

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.

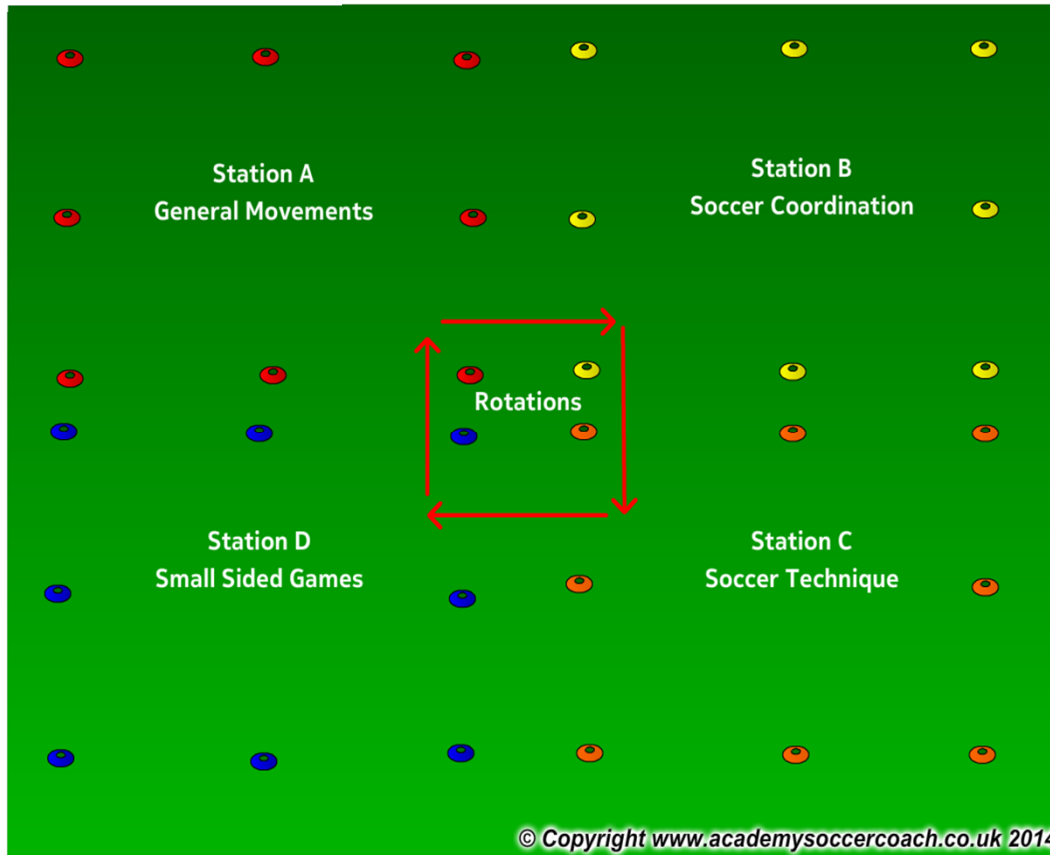
In the following activities players will travel through 4 stations. In these examples one station focuses on general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a small sided soccer game of 2v2, 3v3, 4v4 or 5v5.

