



GRASSROOTS WORKBOOK & PRACTICE PLANS





FUNdamentals practice plans Preferred method of training – 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 all sessions 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 or 5v5 which includes the retreat line.

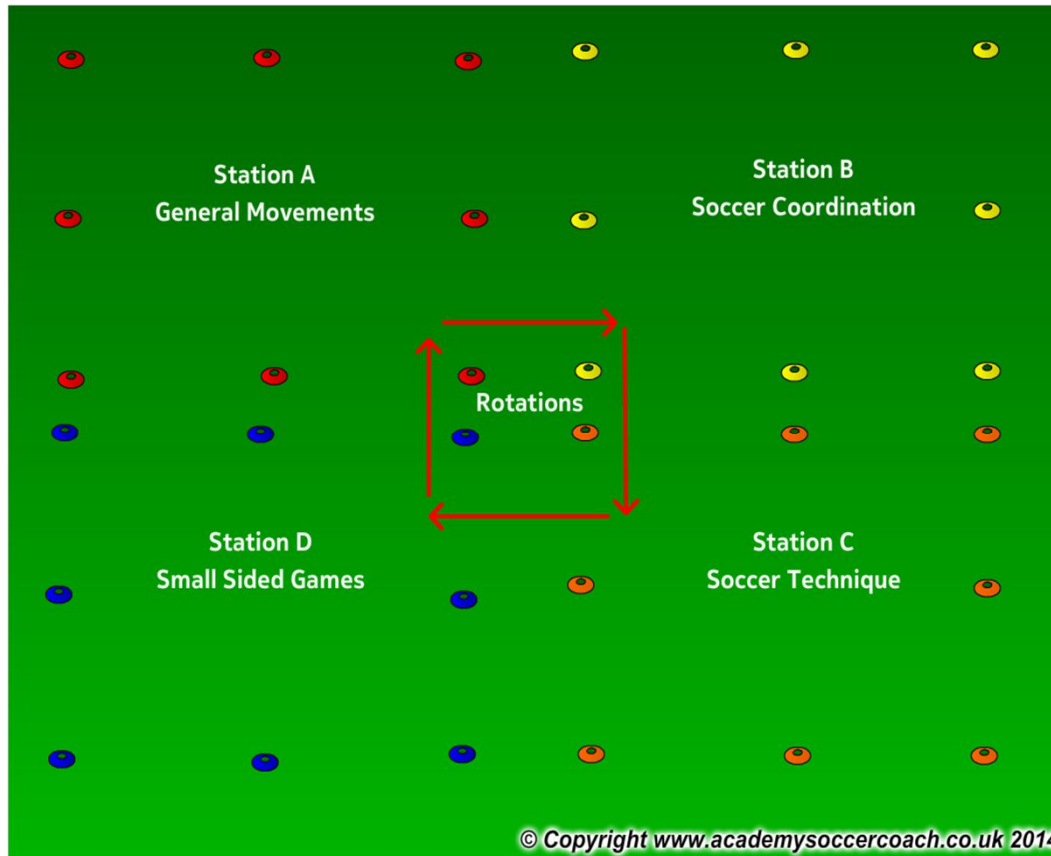
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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



FUNdamentals practice plans

How the preferred training 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.

