

# GRASSROOTS PRACTICE PLANS Week 8.





## 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.

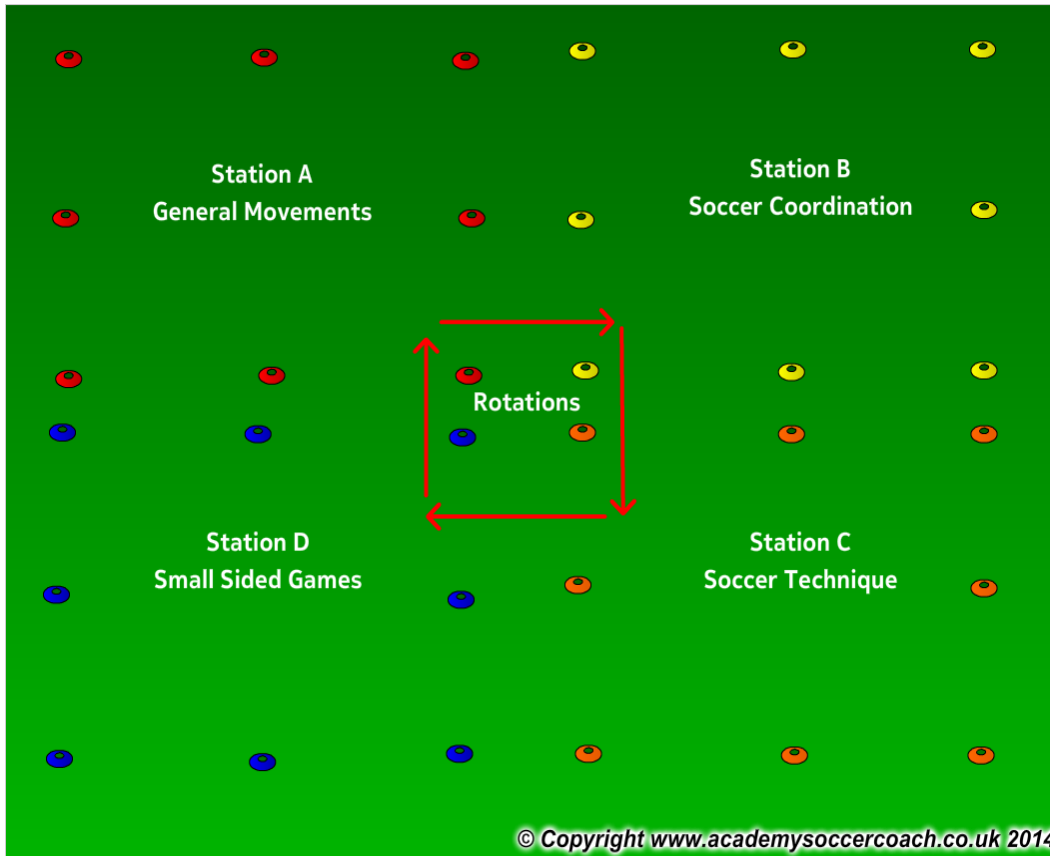
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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.

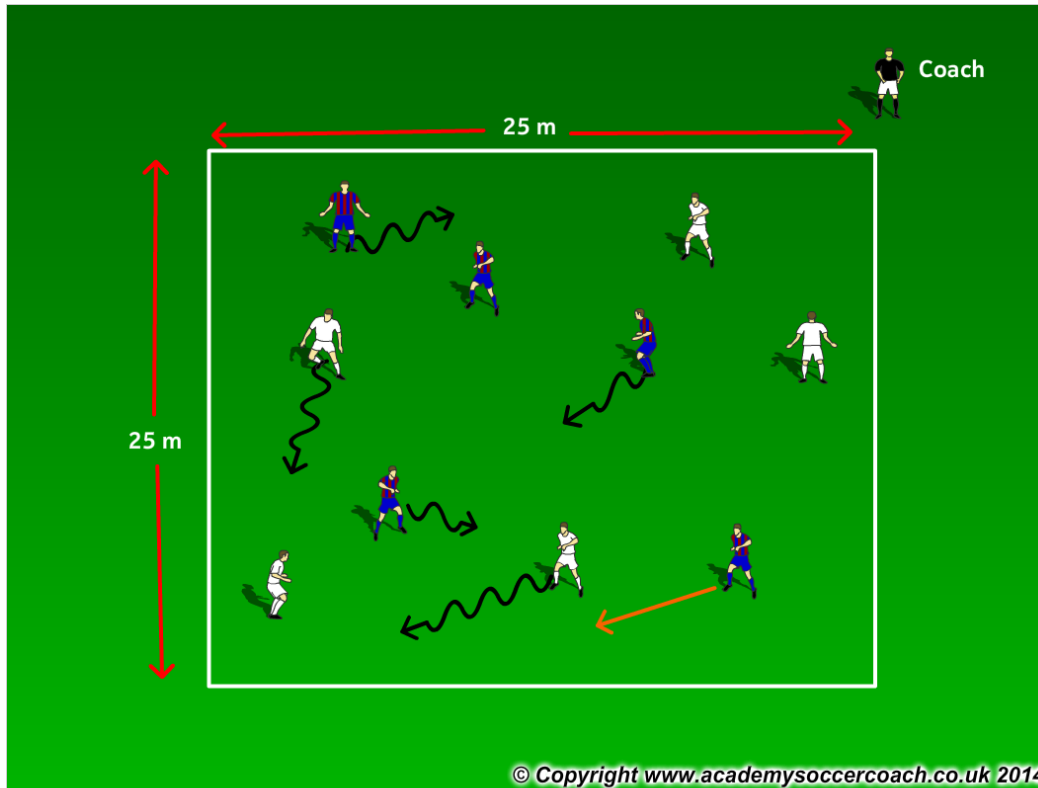
If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



