



GRASSROOTS WORKBOOK & PRACTICE PLANS





Active Start practice plan
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.

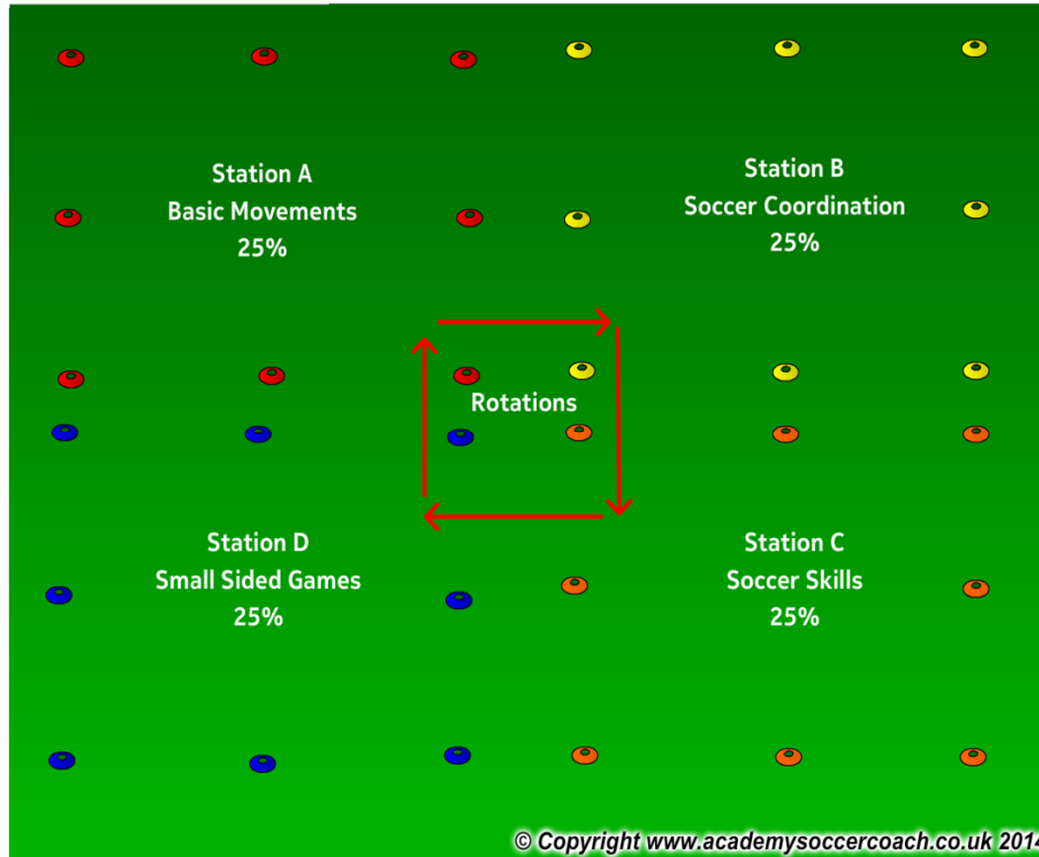
In the following activities players will travel through 4 stations. In these examples one station focuses on Physical Literacy, two stations on movements with the ball and the 4th station is focused around the game with the children playing 1v1.

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 40 minutes as per the Recreational and Development Matrix



