

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.

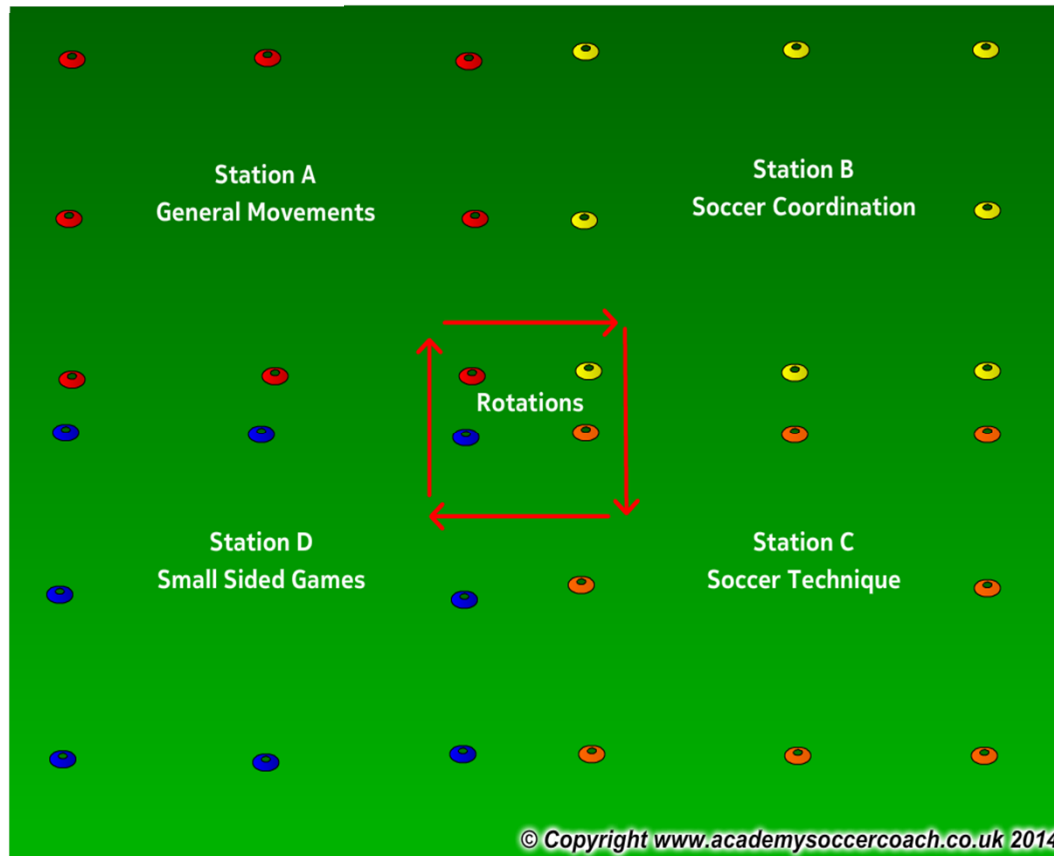
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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 16

