

# 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 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.

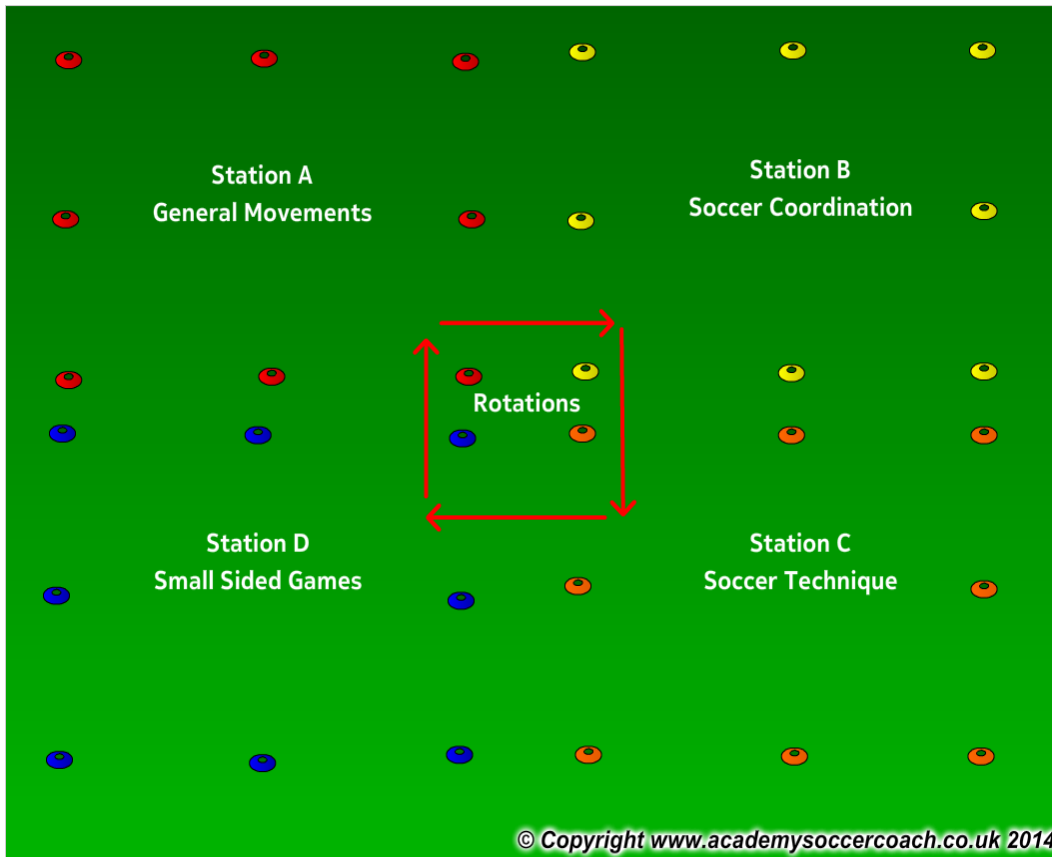
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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.

