

# GRASSROOTS WORKBOOK & PRACTICE PLANS





## 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

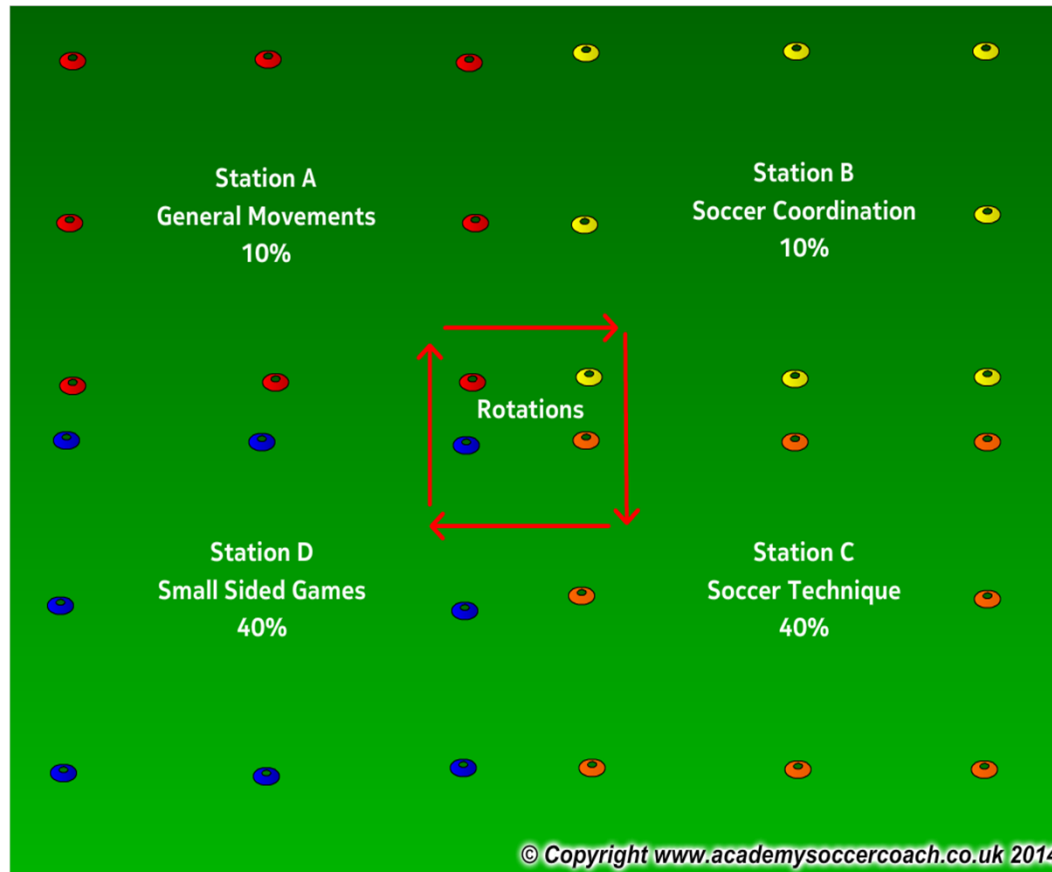
All sessions take a holistic approach to developing our youth. Each game and activity will take a look at how we can focus on 4 main areas of the child's development; these include Social/Emotional, physical, physiological and also technical

