

# GRASSROOTS WORKBOOK & PRACTICE PLANS





## FUNdamentals practice plans

### The OSA Player Development Model – The Station concept



The activities provided illustrate how stations can be used during Grassroots practices. During the practice players will spend an allotted time at each station having fun, developing specific skills and qualities before moving onto the next station. By using station work we create an environment where players are continually motivated and that they are continually challenged.

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 of 2v2, 3v3, 4v4 or 5v5.

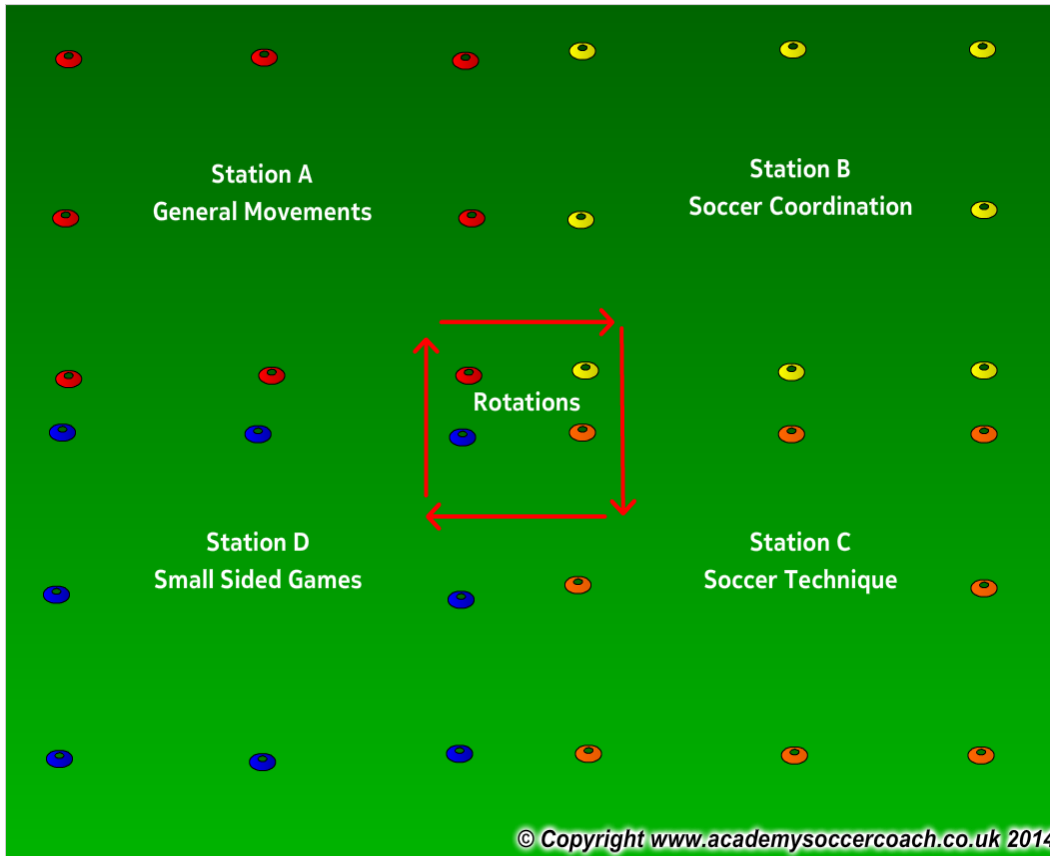
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

Total Practice time 45 minutes as per the Recreational and Development Matrix



## FUNdamentals practice plans

### How the OSA Player Development Model works



If working with a larger group organize players into groups of 8-10. Each station has a coach who will lead that specific station for the session. Players rotate every 8-10 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.