Active Start practice plan How The OSA Player Development Model works

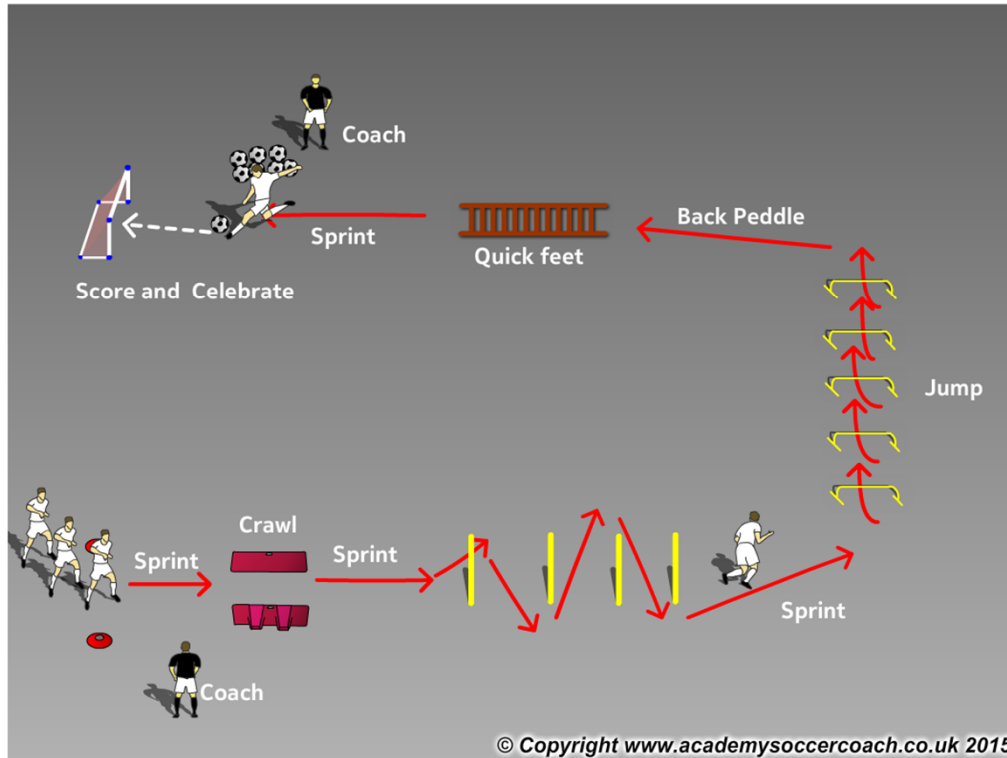


If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

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.



Active Start practice plan – Week 18
Station A
General movement – Physical literacy FUN!



Organization: As shown above. Players are shown a variety of movements from crawling, Sprinting, Jumping, back peddling, quick feet and shooting. Coaches have the freedom to set up course in any way that can help deliver physical literacy skills to children.

Time Frame. 8 minutes

Emphasis:

Agility, Balance, Coordination, Speed
 Different movements
 FUN

<p><u>Psychological</u> Confidence Manage problems FUN</p>	<p><u>Technical</u> Scoring Goals</p>
<p><u>Physical</u> A,B,C's Change of Speed Different movements</p>	<p><u>Social</u> Problem Solving Communicating Celebrating</p>



