

# 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

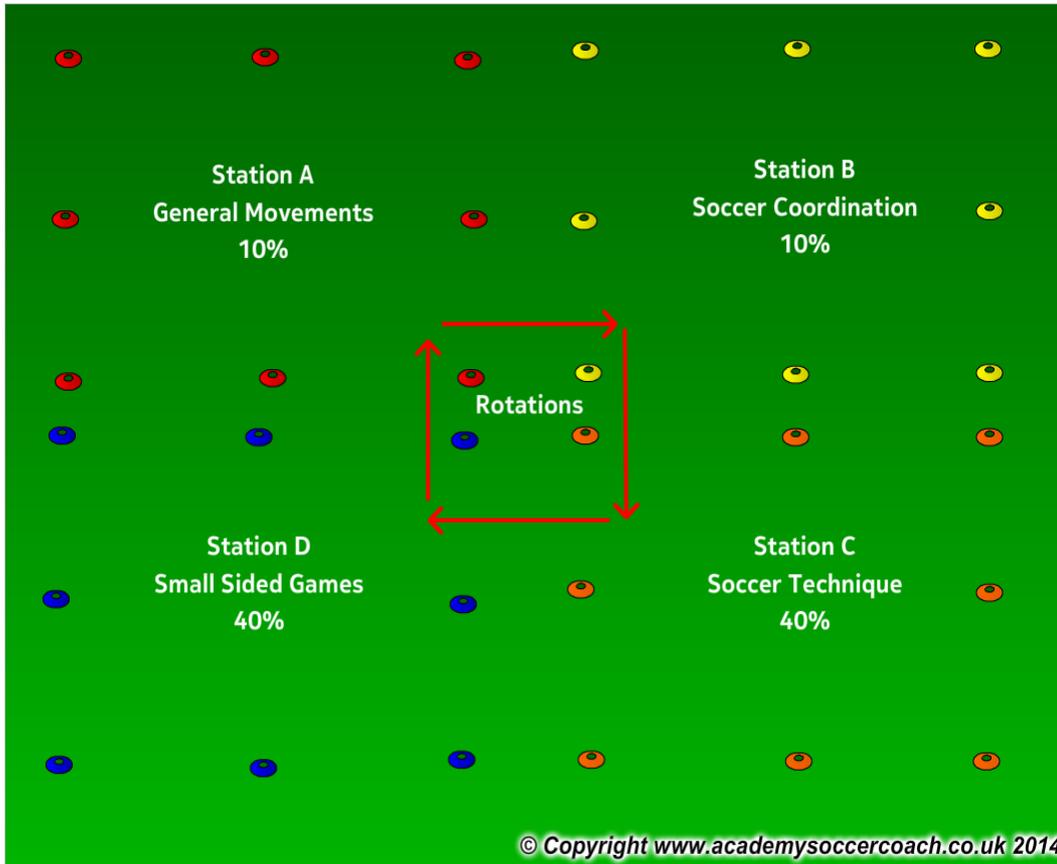
All sessions take a holistic approach to developing our youth. Each game and activity will take a look at how we can focus on 4 main areas of the child's development; these include Social/Emotional, physical, physiological and also technical

