

# 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

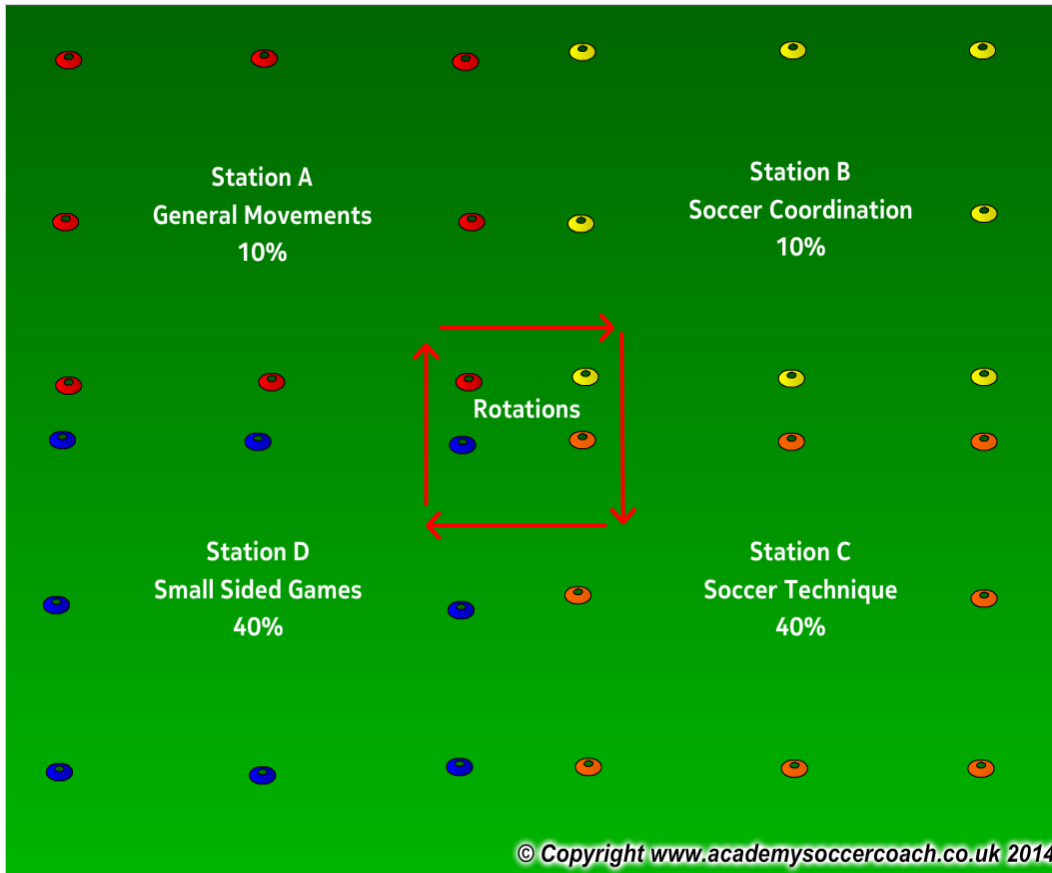
All sessions take a holistic approach to developing our youth. Each game and activity will take a look at how we can focus on 4 main areas of the child's development; these include Social/Emotional, physical, physiological and also technical

