

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

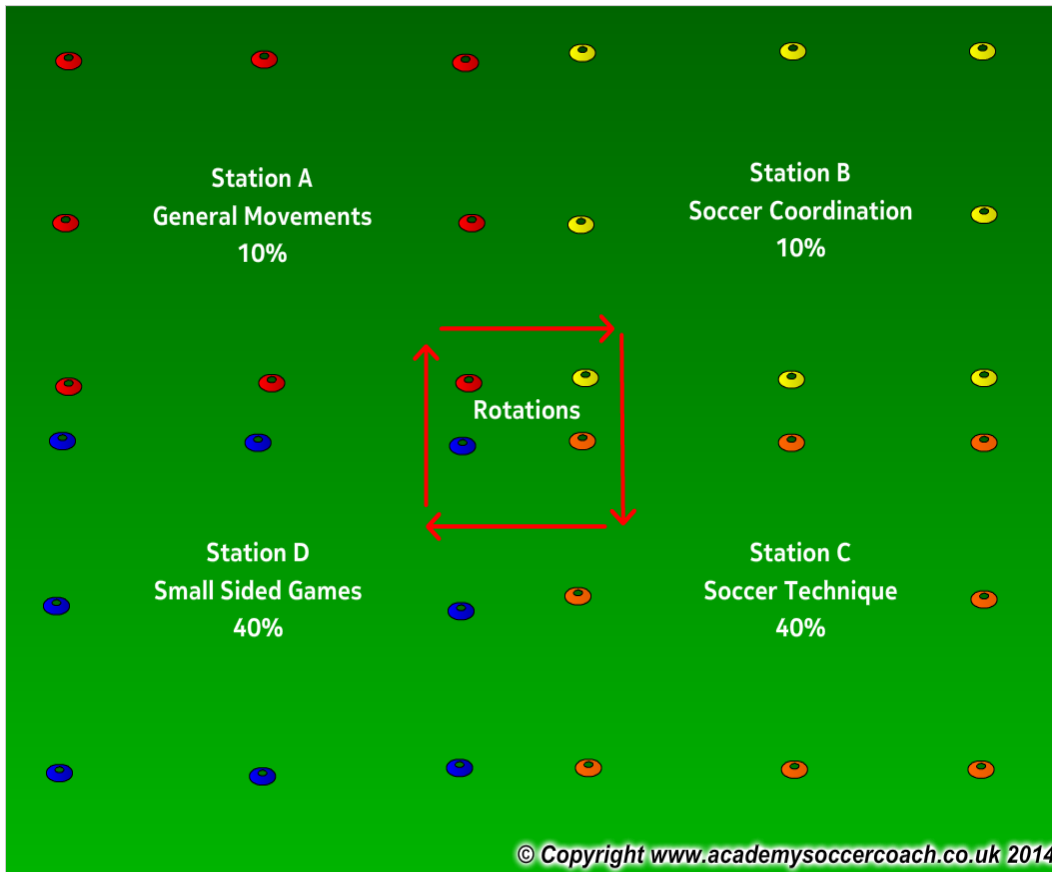
All sessions take a holistic approach to developing our youth. Each game and activity will take a look at how we can focus on 4 main areas of the child's development; these include Social/Emotional, physical, physiological and also technical

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 25

Station A

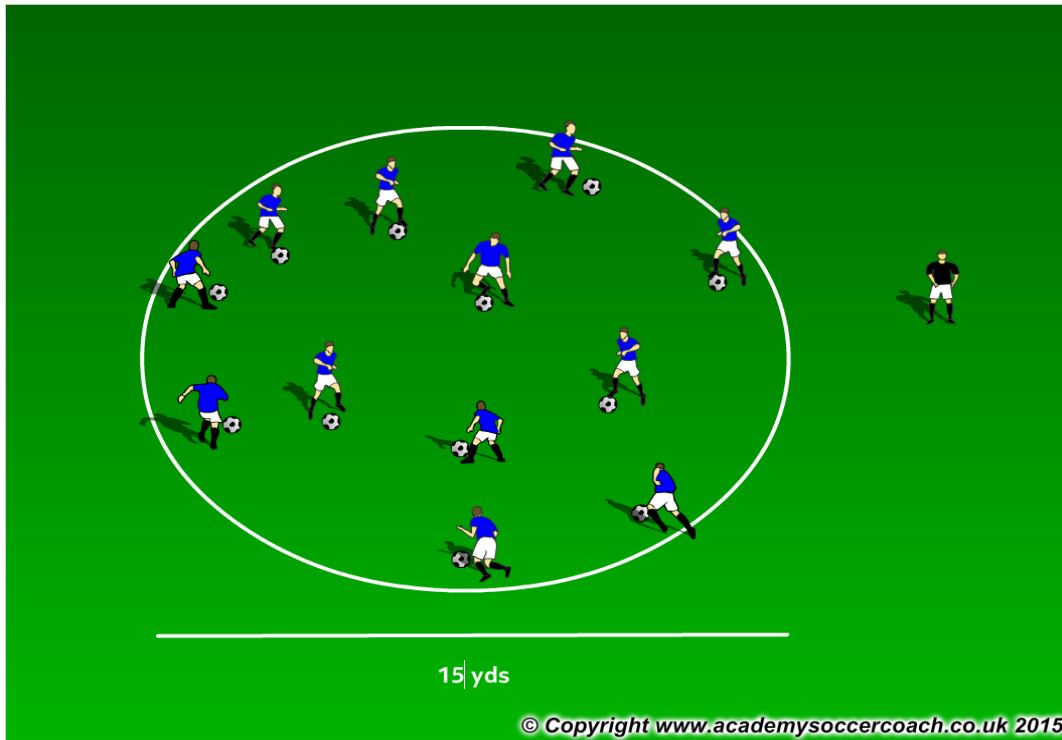
General Movement – Ball Mastery/ King of the Ring



