

GRASSROOTS WORKBOOK & PRACTICE PLANS





FUNdamentals practice plans Preferred method of training – 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.

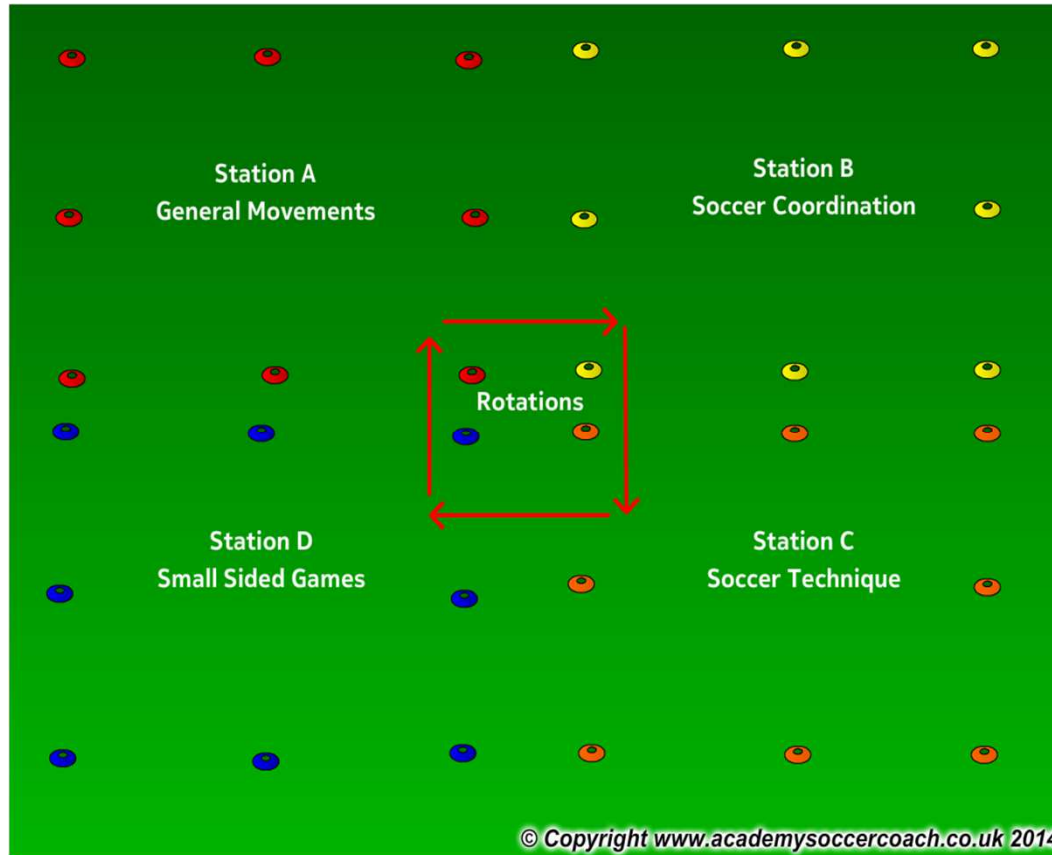
In the following activities players will travel through 4 stations. In these examples one station focuses on general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a small sided soccer game 3v3, 4v4 or 5v5 which includes the retreat line.

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 preferred training model works



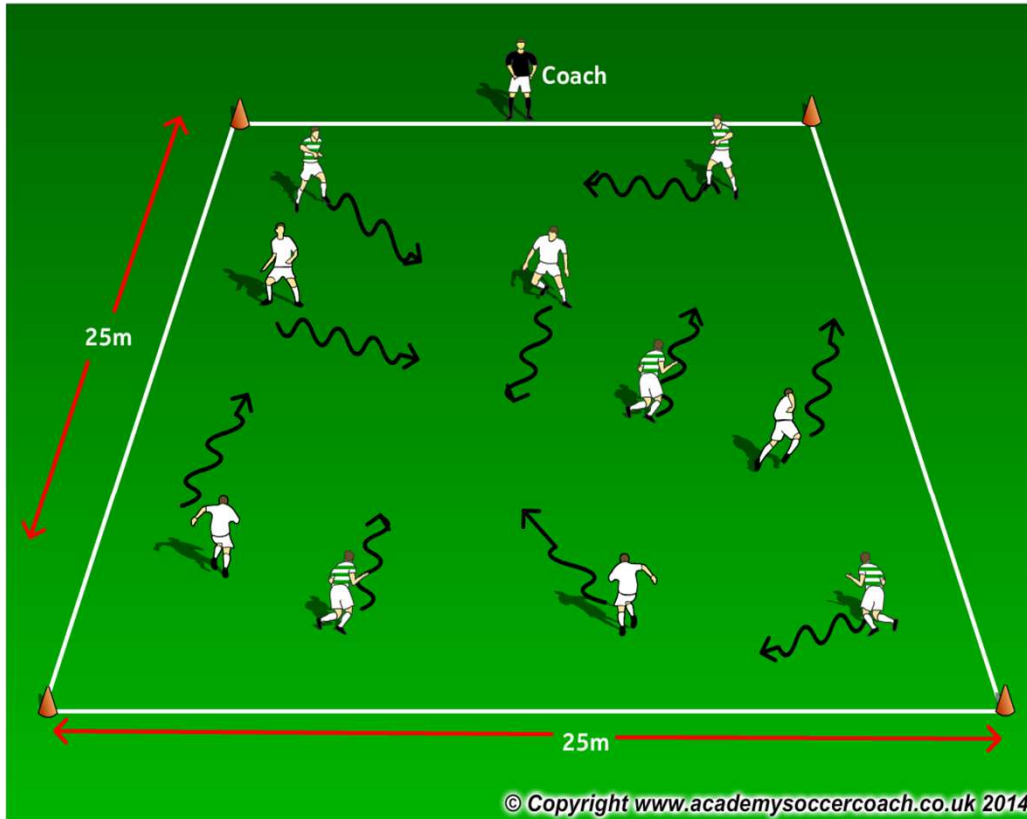
If working with a larger group organize players into groups of 8-10. Each station has a coach who will lead that specific station for the session. Players rotate every 8-10 minutes with a 2 minute break in between each station to have a water break and move to the next station.

