

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

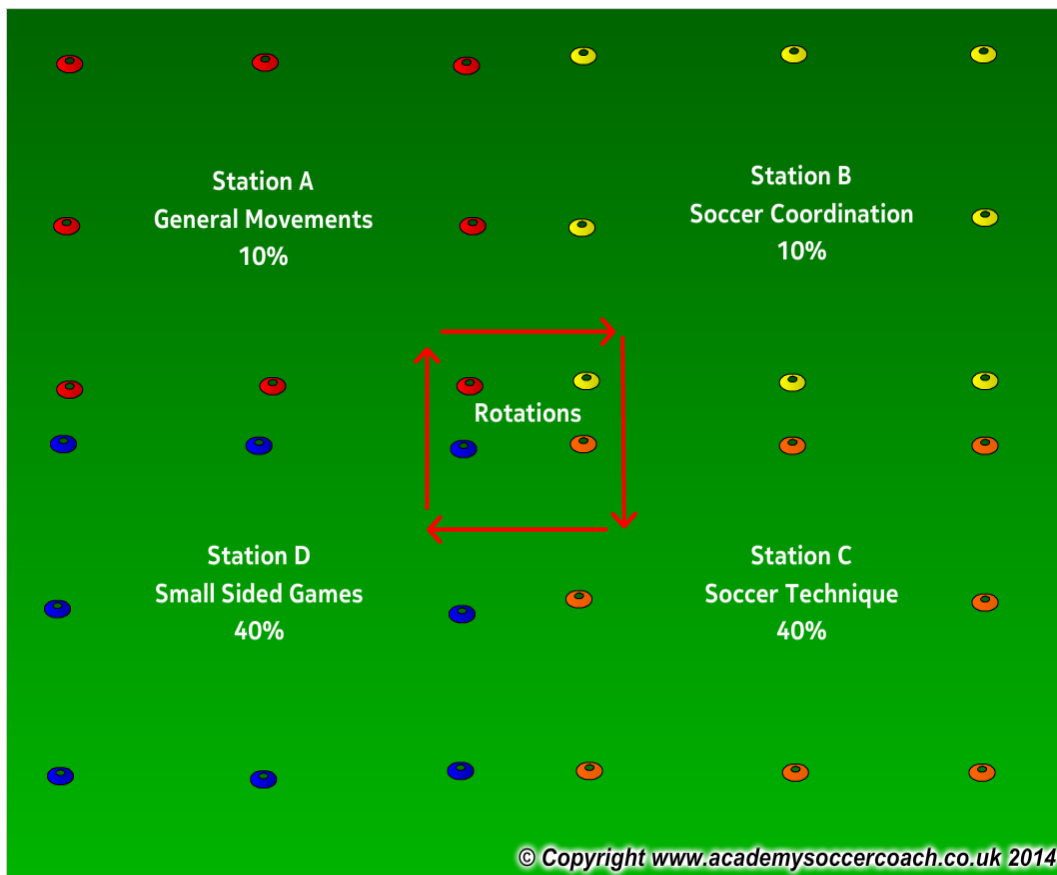
All sessions take a holistic approach to developing our youth. Each game and activity will take a look at how we can focus on 4 main areas of the child's development; these include Social/Emotional, physical, physiological and also technical

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.

