

# 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.

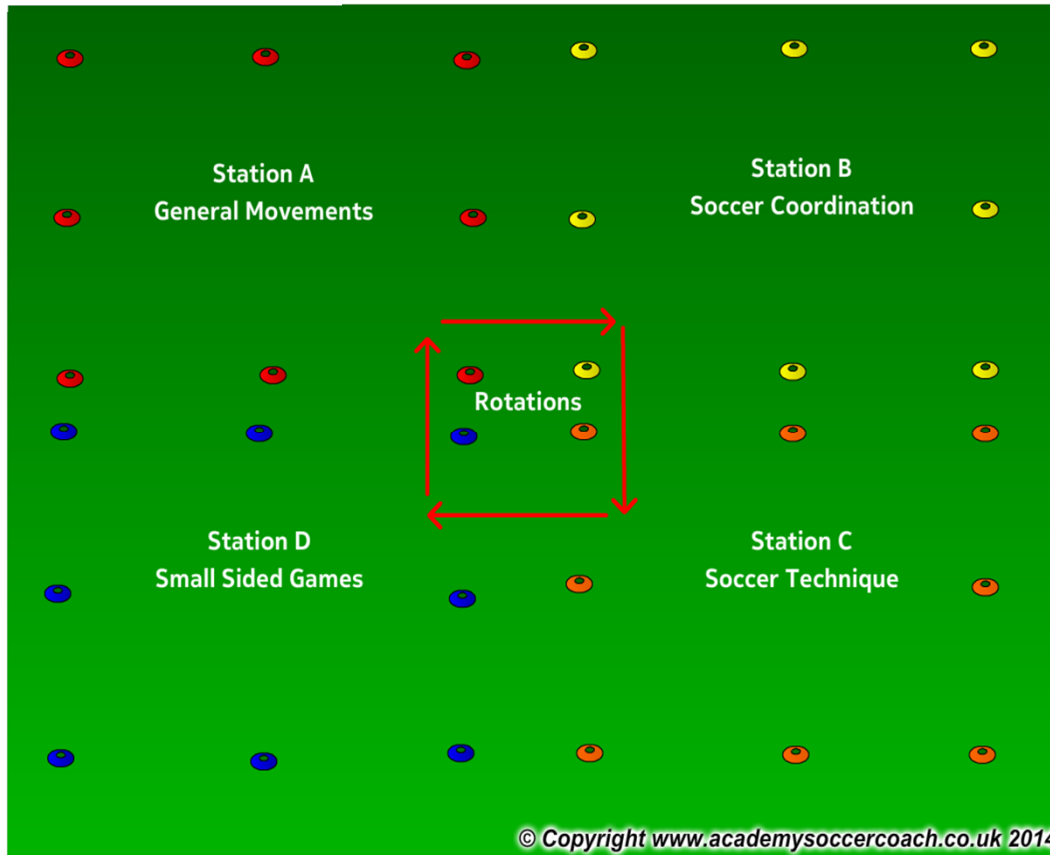
In the following activities players will travel through 4 stations. In these examples one station focuses on general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a small sided soccer game of 2v2, 3v3, 4v4 or 5v5.

