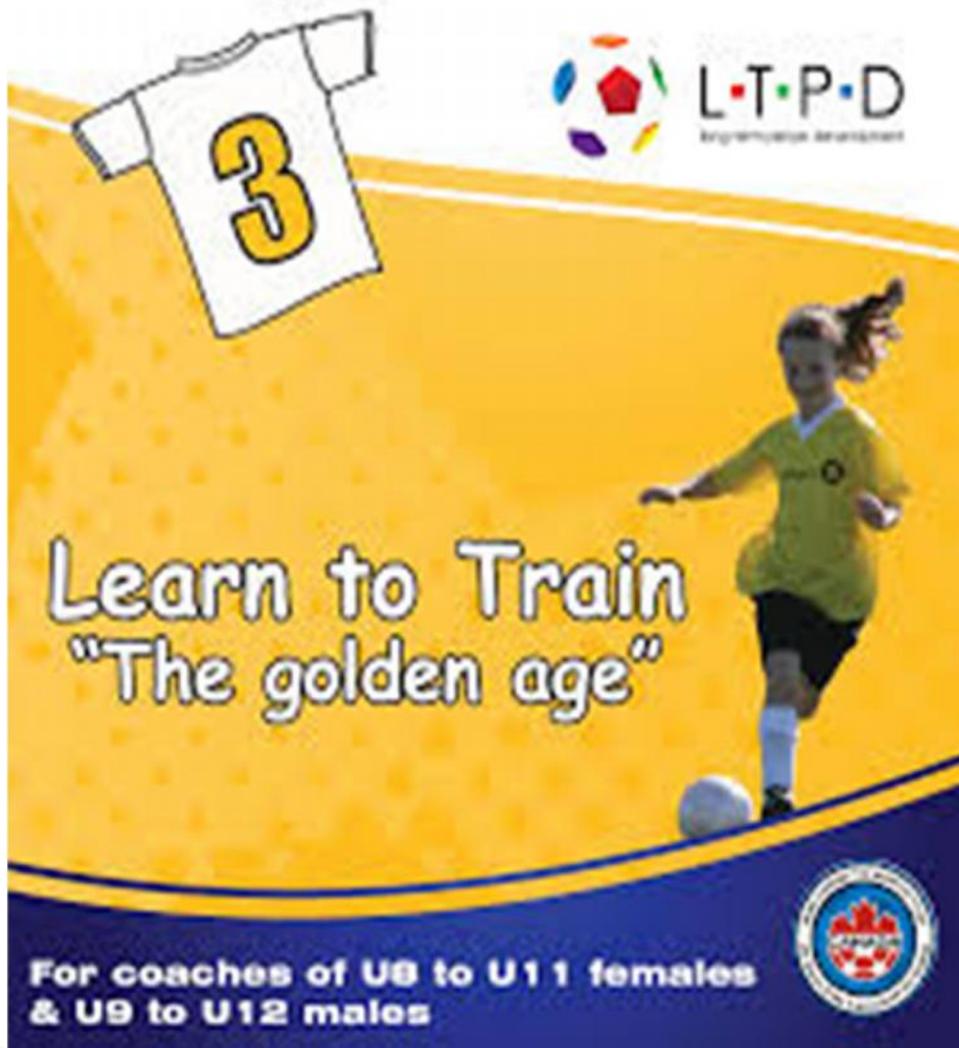


GRASSROOTS WORKBOOK & PRACTICE PLANS





Learn to Train practice plans The OSA Player Development Model – The Station concept



Hello , and welcome to the session plans which are design for coaches working with Learn to Train age group. This is third stage of the grassroots level . We hope you enjoy this session plans. The focus for this stage should be providing a positive, and fun environment, concentration on ABC (Agility, Balance, and Coordination), and playing small-sided games, 3v3, 4v4 etc. Can you develop players' ability to read what other players are going to do based on their movements, let your players make decisions, expose them to working out problems and coming up with solutions.





