



# GRASSROOTS WORKBOOK & PRACTICE PLANS





## **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.

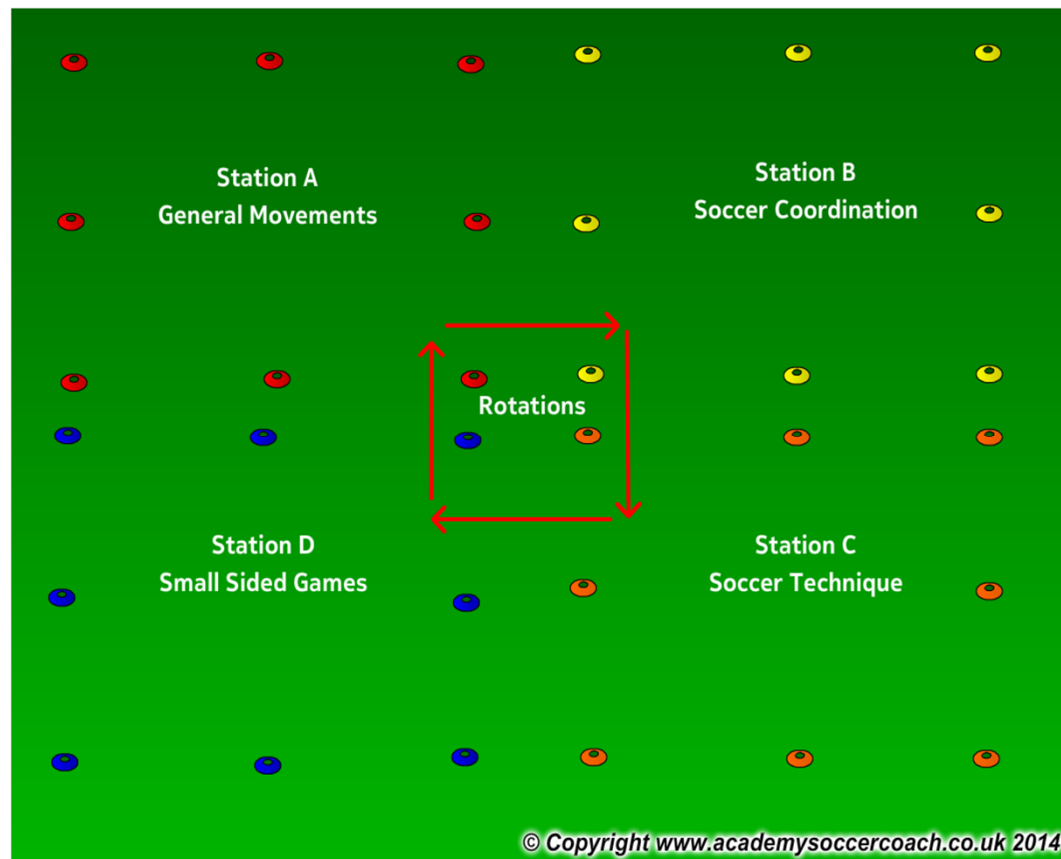
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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 – Week 29