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 19

### Station A

## General Movement – Dynamic warm up with the ball



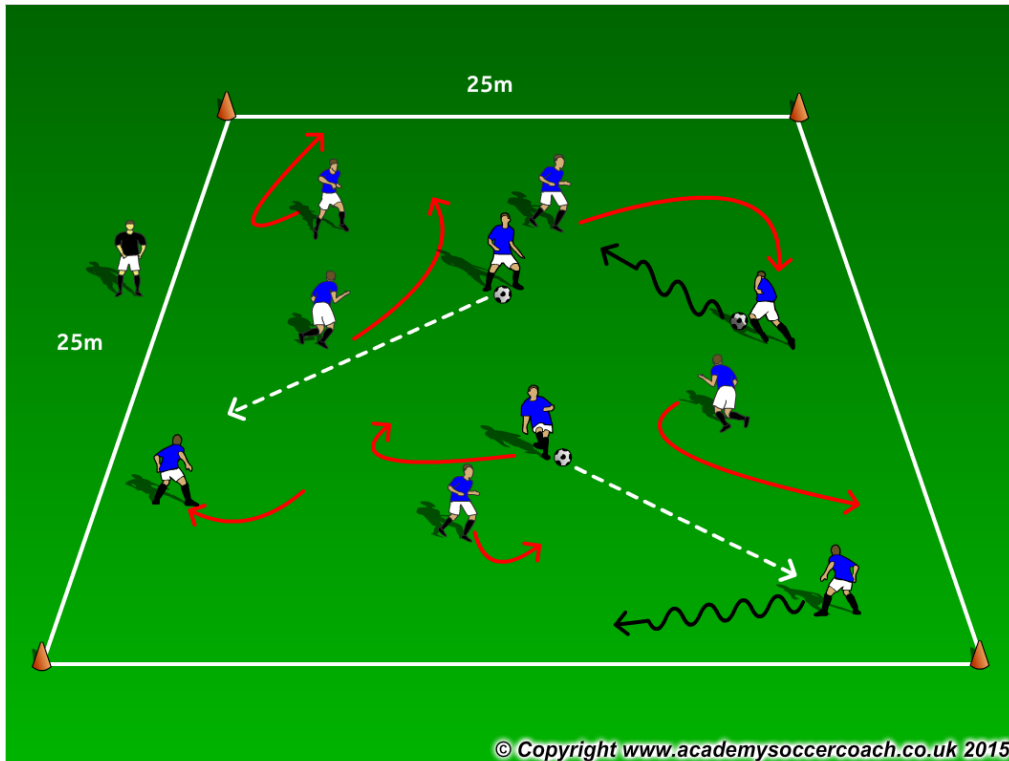
Time frame. 10-12 minutes

### Emphasis:

Changing direction

A,B,C's

FUN!



**Organization:** Players are placed in a 25x25m area  
**Procedure:** Players pass and dribble 3 balls amongst the group. Players without possession are encouraged to continuously move at different speeds and perform various multi-directional, soccer related movements such as walking & running (forwards and backwards), jumping, lateral movements, skipping, and rolling.

<b><u>Psychological</u></b> Confidence Being safe	<b><u>Technical</u></b> Keeping the ball under control First touch out of feet Part of foot/ball
<b><u>Physical</u></b> A,B,C's Change of Direction	<b><u>Social</u></b> Communicating Peer interaction FUN



