

# GRASSROOTS WORKBOOK & PRACTICE PLANS





## **Active Start practice plan**

### **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 Physical Literacy, two stations on movements with the ball and the 4th station is focused around the game with the children playing 1v1.

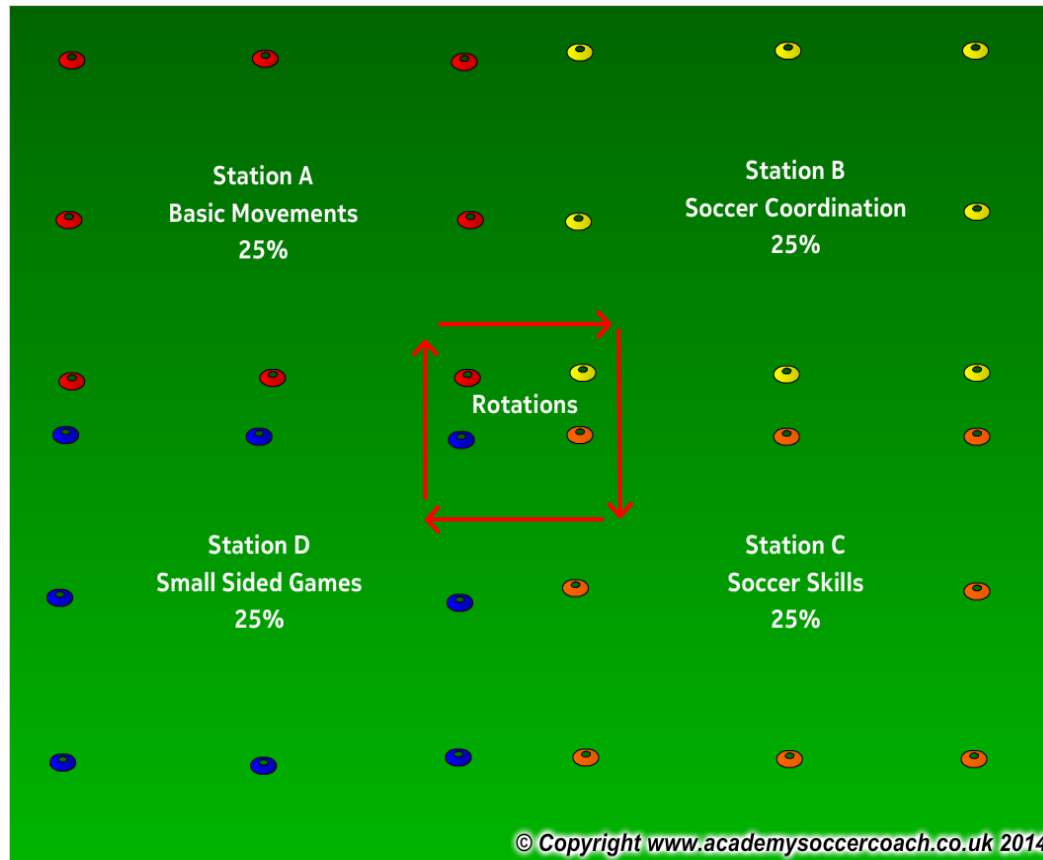
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

Total Practice time 40 minutes as per the Recreational and Development Matrix



## Active Start practice plan

### How The OSA Player Development Model works



If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 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.

