

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.

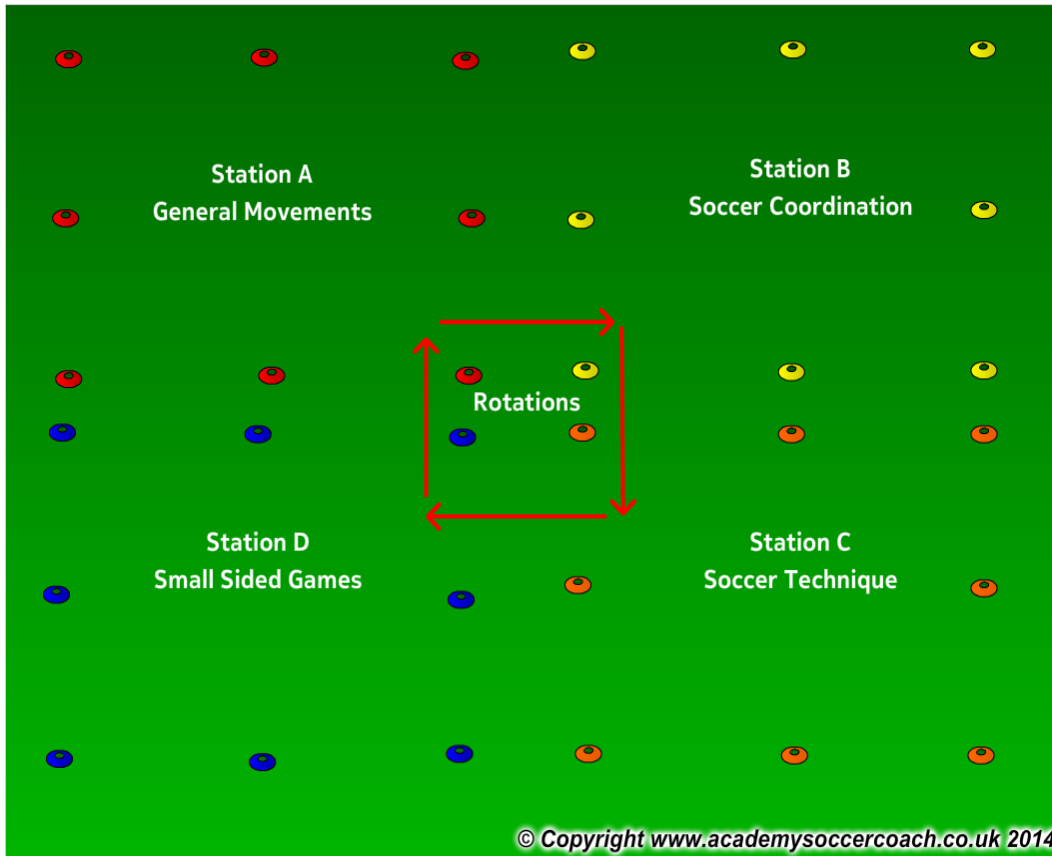
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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