## Learn to Train practice plan – Week 19

### Station B

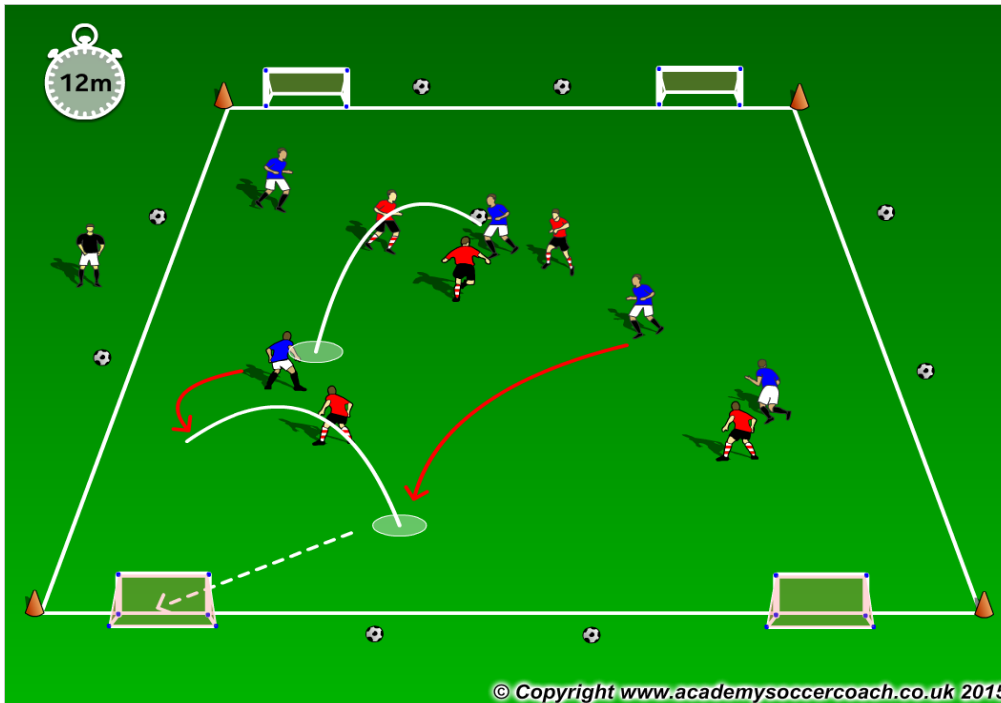
### Passing & Receiving: 2 Goal Handball



Time frame. 12-15 minutes

Emphasis:

Movement to create space & support player in possession



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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 that 3 steps when in possession. Defending team win possession by intercepting passes

#### Psychological

Positive reinforcement  
Confidence  
Being safe

#### Technical

Type of pass  
Body position

#### Physical

A,B,C's  
Speed of Support  
Power

#### Social

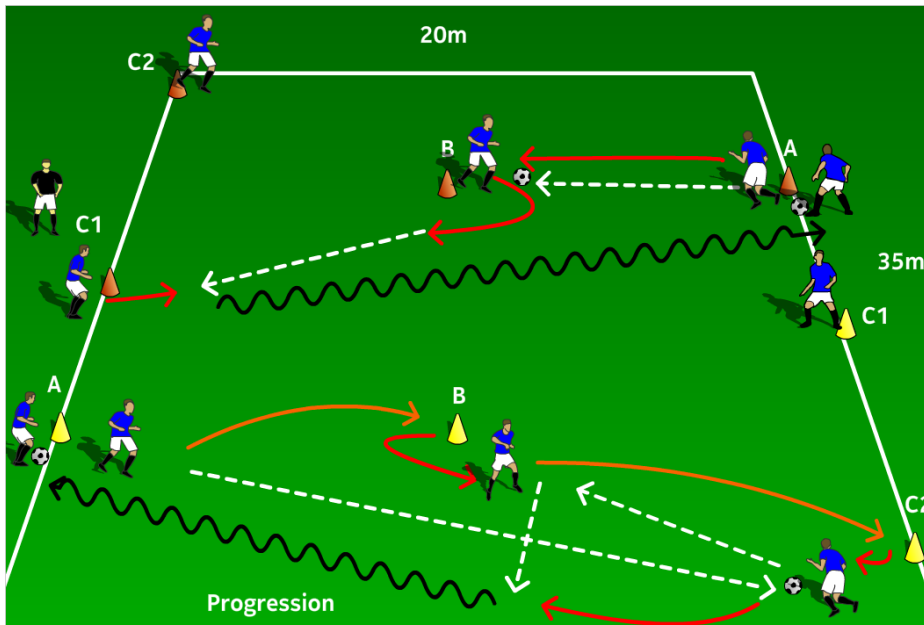
Supporting team mates  
Communicating  
Peer interaction /fun



# Learn to Train practice plan – Week 19

## Station C

### Passing and Receiving – Y Exercise



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**Organization:** 35x20 area with players divided in 2 groups (minimum 5 players per group). 4 pylons are set up in a Y shape as shown above: A-B 10 yards, C is positioned 10 yards and at 45 degree angle for point B.