### Station A

### General Movements



Time frame. 8-10 minutes

### Emphasis:

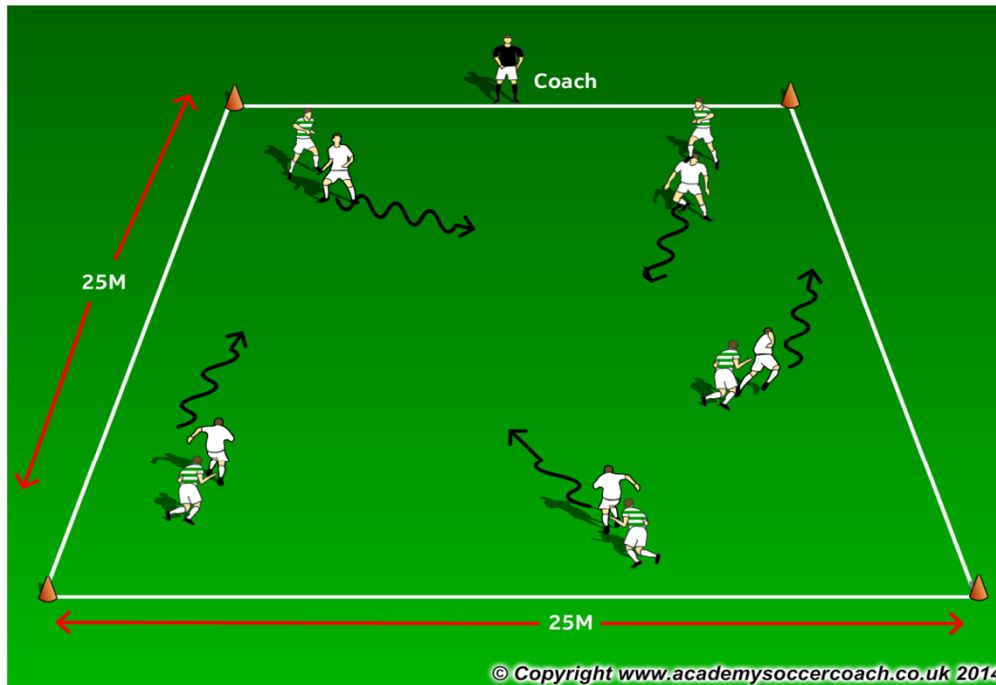
Listening

Different types of running/movements

Changing direction

Agility, Balance, Coordination

**FUN!**



#### **Follow my Leader**

**Organisation.** Players are placed into pairs in a 25mx25m area.

**Procedure.** 1 player becomes the leader and the 2nd player becomes the follower. Encourage the players to use different movements such as walking, running, jumping, rolling, running backwards and also sideways. After 30 seconds players switch.

**Progression.** Each player has a ball.

#### Psychological

Confidence  
Being safe

#### Technical

N/A

#### Physical

Running  
A,B,C's  
Change of Direction

#### Social

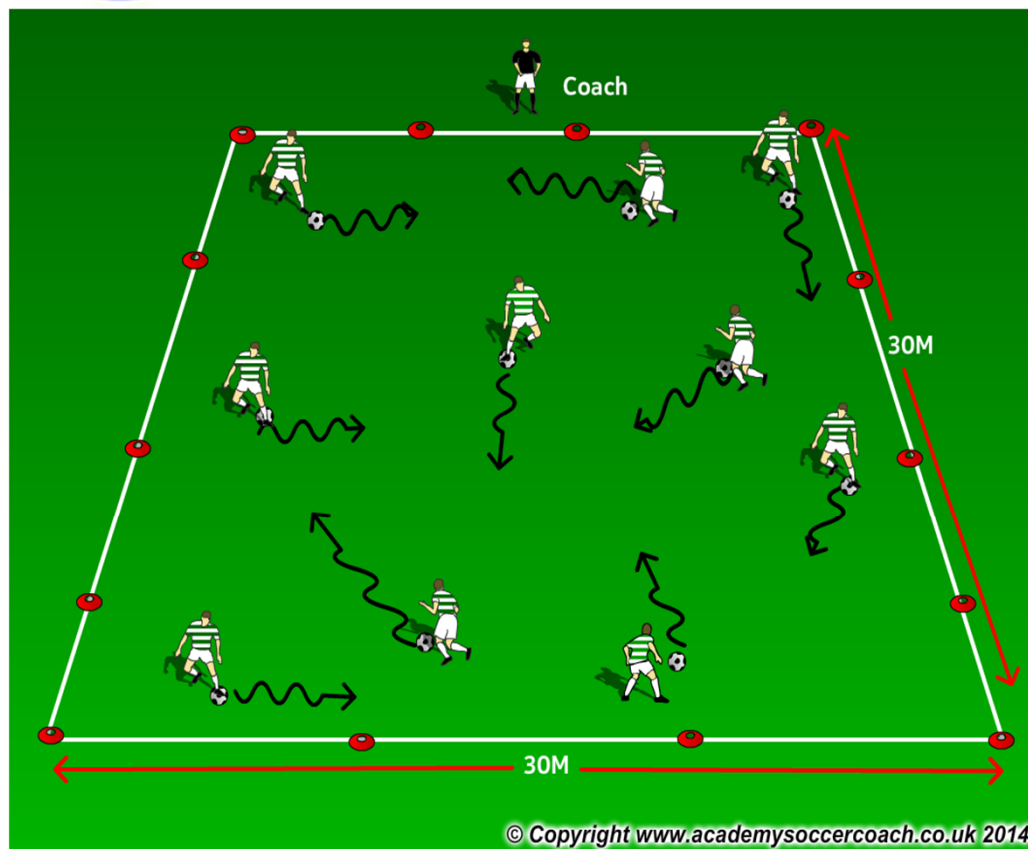
Listening  
Communicating  
Celebrating



## FUNDamentals practice plan – Week 29

### Station B

### Soccer Coordination – Ball Familiarity



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Organisation. Players dribble freely inside 30mx30m 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.