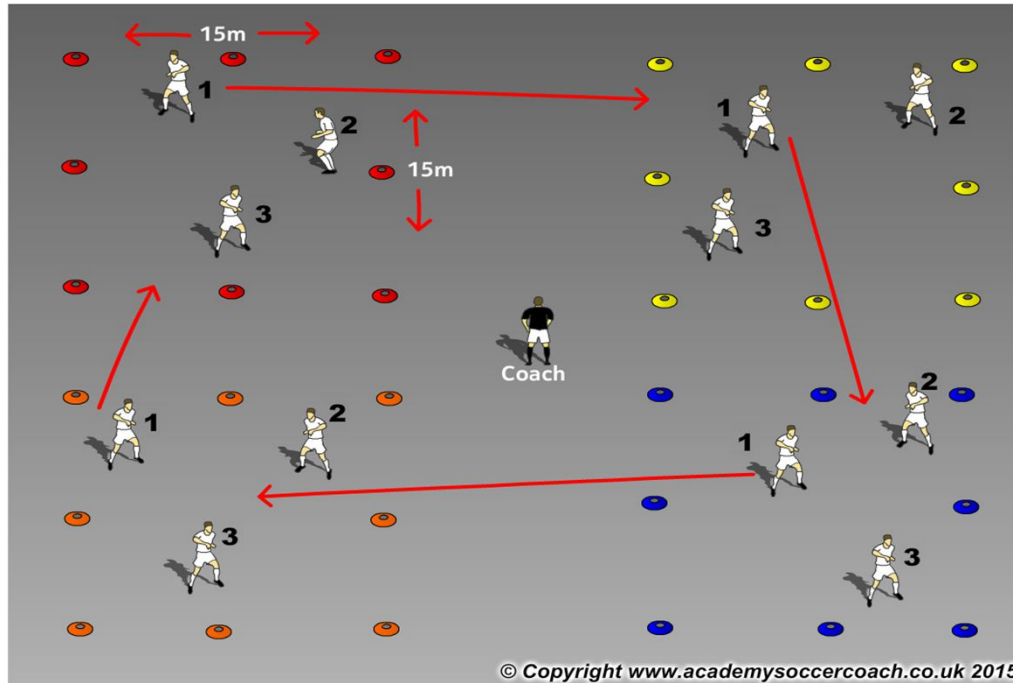
If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



FUNdamentals practice plan – Week 23

Station A

General Movements



© Copyright www.academyfootballcoach.co.uk 2015

Organization: 3 players are placed inside each 15m x 15m area.
Procedure: Players are asked to move around in different directions within their own area. The coach should also ask players to perform different movements. I.e. skipping, hopping, moving sideways, backwards etc.
 When the coach calls out a number, that player sprints to the next square in the direction shown by the arrows.
Progression: Add a ball to each square and have players pass and move.

Time frame. 8-10 minutes

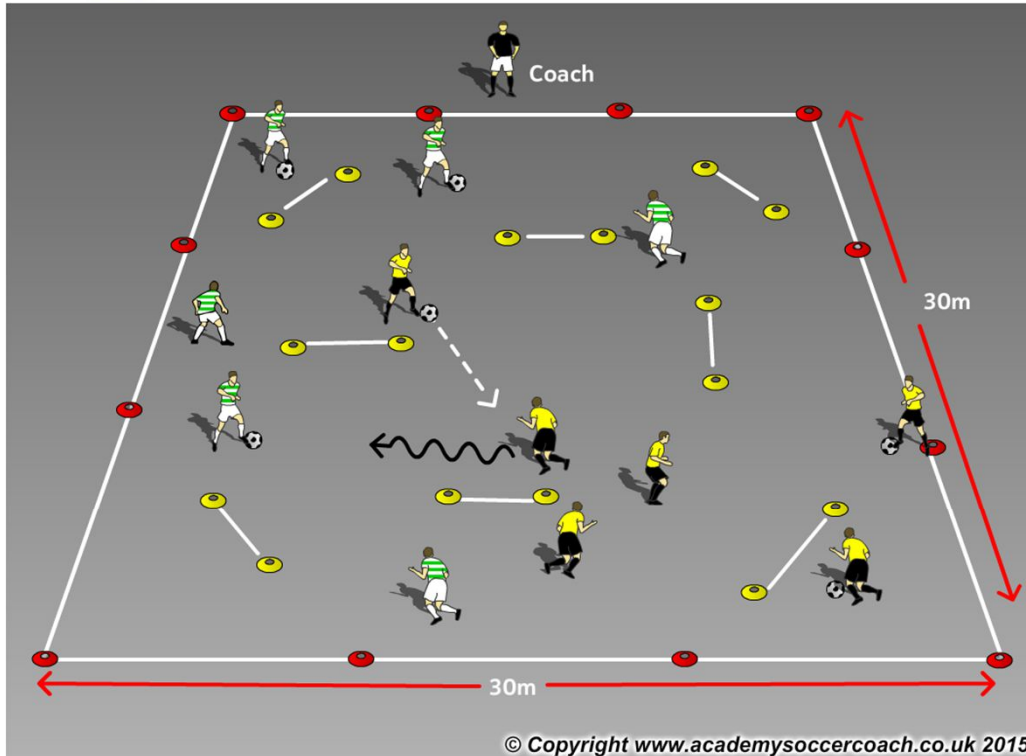
Emphasis:

Listening
 Different types of running/movements
 Changing direction
 Agility, Balance, Coordination
 FUN!