**Procedure:** Player passes from A to B, B receives, turns and plays pass to C1/C2 (alternating each time between C1 and C2). Player C dribbles back to point A. All players follow pass.

**Progression:** A plays C, B supports player C and combines with wall pass (one-two).

**Time frame. 12-15 minutes**

### Emphasis:

- Different types of passes
- Quality of pass
- Receiving the ball
- Touch to turn/eliminate

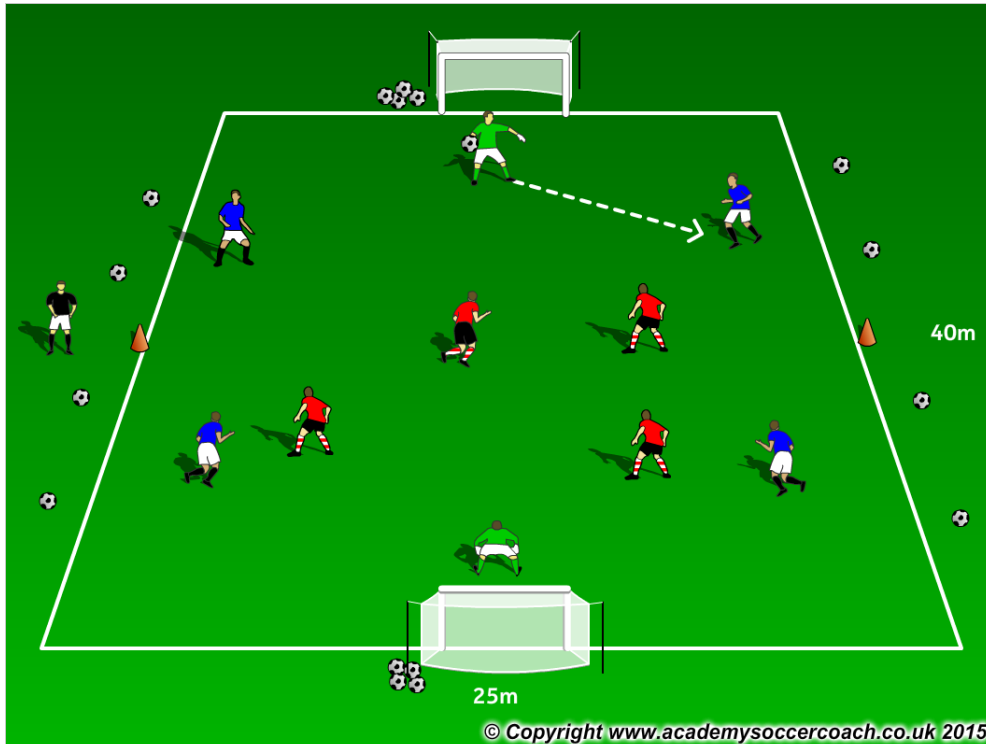
<p><b><u>Psychological</u></b></p> <p>Fun Confidence Decision Making Imagination</p>	<p><b><u>Technical</u></b></p> <p>Passing &amp; Receiving Key factors Different/creative turns</p>
<p><b><u>Physical</u></b></p> <p>A,B,C's Acceleration</p>	<p><b><u>Social</u></b></p> <p>Communicating Fun with friends</p>



## Learn to Train practice plan – Week 19

### Station D

### Small Sided Game – 5v5 Free play



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**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.

**Procedure:** Encourage players to penetrate with forward passes, however passes should not be forced. Look for efficient movement to support player in possession and find space.

Time frame. 15-20 minutes

Emphasis:

FREE PLAY

Creativity

Forward Passes

Allow the game to be the teacher

FUN

#### Psychological

Fun  
Confidence  
Decision Making  
Imagination

#### Technical

Quality of pass  
Receiving  
Creating space  
Penetration

#### Physical

Speed  
A,B,C's  
Change of Direction

#### Social

Listening  
Communicating  
Fun with friends