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



## Learn to Train practice plan

### How the OSA Player Development Model works

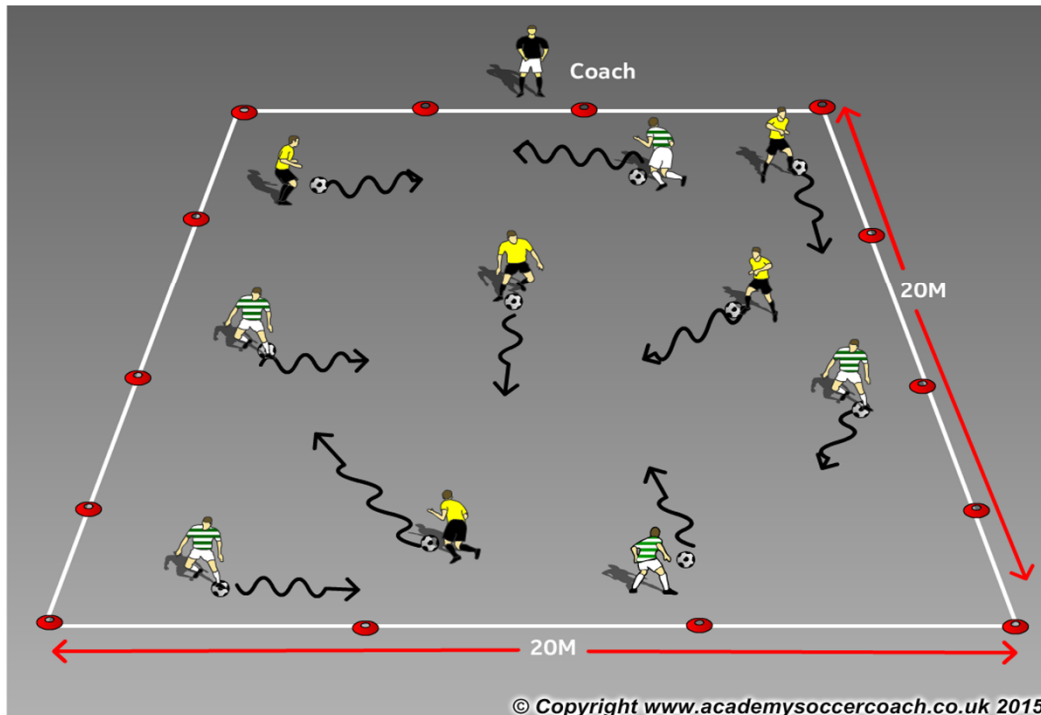


If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller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

### Station A General Movement



Organization. Players dribble freely inside 20mx20m 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. Coaches please feel free to also be creative here.

Time frame. 12-15 minutes

#### Emphasis:

Changing direction  
Dribbling  
Creativity  
Speed  
FUN!

#### Psychological

Confidence  
Being safe

#### Technical

Dribbling

#### Physical

A,B,C's  
Change of Direction

#### Social

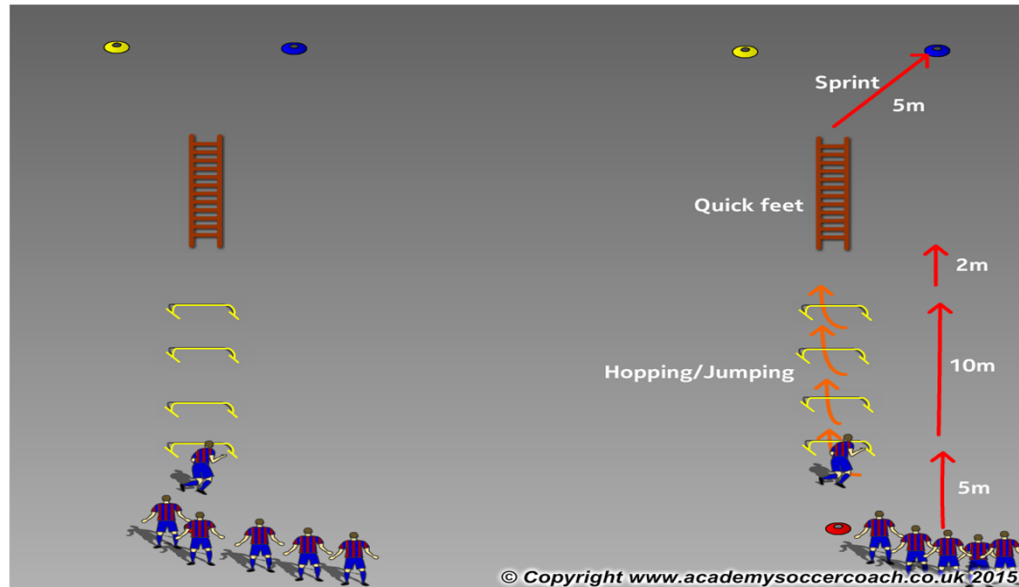
Communicating  
Peer interaction  
FUN





## Learn to Train practice plan – Week 15

### Station B Soccer Coordination



**Organization:** Players are placed into groups of 6. Set up is as above using hurdles, cones and ladders. If you do not have hurdles or ladders you could use cones as alternatives.