<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>Passing Receiving</p>
<p><u>Physical</u></p> <p>A,B,C's Change of Direction</p>	<p><u>Social</u></p> <p>Listening Communicating Celebrating</p>



FUNdamentals practice plan – Week 23
Station B
Soccer Coordination – Passing and Receiving



Organization. Players are placed into 2s inside 30mx30m area.
Procedure. Players pass and move inside area. Focus should be on how the player passes and receives the ball.
Progression. To make it fun/competitive for the players add gates into the area and on the command of "Shopping" players look to pass the ball through the gates. each gate =1point, after 60 seconds pair with the most points wins the competition. Repeat game several times.

Time frame. 8-10 minutes

Emphasis:

- Passing - Receiving
- Dribbling
- Changing direction
- Decision making
- Change of speed
- FUN!**

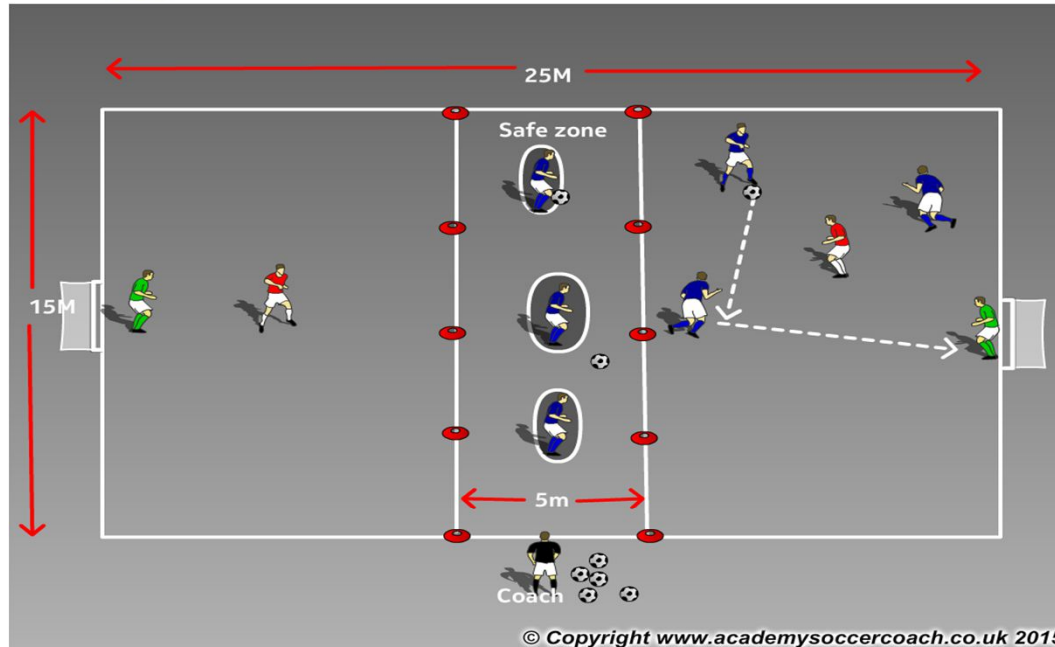
<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>Passing - Receiving Dribbling Running with the ball</p>
<p><u>Physical</u></p> <p>A,B,C's Change of Direction</p>	<p><u>Social</u></p> <p>Listening Communicating Celebrating</p>



FUNdamentals practice plan – Week 23

Station C

Soccer Technique – 3v1 to goal



© Copyright www.academysoccercoach.co.uk 2015

Organization: Field size is 15m x 25m with a 5m safe zone in the middle. 3 attackers, 2 defenders and 2 goalkeepers set up as above.