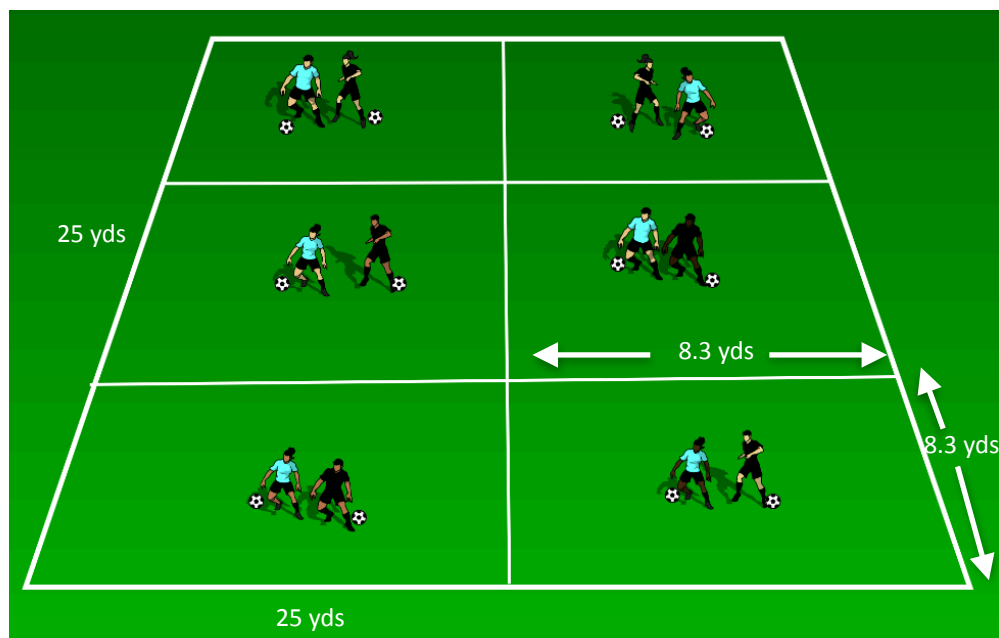
If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



Learn to Train practice plan – Week 40

Station A

General Movement – Individual possession



Organization:

- Players are divided in to pairs. Each player has a ball. A 25x25 yard area is divided up to create 6 boxes approx 8x8 yards.

Procedure:

- Players have 30 seconds to play 1v1 and try and touch each others ball as many times as they can. A point awarded every time they touch opponents ball.
- The player who touches their opponents ball the most in 30 seconds is the winner.

- Players must be in close control of their own ball at all times & cannot leave it.
- Players count up the score and have the winner move up in a ladder system.
- Create a 'World Cup Final Square', where the winner in that square stays in it.
- Rock, paper, scissors to decide a tie.

Progression:

- Play with one ball where players shield for 15 seconds before swapping. Who ever gets the least touches on their ball wins.
- Start with a tackle, player who has possession at end of the time wins.

Time frame. 10-12 minutes

Emphasis:

- Upper body strength
- Core strength to hold off opponent
- FUN!

Psychological

Confidence
Being safe

Technical

Keeping on the furthest foot
from defender (safe side)
Head looking forward
Body low and use forearm
to hold off the opponent