# FUNdamentals practice plan

## Station A

### General Movements



**Organization:** A 25mx25m field. 10 players.  
**Procedure:** Encouraging players to do different soccer movements such as running, shuffling, running backwards, and jumping.  
**Progression:** This activity could be done with the ball.

Time frame. 8-10 minutes

Emphasis:

Changing direction  
Agility, Balance, Coordination  
Spatial awareness  
FUN!

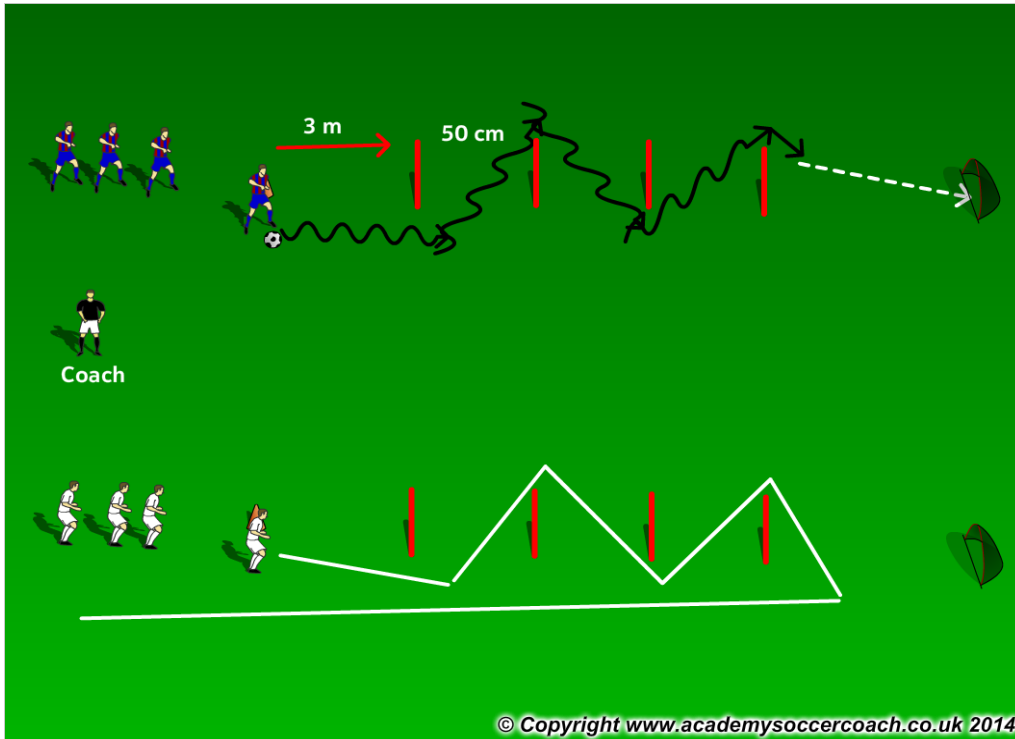
<b><u>Psychological</u></b> Positive reinforcement Confidence Being safe	<b><u>Technical</u></b>  N/A
<b><u>Physical</u></b> Eye-foot coordination Agility, Balance Change of Direction	<b><u>Social</u></b> Listening Communicating Celebrating



# FUNdamentals practice plan

## Station B

### Soccer Coordination, shooting



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**Organization:** Place 2 cones side by side 10 m apart. Lay out 4 poles 50 cm intervals, starting 3 m in front of the starting cones. Players lineup in 2 equal teams behind the starting cone.

**Procedure:** On the coach's signal, first player from each line, shuffle between poles and run back to the end of the line.

**Progression:** Same activity using soccer ball, and finishing with shooting.

Time frame. 8-10 minutes

Emphasis:

Agility

Changing direction/Speed

Coordination

FUN!