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 36

## Station A

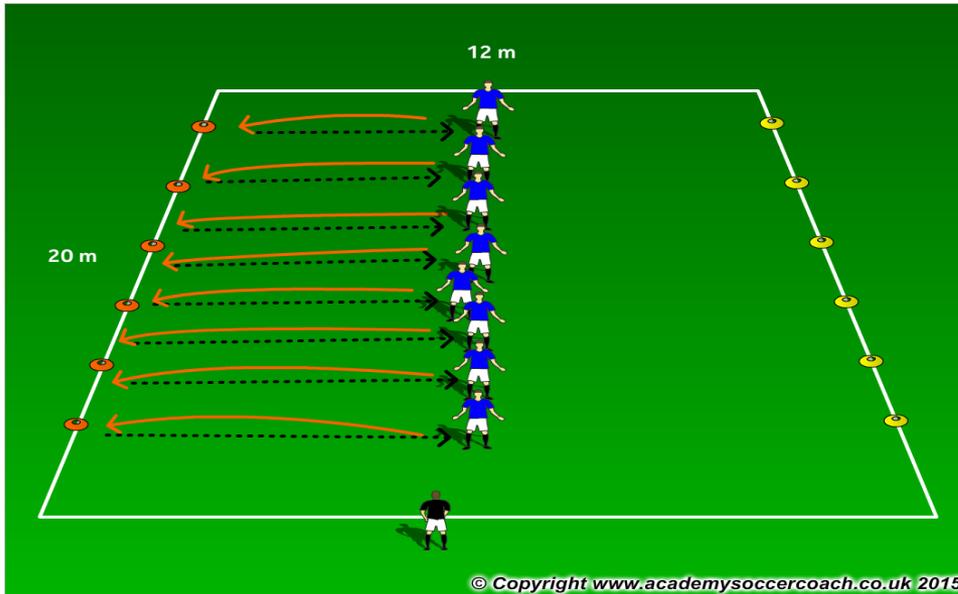
### General Movement – The Reaction Line



Time frame. 10-12 minutes

Emphasis:

- A,B,C's
- FUN!



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**Organization:** Players are positioned in a vertical line down the centre of a 12x20m area. Each side of the area is marked with a coloured cone (orange & yellow). Coach is positioned at the front of the area in full view of all players.

**Procedure:** On the spot players perform the movement dictated by the coach e.g. running on the spot, high knees, jumping jacks, 1 leg hops, jumping etc. When the coach calls out a colour (orange or yellow) players must move to that side of the area and return to the starting point as quickly as possible. Coach must be creative in the types of movements both at the starting position and as the players travel to and from the side of the area. To simulate reactions the coach can also play opposites, give the colours soccer teams such as orange is Barcelona, Yellow is Real Madrid and call out players, facts that relate to those teams. Players are then required to think fast and react based on verbal communication.

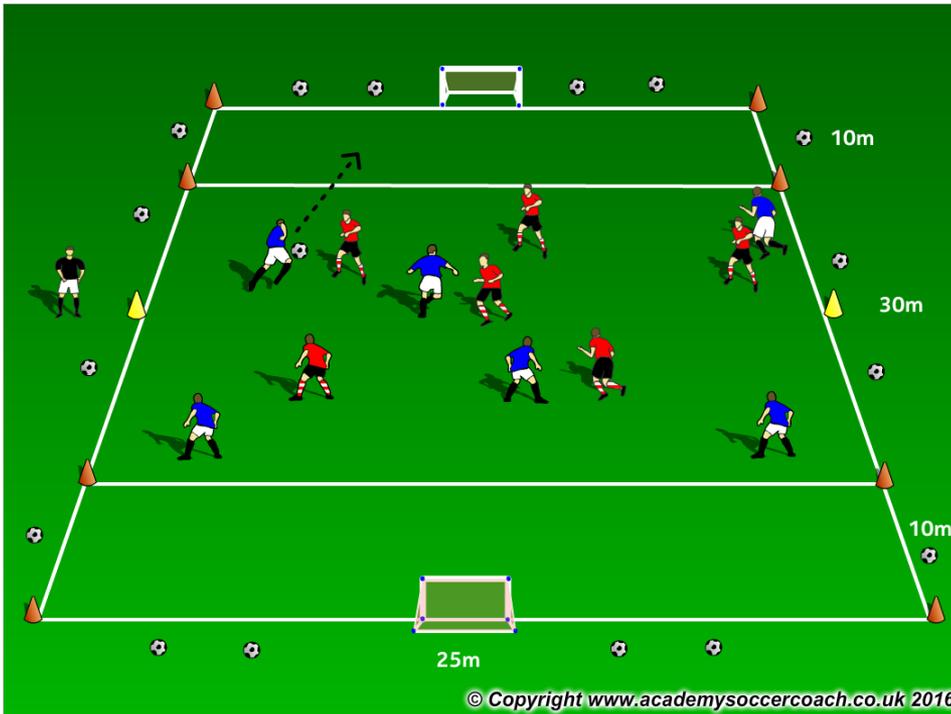
<p><u>Psychological</u> Confidence, Reaction time, Being safe, Competition</p>	<p><u>Technical</u></p>
<p><u>Physical</u> Agility, Balance, Coordination, Speed</p>	<p><u>Social</u> Communication FUN</p>



