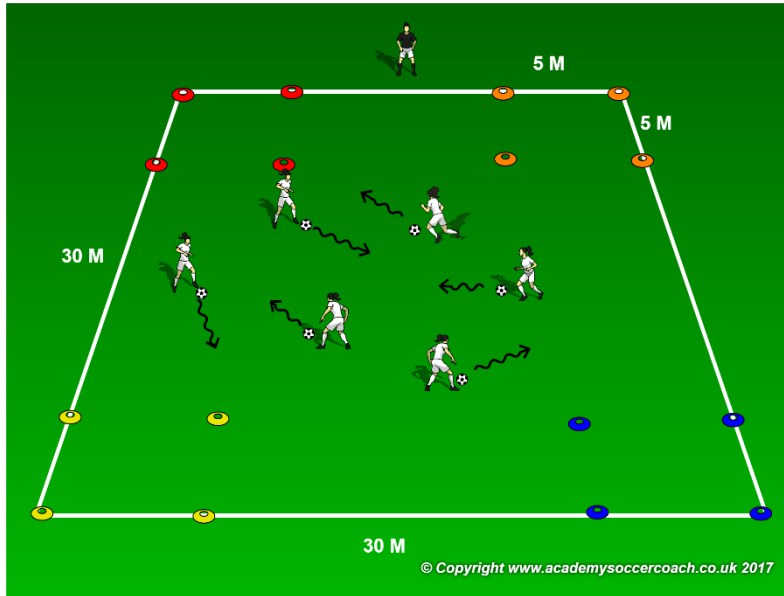
Station A General movement



Time Frame. 8 minutes

Emphasis:

Listening, Running with the ball
Dribbling Changing direction Agility,
Balance, Coordination Imagination,
Awareness, FUN!



Organization: Each player has a ball in a 30m x 30m area. In each corner grid is a 5m x 5m area that is cone color by yellow, blue, orange and red.

Procedure: Players dribble inside the middle area. When the coach calls out a color, the players dribble to that specific corner and perform 4 toe taps and then continue dribbling. **Progression:** Coach calls out two colors, players must dribble inside each color grid and perform 4 toe touches and continue dribbling and then allow each player to chose which 3 different colors to dribble into.

<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>Dribbling</p>
<p><u>Physical</u></p> <p>A,B,C's</p> <p>Change of Speed</p> <p>Change of Direction</p>	<p><u>Social</u></p> <p>Problem Solving</p> <p>Decision Making</p>



Active Start practice plan – Week 43

Station B

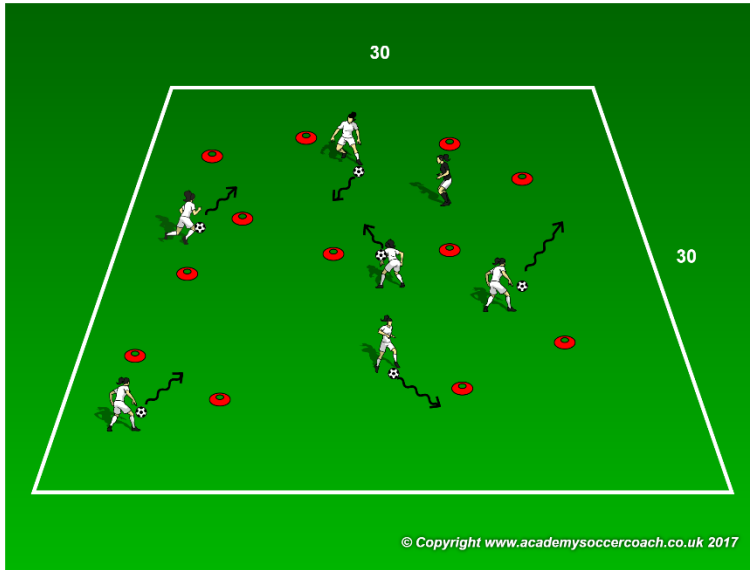
Soccer Technique



Time Frame. 8 minutes

Emphasis:

Eye – foot coordination, lots of touches on the ball, different parts of the foot, FUN!