**Procedure:** 1 player from each group works at the same time. Nominate 1 group as the "Go" group. This is the group that dictates when the next player in line starts so that both groups work at the same time. Players proceed to hurdles; here they jump over the hurdles keeping both feet together. Another alternative is for the players to hop over. Players then travel through the ladder (coach decides in the movements) and then they finish with a diagonal sprint towards the pre-determined cone. Players then take a slow jog back. Once the players have been through the sequence 3 times each the coach then changes the movements.

Time frame. 12-15 minutes

Emphasis:

Movement

A,B,C's

Communication

FUN!

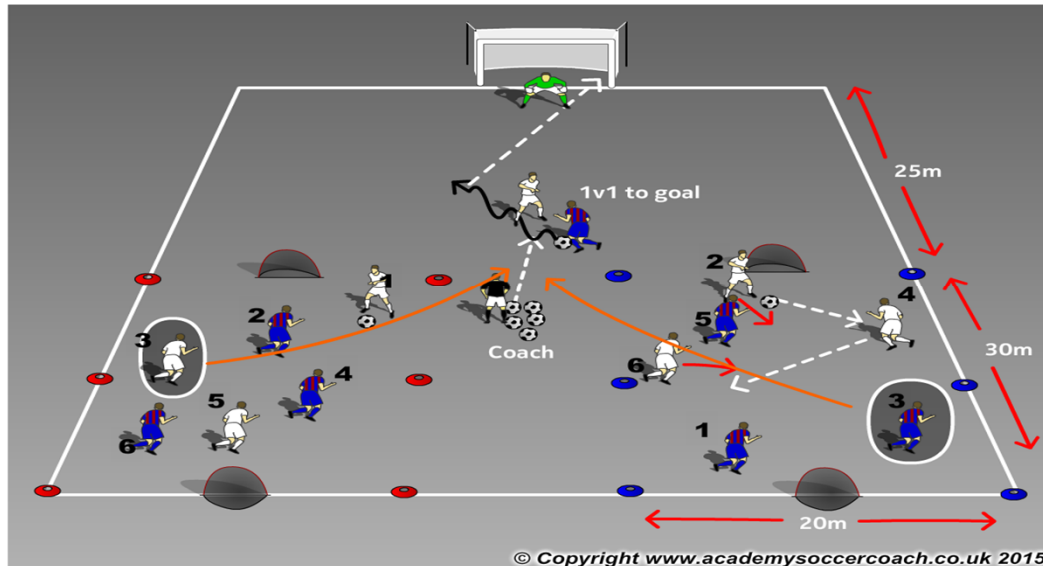
<p><u>Psychological</u></p> <p>Positive reinforcement</p> <p>Confidence</p> <p>Being safe</p>	<p><u>Technical</u></p> <p>N/A</p>
<p><u>Physical</u></p> <p>Agility, Balance</p> <p>Change of Direction</p> <p>Coordination</p>	<p><u>Social</u></p> <p>Listening</p> <p>Communicating</p> <p>Peer interaction /fun</p>



## Learn to Train practice plan – Week 15

### Station C

### Soccer Technique – 3v3 leading to 1v1



**Organization:** 2 fields are set up 30m x 20m with players divided in to 2 groups of 6. Each player on both teams is given a number 1-6. Players are then divided into 2 games as shown above. 1 goalkeeper is placed into a goal as shown.

**Procedure:** Players play 3v3. Once the coach calls out a number, the players with that number move out of the game into a 1v1 situation to goal. The example above shows the coach calling number 3. The two players who have been given the number 3 will now play 1v1 to goal. Once the coach calls the number they pass the ball into the area for the players to compete for. Once the ball has gone dead the players re-join the game and another number is called. While the 2 players are competing 1v1 the games below will now have uneven teams which will create opportunities for players to make decisions both when attacking and defending.

