

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.

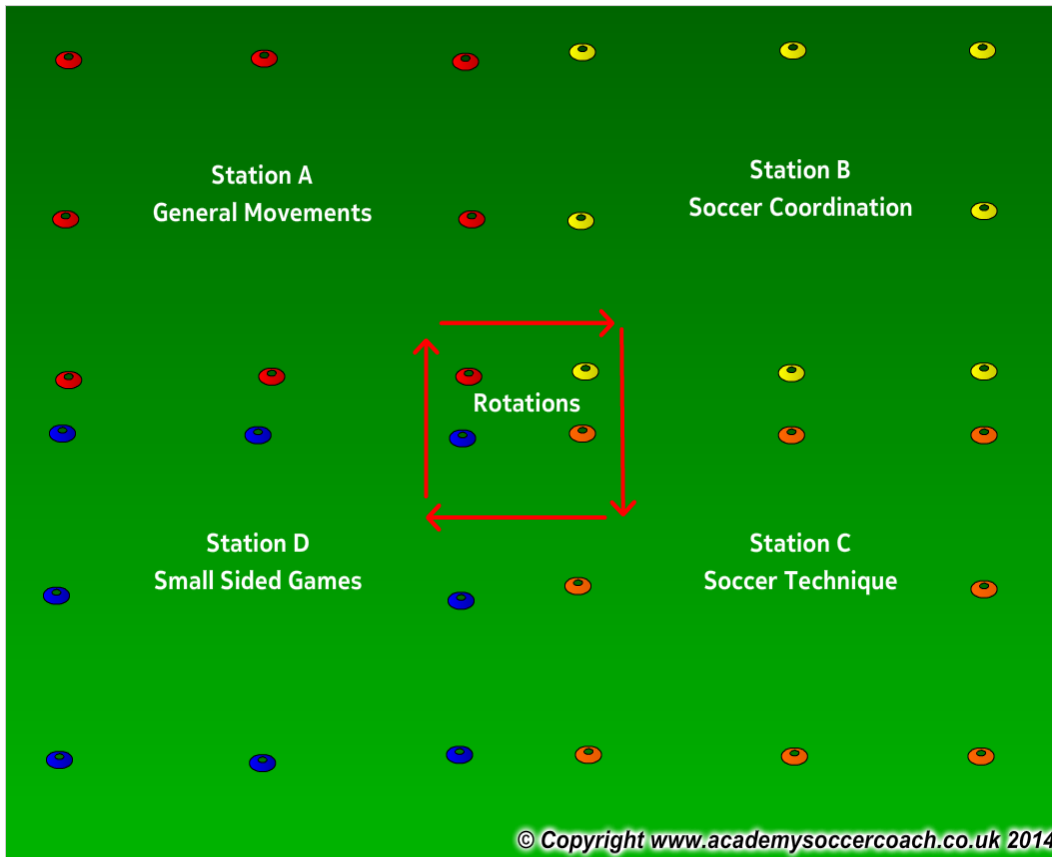
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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 28