Learn to Train practice plan The OSA Player Development Model – The Station concept



The activities provided take a look at how stations are being used at the Grassroots level. During the practice players will spend an allotted time at each station having fun and developing specific skills before moving onto the next station. By using station work we ensure players are continually motivated and we can ensure that their attention is not lost.

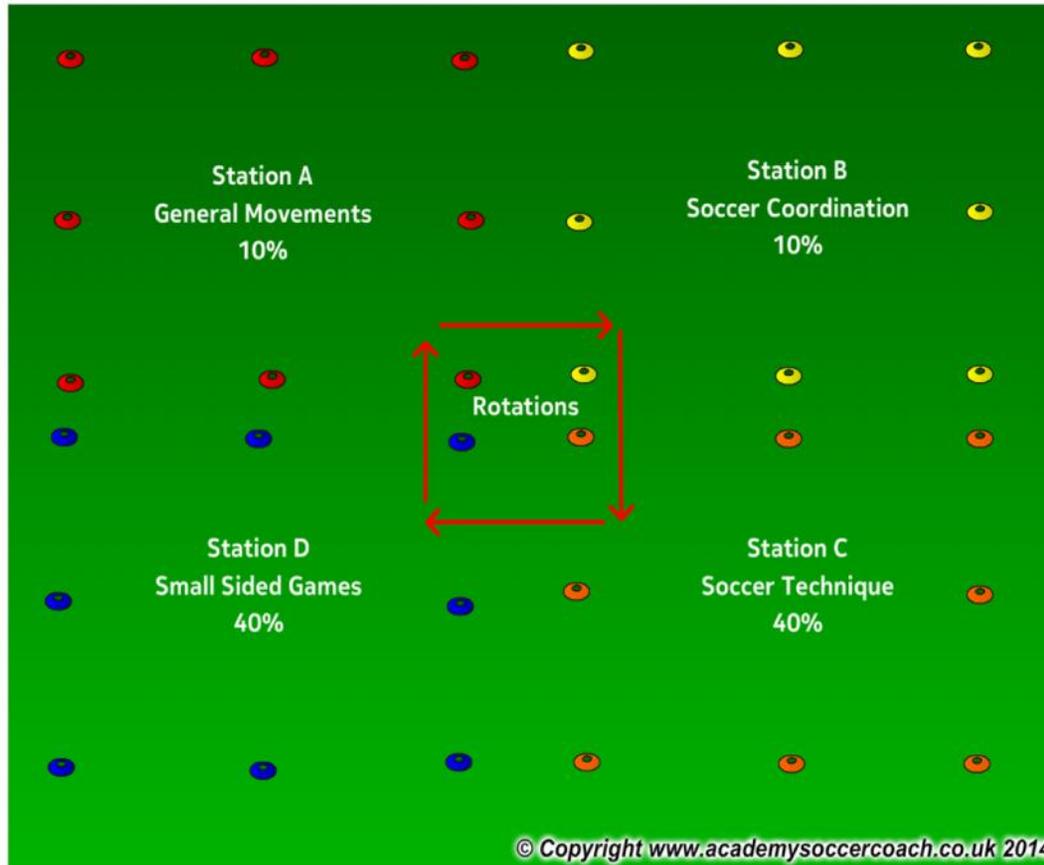
In the following activities players will travel through 4 stations. In these examples one station focuses on general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a small sided soccer game 3v3, 4v4 and 5v5

All sessions take a holistic approach to developing our youth. Each game and activity will take a look at how we can 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 How the 4 stations work

