

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 3v3, 4v4 or 5v5 which includes the retreat line.

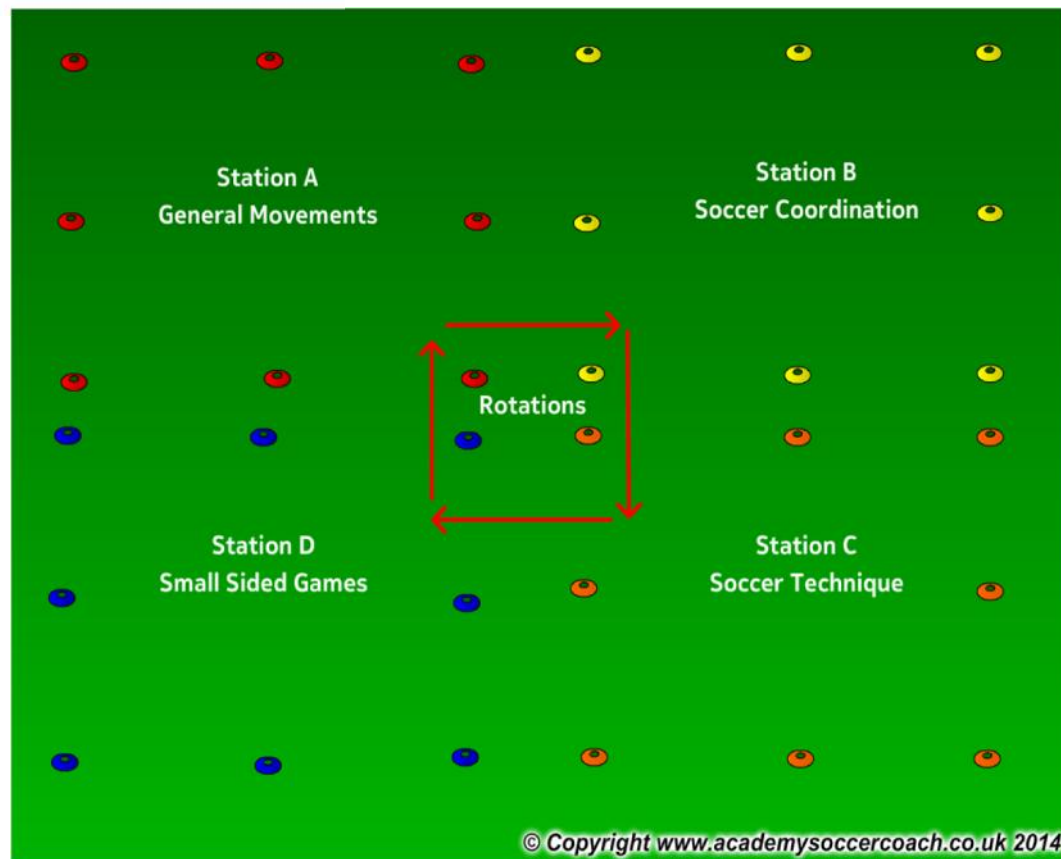
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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