Station A

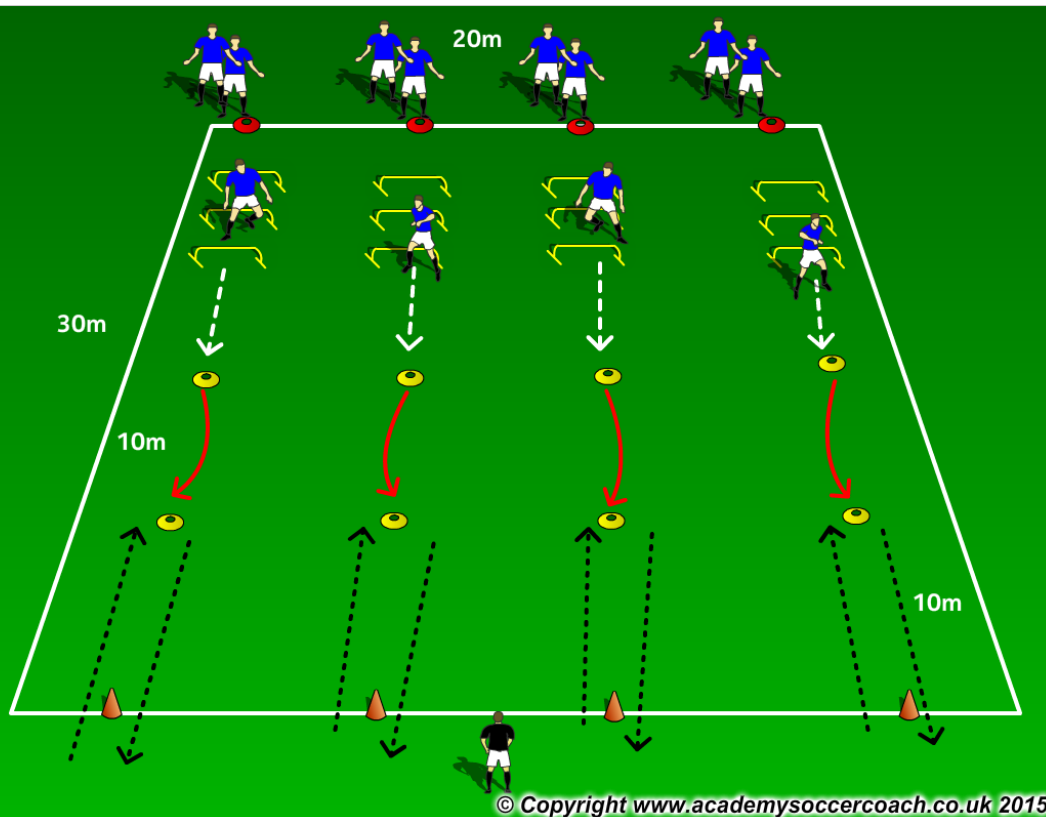
General Movements – Olympic Relay



Time frame. 8-10 minutes

Emphasis:

Agility, Balance, Coordination, Speed
Changing Direction
FUN!



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Psychological

Confidence
Being safe
Competition
Spatial Awareness

Technical

Can incorporate ball

Physical

Agility, Balance
Change of Direction
Speed

Social

Listening
Problem Solving
Celebrating
Teamwork

Organization: Players split into 4 groups of 3 (or 3 groups of 4)
Procedure: Players race through 4 stages of the obstacle course performing a variety of fundamental movement skills eg. forward/backwards running, skipping, hopping, bear-crawls, frog jumps, lateral shuffles etc.



FUNdamentals practice plan – Week 28

Station B

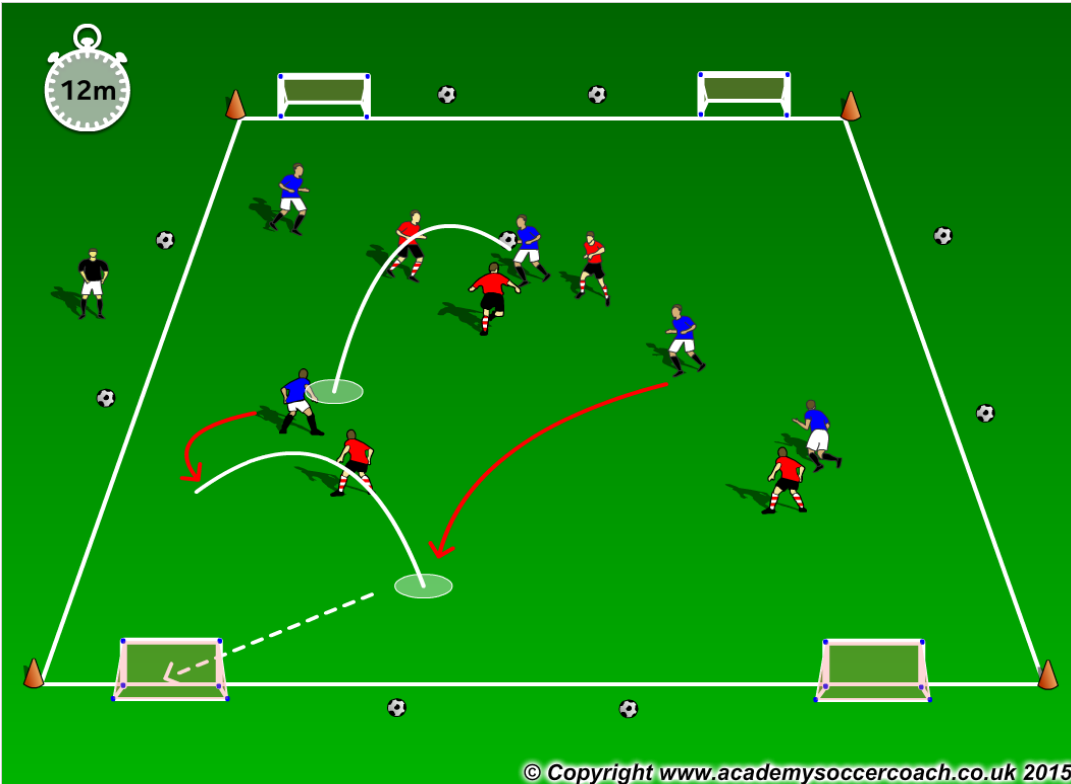
General Movements – 2 Goal Handball Game