Active Start practice plan – Week 18

Station B

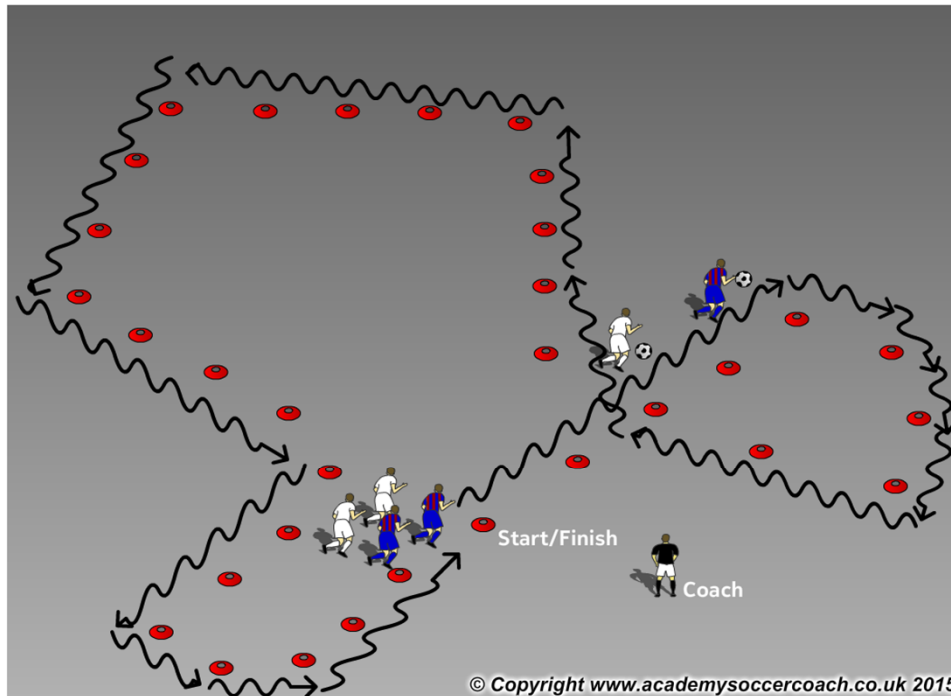
Soccer Technique – Formula 1



Time Frame. 8 minutes

Emphasis:

Dribbling
Different parts of the foot
Changing direction
Competition
FUN!



Organization: Players are placed into 2 teams of 3 and race track is created as shown above or coaches can create their own layout.

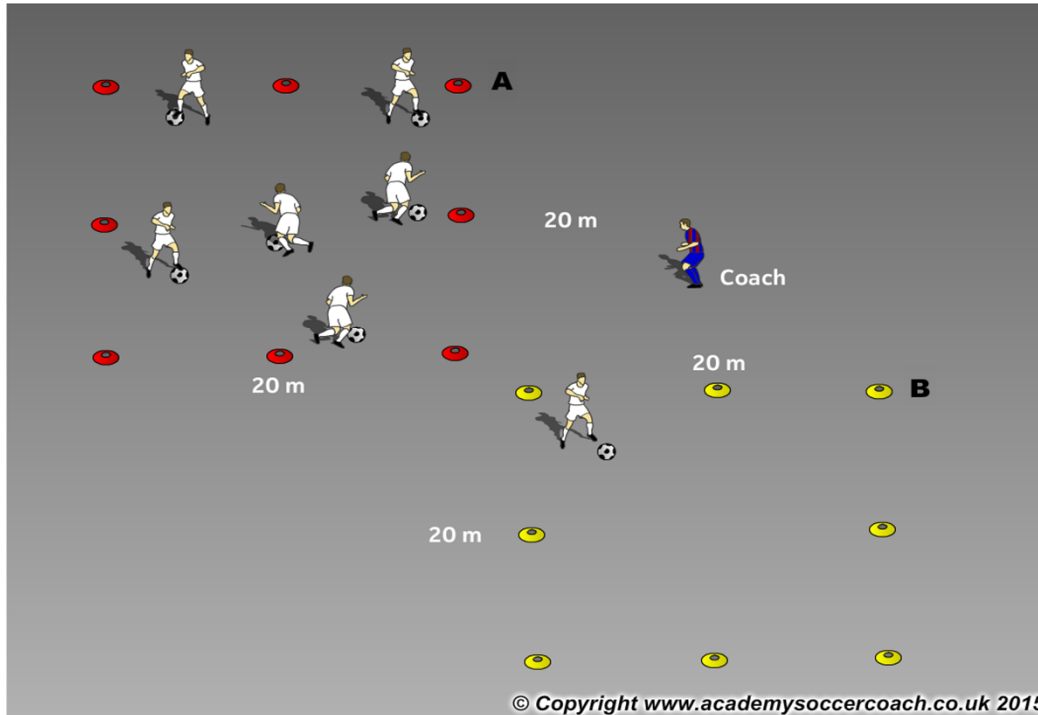
Procedure: 1 player from each team races around the race track and back to the starting point. When the players arrive back at the starting point they high 5 the next player and they race around the track. The activity can be done without a ball to start with and then a ball can be introduced.

Coaches can add road blocks etc to the course as the players progress.

<u>Psychological</u> Confidence Being safe FUN	<u>Technical</u> Dribbling Lots of small touches
<u>Physical</u> A,B,C's Change of Direction Change of Speed	<u>Social</u> Solving problems Team work Celebrating



Active Start practice plan – Week 18
Station C
Soccer Technique – Demolition Derby



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Organization: 2, 20m x 20m squares are set up with all players starting in the same square.