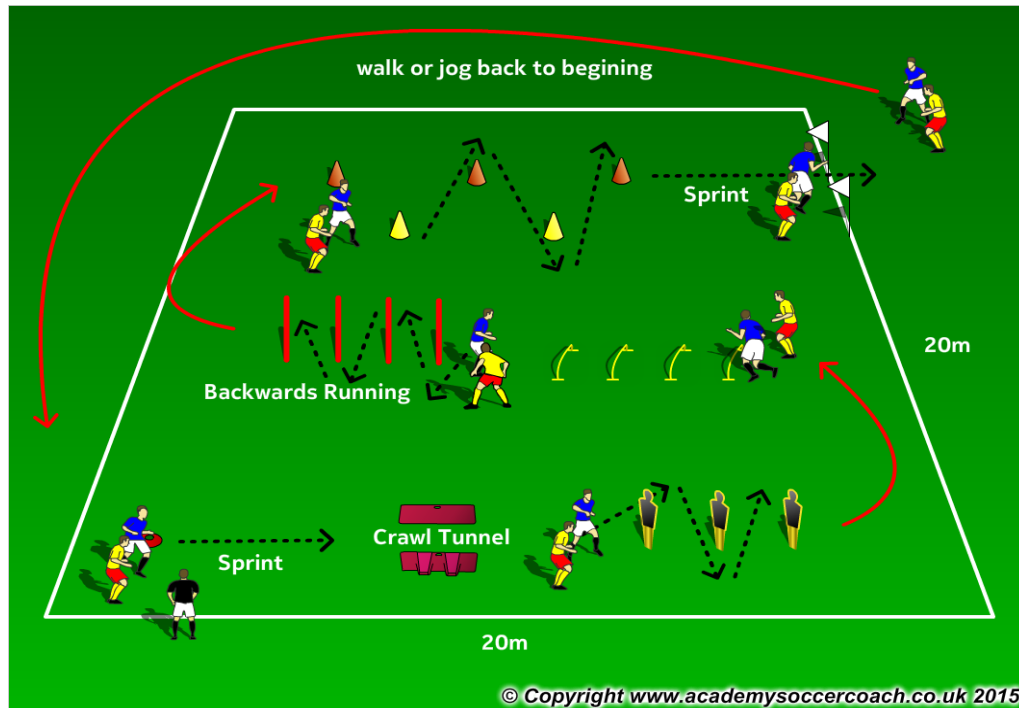




## Active Start practice plan – Week 34

### Station A

### General movement – Crazy Maze



**Organization:** Using a 20x20m area set up a variety of obstacles that the players can move through. Parents (Yellows) should accompany the children through the course.

**Procedure:** One-by-one the children will enter the obstacle course and move through the different obstacles. The coach should position his/herself at the start of the course to help start the players at the correct time. Be creative and develop obstacles that will challenge the children to use different movement skills to overcome each part of the course. A,B,C'S: Hop's, Skip's, Jumps, Sprints, Forward/backwards running, shuffles etc. should all be incorporated.

**Time Frame. 8 minutes**

**Emphasis:**

- **FUNDmental Movement Skills**

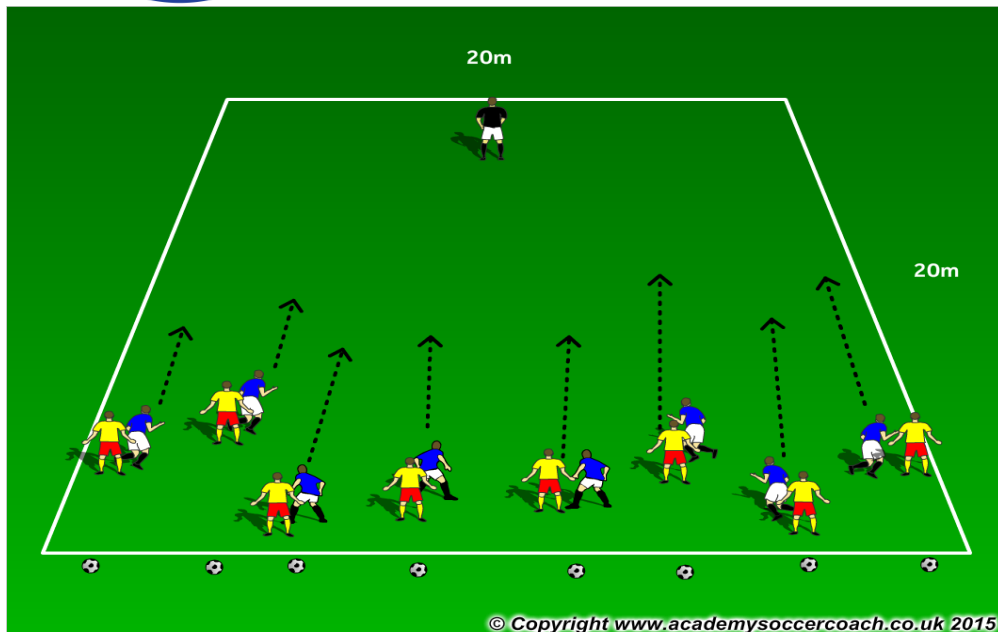
<p><u><b>Psychological</b></u></p> <p>Problem Solving Creativity</p>	<p><u><b>Technical</b></u></p>
<p><u><b>Physical</b></u></p> <p>Agility, Balance, Coordination, Speed</p>	<p><u><b>Social</b></u></p> <p>FUN Player/parent interaction</p>



## Active Start practice plan – Week 34

### Station B

## Soccer Technique – “What’s the Time Mr. Wolf?”



**Organization:** All Players are positioned on 1 side of a 20x20m area. At the youngest age group's U4-U5 parents should take part with the child (Yellows).