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.



FUNdamentals practice plan – Week 7

Station A General Movements



General movements

Encourage the players to use different soccer related movements such as walking, running, jumping, rolling, running backwards and also sideways. Movements can occur with or without a ball.

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Time frame. 8-10 minutes

Emphasis:

Changing direction
Agility, Balance, Coordination
Awareness
FUN!

<p><u>Psychological</u> Positive reinforcement Confidence Being safe</p>	<p><u>Technical</u> N/A</p>
<p><u>Physical</u> Eye-foot coordination Agility, Balance Change of Direction</p>	<p><u>Social</u> Listening Communicating Celebrating</p>



FUNDamentals practice plan – Week 7

Station B Soccer Coordination



Time frame. 8-10 minutes

Emphasis:

- Dribbling
- Changing direction/Speed
- Balance
- FUN!



Organisation. Players dribble freely inside 30mx30m area.
Procedure. Players are asked to express them self's and be creative by attacking space and showing different moves. On coaches command players will attack a cone and show a move that will beat a defender. Coaches can show the players moves or allow the children to choose a move of their choice.

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



FUNdamentals practice plan – Week 7

Station C

Soccer technique – 1v1 attacking



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Organisation. Area is 30mx30m with 1 goal in each corner, 1m in width.
Procedure. Player A plays the pass to player B. Player B attempts to dribble past player A and dribble through one of the blue goals. If player A takes the ball away from play B he/she then tries to dribble the ball through either of the goals. Keep rotating the service so that all players are attackers. C will then play the ball to D and they will compete as above.
Progression. Players progress to play 2v2 if success is being achieved.

Time frame. 8-10 minutes

Emphasis:

Dribbling

1v1 attacking

Change of speed

Agility, Balance, Coordination

FUN!

Psychological

Positive reinforcement
 Confidence
 Being safe
 Fun

Technical

Dribbling
 Part of the foot
 Part of the ball
 Using both feet

Physical

Speed
 A,B,C's
 Change of Direction

Social

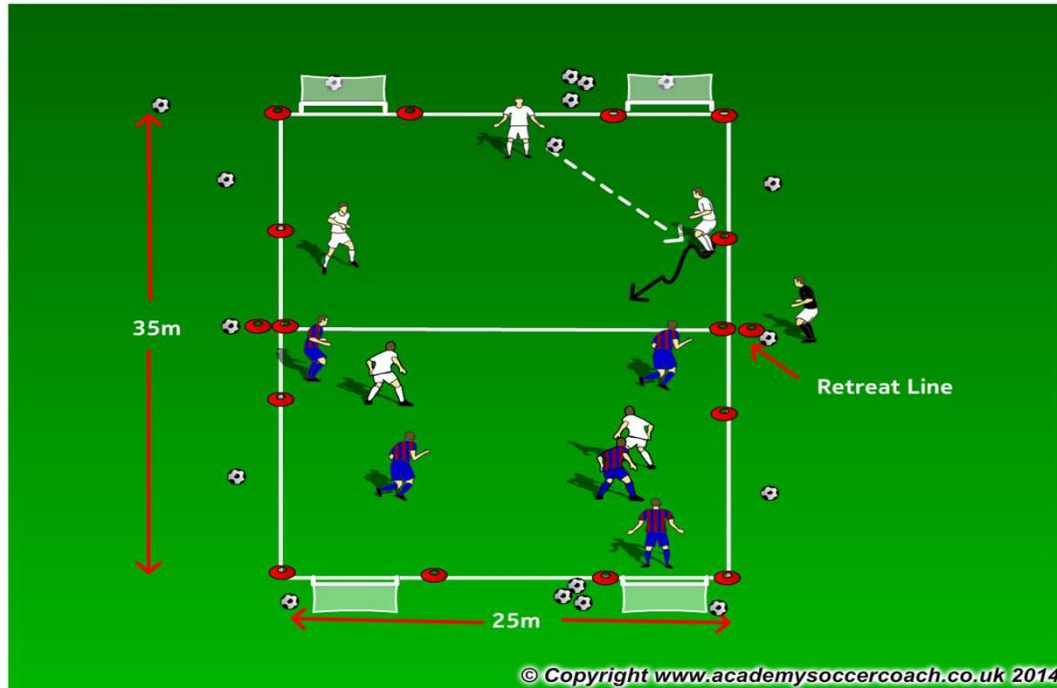
Listening
 Communicating
 Interaction with peers



FUNDamentals practice plan – Week 7

Station D

Small sided game with retreat line



5V5 with the Retreat line.
Organisation. Players play 5v5 on a 35mx25m field. the Retreat line is located at the half way line. 2 goals are located at each end
Procedure. Once the ball goes out for a goalkick or the goalkeeper has control of the ball the opposition must retreat behind the retreat line. Once the player receives the pass from the goalkeeper the game is live.
When scoring a goal team in possession has two goals to score on.
If you have odd numbers you can have the extra player become a neutral player in the game who plays for the team in possession.

Time frame. 8-10 minutes

Emphasis:

Dribbling

1v1

Changing direction/Speed

Imagination

FUN!

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