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 15

### Station A

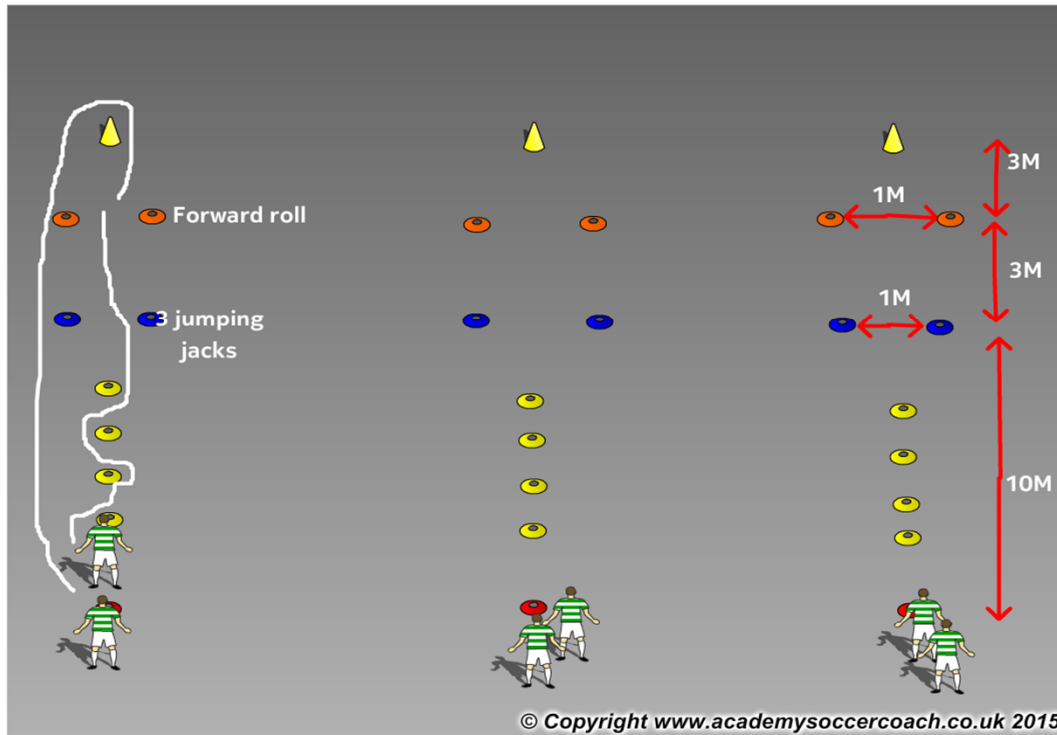
### General Movements – Relay Races



**Time frame. 8-10 minutes**

### **Emphasis:**

Changing direction  
Agility, Balance, Coordination  
**FUN!**



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**Organization:** Players are placed into 2 or 3s.  
**Procedure:** The 1st player runs in and out of the yellow cones and then sprints to the blue gate. The player performs 3 jumping jacks and then runs backwards to the orange cones where they perform a forward roll. They then run around the end yellow cone and sprint straight back to the start, give their partner a high 5 and then the next player goes. Players waiting perform jumping jacks.

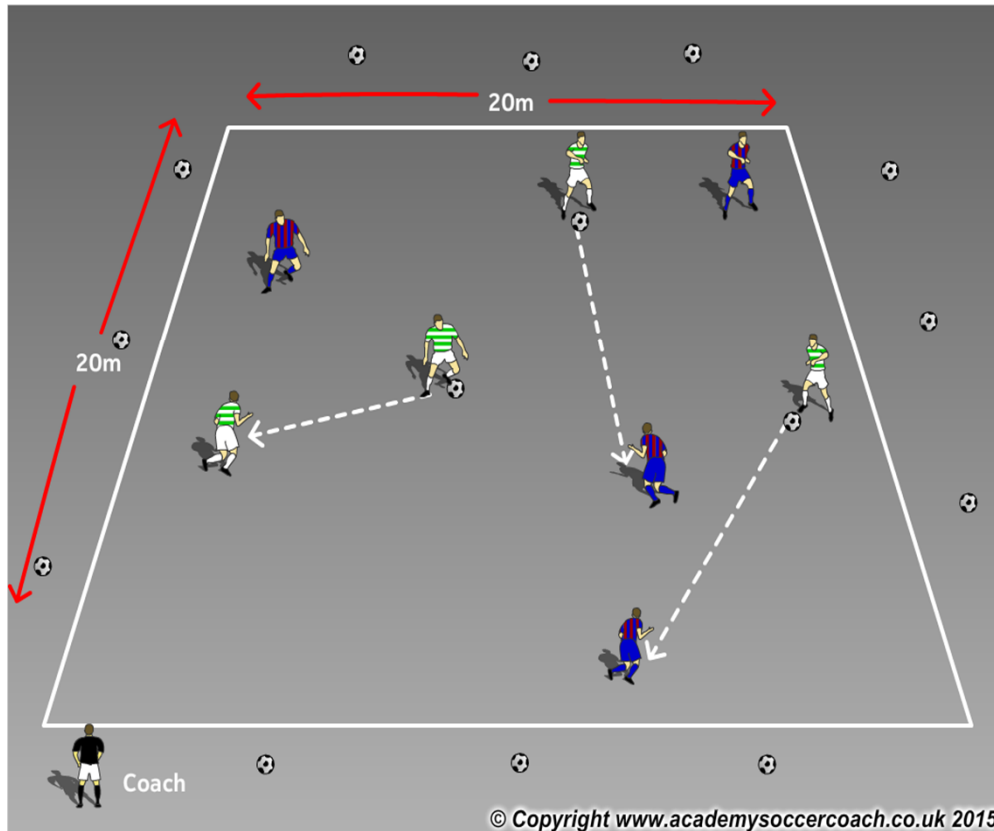
<b><u>Psychological</u></b> Positive reinforcement Confidence Being safe	<b><u>Technical</u></b>  N/A
<b><u>Physical</u></b> Agility, Balance Change of Direction Speed	<b><u>Social</u></b> Listening Communicating Celebrating