Time frame. 10-12 minutes

Emphasis:

- Changing direction, A,B,C's, FUN!
 - Head up
 - Finding Space
- Keeping ball under control



Organization: All players have a ball each and are placed in a circle, approx 15 yards in diameter.

Procedure: Players dribble their ball ensuring that the ball is always moving. On coach command all players keep their own ball under control while attempting to kick other players balls out of the circle.

If a players ball is kicked from the circle they must retrieve it and perform a task to re-enter play. example: 10 toe-taps, 1 lap of the circle dribbling their ball.

Psychological

Confidence
Finding space
Being safe

Technical

Keeping ball under control
Dribbling
Head up

Physical

A,B,C's
Change of Direction
Acceleration

Social

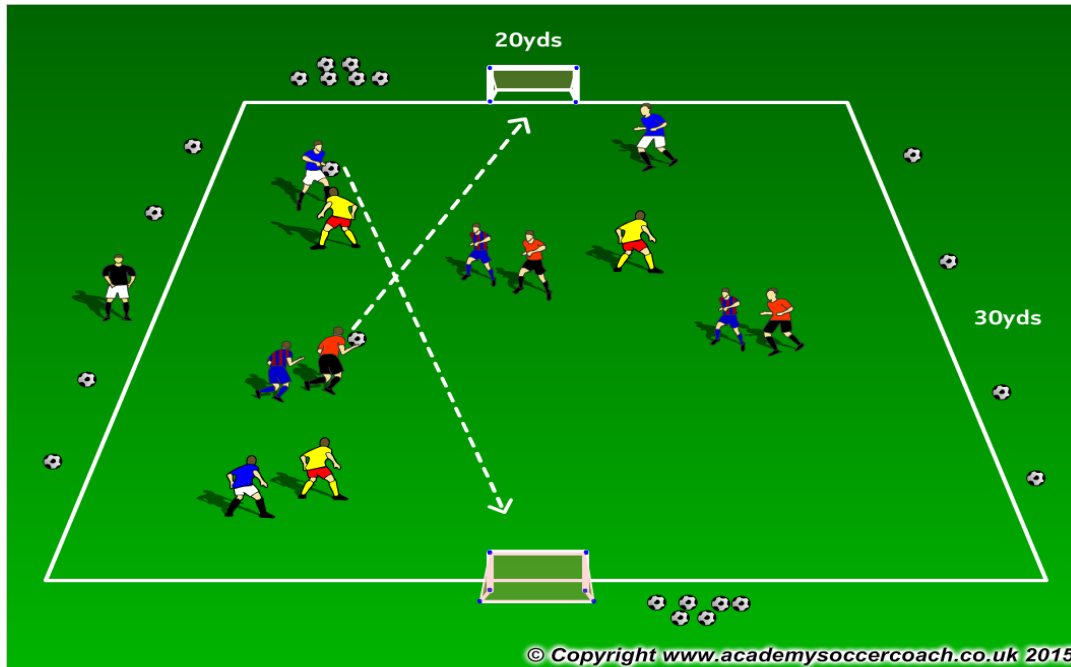
Communicating
Peer interaction
FUN



Learn to Train practice plan – Week 25

Station B

Handball: 3v3 + 3v3



Organization:

