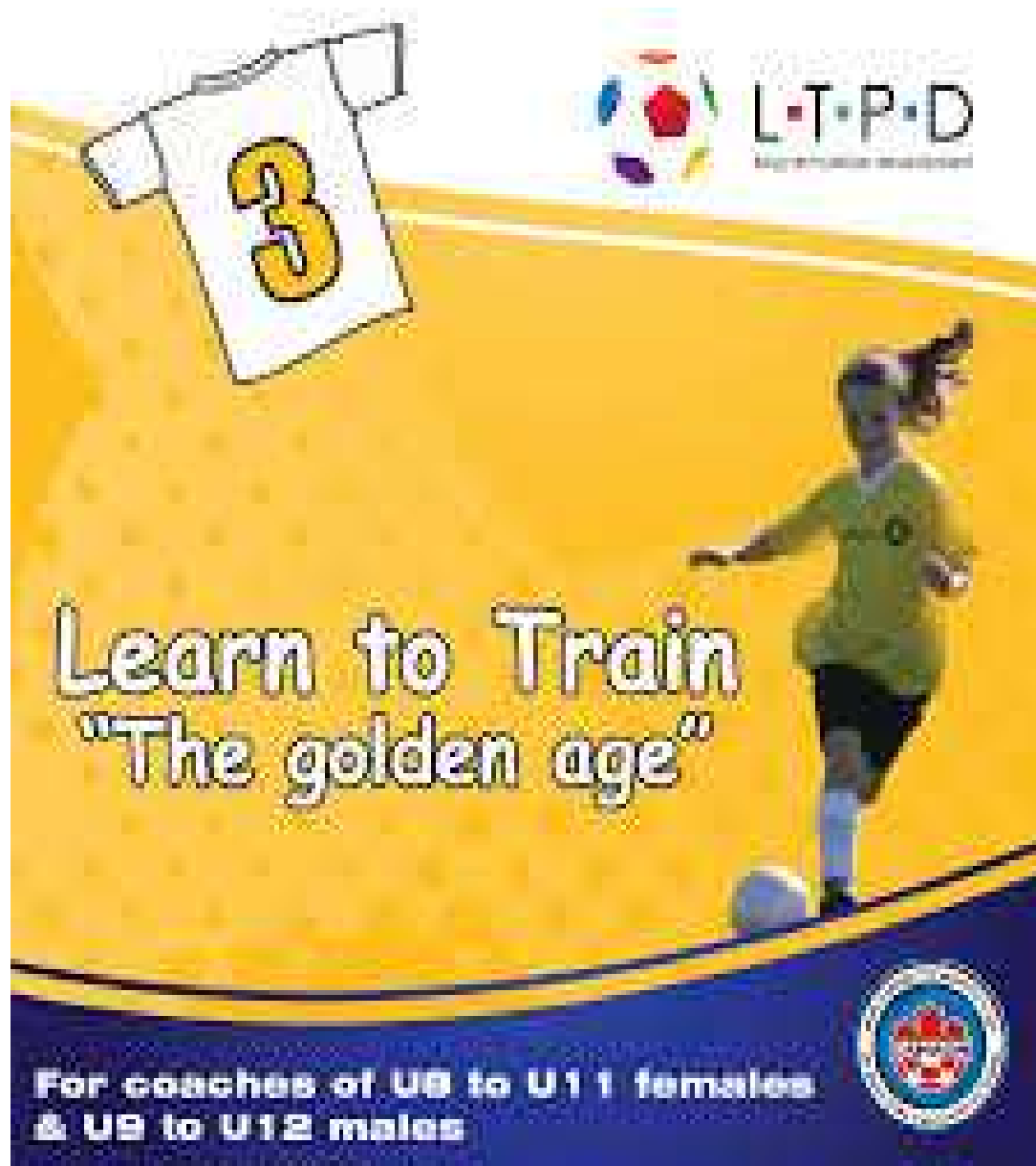


# GRASSROOTS WORKBOOK & PRACTICE PLANS





## Learn to Train practice plan Preferred training 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.

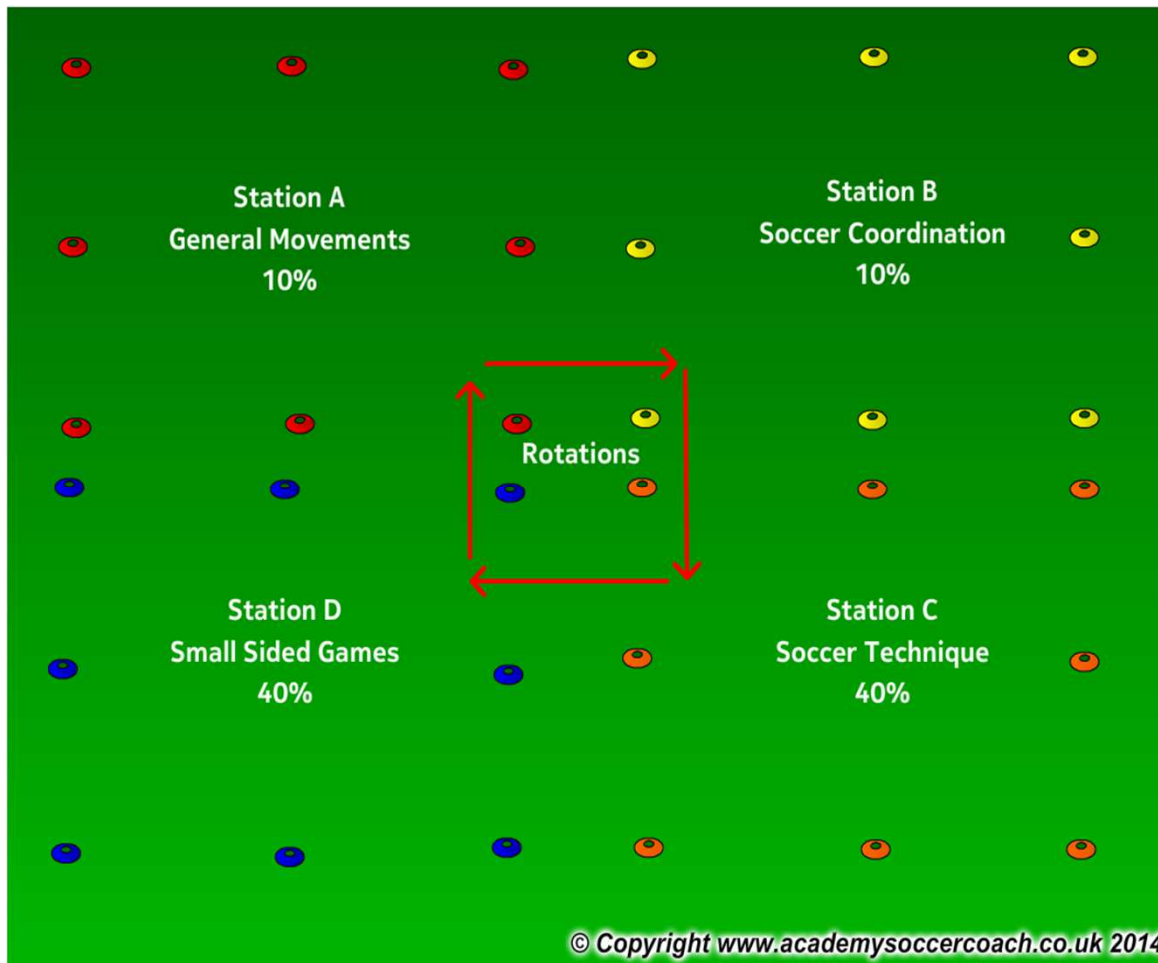
In the following activities players will travel through 4 stations. In these examples one station focuses on general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a small sided soccer game 3v3, 4v4 and 5v5

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 45-70 minutes as per the OSA Recreational and Development Matrix



## Learn to Train practice plan Preferred training model



If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 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.



## Learn to Train practice plan – Week 2

### Station A

### General Basic Movement



Time frame.12-15 minutes

#### Emphasis:

Changing direction  
Running  
Spatial awareness  
FUN!



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#### **Cone tag:**

**Organization:** Mark out a 20 mx20 m field with different - coloured cones.

6-8 players and one tagger.

**Procedure:** The tagger tries to tag the players, The coach calls out a cone

colour: Cones of this colour can be used briefly as safety zone, but each cone only protects one player. If tagger, tag a player, he/she become a new tagger.