General Movement: %20

Coordination: %20

Soccer technique: %20

Small sided game: %40



# FUNdamentals practice plan – Week 26

## Station A

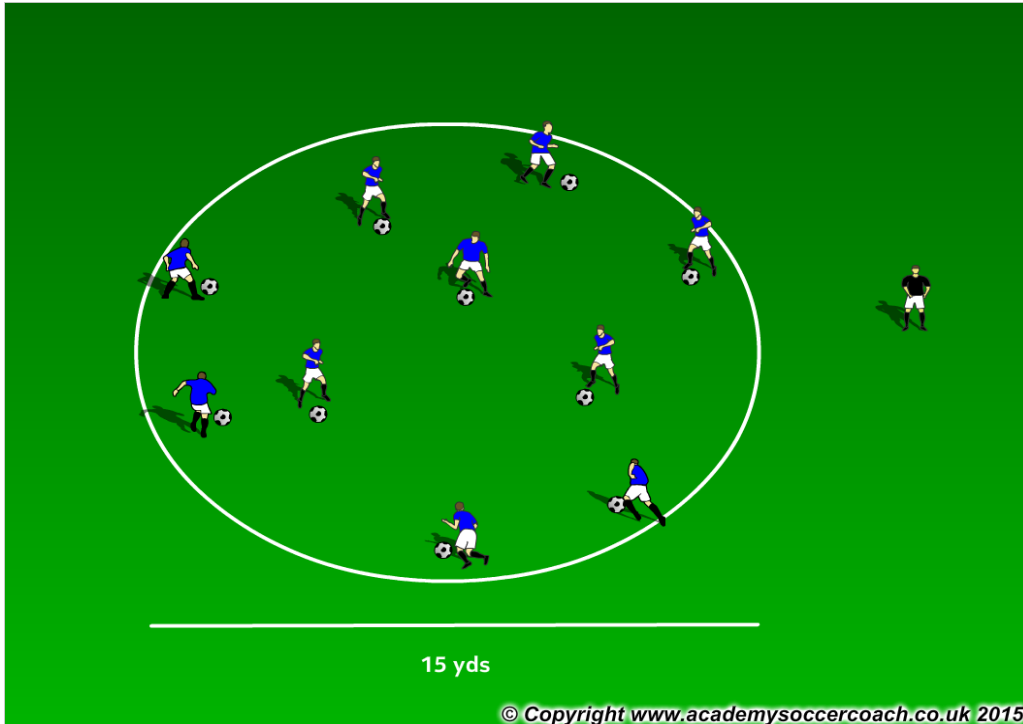
### General Movements – King of the Ring



Time frame. 8-10 minutes

Emphasis:

Agility, Balance, Coordination, Speed  
Changing Direction  
Dribbling  
FUN!



**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.

<b><u>Psychological</u></b> Decision Making Confidence Being safe Spatial Awareness	<b><u>Technical</u></b>  Dribbling Shielding
<b><u>Physical</u></b> Agility, Balance Change of Direction Speed	<b><u>Social</u></b> Listening Problem Solving Celebrating



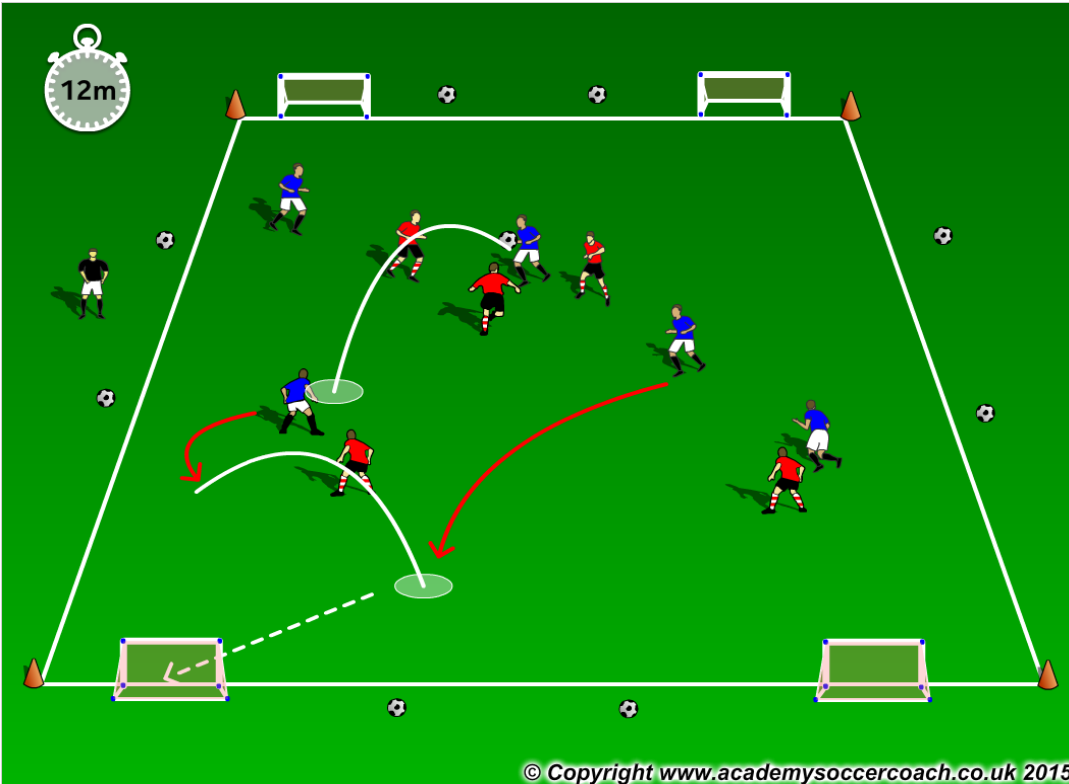
**FUNdamentals practice plan – Week 26**  
**Station B**  
**General Movements – 2 Goal Handball Game**