Time frame. 8-10 minutes

### Emphasis:

Running with the ball

Dribbling

Changing direction

Agility, Balance, Coordination

Imagination

Change of speed

FUN!

### Psychological

Confidence  
Being safe

### Technical

Dribbling  
Running with the ball

### Physical

A,B,C's  
Change of Direction

### Social

Listening  
Communicating  
Celebrating



## FUNdamentals practice plan – Week 29

### Station C

### Soccer Technique – Numbers Game



Time frame. 8-10 minutes

#### Emphasis:

Listening  
Running with the ball  
Dribbling  
1v1 attacking/defending  
Shooting  
Changing direction  
Agility, Balance, Coordination  
Imagination  
FUN!



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**Organisation.** Players are organized into 2 teams. Each player is given a number. Field is 30x25 with a goal at each end.

**Procedure.** The coach calls a specific number and that number runs into the field. These 2 players now play 1v1 to goal.

**Progression.** The coach can call out more than one number to create a 2v2 or 3v3

#### Psychological

Confidence  
Being safe

#### Technical

Dribbling  
Running with the ball  
Shooting  
1v1

#### Physical

A,B,C's  
Change of Direction

#### Social

Listening  
Communicating  
Celebrating



## FUNdamentals practice plan – Week 29

### Station D

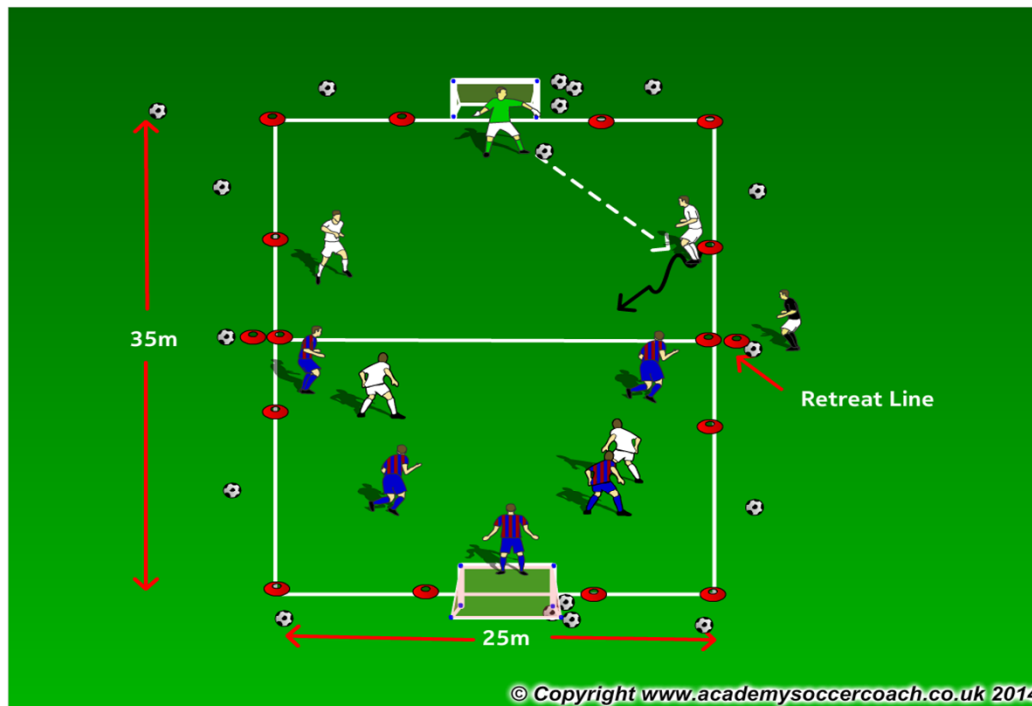
### Small Sided Game – 5v5 with Retreat line



Time frame. 8-10 minutes

### Emphasis:

Listening  
Running with the ball  
Passing  
Shooting  
Dribbling  
Team work  
Changing direction  
Agility, Balance, Coordination  
Imagination  
FUN!



**5V5 with the Retreat line.**

**Organisation.** Players play 5v5 on a 35mx25m field. the Retreat line is located at the half way line.

**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.

If you have odd numbers you can have the extra player become a neutral player in the game.

### Psychological

Confidence  
Being safe

### Technical

Dribbling  
Running with the ball

### Physical

A,B,C's  
Change of Direction

### Social

Listening  
Communicating  
Celebrating

Ontario Soccer Association Grassroots Development