- Players placed in 20x30 yard area with 2 nets positioned on either endline.
- Balls positioned around the outside of the playing area.
- Players are divided into 4 equal teams of 3

Procedure:

- 2 handball games going on within the one playing area
- Players can only take 2 steps when they are in possession.
- Players score by putting the ball into their opponents net.
- No GK's

Time frame. 12-15 minutes

Emphasis:

- Scanning
- Movement to support
 - A,B,C's

Psychological

Positive
reinforcement
Confidence
Decision making

Technical

Body position
Throwing
Scanning

Physical

A,B,C's
Power/acceleration
Jumping

Social

Supporting team
mates
Communicating
Peer interaction /fun



Learn to Train practice plan – Week 25 Station C Passing and Receiving



Time frame. 12-15 minutes

Emphasis:

- Quality of Pass
- Receiving Skills
- Movement off the ball



Organization:

- Players are divided into groups of 3.
- 2 Players are positioned around the perimeter of the grid (target players) and 1 player starts inside the playing area
- 1 ball per group

Procedure:

- Player inside collects pass from outside target player, turns and plays to other target player.

- Players rotate every minute.

Progression:

- Players on the outside move to a new position on the outside after passing the ball

Psychological

Confidence
 Decision Making
 Positive reinforcement

Technical

Body position
 Touch Direction
 Passing
 Scanning

Physical

A,B,C's

Social

Supporting team mates
 Communicating
 Peer interaction /fun



Learn to Train practice plan – Week 25

Station D

Small Sided Game – 3v3 Free play



Time frame. 15-20 minutes

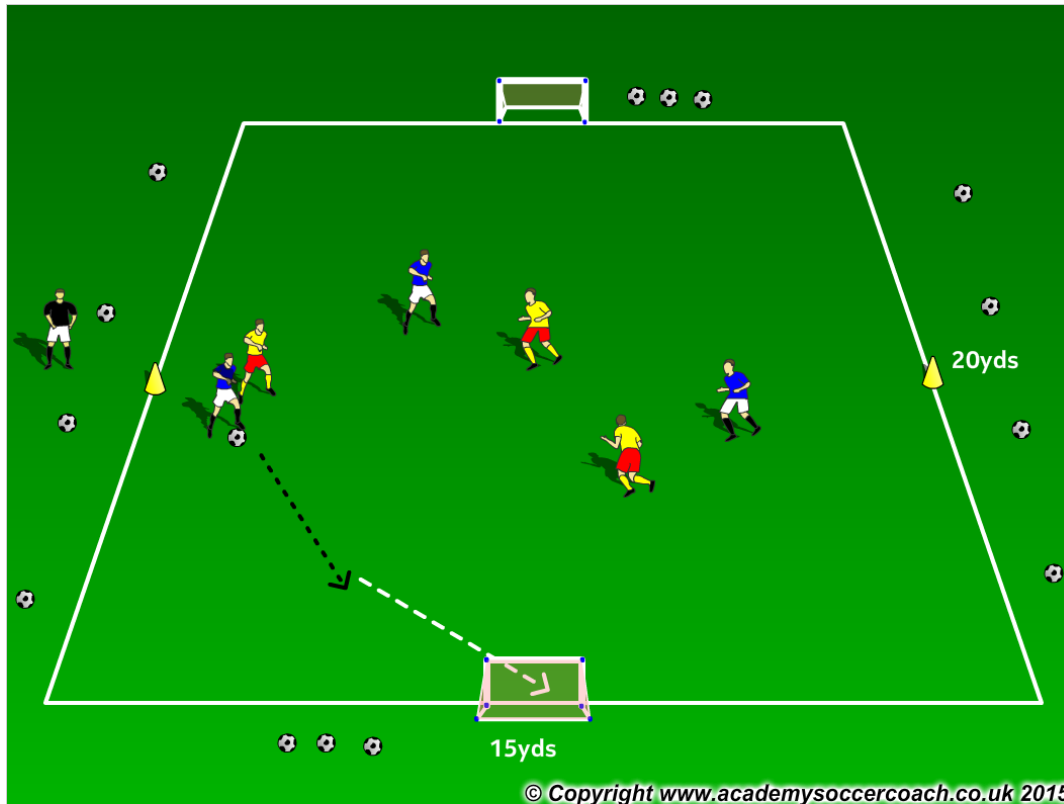
Emphasis:

FREE PLAY

Creativity

Allow the game to be the teacher

FUN



Organization: 2 x 15x20yard area. 1 Net positioned on each end line.

Retreat Line at Half

Procedure: Players play 3v3 and score on small net.

Pass or dribble in if the ball goes out of play.

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