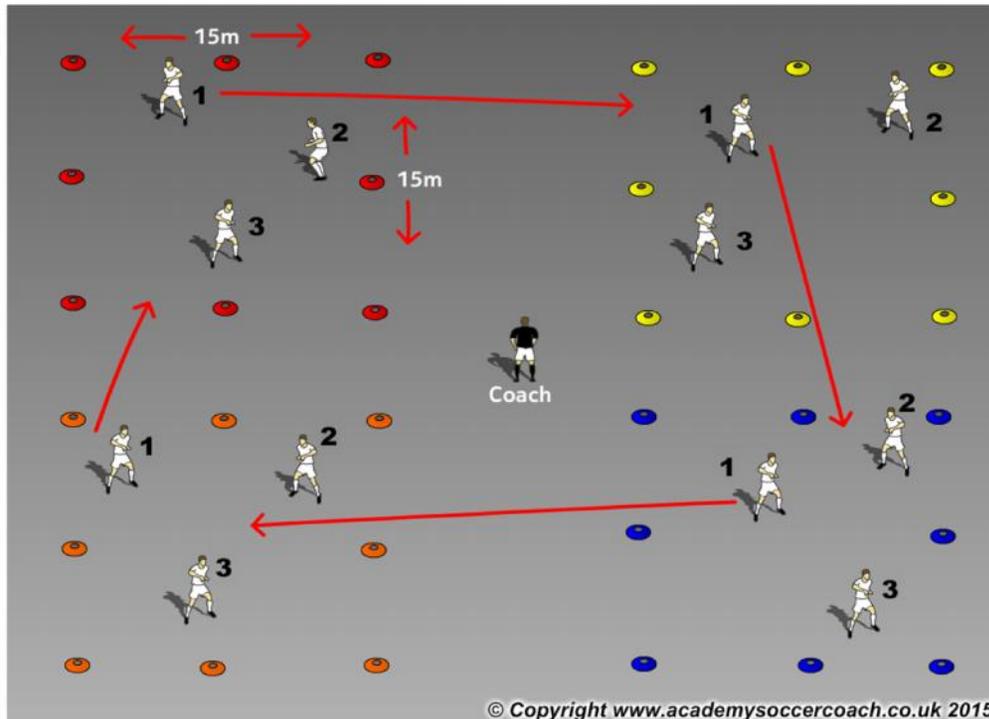


If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller 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 13

Station A General Movement



Organization: 3 players are placed inside each 15m x 15m area.
Procedure: Players are asked to move around in different directions within their own area. The coach should also ask players to perform different movements. I.e. skipping, hopping, moving sideways, backwards etc.
 When the coach calls out a number, that player sprints to the next square in the direction shown by the arrows.

Time frame. 12-15 minutes

Emphasis:

Changing direction
 A,B,C's
 Speed
 FUN!

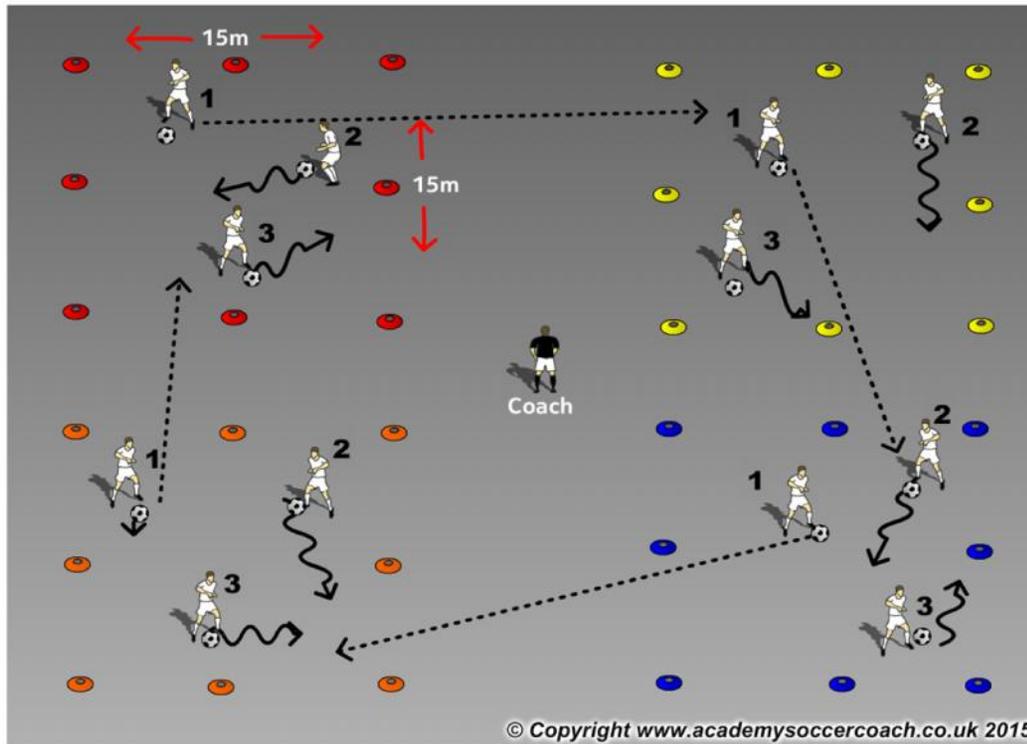
<u>Psychological</u> Confidence Being safe	<u>Technical</u> N/A
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Communicating Peer interaction FUN