FUNdamentals practice plans

How the 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 14

Station A

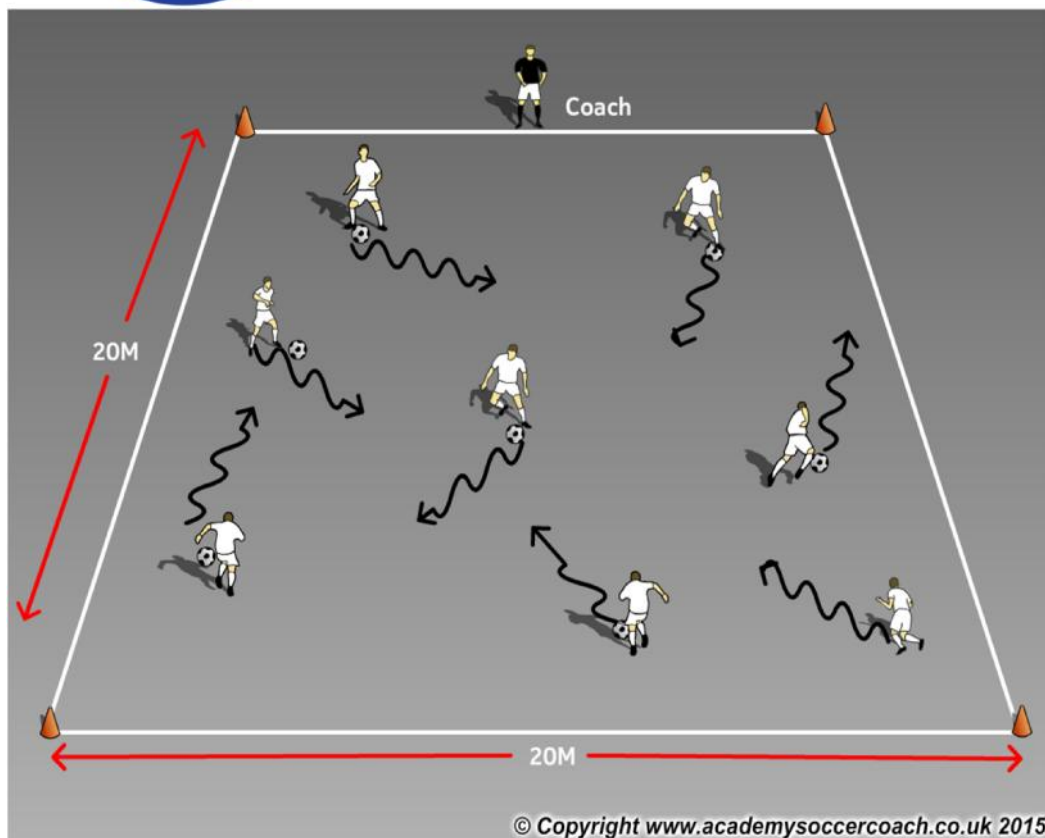
General Movements – Body breaks



Time frame. 8-10 minutes

Emphasis:

Changing direction
Agility, Balance, Coordination
Dribbling
FUN!



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Organization: 20m x 20m area. Each player has a soccer ball.

Procedure: Players dribble inside the area. The coach calls out a body part and the player must stop the ball and place the correct body part on the ball. The coach calls go for the players to dribble again.

Psychological

Positive
reinforcement
Confidence
Being safe

Technical

Dribbling

Physical

Agility, Balance
Change of Direction
Speed

Social

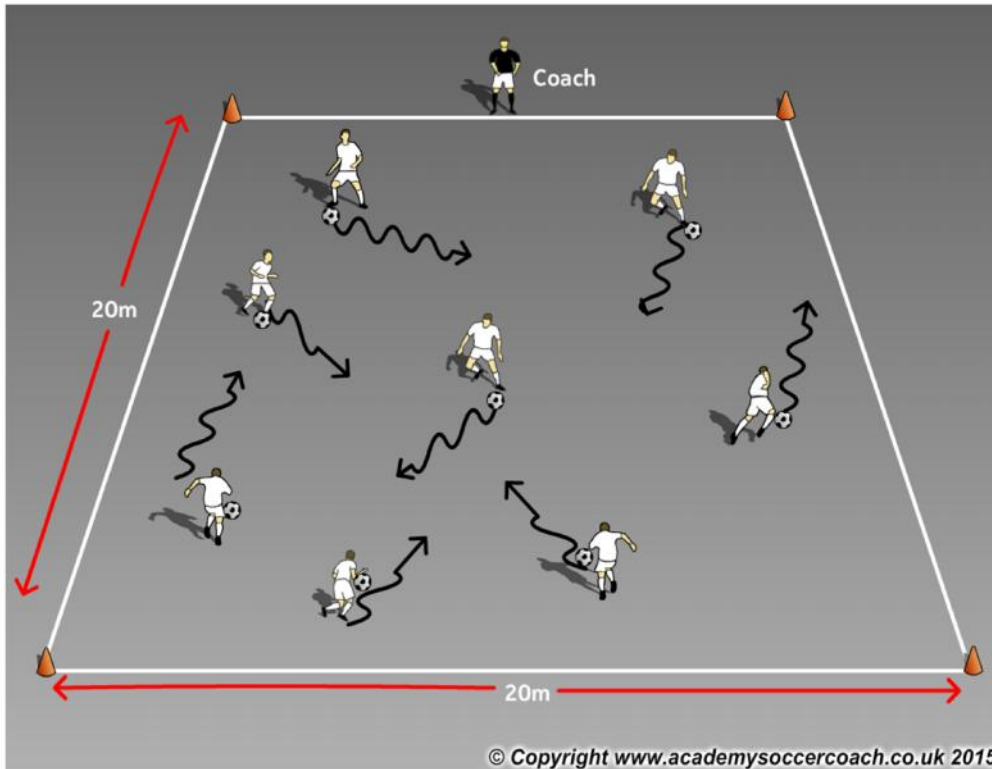
Listening
Communicating
Celebrating



FUNdamentals practice plan – Week 14

Station B

Soccer Coordination – Tag Tails



Organization: Inside a 20m x 20m area each player tucks a pinnie down the back of their shorts which becomes the player's tail; each player also has a soccer ball.