General Movement: %20

Coordination: %20

Soccer technique: %20

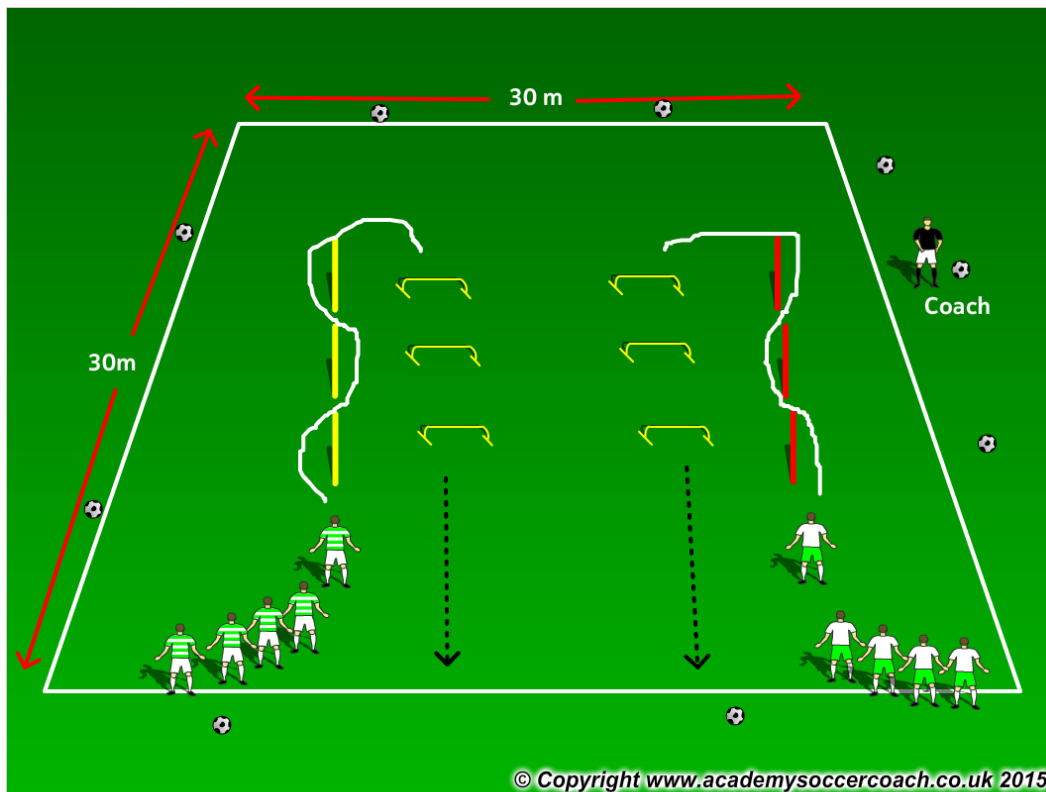
Small sided game: %40



# FUNdamentals practice plan

## Station A

### General Movements



**Organization:** 3 or 4 Poles, 3 or 4 hurdles. Place equipments as it shown in diagram.

**Procedure:** first player from each team runs in and out of the poles, and jumping over the hurdles. When they finish the last hurdle, he/she sprint to the end of the line. The team that finish faster win.

Time frame. 8-10 minutes

### Emphasis:

Changing direction  
Agility, Balance, Coordination  
Awareness  
FUN!