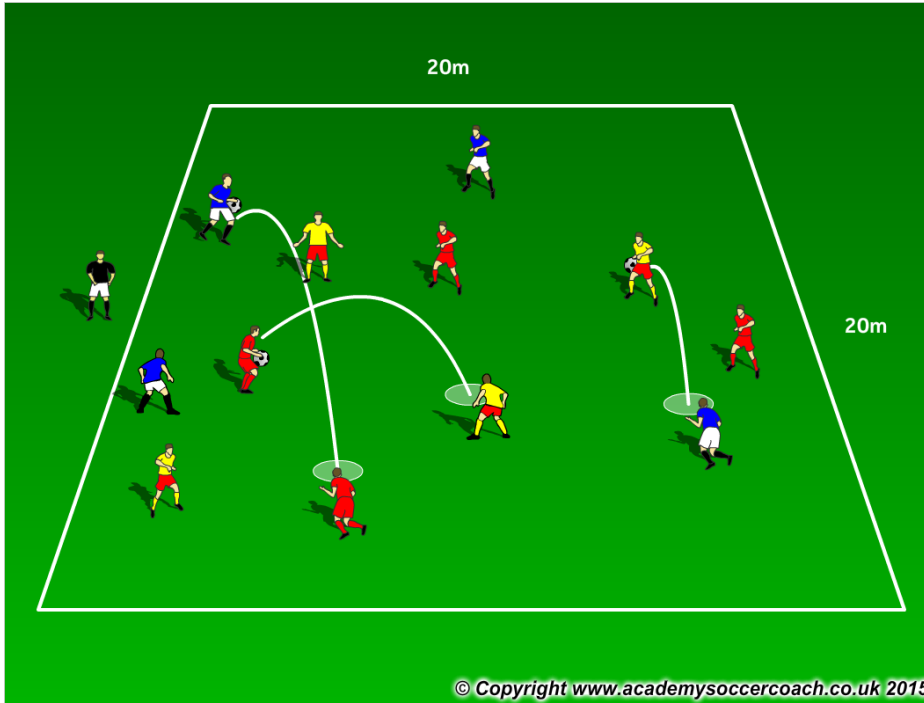
Small sided game: %40



FUNdamentals practice plan – Week 36

Station A

General Movements – Continuous Movement



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Organization: Players are divided into 3 or 4 groups and placed in a 20x20m area. 1 ball per group.

Procedure: Players move around the area using type of movement dictated by coach: running, backwards running, hopping, skipping etc. Players throw the ball to each other using a variety of techniques: overhead throw, under-arm throw, chest/bounce pass, 1 hand throw under opposite leg, American football “snap”.

Progressions: Players can only play to players in same team (red only pass to red), Players must pass to a different team each time (Red must play blue or yellow).

Time frame. 8-10 minutes

Emphasis:

Agility, Balance, Coordination, Speed
Changing Direction
FUN!

<p><u>Psychological</u> Confidence Creativity Problem solving Being safe</p>	<p><u>Technical</u> Throwing Catching Passing</p>
<p><u>Physical</u> Agility, Balance Change of Direction Speed</p>	<p><u>Social</u> Listening Problem Solving Teamwork</p>



FUNdamentals practice plan – Week 36

Station C

Technical work – Dribbling/Running with the Ball

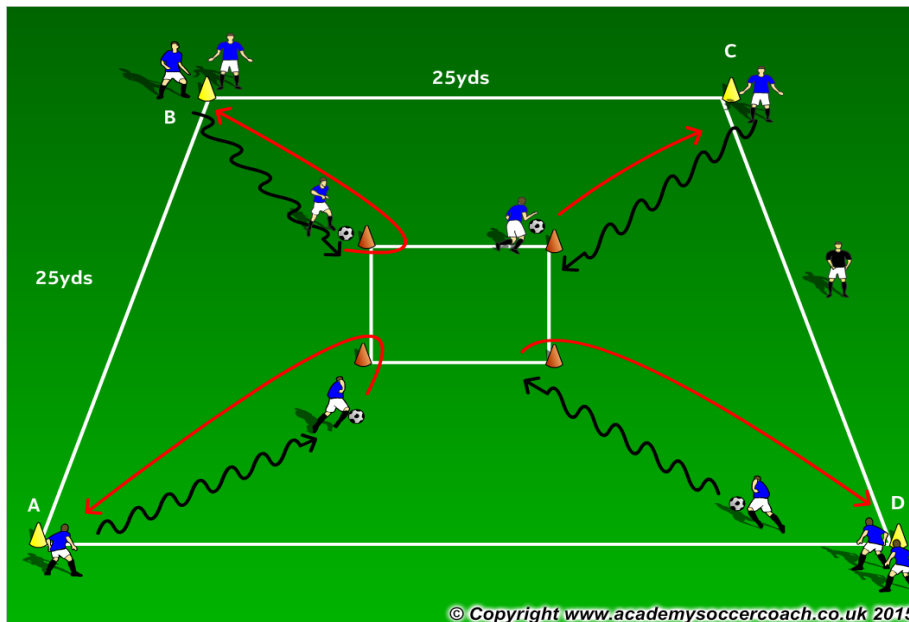


Time frame. 8-10 minutes

Emphasis:

Running with the ball
Dribbling
Problem solving

Allow players to be creative.