Procedure: On the coach's command, all players move around the grid and try to grab as many "tails" as they can from other players. If your tail is taken you do 3 jumping jacks, place your tail back in your shorts and continue to play.

Time frame. 8-10 minutes

Emphasis:

Dribbling

Control

Balance

A,B,C'S

FUN!

Psychological

Confidence

Being safe

Individual Goals

Technical

Juggling

Control

Physical

A,B,C's

Change of Direction

Social

Listening

Communicating

Interacting with

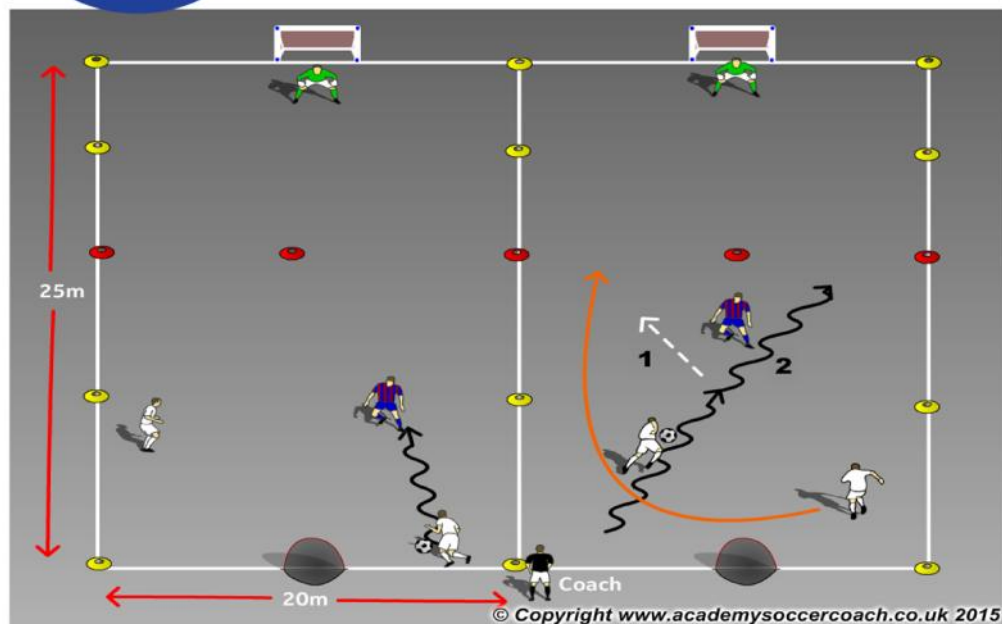
friends



FUNdamentals practice plan – Week 14

Station C

Soccer technique – 2v1 to goal



Organization: Players are placed into groups of 4 and set up as shown above in a 20m x 20m channel.

Procedure: The 2 attackers start with the ball with the objective to beat the defender and then score past the goalkeeper. The Defender can only defend in the area in front of the red cones. Once the attackers are passed the cones they are 2v1 with the goalkeeper. If the defender wins possession of the ball they attempt to score in the pug net below.

Ask the players to figure different ways out to beat the defender. In the example above we see the attacker running at the defender with the supporting player overlapping. The player in possession of the ball now has two options, dribble or pass.

Rotate the defender after each completion.

Time frame. 8-10 minutes

Emphasis:

Dribbling
Passing
Shooting
Decision making
FUN!

Psychological

Positive
reinforcement
Confidence
Decision making
Fun

Technical

Dribbling
Passing
Shooting
Defending

Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Interaction with peers



FUNdamentals practice plan – Week 14

Station D

Small sided game – 3v3 to neutral players



Organization: Players are organized into 2 teams of 3 with 2 neutral players inside a 30m x 20m playing area.
Procedure: Players play 3v3 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:

1v1

Possession

Changing direction/Speed

Imagination

FUN!

Psychological

Fun
Confidence
Being safe
Decision making

Technical

Passing
Dribbling
Receiving

Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating