

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

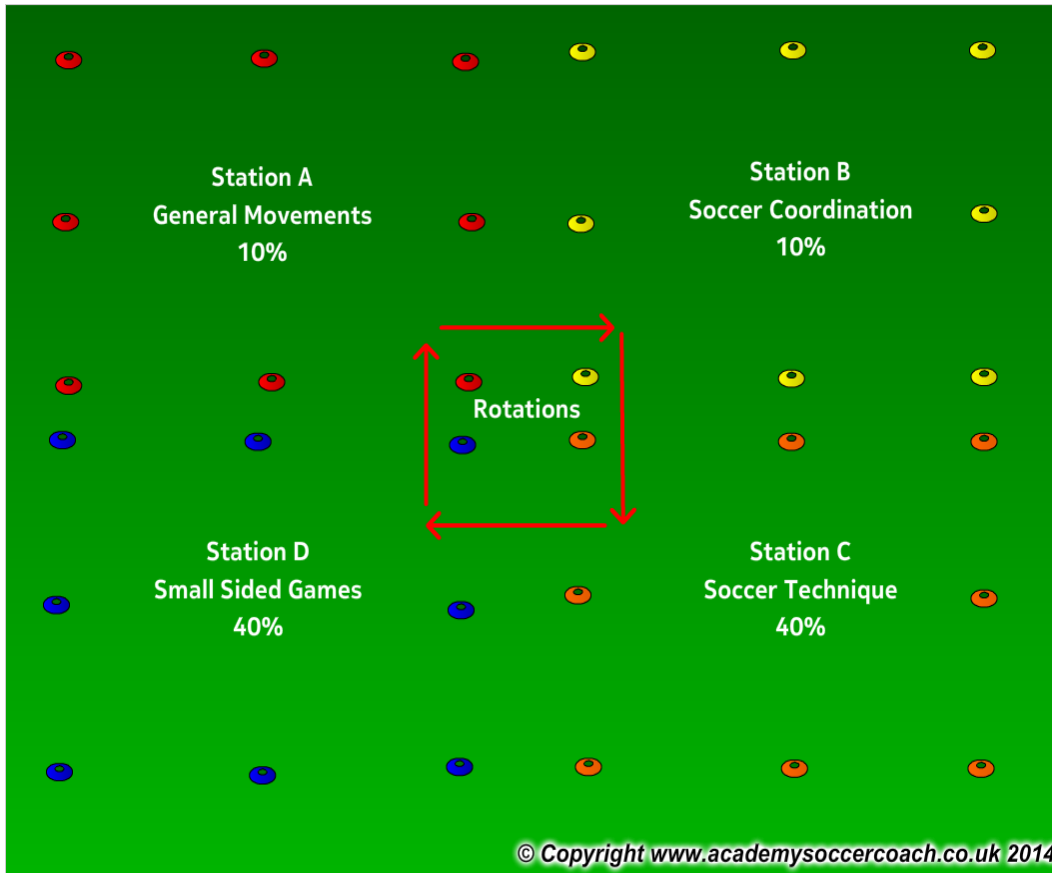
All sessions take a holistic approach to developing our youth. Each game and activity will take a look at how we can focus on 4 main areas of the child's development; these include Social/Emotional, physical, physiological and also technical

