

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

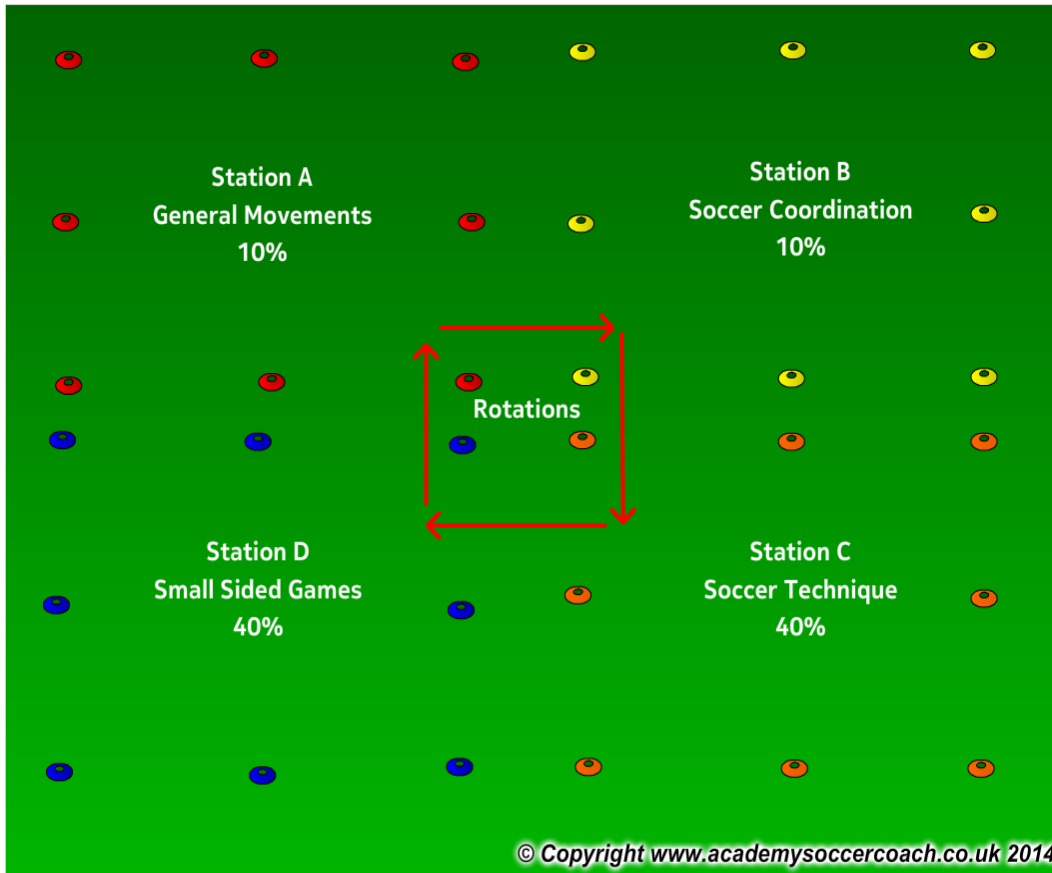
All sessions take a holistic approach to developing our youth. Each game and activity will take a look at how we can focus on 4 main areas of the child's development; these include Social/Emotional, physical, physiological and also technical

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



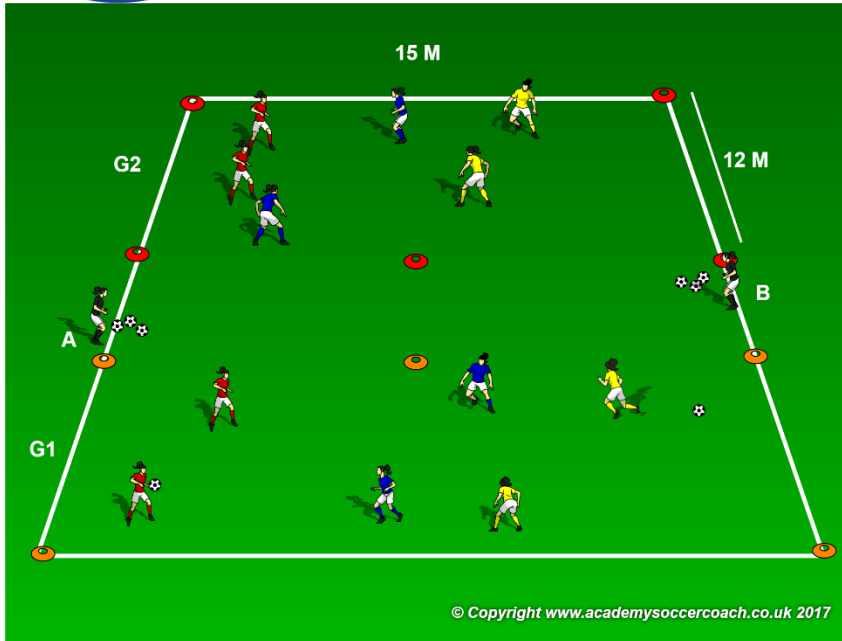
If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller 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 43

Station A

General Movement – Warm up with hand ball



Organization: G1 & G2 Field will have 3 teams of 2. Each field is 15m x 12m. Two coaches with set of balls.

