

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

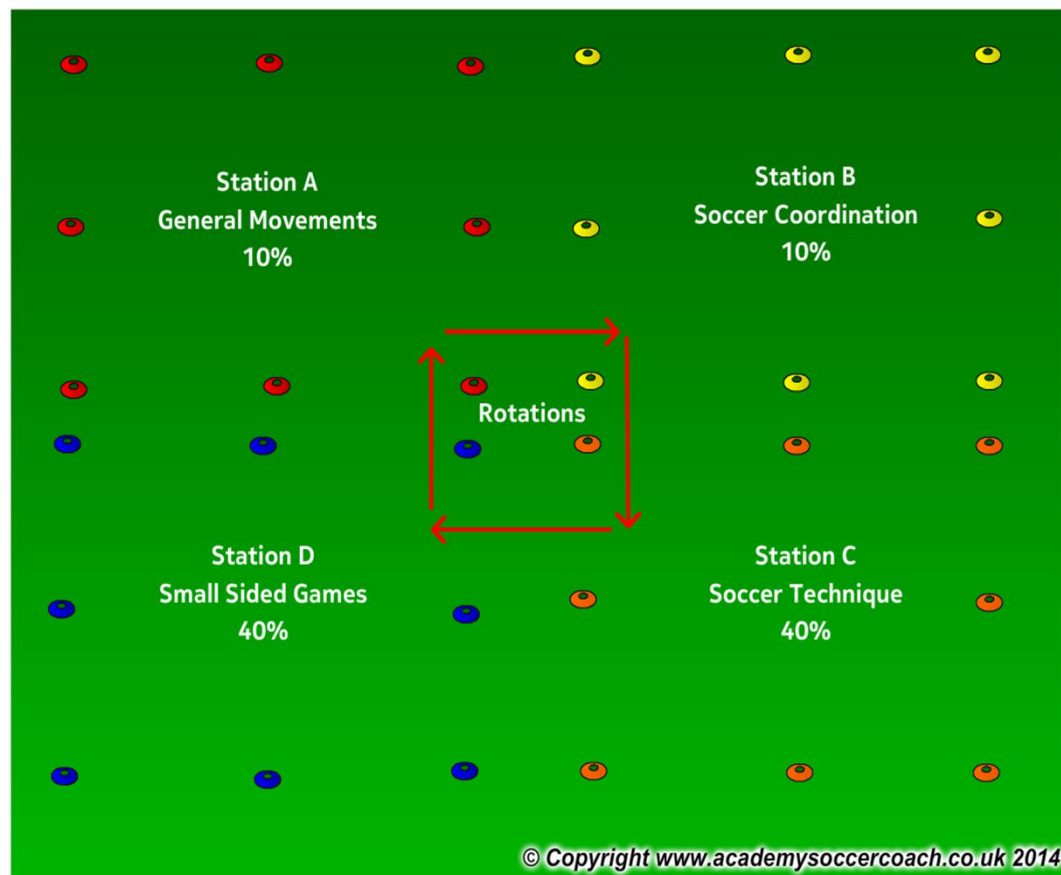
All sessions take a holistic approach to developing our youth. Each game and activity will take a look at how we can focus on 4 main areas of the child's development; these include Social/Emotional, physical, physiological and also technical

