

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.

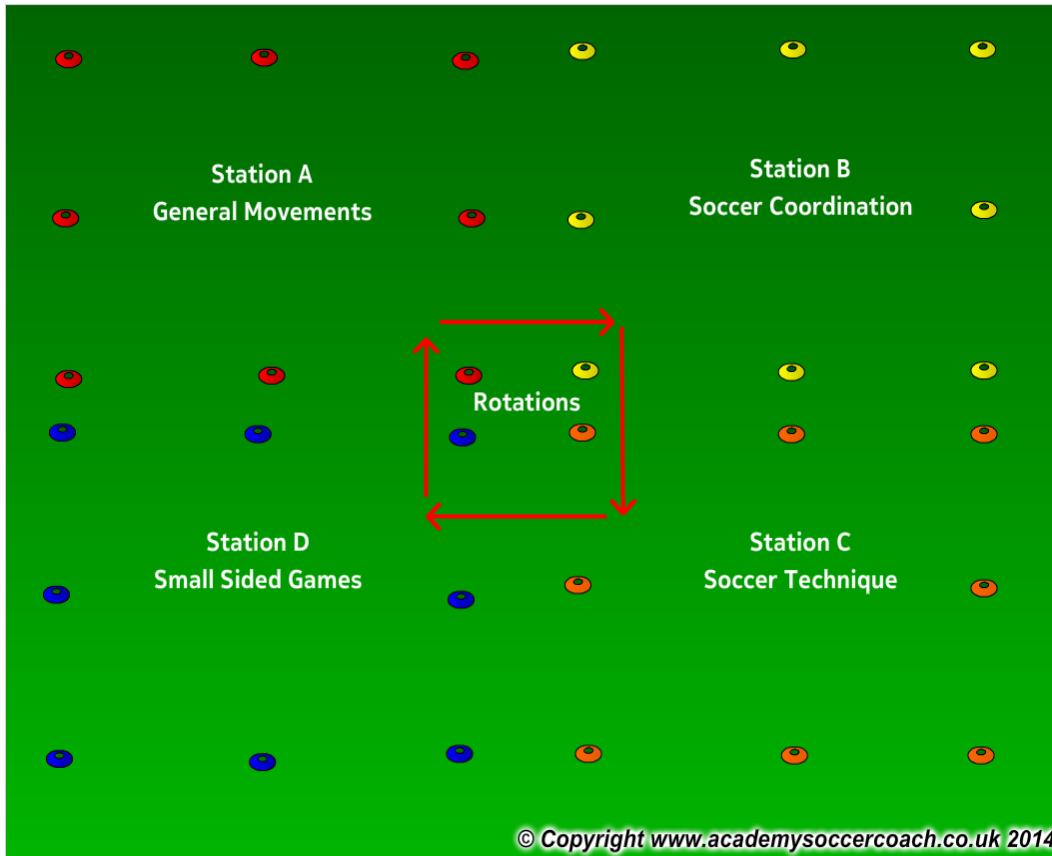
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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

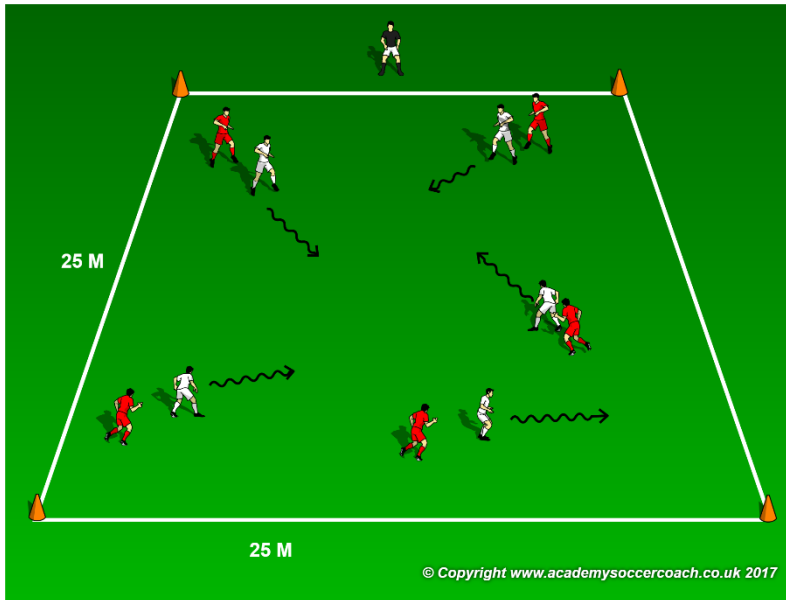
Small sided game: %40



FUNdamentals practice plan – Week 43

Station A

General Movements – Follow the Leader



Time frame. 8-10 minutes

Emphasis:

Different types of running/movements,
A,B,C's
Changing Direction
FUN!

Psychological
Confidence
Creativity
Imagination
Being safe

Technical
Dribbling
Running with the ball

Physical
A,B,C's
Change of Direction

Social
Listening
Teamwork

Organization:

- Players pair up in a 25mx25m area.

Procedure:

One player becomes the leader and partner becomes the follower. Coach encourages the players to use different movements such as walking, skipping, running, jumping, rolling, running backwards, sideways, hops. After 30 seconds, players switch.

Progression:

Each player has a ball.