Physical

A,B,C's
Upper body strength
Change of Direction

Social

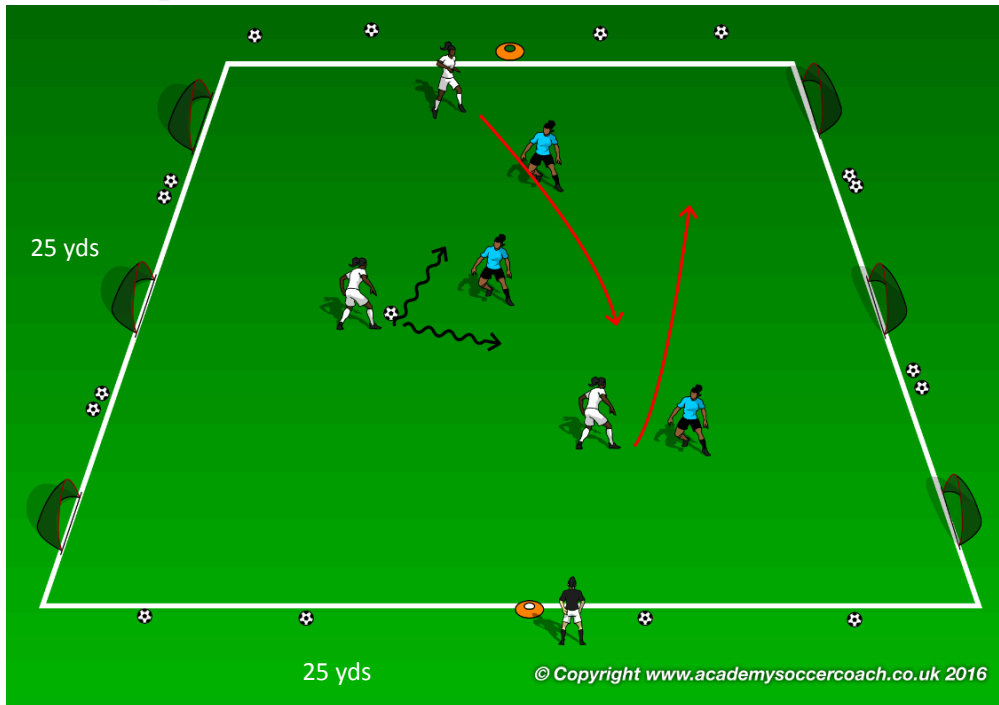
Communicating
Peer interaction
FUN



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Station B

SSG: 3v3



Organization:

- Players are divided in two teams and play 3v3.
- If no goals, use cones and dribble through.
- Set up activity twice to incorporate all players.

Procedure:

- Players can score in any of the goals.

- Players play man to man and pick an opponent to play against so they are always under pressure. Every time a ball goes out, the coach passes in a new ball to encourage receiving under pressure.

Progression:

- New opponents after 2 mins. Winning teams face each other.

Time frame. 12-15 minutes

Emphasis:

- Head in a position to see the ball, opponents feet and space behind.
- Decision making
- Movement to create space & support player in possession

Psychological

Decision making
Confidence
Creativity

Technical

Fast approach then accelerate
Keep the ball on the 'safe side' (part of the foot furthest away from defender)

Physical

A,B,C's

Social

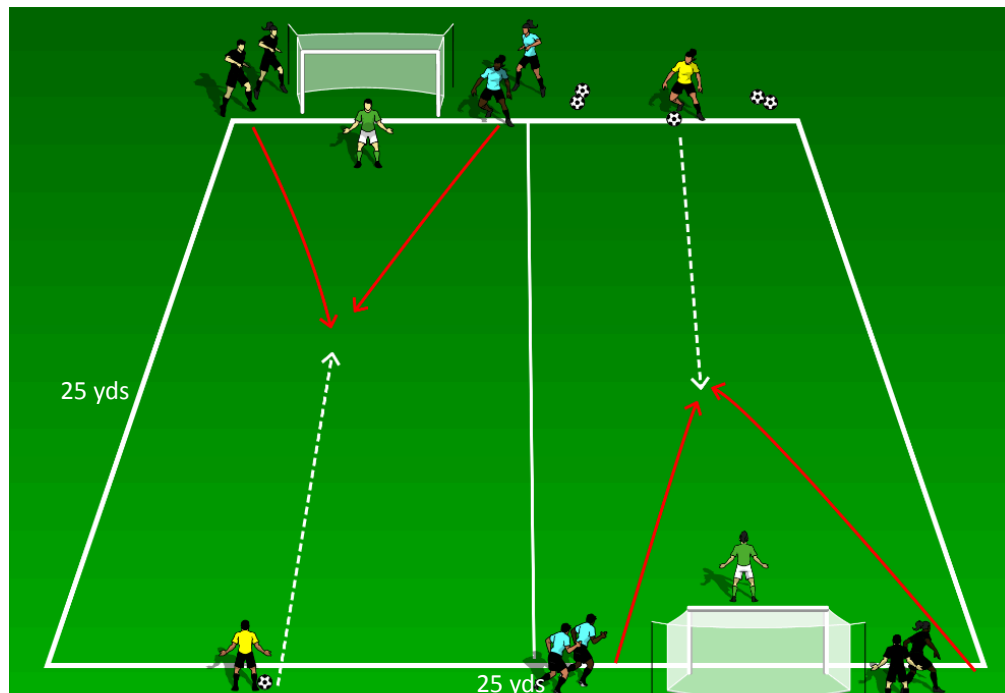
Supporting team mates
Communicating
Peer interaction /fun



Learn to Train practice plan – Week 40

Station C

1v1 Individual possession to goal



Organization:

- Players are divided in to pairs. 2 teams, a goalkeeper and a server. Set up as shown in the diagram.