Psychological

Confidence  
Being safe

Technical

Dribbling  
Shooting

Physical

A,B,C's  
Change of Direction

Social

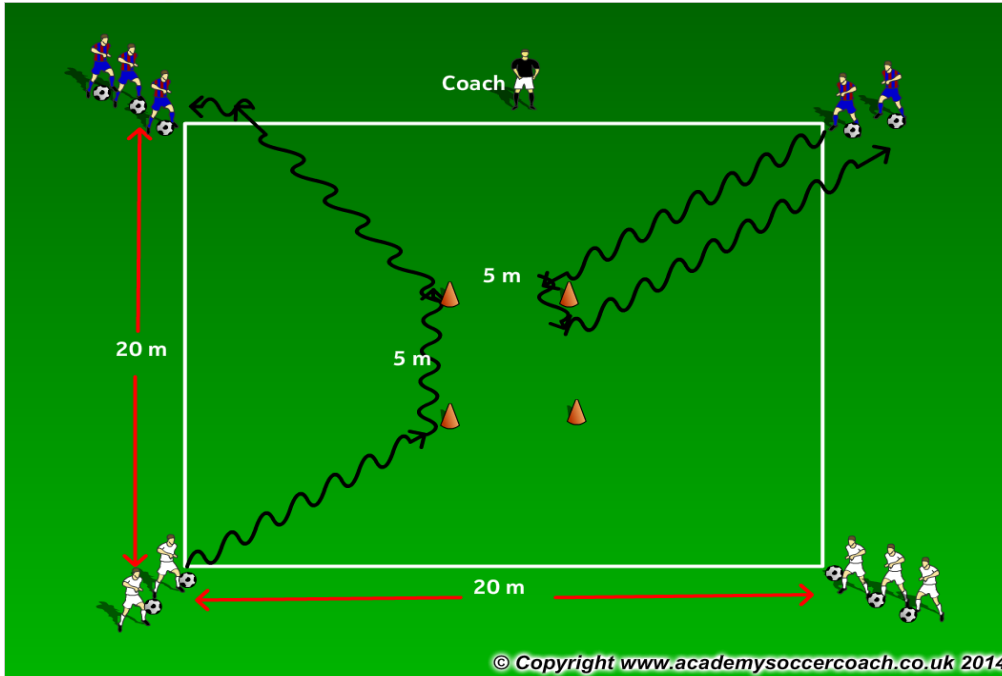
Listening  
Communicating  
Interacting with  
friends



# FUNdamentals practice plan

## Station C

### Soccer technique – Dribbling/Faking



**Organization:** A 20mx20m field. Place 4 cones inside the grid to make a 5mx5m square. Players line up in equal numbers at each corner. Each player has a ball.

**Procedure:** At coach's signal, first player of each line will dribble around the near cone and return to their line.

**Progression:** Player dribble to near cone, and do a fake move, and dribble to a cone on the right or left.

Time frame. 8-10 minutes

Emphasis:

Dribbling

Change of direction

Change of speed

Agility, Balance, Coordination

**FUN!**

Psychological

Positive reinforcement  
Confidence  
Fun

Technical

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

Physical

Speed  
A,B,C's  
Change of Direction

Social

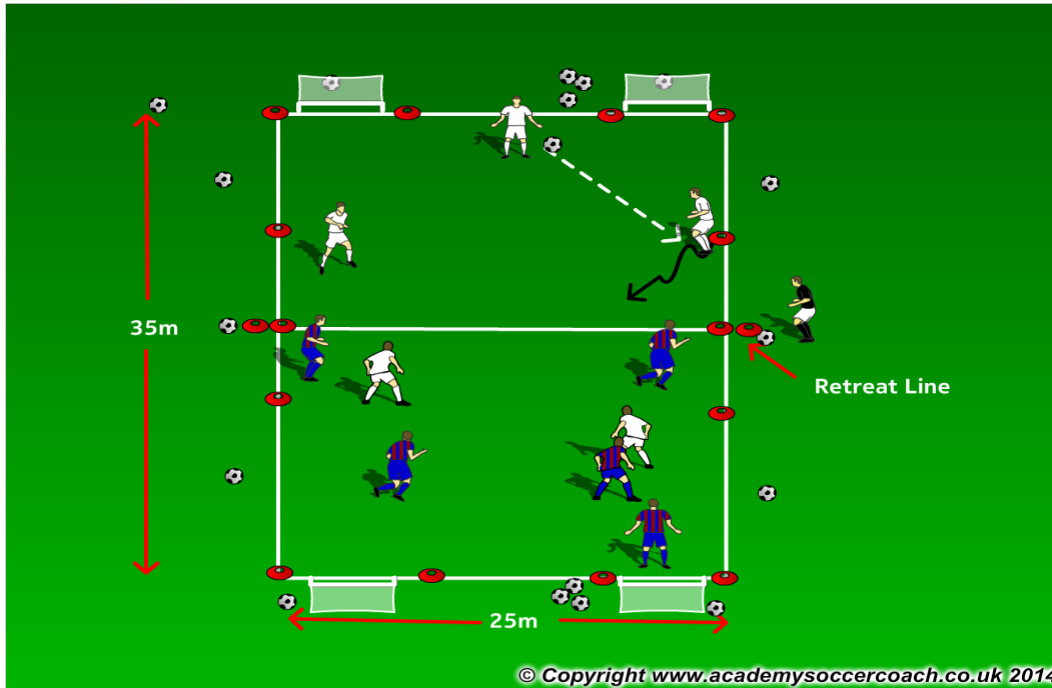
Listening  
Communicating  
Interaction with peers



# FUNdamentals practice plan

## Station D

### Small sided game with retreat line



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**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 oppersition 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

**FUN!**

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