Time frame. 12-15 minutes

### Emphasis:

1v1  
Passing  
Receiving  
Possession  
Decision making

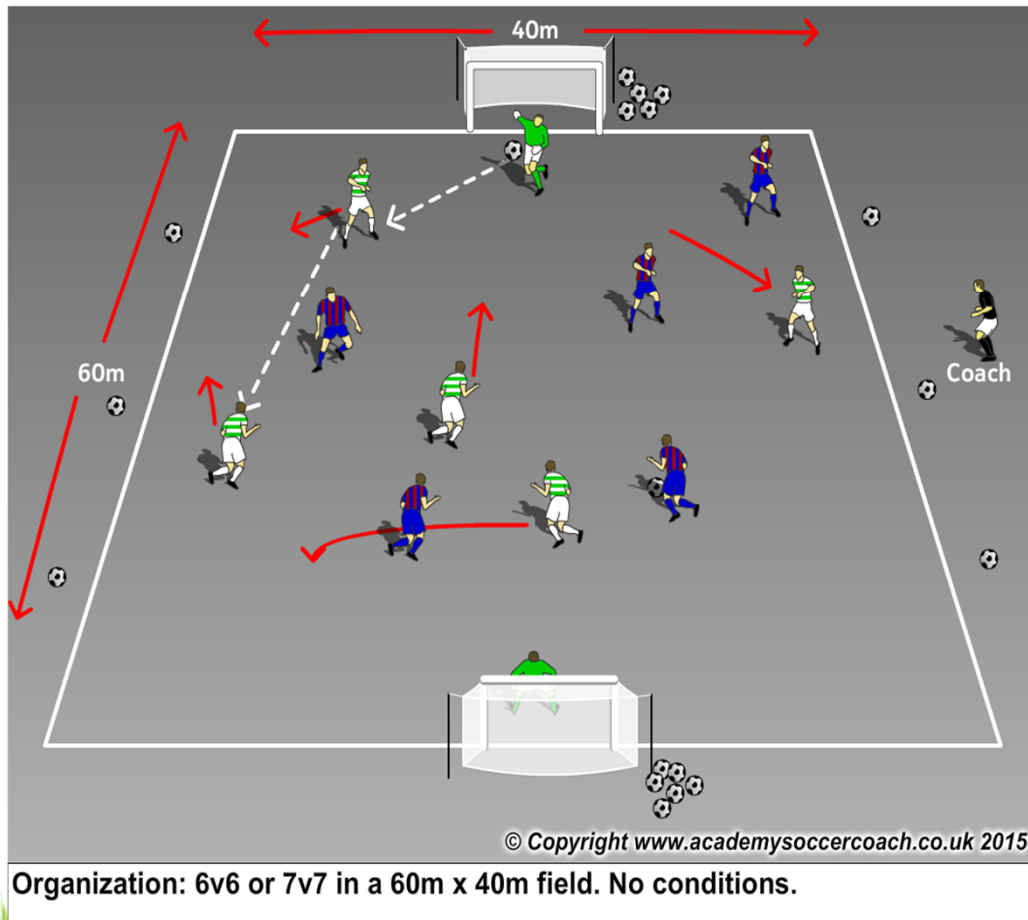
<b><u>Psychological</u></b> Fun Confidence Decision Making	<b><u>Technical</u></b> 1v1 Passing Receiving Possession
<b><u>Physical</u></b> A,B,C's Change of Direction Movement	<b><u>Social</u></b> Team work Communicating Fun with friends



## Learn to Train practice plan – Week 15

### Station D

#### Small sided game – Free play



Organization: 6v6 or 7v7 in a 60m x 40m field. No conditions.

Time frame. 12-15 minutes

Emphasis:

FREE PLAY

Creativity

Allow the game to be the teacher

FUN

#### Psychological

Fun  
Confidence  
Being safe

#### Technical

Passing  
Team possession  
Individual ability

#### Physical

Speed  
A,B,C's  
Change of Direction

#### Social

Listening  
Communicating  
Fun with friends