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

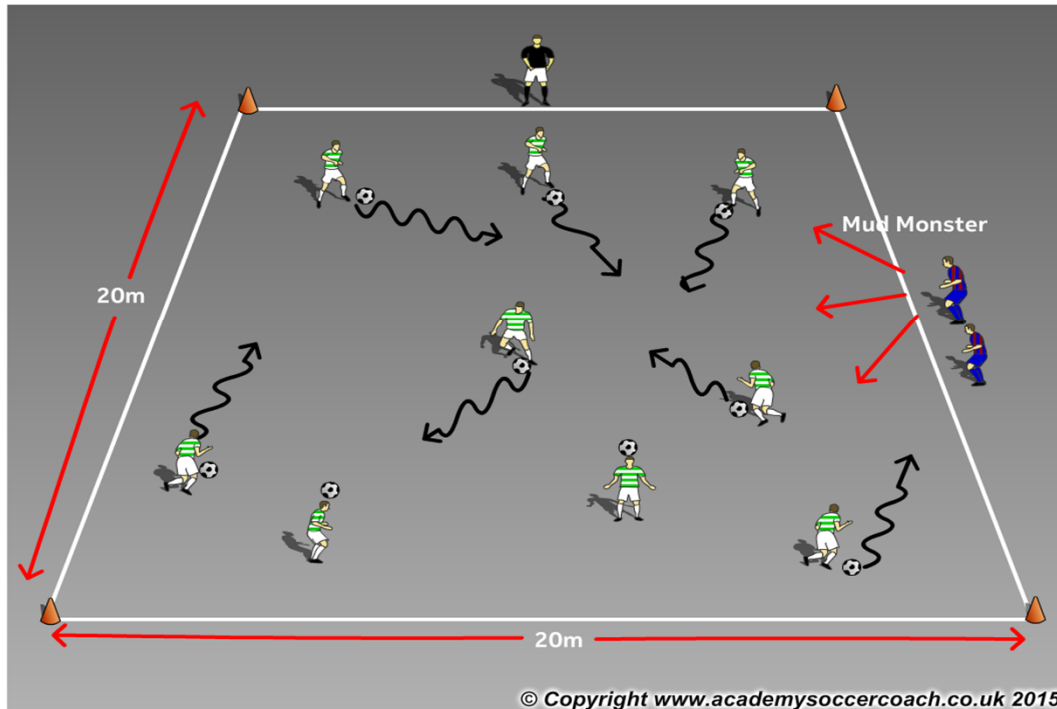
Coordination: %20

Soccer technique: %20

Small sided game: %40



FUNdamentals practice plan – Week 18
Station A
General Movements – Mud Monsters



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Organization: Players are inside a 20m x 20m area, all with a ball. 2 players are on out side without a ball and becoem the mudmonsters.
Procedure: All players dribble around inside the area. 2 players are selected to become the "MUD MONSTER". When the coach says go the Mud monster's come in and attempt to tag the players. If a player is tagged they must stand with their legs apart, holding the soccer ball and their head shouting, "help, help I'm stuck in the mud" to be freed a player who is dribbling crawls through the back of their legs. Each player gets to be the mud monster for 1 minute.

Time frame. 8-10 minutes

Emphasis:

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

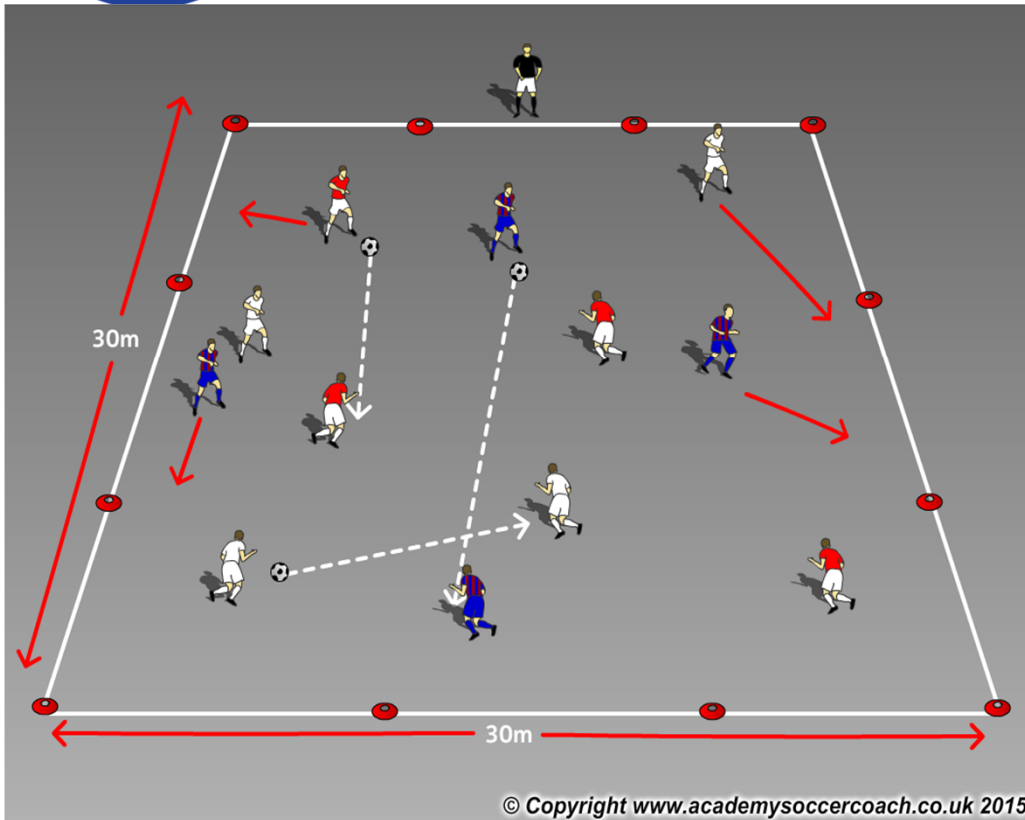
<p><u>Psychological</u> Can I get away/catch my partner? Confidence Being safe</p>	<p><u>Technical</u> Dribbling</p>
<p><u>Physical</u> Agility, Balance Change of Direction Speed</p>	<p><u>Social</u> Listening Problem Solving Celebrating</p>