Learn to Train practice plan – Week 13

Station B

Soccer Coordination with a ball



Organization: 3 players are placed inside each 15m x 15m area. Each player has a ball.

Procedure: Players are asked to dribble around in different directions within their own area. Players are asked to perform any move that they know to find space.

When the coach calls out a number, that player dribbles to the next square in the direction shown by the arrows.

Time frame. 12-15 minutes

Emphasis:

Dribbling
Running with the ball
Movement
Communication
FUN!

<p><u>Psychological</u> Positive reinforcement Confidence Being safe</p>	<p><u>Technical</u> Dribbling Running with the ball</p>
<p><u>Physical</u> Agility, Balance Change of Direction Coordination</p>	<p>Listening Communicating Peer interaction /fun</p>



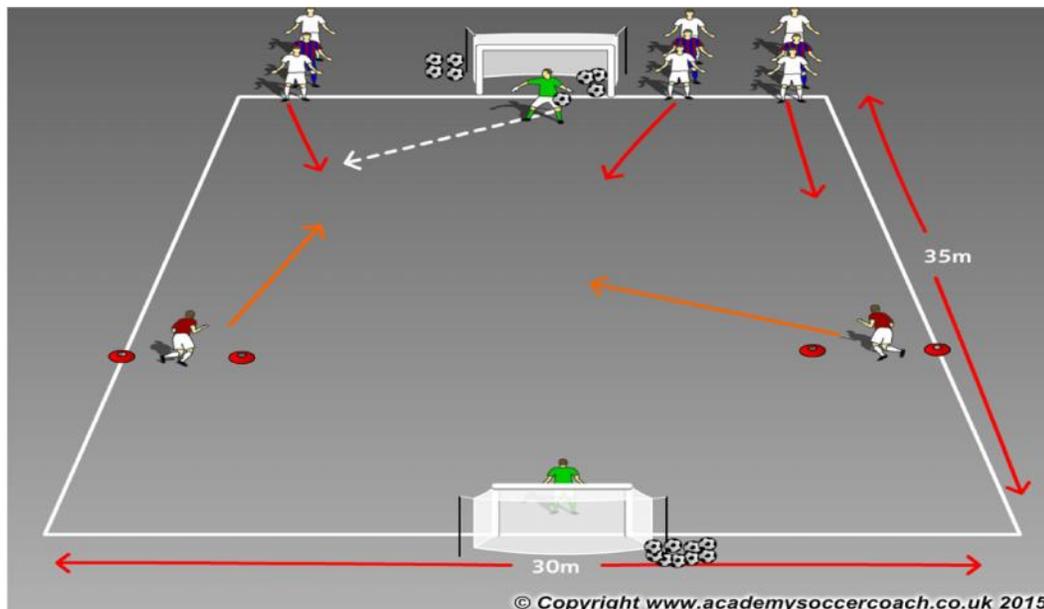
Learn to Train practice plan – Week 13
Station C
Soccer Technique – 3v2 to 2v1 transition



Time frame. 12-15 minutes

Emphasis:

- Passing
- Receiving
- Attacking/Defending
- Transition
- Movement off the ball



Organization: Players are organized as above in a 35m x 30m field with a goal at either end. A large supply of balls should be available in each goal.