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Organization: Each player with a ball in a 30m x 30m area. Set-up gates inside grid that range in sizes 3m x 3m to 7m x 7m.

Procedure: Players dribble inside grid, when player dribbles through a gate, player must perform their own creative move and use different parts of feet.

<p><u>Psychological</u> Confidence Being safe Fun</p>	<p><u>Technical</u> Dribbling Running with the ball</p>
<p><u>Physical</u> A,B,C's Change of Direction Change of Speed</p>	<p><u>Social</u> Listening Communicating Decision Making</p>



Active Start practice plan – Week 43

Station C

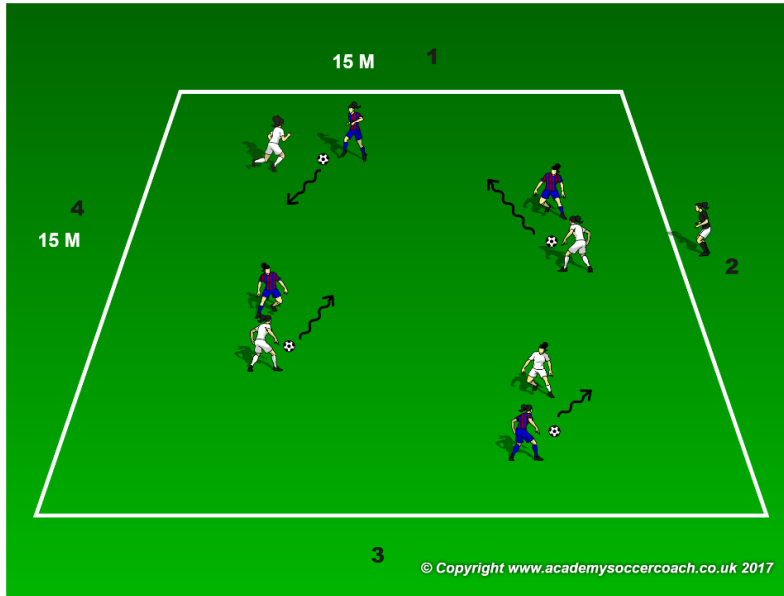
SSG: 1v1 to a line



Time Frame. 8 minutes

Emphasis:

Running with the ball Dribbling Agility,
Balance, Coordination FUN!



Organization: 15m x 15m playing 1v1 (1 player vs 1 parent)

Procedure: Player. Players make up a team of penguins and parents of dolphins. They all move freely in the ocean. The four shores side of the field have numbers. When the coach calls a number, player can look to dribble with the ball as fast as they can to the shore before parents touch them. The player who run out of the ocean first wins.

Psychological

Confidence
Being safe
Reactions

Technical

Dribbling
Lots of touches
Running with the ball

Physical

A,B,C's
Change of Direction

Social

Listening
Communicating



Active Start practice plan – Week 43

Station D

S5G: 2v2 (1 parent + 1 child vs 1 parent + child with two goals



Time Frame. 8 minutes

Emphasis:

Free Play
FUN!

Organization: 25m x 20m playing field with 4 goals that is 5m as a gate. 2v2 (1 parent + 1 child vs 1 parent + 1 child). Position soccer balls around outside the playing field.

Procedure: 2v2, One team will start with ball and try to dribble pass opponents either goal to count for 1 pt. If other team wins possession in playing field, then can transition and dribble towards opponents either two goals to collect a point. If ball plays outside field, use closest ball to play ball back in game.

Psychological

Confidence
Being safe
Reactions

Technical

Dribbling
Lots of touches
Ball mastery

Physical

A,B,C's
Change of Direction

Social

Cooperation
Communicating
FUN