Procedure: Player's dribble around in square A attempting to knock other players balls out of the square. Once a player's ball gets knocked out of the square they go collect the ball and move to square B were they continue another game, once there are 2 players in the square they continue the game of Demolition Derby. Every time your ball leaves the square you continue in the other square.

Time Frame. 8 minutes

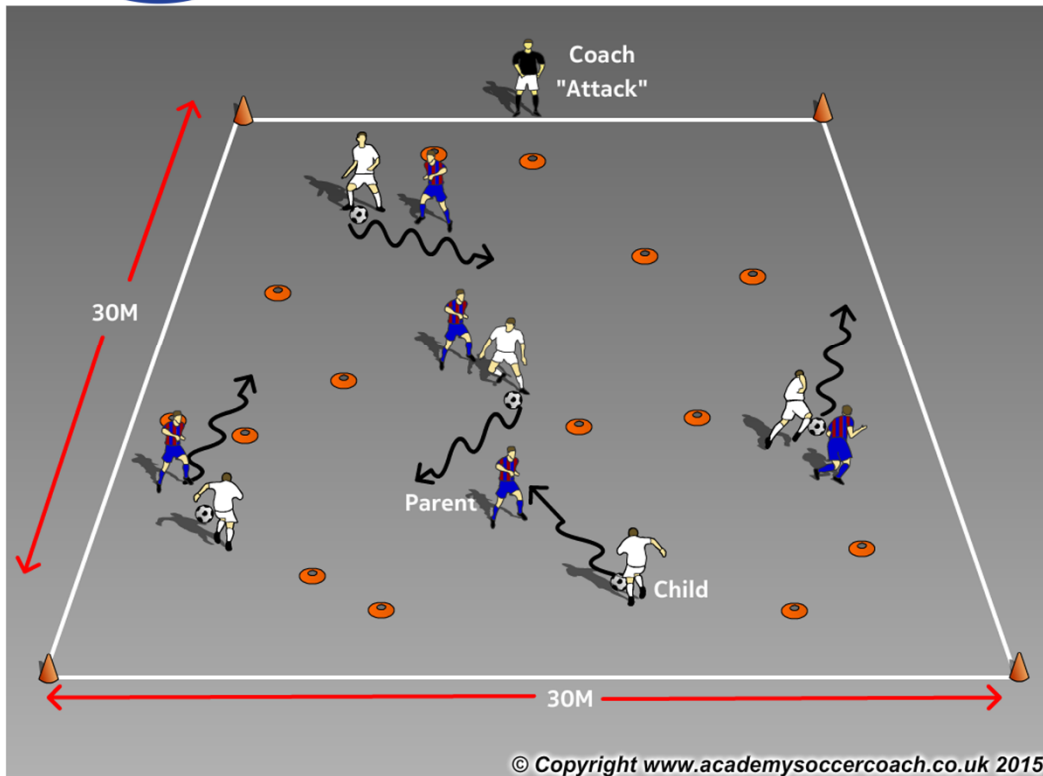
Emphasis:

- Dribbling
- Changing direction
- Competition
- Imagination
- FUN!**

<p><u>Psychological</u> Confidence Being safe Managing problems</p>	<p><u>Technical</u> Dribbling Lots of touches</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Cooperation Communicating Celebrating</p>



Active Start practice plan - Week 18
Station D
Small sided game – 1v1 with parent



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Organization: Players are paired with a parent inside a 30m x 30m area.
Procedure: When the coach calls "Attack" the child with ball attempts to dribble through the gates. The parent without the ball becomes the defender. If the defender wins the ball he/she then becomes the attacker and vice versa. Players play for 1 minute and score a point every time they go through a gate. The child should always be the winner in the games.

Time Frame. 8 minutes

Emphasis:

- Listening
- Running with the ball
- Dribbling
- Changing direction
- Agility, Balance, Coordination
- Imagination
- FUN!

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