Station A

General Movements – Ball familiarity



Time frame. 8-10 minutes

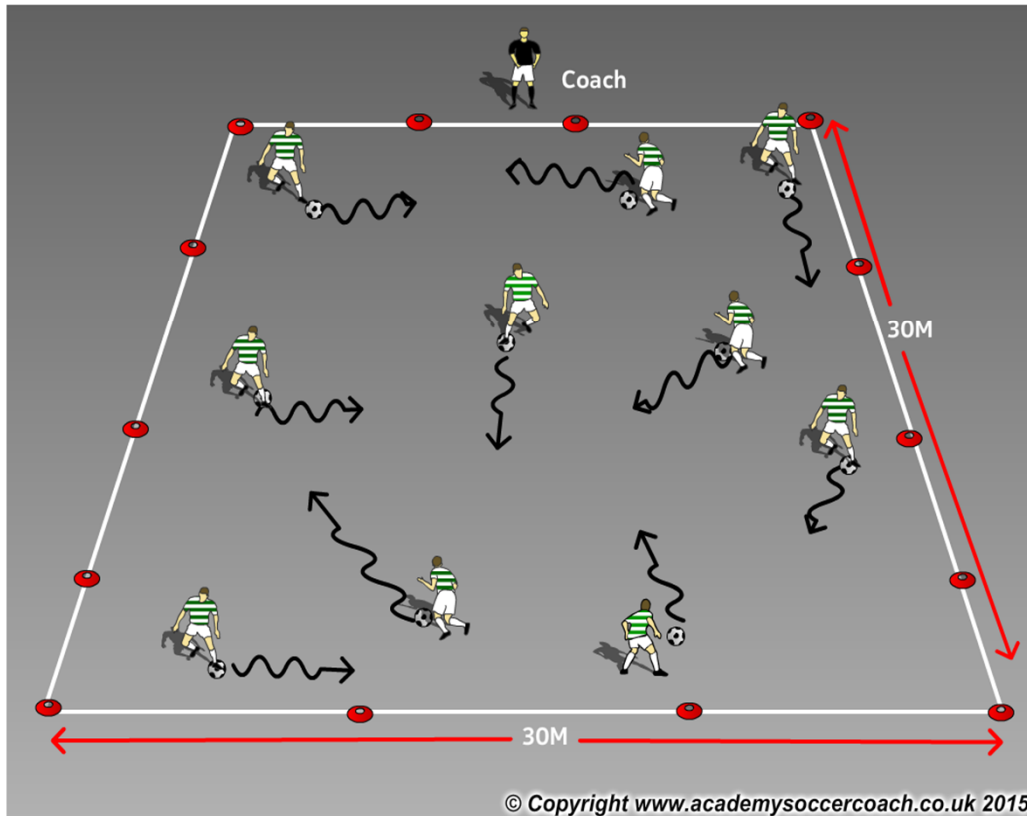
Emphasis:

Dribbling

Changing direction

Agility, Balance, Coordination

FUN!



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Organization: Players dribble freely inside 30m x 30m 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 perform different touches on the ball, for example Toe Taps.

Psychological

Positive reinforcement
Confidence
Being safe

Technical

Dribbling

Physical

Agility, Balance
Change of Direction
Speed

Social

Listening
Communicating
Celebrating



FUNDamentals practice plan – Week 16

Station B

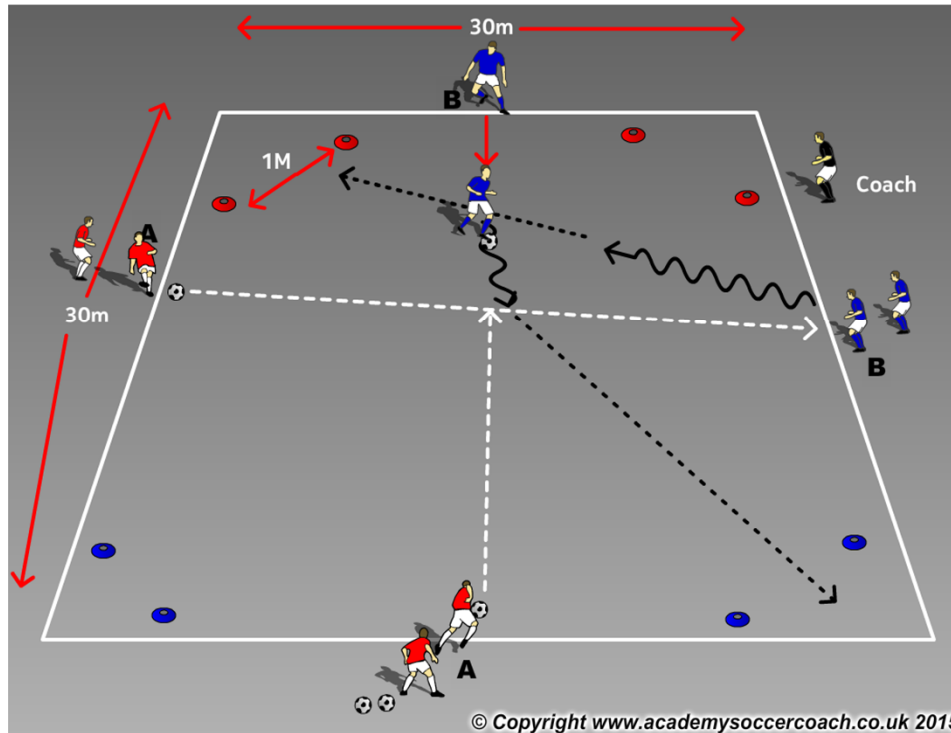
1v1 to goals – 2 games at once



Time frame. 8-10 minutes

Emphasis:

Passing
Receiving
Balance
A,B,C'S
FUN!