# Learn to Train practice plan – Week 36

## Station B

### Running with the ball – 6v6 Endzones



**Organization:**  
50x25m area with 10m endzones situated at each end.  
Half-way line is marked and used as retreat line.

**Procedure:**  
Players play 6v6 and attempt to score 1 point by running the ball into the oppositions endzone. Initially defenders cannot defend inside the endzone

**Progression:** Players play 5v5 + GK's.  
1 point is scored by running the ball into the endzone  
3 points are scored if the player can enter the endzone and then finish on goal.

Time frame. 12-15 minutes

### Emphasis:

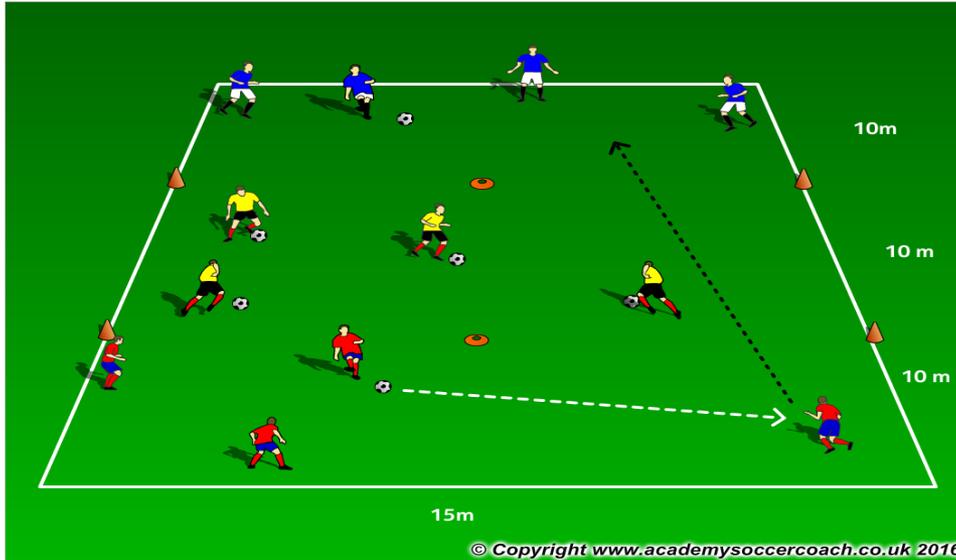
- Creating space
- Passing & Receiving skills
- Attacking mentality (touch forward to attack space)
  - Support
- Running with the ball

<p><b><u>Psychological</u></b> Confidence Decision making Creativity Competition Attacking mentality</p>	<p><b><u>Technical</u></b> Angle &amp; distance of support Passing &amp; Receiving skills Running with the ball</p>
<p><b><u>Physical</u></b> Agility, Balance, Coordination Speed</p>	<p><b><u>Social</u></b> Communication Peer interaction Fun</p>



## Learn to Train practice plan – Week 36

### Station C Breaking the Line



#### **Organization:**

Set up 15x30m area and divide area into 3 10x15m zones  
 Players divided evenly into 3 groups and assigned to a zone.  
 Each outer zone the players have 1 ball between the group.

#### **Procedure:**

Middle players dribble the ball inside the central zone moving at all times.  
 Players in the outside zones pass the ball among the group while looking for a gap to appear in the middle zone where they can drive through to opposite zone. Example: player in left zone drives through space in middle to reach the right zone.  
 Central players do not defend.

Players in central zone have 1 ball each.  
 Rotate middle players every 2/3 minutes.