Procedure: Activity starts with 3 players in central safe zone, with defender & GK defending the goal at either end. The coach plays a ball into the attackers in the safe zone and they look to attack either end.

If attackers' progress is blocked, they can take ball back into safe zone & attack in other direction.

Should GK save an attempt on goal, the goalkeeper should roll the ball to the defender if possible, who then transfers the ball into the defender in the opposite half. Defender receives and attempts to turn & score against GK at that end. Keep rotating the players to allow them all to experience attacking, defending and goalkeeping.

Time frame.8- 10 minutes

Emphasis:

Passing - Receiving
Shooting
Decision making
Agility, Balance, Coordination
Imagination
FUN!

Psychological

Confidence
Being safe

Technical

Passing
Receiving
Shooting

Physical

A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating



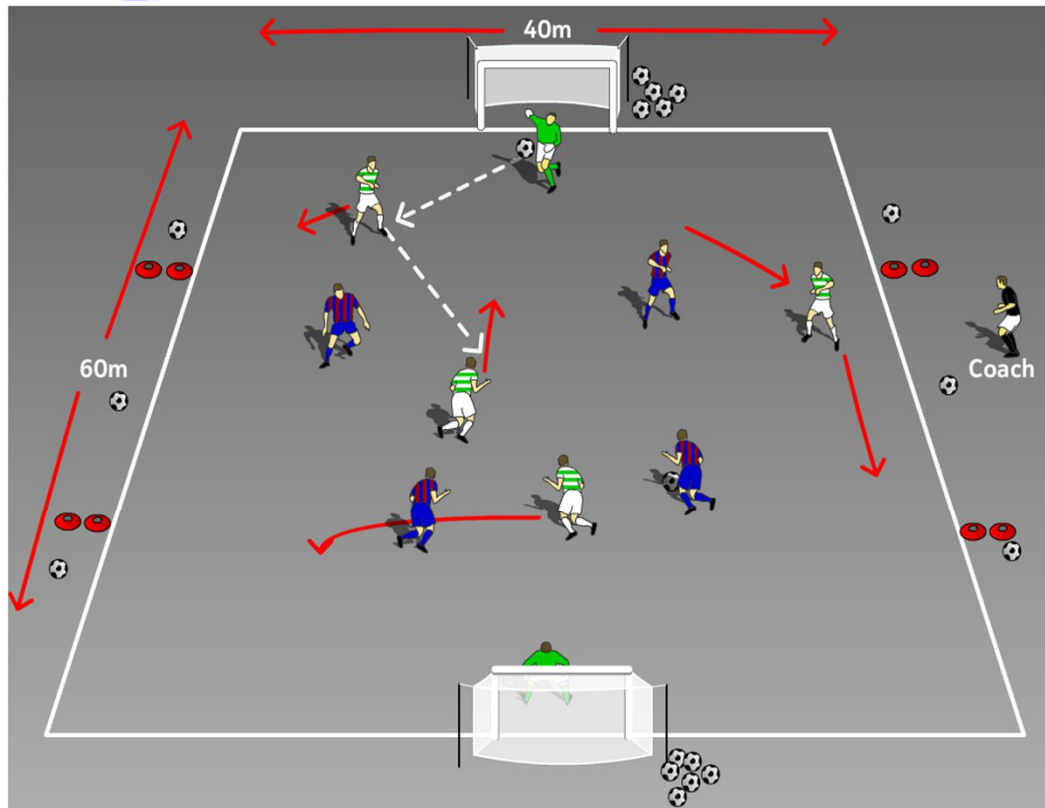
FUNdamentals practice plan – Week 23
Station D
Small Sided Game – 5v5 with Retreat line



Time frame. 8-10 minutes

Emphasis:

Free Play
Decision making
FUN!



© Copyright www.academysoccercoach.co.uk 2015

Organization: 5v5, 6v6 or 7v7 in a 60m x 40m field with the retreat line.
Encourage players to be positive, play forward and penetrate with passes.
Look for good movement to provide support and find space. Allow the players to play freeley without stoppages.

<u>Psychological</u> Confidence Being safe	<u>Technical</u> Passing Receiving Shooting
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Listening Communicating Celebrating