#### Psychological

Confidence  
Playing under  
pressure  
Fun

#### Technical

Dribbling  
passing  
Receiving  
1v1

#### Physical

A,B,C's  
Change of Direction  
Speed

#### Social

Listening  
Communicating  
Team work



## Learn to Train practice plan – Week 2

### Station B

### 3v2 shooting



Time frame. 12-15 minutes

### Emphasis:

Turning  
Changing direction  
Shooting  
Passing  
Receiving  
FUN!



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**Organization:** A 9v9 size goal, a few balls, 10 to 12 players. Mark out field as shown ( 18 yrd. box if its possible) , and 3 cones 10 m from 18 yrd line.  
**Procedure:** The first passer initiate the 3v2 with a pass into the penalty box. (extrea defender juggles on the side, and will be rotate each round)  
Attackers can only shoot after receiving and controlling the ball. When the first ball goes out of hte field or into the goal, the next passer passes into penalty box. Team switch their role after two or three rounds.

### Psychological

Confidence

### Technical

Finishing  
Shooting

### Physical

A,B,C's  
Change of Direction

### Social

Listening  
Communicating



## Learn to Train practice plan – Week 2

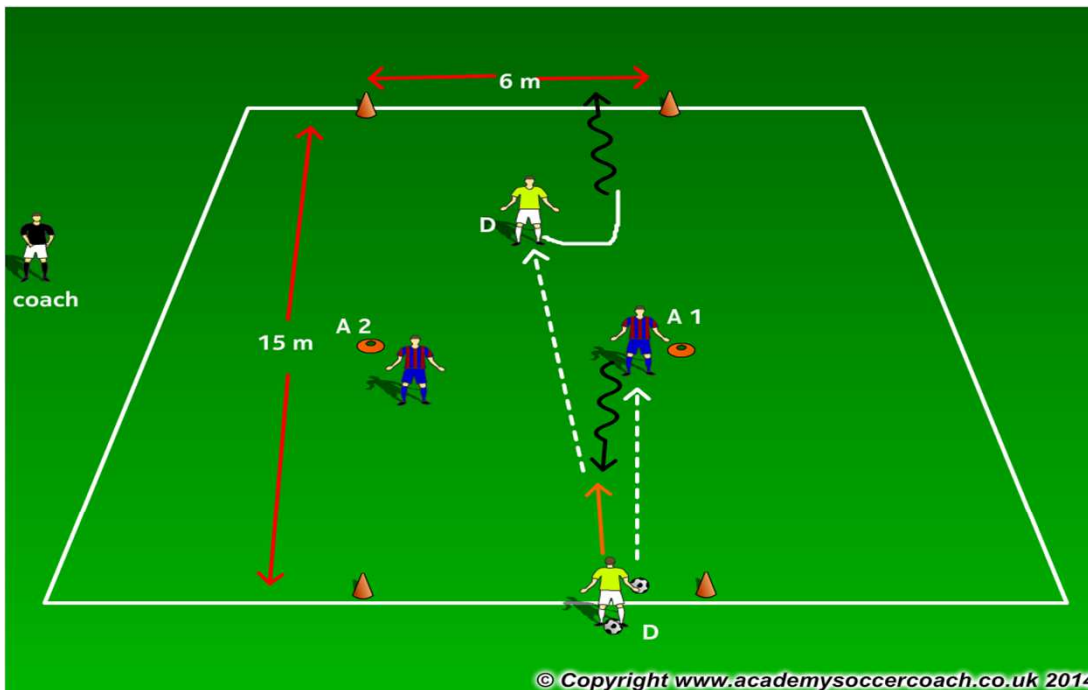
### Station C

## Soccer Technique - Individual Defending

Time frame. 12-15 minutes

### Emphasis:

- Patience
- Body position
- 1v1 mentality
- Angle of approach
- Element of surprise
- Speed of approach
- Fun!



**Individual Defending:** (defending the line)

**Organization:** Mark the field (15 m x 6 m), it could be varied depend on the age and the ability of players.

**procedure:** Divide players to two teams. One team (attackers) receive the ball from the defender and try to pass the defender and cross the line.