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 22

Station A

Passing and receiving – Receive on your back foot



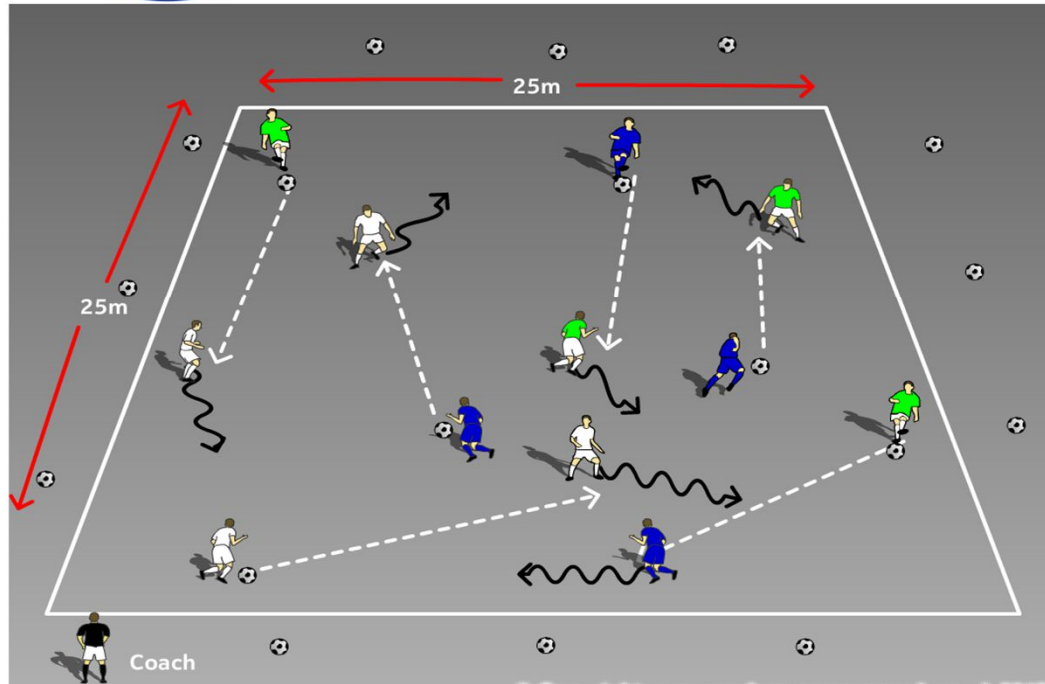
Time frame. 10-12 minutes

Emphasis:

Body position of receiving player

Receive on back foot

Penetrate space on 1st touch



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Organization: 3 teams of players, 4 players. 6 players have soccer balls inside a 25m x 25m area

Procedure: Players pass the ball using various surfaces of the foot and receiving with various surfaces of the foot. Encourage quick passes, accuracy and pace. Show players the correct body position to receive the ball on their back foot to be able to dribble forward and penetrate space.

