



**Learn to Train**  
"The golden age"



**For coaches of U8 to U11 females  
& U9 to U12 males**



# GRASSROOTS WORKBOOK & PRACTICE PLANS





## Learn to Train practice plans Preferred method of training – The Station concept



Hello , and welcome to the session plans which are design for coaches working with Learn to Train age group. This is third stage of the grassroots level . We hope you enjoy this session plans. The focus for this stage should be providing a positive, and fun environment, concentration on ABC ( Agility, Balance, and Coordination), and playing small-sided games, 3v3, 4v4 etc. Can you develop players' ability to read what other players are going to do based on their movements, let your players make decisions, expose them to working out problems and coming up with solutions.





## Learn to Train practice plan Preferred method of training – 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

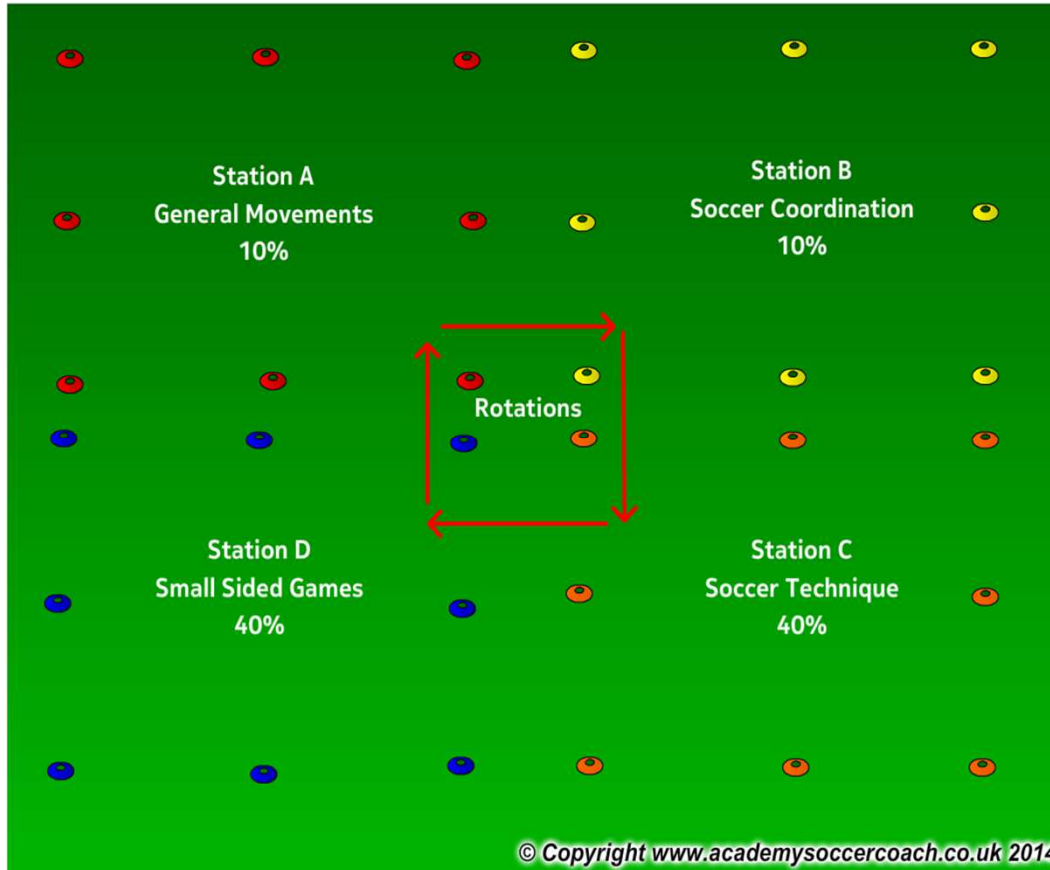
All sessions take a holistic approach to developing our youth. Each game and activity will take a look at how we can focus on 4 main areas of the child's development; these include Social/Emotional, physical, physiological and also technical

Total Practice time 45-70 minutes as per the OSA Recreational and Development Matrix





## Learn to Train practice plan How the 4 stations work



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 9**  
**Station A**  
**General Movement with a ball**



© Copyright www.academysoccercoach.co.uk 2014

**Organization.** 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.

**Time frame. 12-15 minutes**

**Emphasis:**

- Dribbling
- Changing direction
- Heads up
- Speed
- FUN!

<p><b><u>Psychological</u></b>          Decision making          Confidence          Being safe</p>	<p><b><u>Technical</u></b>          Part of foot/ball</p>
<p><b><u>Physical</u></b>          A,B,C's          Change of Direction</p>	<p><b><u>Social</u></b>          Communicating          Peer interaction</p>



**Learn to Train practice plan – Week 9**  
**Station B**  
**Soccer Coordination**



© Copyright www.academysoccercoach.co.uk 2014

**Organization:** 15x15 yds Field as shown. 8-10 players with a ball each. 2 additional players with 1 ball between them.