#### **Progressions:**

Players in middle can now look to block player from penetrating. (they cannot tackle, they defend by preventing space).  
 Scoring outside players score an individual point by breaking through, middle players score a team point by denying a player space to penetrate.

Time frame. 12-15 minutes

#### Emphasis:

- Passing & Receiving
  - Scanning
- Attacking Mentality
- Running with the ball

#### Psychological

Decision making  
 Confidence  
 Creativity  
 Attacking mentality

#### Technical

Passing & Receiving  
 Support  
 Running with the ball

#### Physical

Agility, Balance,  
 Coordination  
 Speed

#### Social

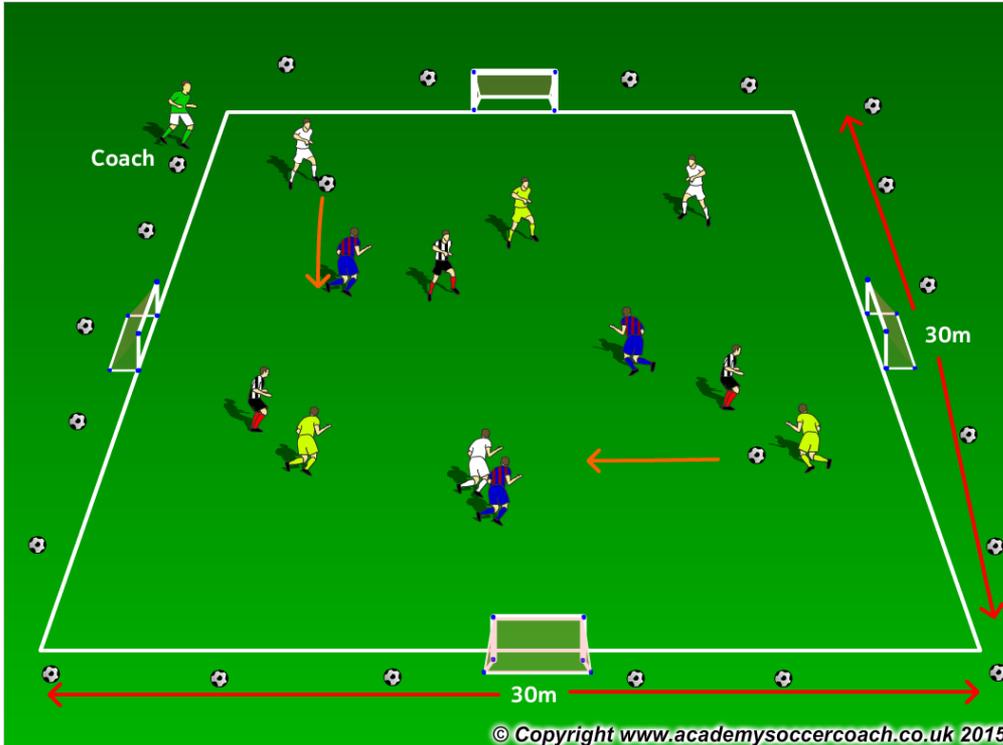
Competition  
 Communication  
 Peer interaction /fun



## Learn to Train practice plan – Week 36

### Station D

## Small Sided Game – 3v3 + 3v3 in different directions



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**Organization:** 4 teams of 3 are placed in a 30m x 30m field with goals on each side. The yellow team is playing against the black and white team from East to West. The White team is playing the blue and purple team from North to South.  
**Procedure:** 4 teams are playing 2, 3v3 games within the same area. The situation will create lots of chaotic situations which will force the players to make more decisions and be aware of what is happening around them. If the ball goes out grab the closest ball to keep the game flowing.

Time frame. 12-15 minutes

### Emphasis:

- Create Space
- Support players in possession
- Opportunities to run with the ball (take space)

#### Psychological

Confidence  
 Decision Making  
 Spatial Awareness  
 Attacking mentality

#### Technical

Receiving skills  
 Passing key factors  
 Support  
 Running with the ball

#### Physical

A,B,C's  
 Acceleration

#### Social

Communication  
 Competition  
 Fun with friends