Psychological

Confidence
Being safe

Technical

Body position
First touch out of feet
Penetrate space

Physical

A,B,C's
Change of Direction

Social

Communicating
Peer interaction
FUN



Learn to Train practice plan – Week 22

Station B

2v2 to 2 target players

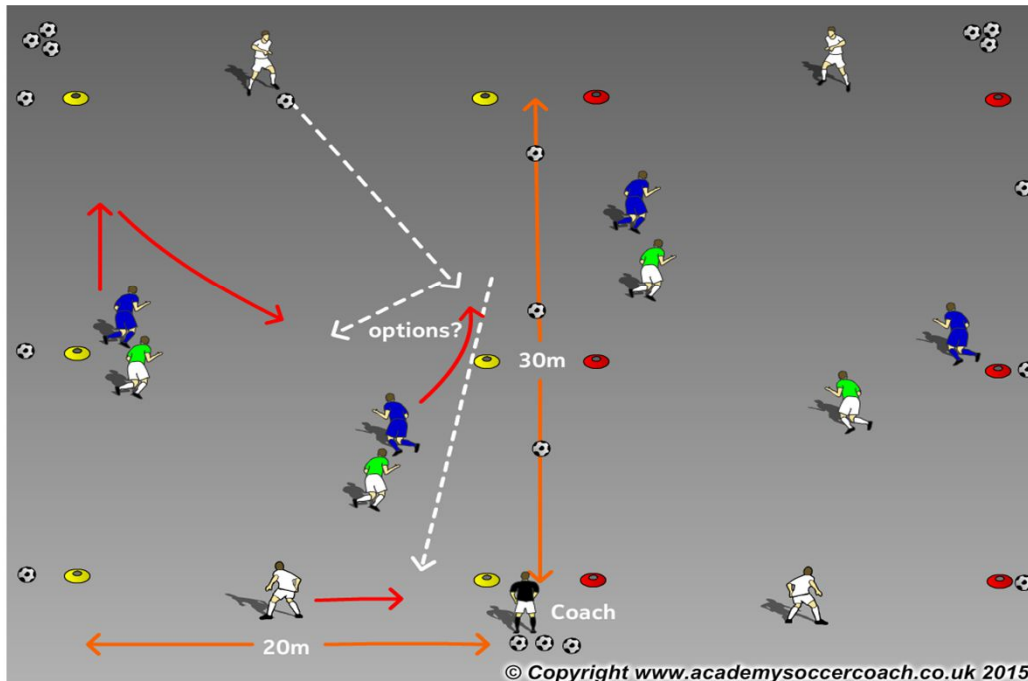


Time frame. 12-15 minutes

Emphasis:

Body position of player receiving the ball?

Can you play forward to penetrate?



Organization: Players are organized into 2 teams of 2 with 2 neutral players on the outside of each a 30m x 20m playing area.

Procedure: Players play 2v2 with the aim of getting the ball to a neutral player. Once they have the ball to one neutral player for them to score another goal they attempt the ball to the other neutral player. Large emphasis should be placed on the body position of player's receiving the pass to be able to play forward. Change neutral players every few minutes.

Psychological

Positive reinforcement
Confidence
Decision making

Technical

Body position
Touch Direction
Penetrating pass
Scanning

Physical

A,B,C's
Power/accelerate
Movement off the ball

Social

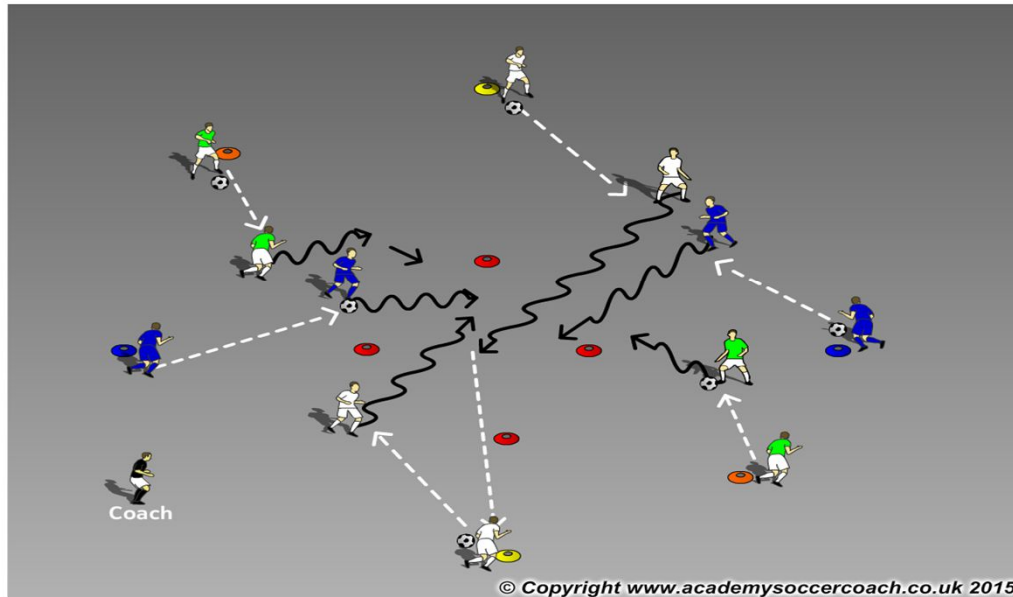
Supporting team mates
Communicating
Peer interaction /fun



Learn to Train practice plan – Week 22

Station C

Receiving on the back foot to play forward



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Organization: 6 players are placed inside the centre square (10m x10m) 2 white, 2 blue and 2 green. 6 players are placed on the outside, 20m away from the centre of the square each with a ball. 2 white, 2 blue, 2 green.