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Organization: Set up large grid 25x25 yds with a smaller 8x8yds area in the centre. Position large pylon at each corner of the smaller grid. Players are divided evenly and positioned at a corner of the large grid (A,B,C,D) with no more than 3 per corner. 1 ball with each group of players

Procedure: Players will dribble to the centre pylon using different ball manipulation (inside/outside foot, sole, laces etc).

Once at the centre cone they turn staying as close to the pylon as possible before running the ball at speed back to next player in line.

Progression 1: When players turn at the centre pylons they return to a different line (eg. If everyone is moving clockwise: start at A dribble to pylon, turn and run ball back to B)

Progression 2: Players dribble at the same time through central grid and join opposite line (A dribbles through centre box and joins C)

Psychological

Confidence
Being safe
Creativity

Technical

Dribbling
Running with the ball

Physical

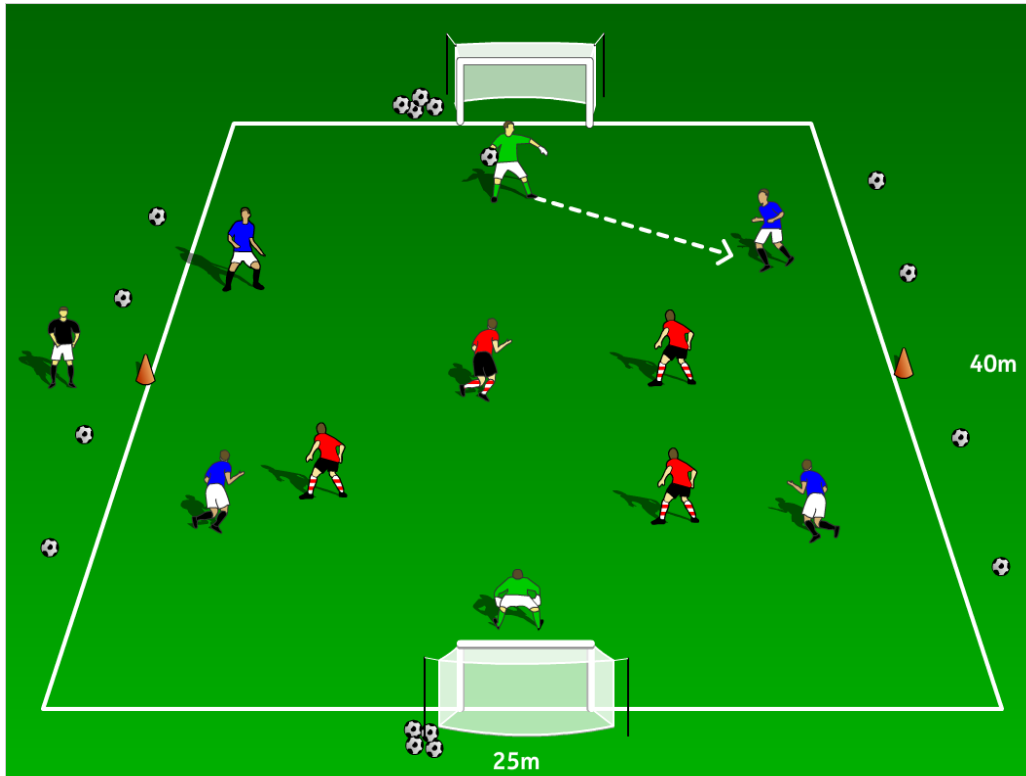
A,B,C's
Change of Direction
Acceleration

Social

Listening
Communicating
FUN



FUNdamentals practice plan – Week 36
Station D
Small sided game – 5v5 – with retreat line



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Organization: Players play 5v5 in a 40x25m area (6v6/7v7 = increase area accordingly). Balls stationed along outside of field. Retreat Line marked at half way line for 5v5.

Time frame. 8-10 minutes

Emphasis:

FREE PLAY!
FUN!

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