Procedure: 3 attackers start the game playing against 2 defenders. The GK starts with the ball and distributes to any of the 3 attackers. The 2 defenders try to prevent the attackers from scoring. Transition occurs when the ball either goes out of play, a goal is scored or the GK has made a save and has the ball. The last attacker to touch the ball now becomes the defender and the 2 red defenders now become the attackers to create a 2v1 to the other goal. The remaining 2 attackers move to the coned area to become 2 defenders. Once the 2v1 situation has finished 3 blue players will play against 2 white defenders.

To encourage competition keep score and set a target for the number of goals each team must score to win the game.

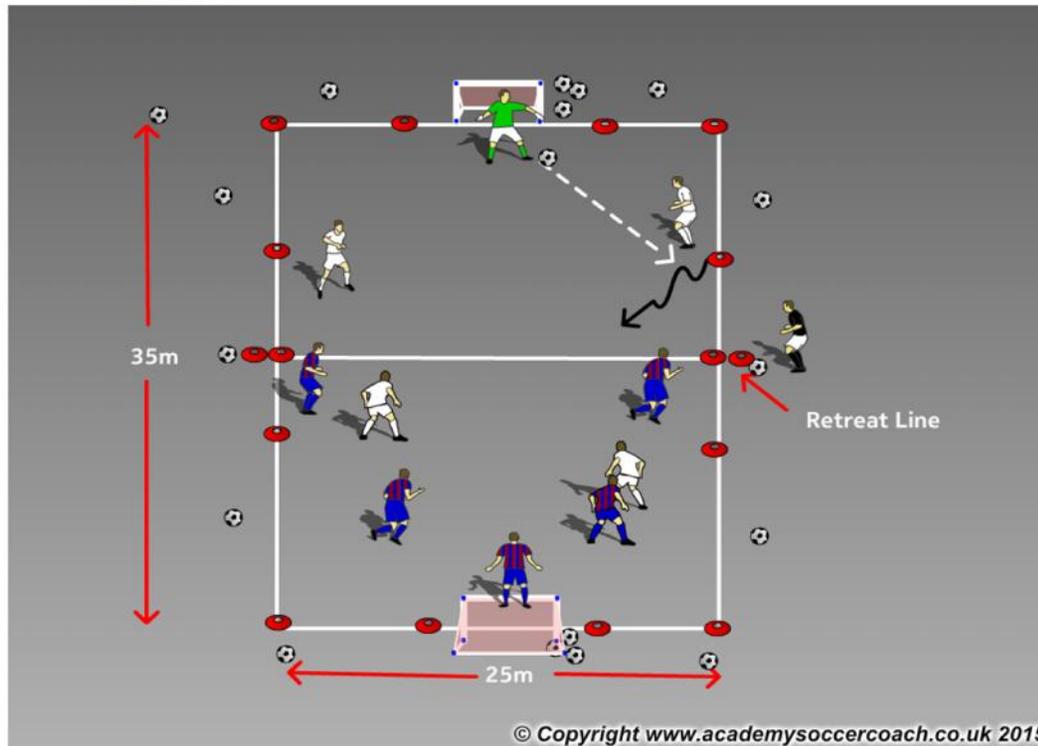
<p><u>Psychological</u> Fun Confidence Decision Making Creativity</p>	<p><u>Technical</u> Passing Attacking/defending Shooting Goalkeeping</p>
<p><u>Physical</u> A,B,C's Change of Direction Movement</p>	<p><u>Social</u> Team work Communicating Fun with friends</p>



Learn to Train practice plan – Week 13

Station D

Small sided game with retreat line



Organization: Players play 5v5 on a 35m x 25m field. The Retreat line is located at the half way line.

Procedure: Once the ball goes out for a goal kick or the goalkeeper has control of the ball the opposition 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.

Time frame. 12-15 minutes

Emphasis:

Passing
Receiving
Possession
Dribbling
Shooting
FUN

<p><u>Psychological</u> Fun Confidence Being safe</p>	<p><u>Technical</u> Passing Team possession Individual ability</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Fun with friends</p>