**Procedure:** The coach is "Mr Wolf" stands at the opposite end of the playing area from the other players, facing away from them. A call-and-response then takes place: all players except for Mr Wolf chant in unison "What's the time, Mr Wolf?", and Mr Wolf will answer in one of the two ways:

1) Mr Wolf may call a clock time (e.g., "3 o'clock"). The other players will then take that many steps out long as they go ("One, two, three"). Then they ask the question again. 2) Mr Wolf may call "Dinner time!", when Mr Wolf will turn around and chase the other players back to their starting point. If Mr Wolf successfully tags a player, that player becomes the new Mr Wolf for the next round.

**Variations:** Change up the types of moves the players make e.g. instead of taking steps they can hop, skip, jump, shuffle or even kick the ball.

**Time Frame. 8 minutes**

### **Emphasis:**

- FUNdamental Movement Skills
  - Ball Mastery
  - Dribbling

#### **Psychological**

Confidence  
Problem Solving  
Decision Making

#### **Technical**

Dribbling  
Lots of small touches

#### **Physical**

A,B,C's  
Change of Direction  
Change of Speed

#### **Social**

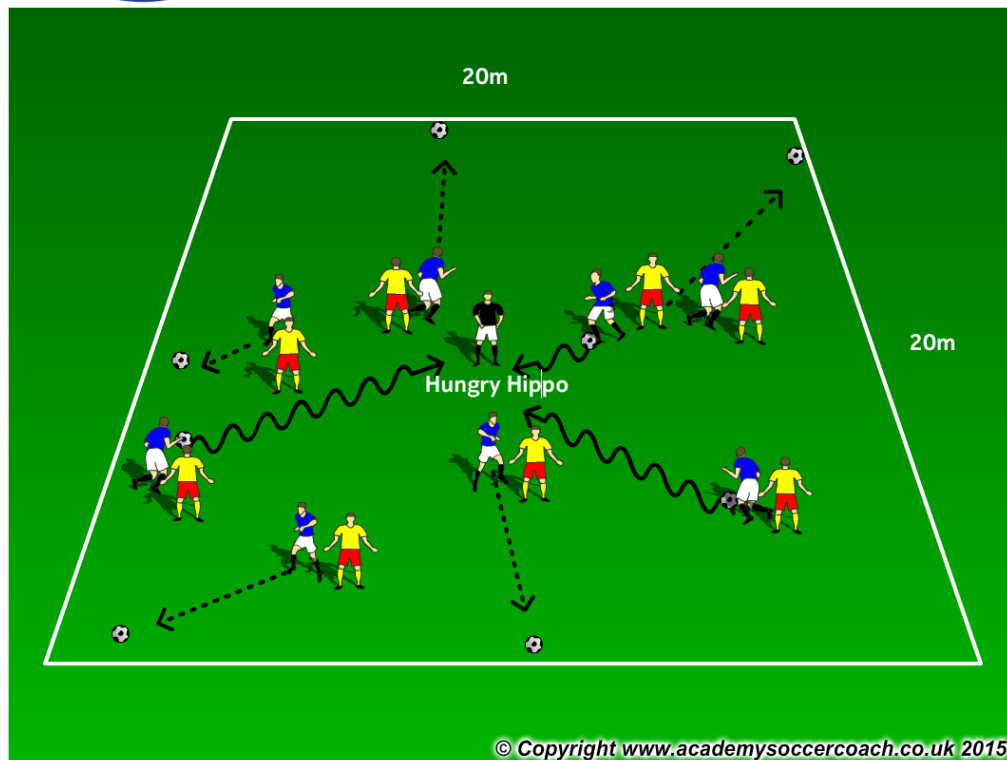
FUN



## Active Start practice plan – Week 34

### Station C

### Soccer Technique – Hungry Hippo



**Organization:** Players are placed in a 20x20m area with a ball (Hippo food) per player. Parents can accompany the players (yellow). The Hungry Hippo (the coach) is positioned in the middle of the playing area.