Time frame. 8-10 minutes

Emphasis:

Agility, Balance, Coordination, Speed
Changing Direction
FUN!



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Organization: Players are placed in 20x20 area with 2 nets positioned at each end as shown above.

Procedure: Players play handball and attempt to score by throwing the ball into either net. Players cannot move more than 3 steps when in possession. Defending team win possession by intercepting passes

Psychological

Decision Making
Confidence
Being safe
Spatial Awareness

Technical

Different types of pass

Physical

Agility, Balance,
Coordination
Speed
Power

Social

Listening
Problem Solving
Fun



FUNdamentals practice plan – Week 28

Station C

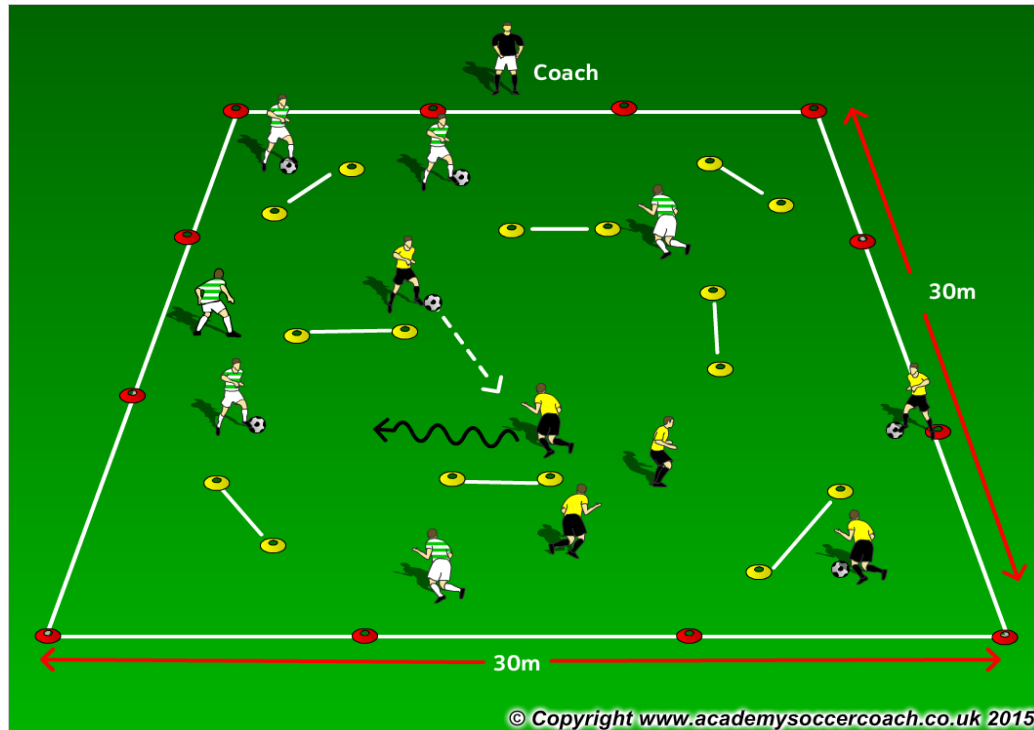
Passing Gates



Time frame. 8-10 minutes

Emphasis:

Passing & Receiving
Touch Direction
Awareness



Organization. Players are placed into 2s inside 30mx30m area.
Procedure. Players pass and move inside area. Focus should be on how the player passes and receives the ball.
Progression. To make it fun/competitive for the players add gates into the area and on the command of "Shopping" players look to pass the ball through the gates. each gate = 1 point, after 60 seconds pair with the most points wins the competition. Repeat game several times.