Procedure: Central players show to a player of the same colour on the outside at an angle to receive the pass. The player receives the ball on their back foot with their body position open to play forward. The player then dribbles into the centre square and makes a decision on which space to penetrate depending on traffic inside the area. The ball is then played to the other player of the same colour. Sequence continues. Rotate players every 60 seconds.

Progression: Use one ball per group and now have central players combine prior to playing to other target player.

Time frame. 12-15 minutes

Emphasis:

Can the player receive the ball with an open body shape?

Can the player make the correct decision based on what is happening in front of them?

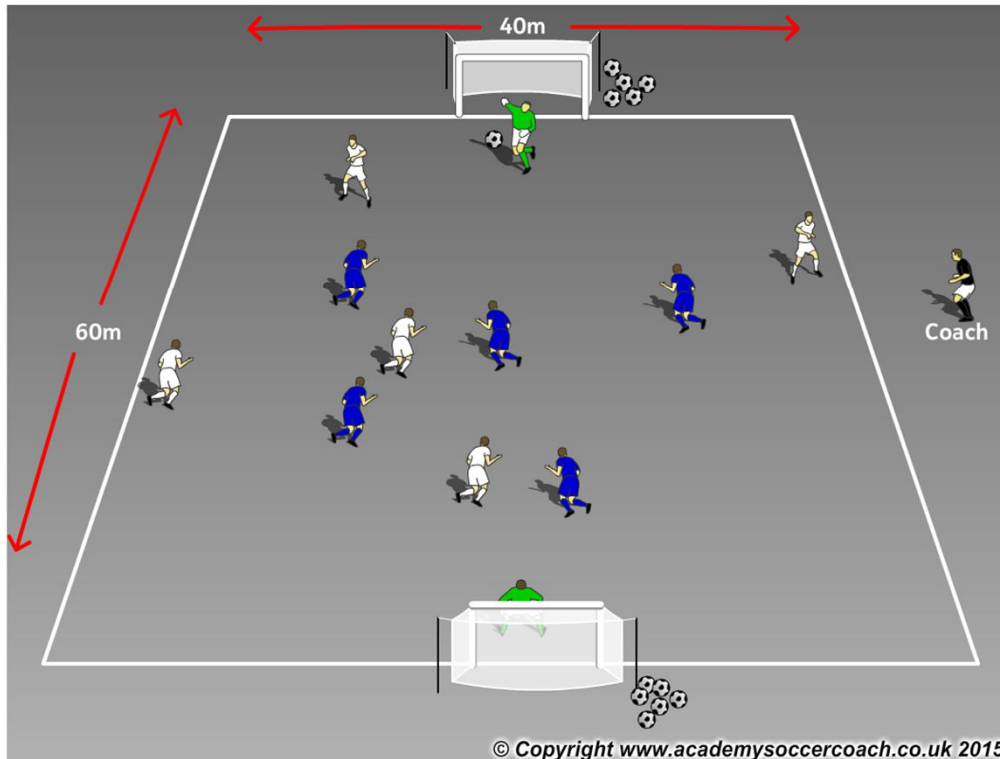
<u>Psychological</u> Confidence Decision Making Positive reinforcement	<u>Technical</u> Body position Touch Direction Keeping ball close Scanning
<u>Physical</u> A,B,C's Acceleration Power	<u>Social</u> Supporting team mates Communicating Peer interaction /fun



Learn to Train practice plan – Week 22

Station D

Small Sided Game – 6v6 Free play



Organization: 6v6 game in a 40m x 60m field.

Procedure: Free Play. Ask players to continue to think about receiving ball with an open body to allow them the opportunity to play forward and penetrate.

Time frame. 15-20 minutes

Emphasis:

FREE PLAY

Creativity

Opportunities to penetrate

Allow the game to be the teacher

FUN

Psychological

Fun

Confidence

Decision Making

Imagination

Technical

Body position

Touch Direction

Keeping ball close

Scanning

Physical

Speed

A,B,C's

Power/acceleration

Social

Listening

Communicating

Fun with friends