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



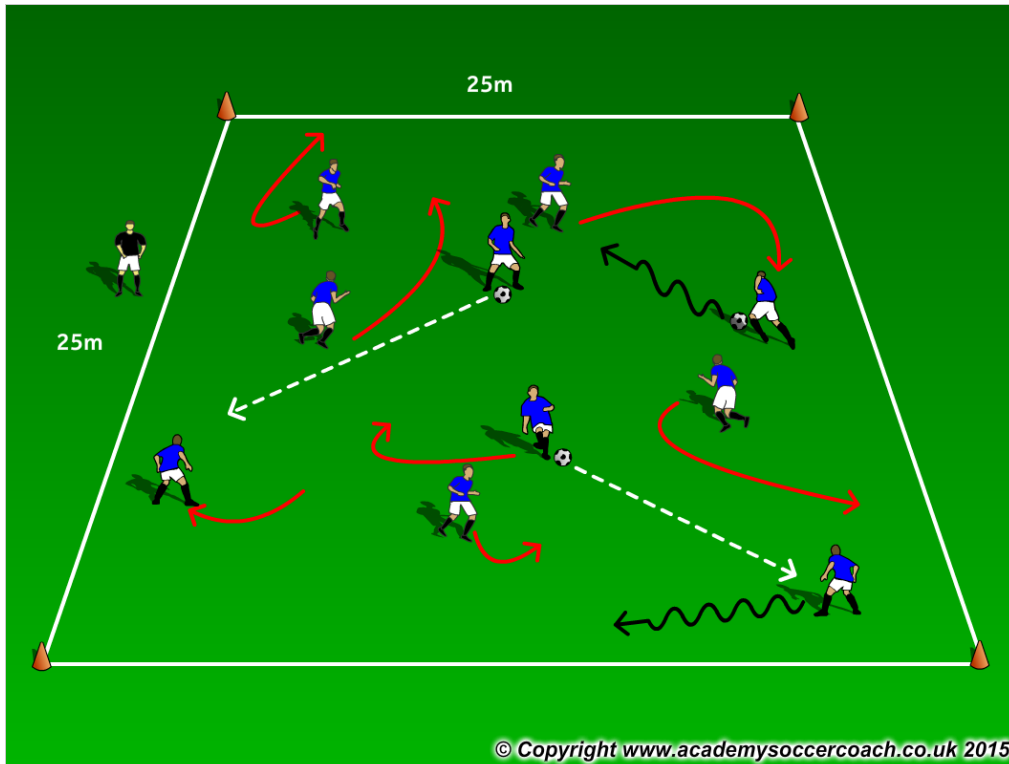
If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller 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 23

Station A

General Movement – Dynamic warm up with the ball



Organization: Players are placed in a 25x25m area
Procedure: Players pass and dribble 3 balls amongst the group. Players without possession are encouraged to continuously move at different speeds and perform various multi-directional, soccer related movements such as walking & running (forwards and backwards), jumping, lateral movements, skipping, and rolling.

Time frame. 10-12 minutes

Emphasis:

Changing direction

A,B,C's

FUN!

<p><u>Psychological</u> Confidence Being safe</p>	<p><u>Technical</u> Keeping the ball under control First touch out of feet Part of foot/ball</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Communicating Peer interaction FUN</p>