## FUNdamentals practice plan – Week 15

### Station B

### Passing and Receiving



**Organization:** 2 teams of players, 1/2 players with a ball. Use a 20m x 20m area  
**Procedure:** Players pass the ball using various surfaces of the foot and receiving with various surfaces of the foot. Encourage quick passes, accuracy and pace.

Time frame. 8-10 minutes

### Emphasis:

Passing  
 Receiving  
 Balance  
 A,B,C'S  
 FUN!

<p><b><u>Psychological</u></b>            Confidence            Being safe            Individual Goals</p>	<p><b><u>Technical</u></b>            Passing            Receiving</p>
<p><b><u>Physical</u></b>            A,B,C's            Change of Direction</p>	<p><b><u>Social</u></b>            Listening            Communicating            Interacting with friends</p>



## FUNdamentals practice plan – Week 15

### Station C

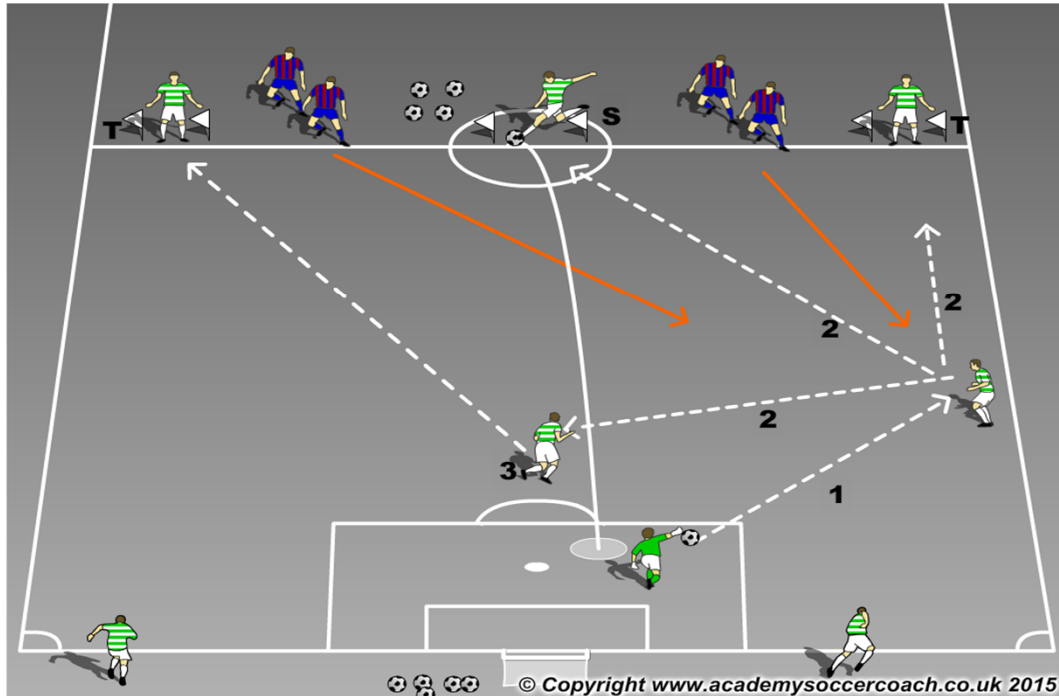
## Soccer technique – Playing out from the Goalkeeper



**Time frame. 8-10 minutes**

### **Emphasis:**

Dribbling  
Passing  
Decision making  
FUN!