**Procedure:** Players dribbling and move freely within the area. The pair of players with one ball between them moves within the area passing to one another, avoiding dribbling players. The pair will be changed every 1 minute.

**Progression:** Add more "pairs" passing amongst the dribblers. Or reduce the area.

A pair with more passing sequence will win .

**Time frame. 12-15 minutes**

**Emphasis:**

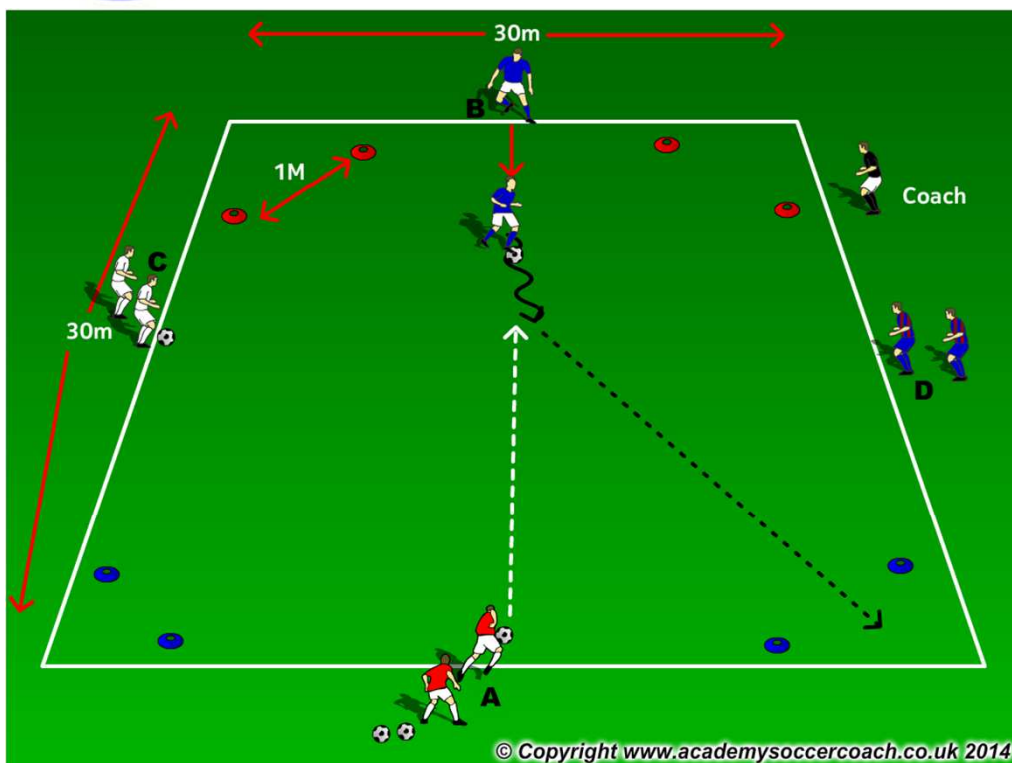
- Changing direction
- Dribbling
- Passing
- Concentration
- FUN!**

<p><b><u>Psychological</u></b>          Positive reinforcement          Confidence          Being safe</p>	<p><b><u>Technical</u></b>          Dribbling          Passing          Receiving</p>
<p><b><u>Physical</u></b>          Agility, Balance          Change of Direction          Coordination</p>	<p><b><u>Social</u></b>          Listening          Communicating          Peer interaction /fun</p>





**Learn to Train practice plan – Week 9**  
**Station C**  
**Soccer Technique – 1v1 to 4 goals**



© Copyright www.academysoccercoach.co.uk 2014

**Organization.** 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. 12-15 minutes**

**Emphasis:**

- 1v1
- Change of direction
- Change of speed
- Surprise

<p><b><u>Psychological</u></b>          Fun          Confidence          Decision Making</p>	<p><b><u>Technical</u></b>          1v1 attacking          1v1 defending</p>
<p><b><u>Physical</u></b>          Speed          A,B,C's          Change of Direction</p>	<p><b><u>Social</u></b>          Listening          Communicating          Fun with friends</p>



## Learn to Train practice plan – Week 9

### Station D

### Small sided game – 6 goal soccer



© Copyright [www.academysoccercoach.co.uk](http://www.academysoccercoach.co.uk) 2014

Players are placed into teams of 6v6  
field is 45x45 yds

Teams can attack any of there 3 goals.

Technical: 1v1 attacking. Attack the ball, see the ball, see the player, attack front foot, Change of speed, change of direction, Attack space behind the defender, explode.

Time frame. 12-15 minutes

Emphasis:

1v1 attacking

Decision making

FUN

#### Psychological

Fun  
Confidence  
Decision making

#### Technical

Dribbling  
1v1  
Passing/receiving

#### Physical

Speed  
A,B,C's  
Change of Direction

#### Social

Listening  
Communicating  
Fun with friends