**Time frame. 8-10 minutes**

**Emphasis:**

Agility, Balance, Coordination, Speed  
 Changing Direction  
 FUN!



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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

<p><b><u>Psychological</u></b>                      Decision Making                      Confidence                      Being safe                      Spatial Awareness</p>	<p><b><u>Technical</u></b>                      Different types of pass</p>
<p><b><u>Physical</u></b>                      Agility, Balance,                      Coordination                      Speed                      Power</p>	<p><b><u>Social</u></b>                      Listening                      Problem Solving                      Fun</p>



# FUNdamentals practice plan – Week 26

## Station D

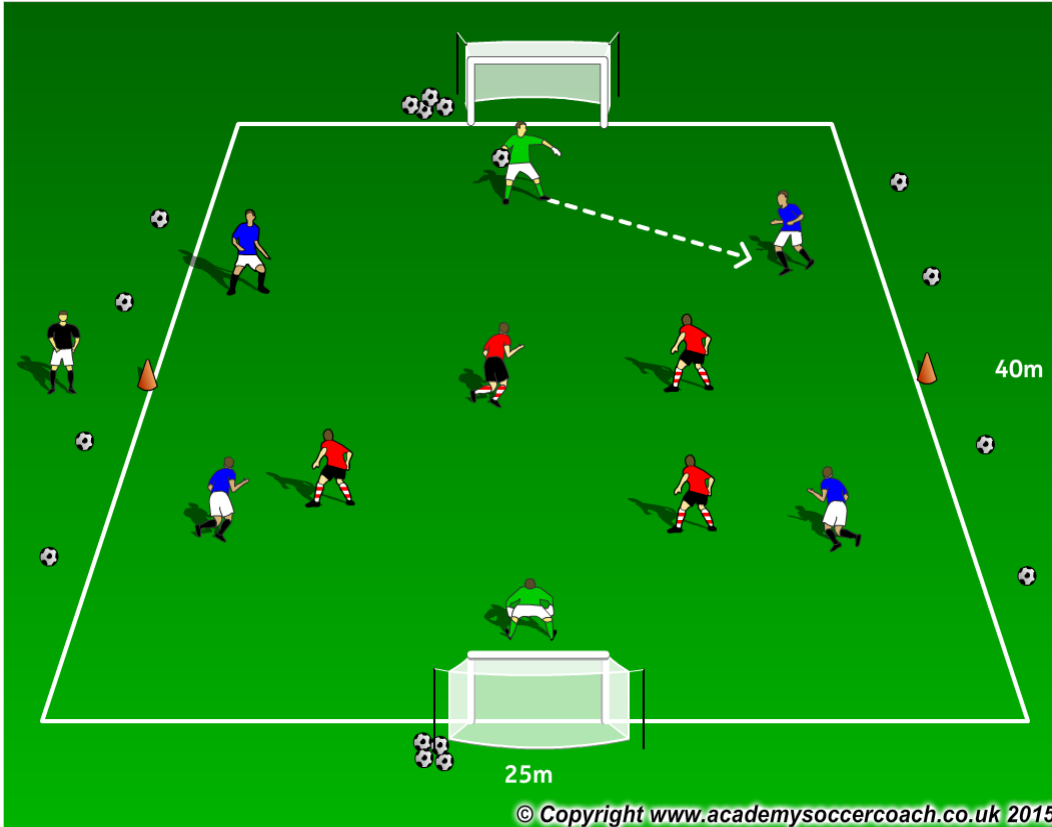
### Small sided game – 5v5 with the Retreat line



Time frame. 8-10 minutes

Emphasis:

FREE PLAY!  
FUN!



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.

<p><b><u>Psychological</u></b> Fun Confidence Being safe Decision making</p>	<p><b><u>Technical</u></b> Receiving Shooting Finishing Attacking</p>
<p><b><u>Physical</u></b> Speed A,B,C's Change of Direction</p>	<p><b><u>Social</u></b> Listening Communicating Celebrating Helping each other</p>