#### Psychological

Positive  
reinforcement  
Confidence  
Being safe

#### Technical

N/A

#### Physical

Eye-foot coordination  
Agility, Balance  
Change of Direction

#### Social

Listening  
Communicating  
Celebrating



## FUNdamentals practice plan

### Station B

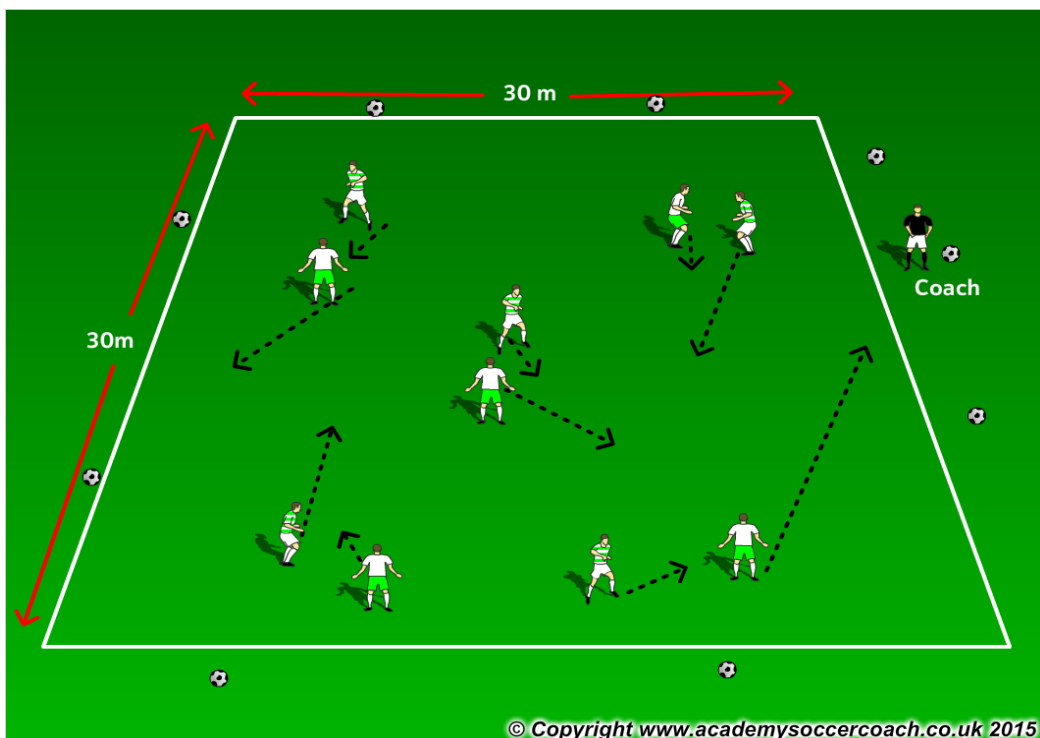
### Soccer Coordination



Time frame. 8-10 minutes

Emphasis:

Dribbling  
Changing direction/Speed  
Balance  
FUN!



**Organization:** A 30mx30m field. 10 players divided in two teams, 5 pinnies.  
**Procedure:** 5 players have the pinnies tucked in back of their short, and moving around the field, and the other 5 players trying to take the pinnies. Last Player with pinnies will earn a point for his/her team.  
**Progression:** Same procedure as above, players with pinnies can have the ball.

Psychological

Confidence  
Being safe

Technical

Dribbling  
Running with the ball

Physical

A,B,C's  
Change of Direction

Social

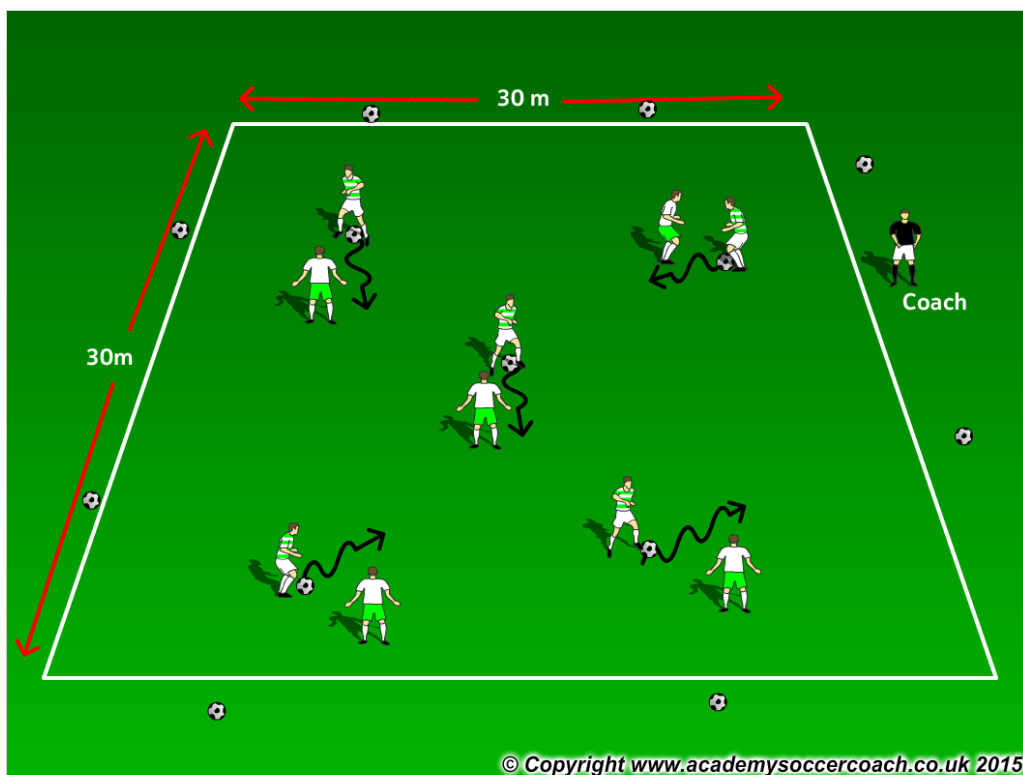
Listening  
Communicating  
Interacting with  
friends



# FUNdamentals practice plan

## Station C

### Soccer technique – Dribbling



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**Organization:** A 30mx30m field. 10 players divided in two teams, extra balls around the field.

