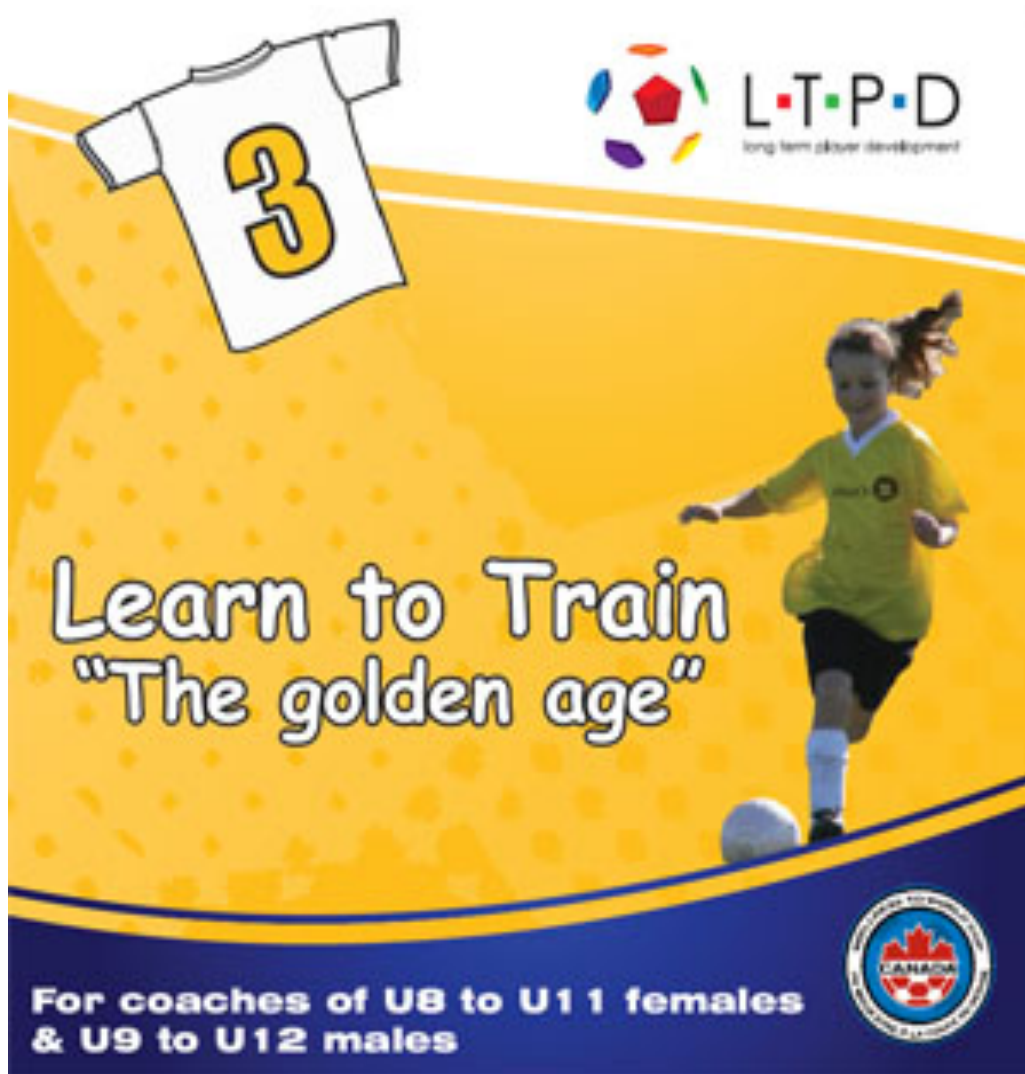


GRASSROOTS WORKBOOK & PRACTICE PLANS





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

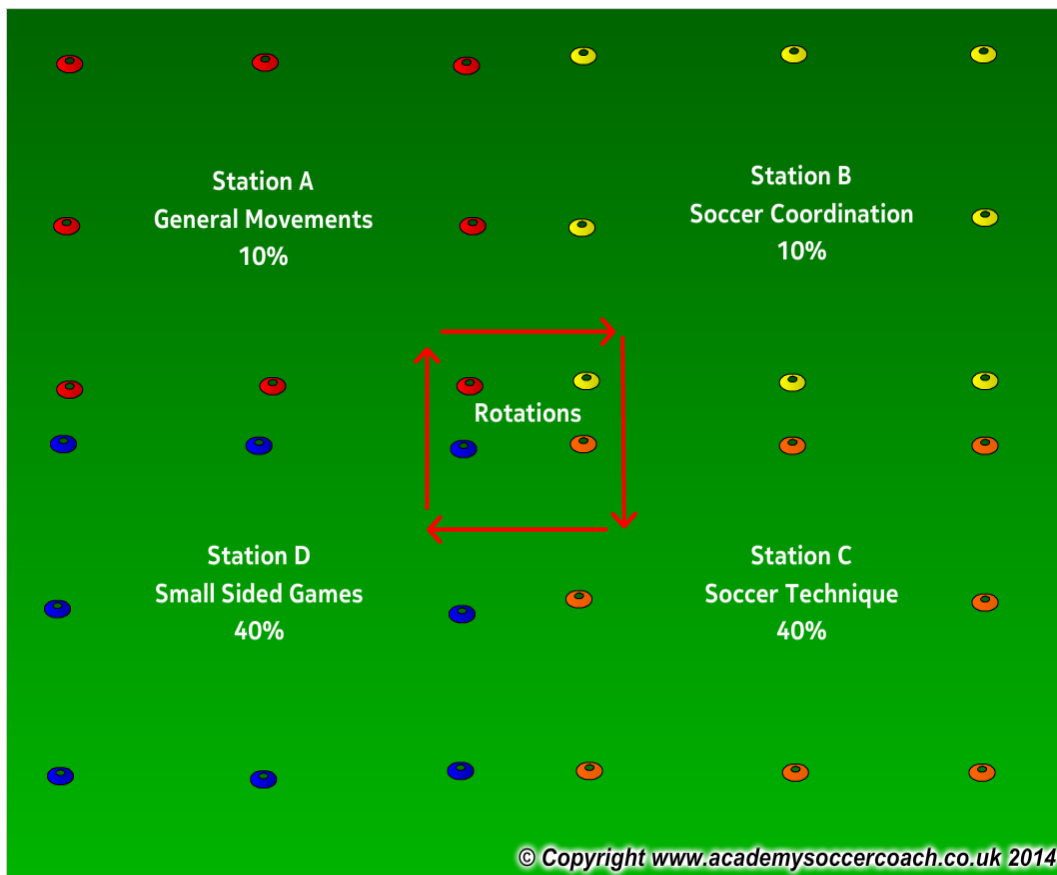
All sessions take a holistic approach to developing our youth. Each game and activity will take a look at how we can focus on 4 main areas of the child's development; these include Social/Emotional, physical, physiological and also technical

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 42

Station A

General Movement – Unorganized Chaos



Time frame. 10-12 minutes

Emphasis:

- ABC's
- Quick passes with minimal backlift when striking
- FUN!



Organization:

30x30. Add cones, poles, hurdles, ladders, or any other obstacles randomly around the area. The more random the better. Involve players to assist the setup.

Procedure:

-Players in pairs and number themselves 1 & 2. Player 1 moves randomly around the area. Backwards/forwards, side to side, crawling, rolling, hopping, jumping and changing direction. The more bizarre /

creative the better. Just ensure the movements are safe. Allow them to use the obstacles to run through or around. Their partner must follow and copy. Encourage them to keep their partner guessing. Swap roles after 30-45 seconds. Change partners and repeat.

Progression:

- Add a ball and players must do different movements/skills with the ball and partner copies.

Psychological

Confidence
Creativity
Being safe

Technical

Head in a position so look around as well as observe partner

Physical

ABC's
Speed / acceleration
Upper, core and lower body strength

Social

Communicating
Peer interaction
FUN



Learn to Train practice plan – Week 42

Station B

SSG: 3v3



Time frame. 12-15 minutes

Emphasis:

- Attacking mentality (touch forward to attack space)
- Movement to create space & support player in possession. Run before the pass.
- Use of fakes and play quickly



Organization:

- Players are divided in 4 teams of 3. 2 teams play against each other while the other two teams are GK's. The area is a 30x40.

Procedure:

-Ball starts with a goalkeeper who plays into a team mate. Players can score in any of the 3 goals they are attacking. Normal soccer rules apply. After 2 mins switch so the outfield players become goalkeepers.

Progression:

- Players must score in each of the goals to win. Have a competition. Whichever team scores the most goals stays on. If no team has scored after 2 minutes rotate positions.