Procedure: Blue will start to defend while Yellow and Red are in possession using hands. If Blue wins possession off Red, then Red will defend while Yellow and Blue keep possession. If ball goes out of bounds, Coach will restart game with the ball. After 6 minutes, progress to playing with the feet.

Time frame. 10-12 minutes

Emphasis:

- Changing direction, Transition, Decision Making
 - A,B,C's
 - FUN!

Psychological

Confidence
Being safe
Decision Making

Technical

Keeping the ball under control
First touch out of feet
Part of foot/ball

Physical

A,B,C's
Change of Direction

Social

Communicating
Peer interaction
FUN



Learn to Train practice plan – Week 43

Station B

SSG: 4v4-Movement into Space for Support



Time frame. 12-15 minutes

Emphasis:

- Movement to create space & support player in possession
 - Decision making
 - Communication & Fun



Organization: 4 Teams of 4 and will play in 30m X 25m field. Label Teams, 1, 2, 3, and 4.

Procedure: Each team will play each other once. 4 minute games. Coach can get players to focus on movement into open space to offer support.

Psychological
Decision making
Confidence
Creativity

Technical
Scanning
Body position to receive
Passing, Receiving

Physical
A,B,C's

Social
Supporting team mates
Communicating
Peer interaction /fun



Learn to Train practice plan – Week 43

Station C

SSG-3v3-Finishing-Transition



Organization: 2 Teams of 6 plus 2 Keepers. Field area 35m x 30m. Balls placed at half by the Coach.

Procedure: 3v3 plus keepers, timed games of 1 minute. If ball is scored or played out of playing field, Coach will restart play by playing ball into the game. Once minute is up, next 3 will play.

Time frame. 12-15 minutes

Emphasis:

Finishing, Passing, Receiving, Transition,
Support-Body positioning

Psychological

Confidence
Decision making
Space awareness

Technical

Finishing, passing,
receiving

Physical

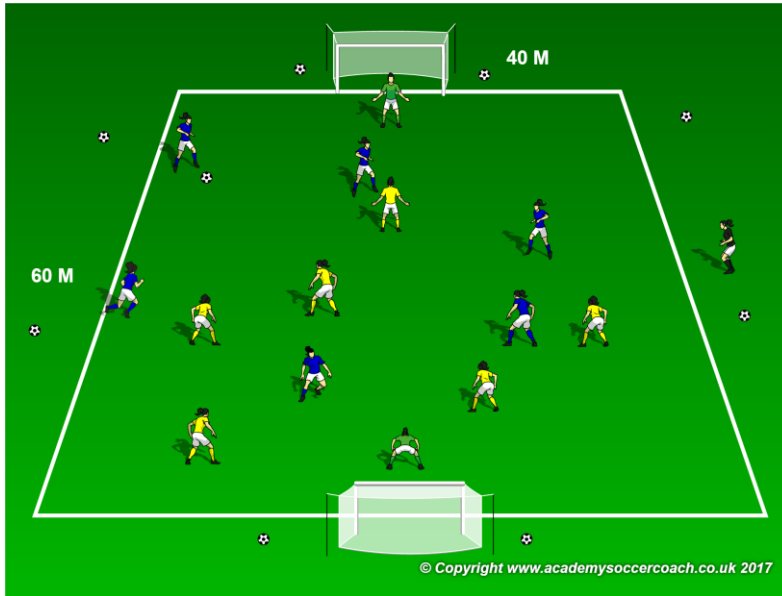
A,B,C's

Social

Positive support
Communicating
Fun with friends



Learn to Train practice plan – Week 43
Station D
Small Sided Game – 7v7 Free Play



Time frame. 12-15 minutes

Emphasis:

- Free Play
- Creativity
- Allow the game to be the teacher
 - FUN

Psychological

Confidence
Decision Making
FUN

Technical

Turning key factors
Execution under
pressure

Physical

A,B,C's
Change of Direction

Social

Positive support
Communicating
Fun with friends

Organization: 7v7 in a 60m x 40m. Balls place around playing field.

Procedure: Free Play-Let the game be the teacher.