Learn to Train practice plan – Week 23

Station B

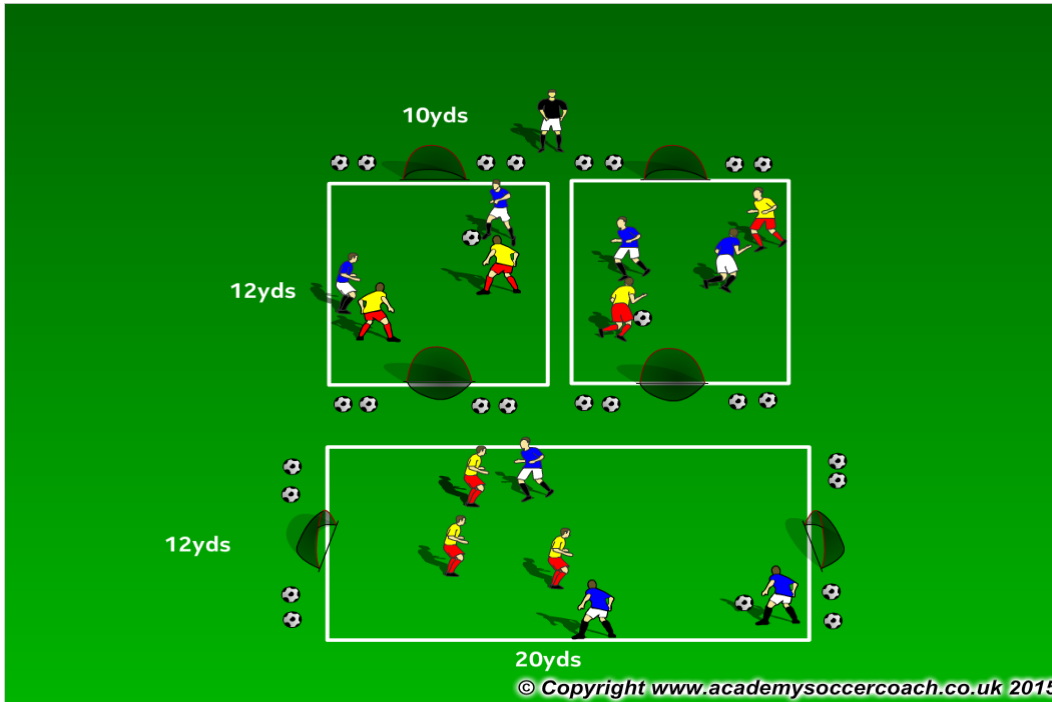
SSG: 2v2 or 3v3's



Time frame. 12-15 minutes

Emphasis:

Movement to create space & support player in possession



SSG - 2v2's or 3v3's

Organization:

Create 2 12x10 area grids with nets positioned on either side.
Additional balls placed on each endline to minimize stoppages.

Procedure:

Players play 2v2 in each grid.

Free Play = NO COACHING

If numbers dictate switch to playing 3v3 in larger grid shown above.

Progressions: Limit touches

Psychological

Decision making
Confidence
Creativity

Technical

Type of pass
Body position to receive

Physical

A,B,C's
Speed of Support
Power

Social

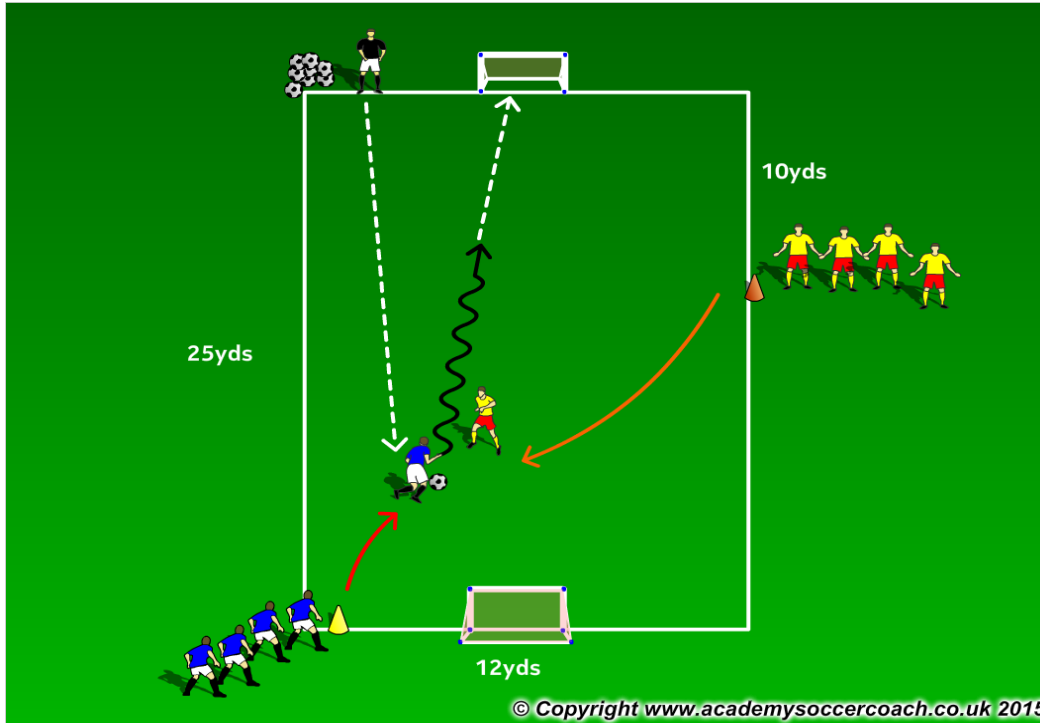
Supporting team mates
Communicating
Peer interaction /fun



Learn to Train practice plan – Week 23

Station C

Dribbling/Creative Movement– 1v1 Attacking



Organization: 12x25 yard area with 2 nets placed at each end. Players are divided evenly into 2 teams; attackers and defenders. Defenders are positioned on sideline while attackers are positioned on the opposite side of the field. The coach will act as server and be stationed opposite attackers with ball. After 4-5 minutes switch attackers and defenders.