FUNdamentals practice plan – Week 18

Station B

Passing and Receiving in 4s



Organization: Players are placed into groups of 4 inside a 30m x 30m area.
Procedure: in the groups of 4 players pass and move inside the area. Players are asked to move in game realistic fashion, with the focus being on the Quality of their pass, their first touch and also their movement to support the player in possession of the ball.

Time frame. 8-10 minutes

Emphasis:

Ask your players questions rather than providing all the answers.

Guide your players to make better decisions.

Psychological

Confidence
Being safe
Self Control

Technical

Passing
Receiving

Physical

A,B,C's
Change of Direction
Acceleration

Social

Listening
Communicating
How can I help my team mate?



FUNdamentals practice plan – Week 18

Station C

2 teams v 1 team



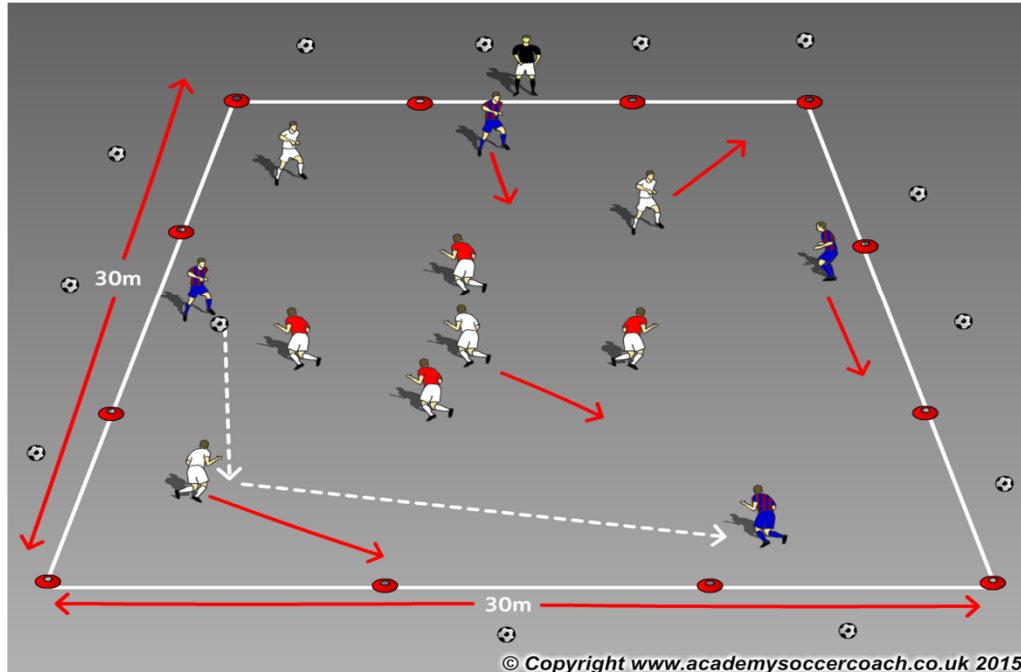
Time frame. 8-10 minutes

Emphasis:

Possession

Transition

Team work



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Organization: Players are placed into groups of 4 inside a 30m x 30m area.
Procedure: 2 teams are in possession of the ball and attempt to keep the ball away from the defending team. The team that loses possession (plays ball out of area or gives it away) becomes the defending team. Prior to defending the team that will become the defenders have to run to the coach, give a high five and then defend. This will allow the teams in possession to get organized. To score a point the teams in possession have to make 8 consecutive passes.

Psychological

Competition
 Confidence
 Decision making
 Fun

Technical

Passing
 Receiving
 Possession

Physical

Speed
 Transition
 Change of Direction

Social

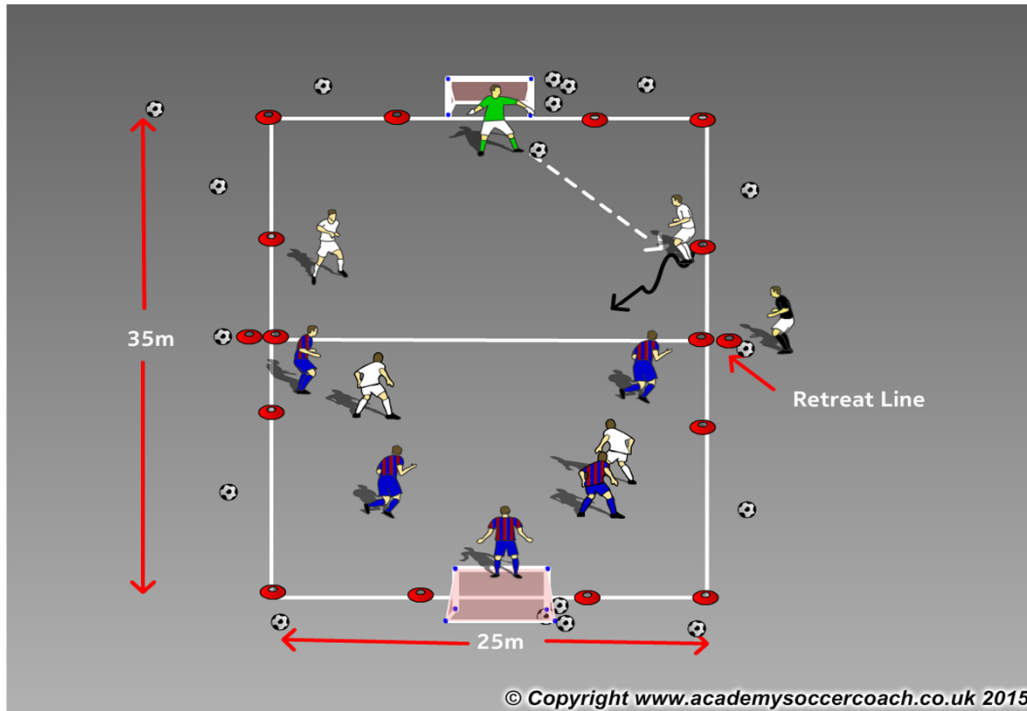
Listening
 Communicating
 How can we help each other?



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Station D

Small sided game – 5v5 – 7v7 with the Retreat line



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Organization: Players play 5v5 on a 35m x 25m field. The Retreat line is located at the half way line.

Procedure: Once the ball goes out for a goal kick or the goalkeeper has control of the ball the opposition must retreat behind the retreat line. Once the player receives the pass from the goalkeeper the game is live.

If you have odd numbers you can have the extra player become a neutral player in the game.

Time frame. 8-10 minutes

Emphasis:

FREE PLAY!
FUN!

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