FUNdamentals practice plan – Week 43

Station B

Small sided game – 2v2 + 2v2



Time frame. 8-10 minutes

Emphasis:

Creating 1v1, 2v2 situations, transition moments defending & attacking
Decision Making,
Fun

Psychological

Fun
Confidence
Being safe
Decision making

Technical

Dribbling
Passing
Receiving

Physical

Movement
Change of Direction

Social

Listening
Communicating
Teamwork

Organization:

-4 teams of 2 players with playing field 25mx25m. Balls placed outside playing field.

Procedure:

Red vs White will play 2v2 game going horizontal direction while yellow vs blue play 2v2 game in vertical direction. Have each team play each other once. Game times 3 minutes each.

Players are placed into a game situation that will enable them to make decisions based on what is happening around them



FUNdamentals practice plan – Week 43

Station C

Technical work 1v1 + 1v1-Show your skills



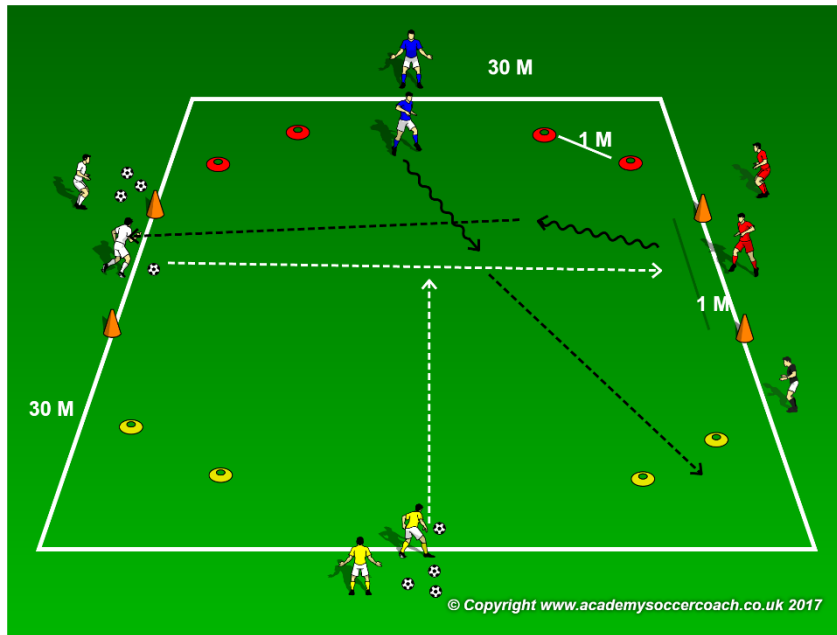
Time frame. 8-10 minutes

Emphasis:

1v1 situations, creativity

Decision making

Fun



Organization:

-4 teams of 2 players in playing field 30m x 30 m. 6 goals on field 1 M in width .

Procedure:

Yellow will play ball into blue, blue to dribble and make a move to beat yellow and look to score on either yellow goals by dribbling through the goals. If yellow wins possession, then yellow will look to transition and try to score in red goals. White will play ball into red, red will look to dribble to beat player through tall cone goal, if white wins ball back

will look to transition. Keep rotating the service so that all players become attackers. After 4 minutes, have white and red to attack the two goals and blue and yellow to attack one.

Psychological

Confidence
Being safe
Creativity
Decision making

Technical

Dribbling,
Running with the ball

Physical

A,B,C's
Change of Direction
Acceleration

Social

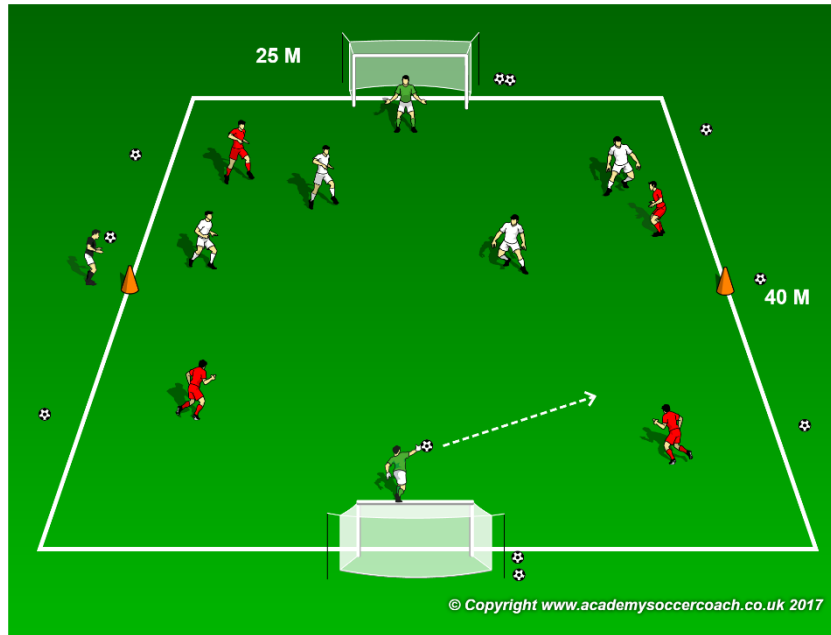
Listening
Communicating
FUN



FUNDamentals practice plan – Week 43

Station D

Small sided game – 5v5 – with retreat line



Organization:

-Players play 5v5 in 40mx25m area (increase playing field if you want to progress in numbers to 7v7). Balls stationed along outside playing field. Retreat Line marked at half-way for 5v5.

Time frame. 8-10 minutes

Emphasis:

FREE PLAY!

FUN!

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