Procedure: Coach serves ball to attacker who receives the ball and attacks the goal. As coach serves the ball, the first defender comes to engage the attacker. Scoring: 1 point for attacker if they can score on the goal. If defender wins the ball they can score on the opposite net.

Time frame. 12-15 minutes

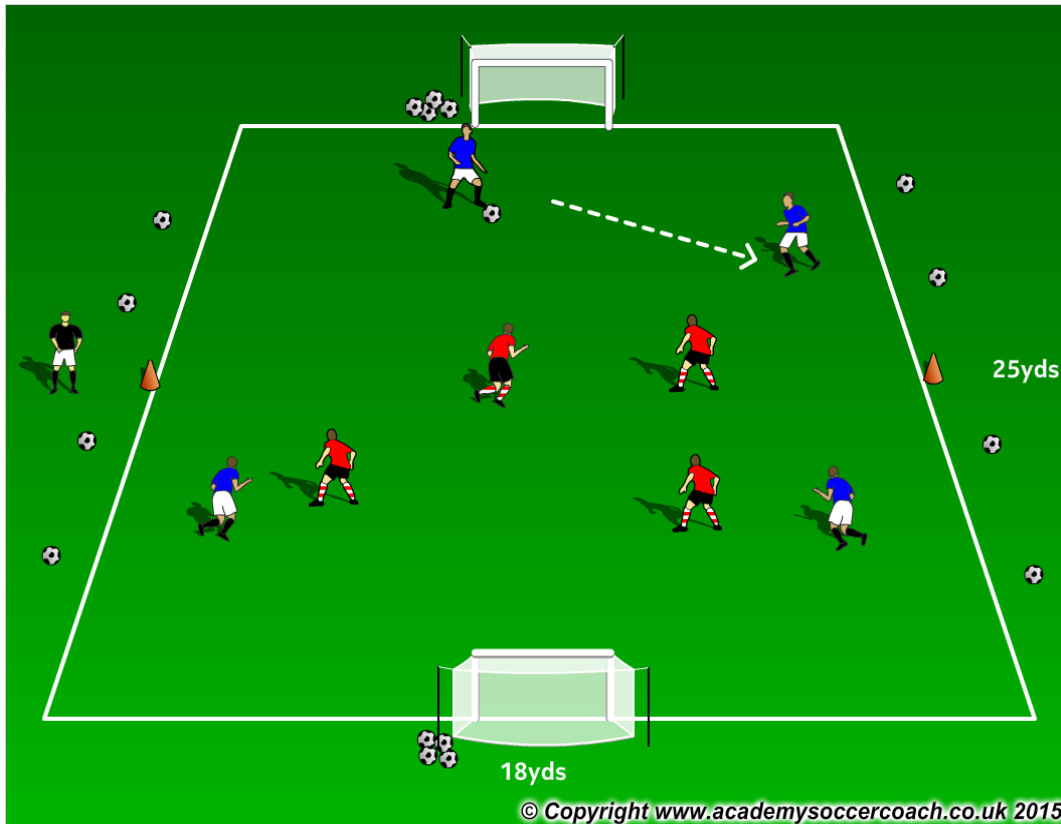
Emphasis:

- Ball control on the move
- Ball manipulation
- Change of speeds/directions

<p><u>Psychological</u> Confidence Decision making Spatial awareness</p>	<p><u>Technical</u> Different dribbling skills Ball control Receiving skills</p>
<p><u>Physical</u> Speed Change of Direction A,B,C's</p>	<p><u>Social</u> Positive support Communicating Fun with friends</p>



Learn to Train practice plan – Week 23
Station D
Small Sided Game – 4v4



Organization: Players play 4v4 in a 25x18 yard area (6v6/7v7 = increase area accordingly). Balls stationed along outside of field. Retreat Line marked at half way line for 4v4.
Procedure: Free Play

Time frame. 12-15 minutes

Emphasis:

- Create Space
- Look to play forward
- Dribble in right areas

<p><u>Psychological</u> Confidence Decision Making Spatial Awareness</p>	<p><u>Technical</u> Dribbling key factors Execution under pressure</p>
<p><u>Physical</u> A,B,C's Acceleration</p>	<p><u>Social</u> Positive support Communicating Fun with friends</p>