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**Organization:** Players set up as above.

**Procedure:** S plays ball into the goalkeeper. The goalkeeper now looks to distribute the ball to one of his/her team mates. As soon as the player receiving the ball touches the ball the 2 strikers are released to pressure the ball. The team in possession now look to get the ball to T or S to score a point. If the Strikers win possession they head to goal. All players rotate through all positions.

### **Psychological**

Positive reinforcement  
Confidence  
Decision making  
Fun

### **Technical**

Dribbling  
Passing  
Defending

### **Physical**

Speed  
A,B,C's  
Change of Direction

### **Social**

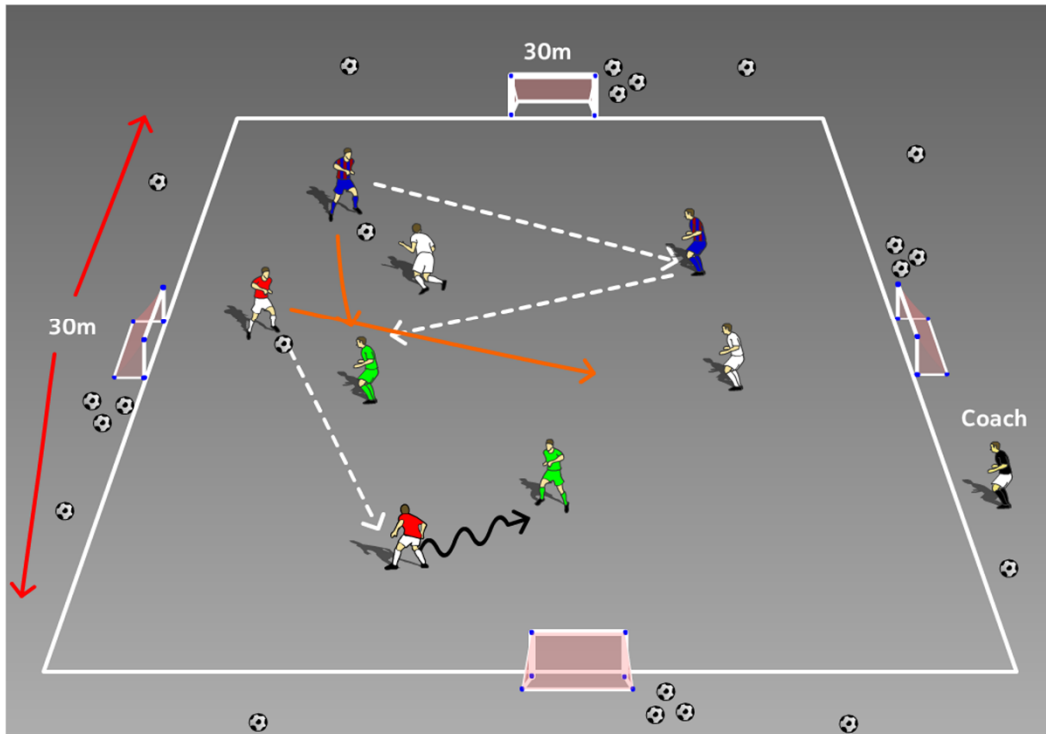
Listening  
Communicating  
Interaction with peers



## FUNdamentals practice plan – Week 15

### Station D

### Small sided game – Two 2v2 games on the same field



**Organization:** 4 teams of 2 players are placed on to a field 30mx30m.  
**Procedure:** Players play two games of 2v2 with one game being played in one direction and the other game being played in the opposite direction. Players are now placed in to a game situation that will enable them to make decisions based on what is happening around them.

**Time frame. 8-10 minutes**

### **Emphasis:**

Passing  
 Receiving  
 Attacking/Defending  
 Decision making  
 FUN!

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