**Procedure:** 5 players have the ball, and moving around the field trying to dribble to pass the players without the ball. Players use different dribbling move. i.e.: Fake and turn, step over. Players change the role on coach's call.

Time frame. 8-10 minutes

Emphasis:

Dribbling

1v1 attacking

Change of speed

Agility, Balance, Coordination

**FUN!**

#### Psychological

Positive  
reinforcement  
Confidence  
Being safe  
Fun

#### Technical

Dribbling  
Part of the foot  
Part of the ball  
Using both feet

#### Physical

Speed  
A,B,C's  
Change of Direction

#### Social

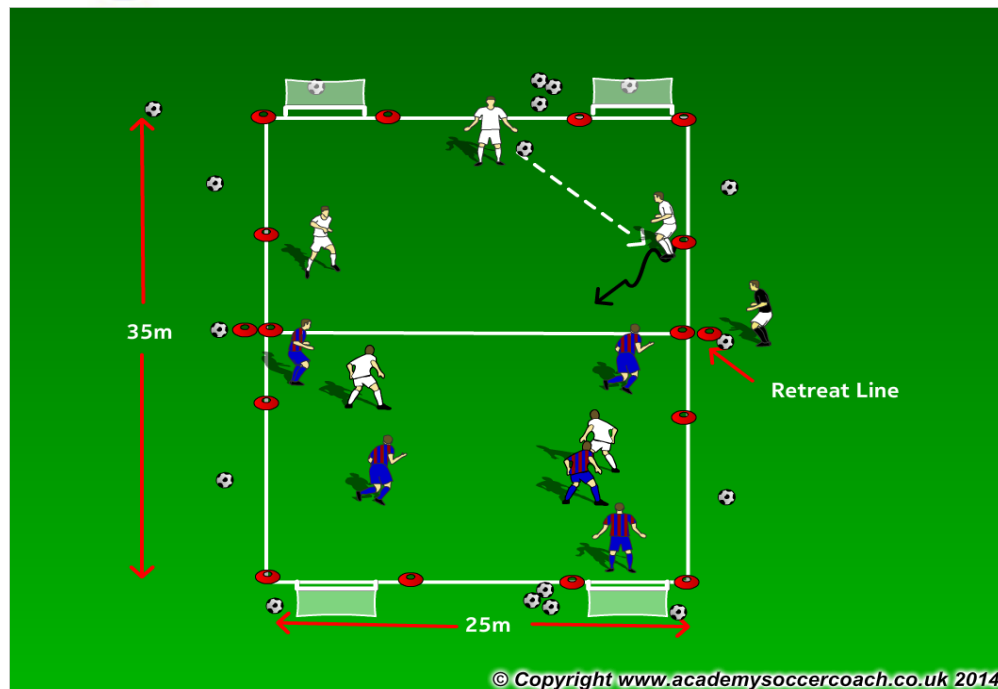
Listening  
Communicating  
Interaction with peers



# FUNDamentals practice plan

## Station D

### Small sided game with retreat line



5V5 with the Retreat line.

**Organization.** Players play 5v5 on a 35mx25m field. The Retreat line is located at the half way line. 2 goals are located at each end

**Procedure.** Once the ball goes out for a goalkick or the goalkeeper has control of the ball the oppersition must retreat behind the retreat line. Once the player receives the pass from the goalkeeper the game is live.

When scoring a goal team in possession has two goals to score on.

If you have odd numbers you can have the extra player become a neutral player in the game who plays for the team in possession.

Time frame. 8-10 minutes

Emphasis:

Dribbling

1v1

Changing direction/Speed

Imagination

FUN!

Psychological

Fun

Confidence

Being safe

Decision making

Technical

passing

Dribbling

Shooting

Physical

Speed

A,B,C's

Change of Direction

Social

Listening

Communicating

Celebrating