Psychological

Decision making
Confidence
Creativity
Resilience

Technical

Receive to play forward
Minimal back lift when striking
Use hips to disguise intentions
Fake to move the defenders

Physical

Quick movement when making a run
Change of pace to deceive the defender

Social

Supporting team mates
Communicating
Peer interaction /fun
Moving for team mates to give them time and options



Learn to Train practice plan – Week 42

Station C 1v1 Finishing



Time frame. 12-15 minutes

Emphasis:

- Creating space
- Decision: Shoot from distance or beat defender and shoot
- Finish in the corners - accuracy over power
- Receive to go forwards



Organization:

- Players are divided in 4 teams of 3. 1 player from each team is placed in a zone. The area is a 30x45.

Procedure:

- Ball starts with a goalkeeper who plays into the player that is shooting on the opposite goal. The defender starts in their own half and can play live as soon as the striker has touched the ball. If a goal is scored or the ball goes out, the ball turns

over to the opponent and the shooting player must retreat behind the orange cone to their own half. Play for 1 minute and switch roles.

Progression:

- Have a player start in the opponents half and marked, they must receive and score. If they need to they can drop the ball back off to their GK who can overload for a 2v1.

Psychological

Confidence
Attacking mentality
Decision making
Spatial awareness

Technical

Creating Space
Receiving to play forward
Looking at the part of the ball you want to strike

Physical

A,B,C's

Social

Positive support
Communicating
Fun with friends



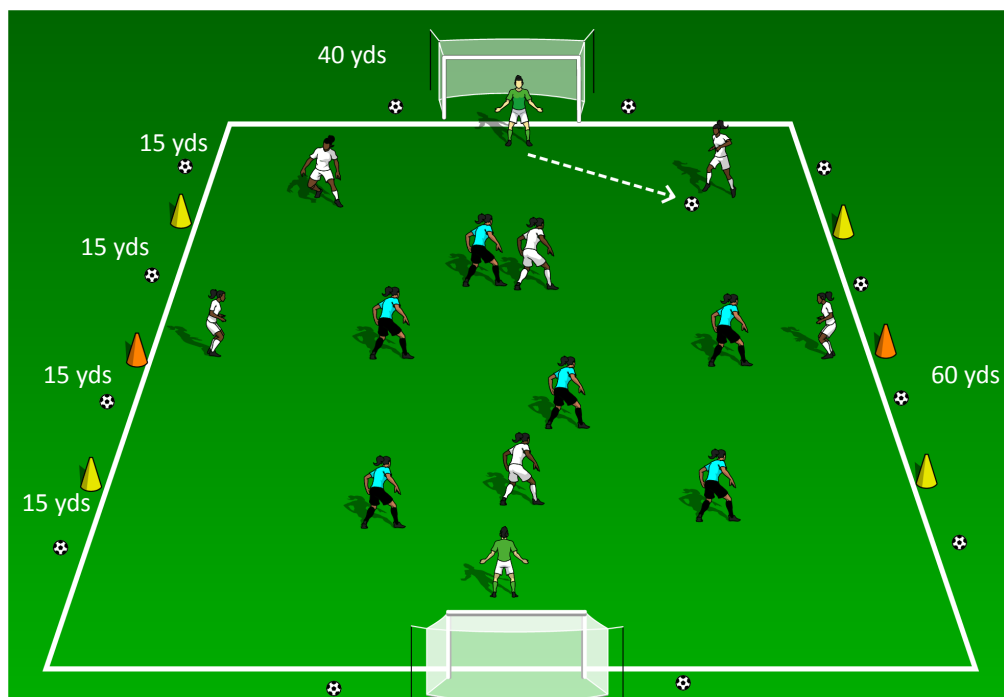
Learn to Train practice plan – Week 42
Station D
Small Sided Game – 7v7 with retreat line



Time frame. 12-15 minutes

Emphasis:

- Create Space
- Opportunities to finish



Organisation

-Players play 7v7 in a 60x40 area. Balls stationed on the outside of the field. Retreat line marked at each 3rd for 7v7.

Procedure

Encourage players to receive to play forward. Let them see if they can identify when to penetrate and when to retain the ball. Look for efficient movement to support the player in possession and find space.

Psychological

Confidence
Attacking mentality
Decision making
Spatial awareness

Technical

Open body to play forward
Minimal back lift when striking the ball
Quick play to create a scoring opportunity

Physical

Quick movement when making a run
Change of pace to deceive the defender

Social

Supporting team mates
Communicating
Peer interaction /fun
Moving for team mates to give them time and options