Psychological
Competition
Confidence
Decision making

Technical
Passing
Receiving – touch
direction
Dribbling

Physical
A,B,C'S
Change of Direction

Social
Listening
Communicating
Fun
Teamwork



FUNdamentals practice plan – Week 28

Station D

Small sided game – 5v5 with the Retreat line

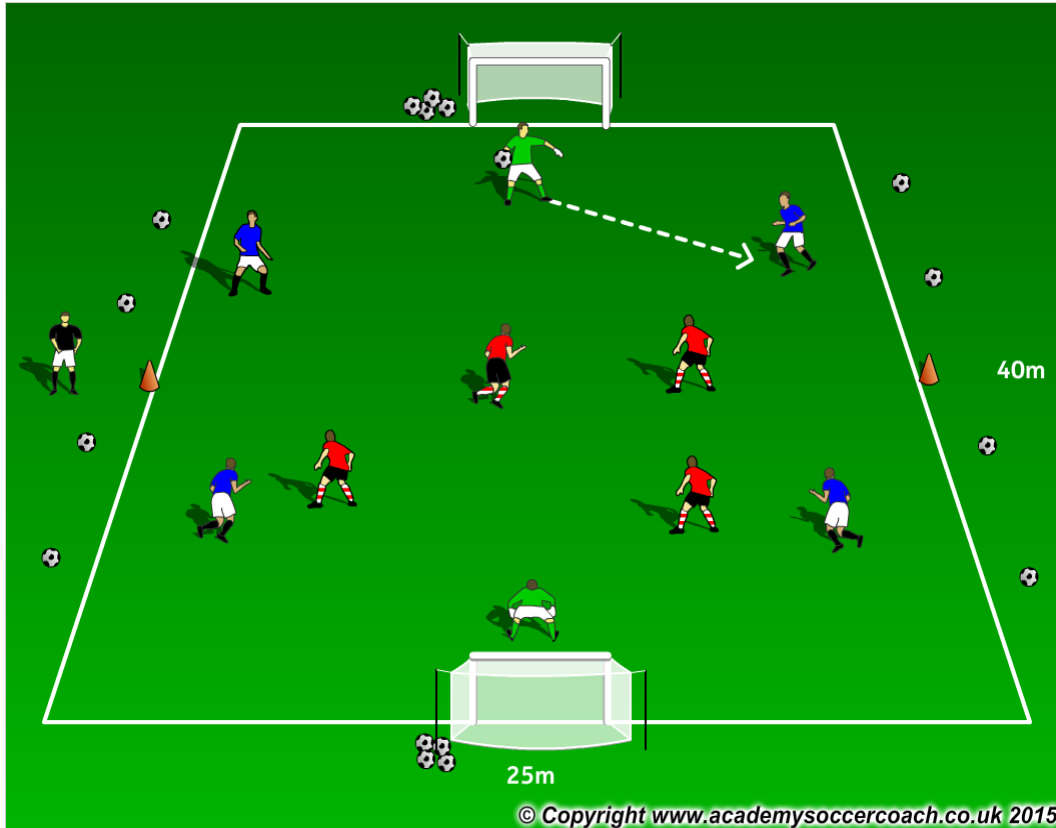


Time frame. 8-10 minutes

Emphasis:

FREE PLAY!

FUN!



Organization: Players play 5v5 in a 40x25m area (6v6/7v7 = increase area accordingly). Balls stationed along outside of field. Retreat Line marked at half way line for 5v5.

Psychological

Fun
Confidence
Being safe
Decision making

Technical

Passing
Receiving
Support

Physical

A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating
Teamwork