**Procedure:** Players start with ball in hands and throw it to the coach who throws it away and they have to bring it back as quick as they can using: a certain # of steps, a different body part (touching elbow, knee, head, etc.), dribble the ball back etc.

**Time Frame. 8 minutes**

#### **Emphasis:**

- Dribbling
- Changing direction
- Imagination
- FUN!

#### **Psychological**

Confidence  
Problem Solving  
Creativity

#### **Technical**

Dribbling  
Lots of touches

#### **Physical**

A,B,C's  
Change of Direction

#### **Social**

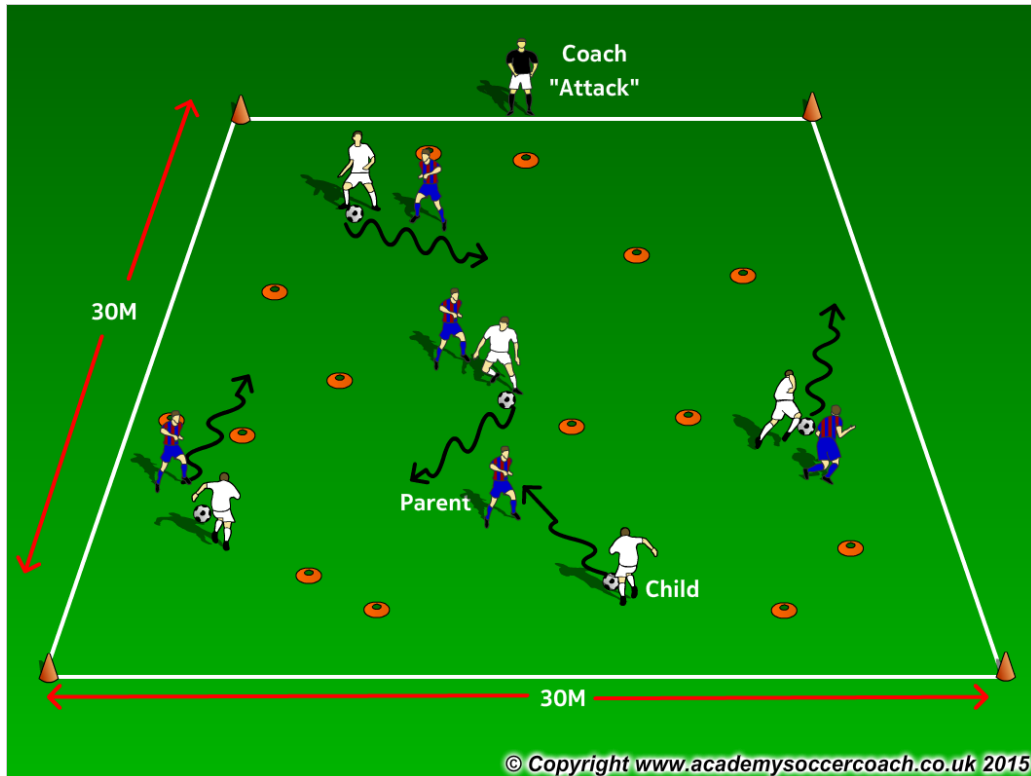
FUN



## Active Start practice plan - Week 34

### Station D

#### Small sided game – 1v1 through gates (Parent v Child)



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**Organization:** Players are paired with a parent inside a 30m x 30m area.  
**Procedure:** When the coach calls "Attack" the child with ball attempts to dribble through the gates. The parent without the ball becomes the defender. If the defender wins the ball he/she then becomes the attacker and vice versa. Players play for 1 minute and score a point every time they go through a gate. The child should always be the winner in the games.

#### Time Frame. 8 minutes

##### Emphasis:

- Running with the ball
  - Dribbling
- Agility, Balance, Coordination

##### Psychological

Confidence  
Creativity  
Problem Solving  
Being safe

##### Technical

Dribbling  
Running with the ball

##### Physical

A,B,C's  
Change of Direction

##### Social

FUN  
Competition  
Celebrating