Procedure:

- Ball starts with the server who plays the ball into the middle of the area.
- Players play 1v1 and whoever gets to the ball first is the attacker. The opponent becomes the defender. Players play 1v1 to

score on goal. If attacker cannot manage to turn and shoot they can bounce the ball off the server.

- If the defender wins the ball, dribble over the end line for a point.

Progression:

- Both players go and play 2v2
- Have a mini competition. Winning team after 2 minutes stays on.
- **Variation:** Server can join to create a 2v1.

Time frame. 12-15 minutes

Emphasis:

- Dribble at speed
- Use the last three toes on the foot to move the ball
- Accelerate as approach the first cone
- Cut off the recovery line of the defender

Psychological

Confidence
Decision making
Spatial awareness

Technical

Using the last three toes
Speed of dribble
Head looking forward

Physical

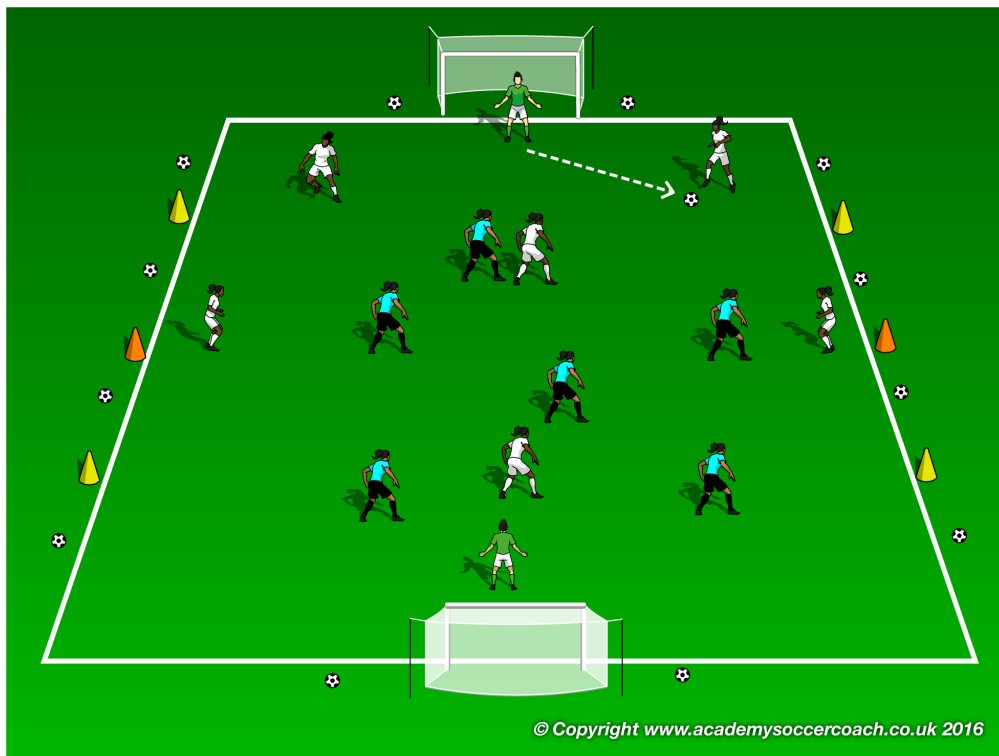
A,B,C's

Social

Positive support
Communicating
Fun with friends



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Station D
Small Sided Game – 7v7 with retreat line



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Organisation

-Players play 7v7 in a 60x40 area. Balls stationed on the outside of the field.
Retreat line marked at each 3rd for 7v7.

Procedure

Encourage players to receive on the half turn so they can beat players 1v1. However, don't force them to do it every time. Let them see if they can identify when to try and beat a player and when to retain the ball. Look for efficient movement to support the player in possession and find space.

Time frame. 12-15 minutes

Emphasis:

- Create Space
- Opportunities to turn

Psychological

Confidence
Decision Making
Spatial Awareness

Technical

Dribbling key factors
Execution under pressure

Physical

A,B,C's
Acceleration

Social

Positive support
Communicating
Fun with friends