**Attacker will rotate every round.**

**same procedure will take place on the other side.**

**progression:** 2 attacker vs 1 defender

**If defender intercepts the ball, will pass it to his teammate on the other half, which will receive, turn and cross the line .**

### Psychological

Decision making  
Confidence  
1v1 defending  
mentality

### Technical

Angle of Approach  
Body position  
Time of tackle

### Physical

A,B,C's  
Change of Direction

### Social

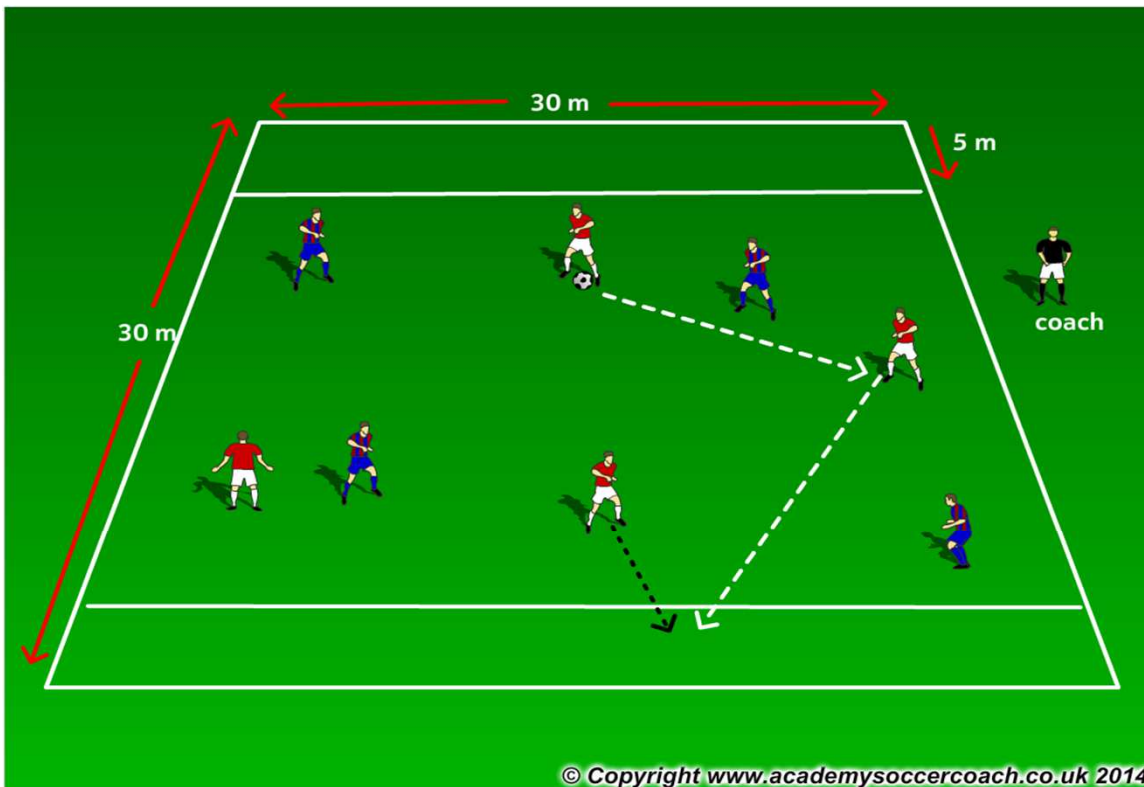
Listening  
Communicating



## Learn To Train practice plan – Week 2

### Station D

#### Small Sided game - End Zone Game



4v4 small sided game with two end zones.  
Organization: Mark a field of 30 mx30 m, and two end zone as shown in diagram.  
Procedure: Each team gain a point by pass the ball into end zone which received by teammate .  
Players can't wait for the ball in end zone, they must run to end zone to receive the ball.

Time frame. 12-15 minutes

#### Emphasis:

Running with the ball  
Dribbling  
1v1  
Changing direction  
Change of speed  
Agility, Balance, Coordination  
Imagination  
FUN!

#### Psychological

Decision making  
Confidence  
Being safe

#### Technical

Receiving  
Dribbling  
passing

#### Physical

A,B,C's  
Change of Direction

#### Social

Listening  
Communicating