Organization: Area is 30m x 30m with 1 goal in each corner, 1m in width.

Procedure: Player A's plays the pass to player B's on the opposite side of the area. Player B attempts to dribble past player A and dribble through one of the goals. If player A takes the ball away from play B he/she then tries to dribble the ball through any of the goals. Keep rotating the service so that all players are attackers. 2 1v1 games are happening at the same time

Progression: Players progress to play 2v2 if success is being achieved.

Psychological

Confidence
Being safe
Individual Goals

Technical

Passing
Receiving

Physical

A,B,C's
Change of Direction

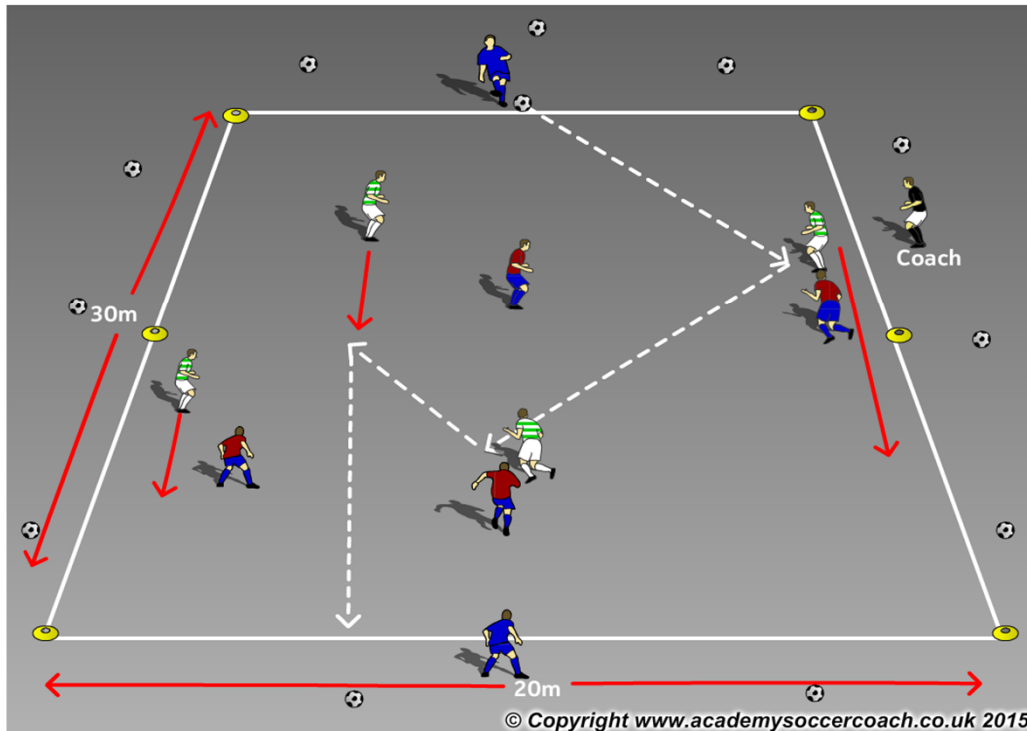
Social

Listening
Communicating
Interacting with
friends





FUNdamentals practice plan – Week 16
Station D
Small sided game – 4v4 to Target players



Organization: Players are organized into 2 teams of 4 with 2 neutral players inside a 30m x 20m playing area.
Procedure: Players play 4v4 with the aim of getting the ball to a neutral player. Once they have the ball to one neutral player for them to score another goal they attempt the ball to the other neutral player. As the coach allow the players to play with minimal stoppages. Change neutral players every few minutes.

Time frame. 8-10 minutes

Emphasis:

Passing
Receiving
Attacking/Defending
Decision making
FUN!

Psychological

Fun
Confidence
Being safe
Decision making

Technical

Passing
Receiving
Attacking/Defending

Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating