

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.

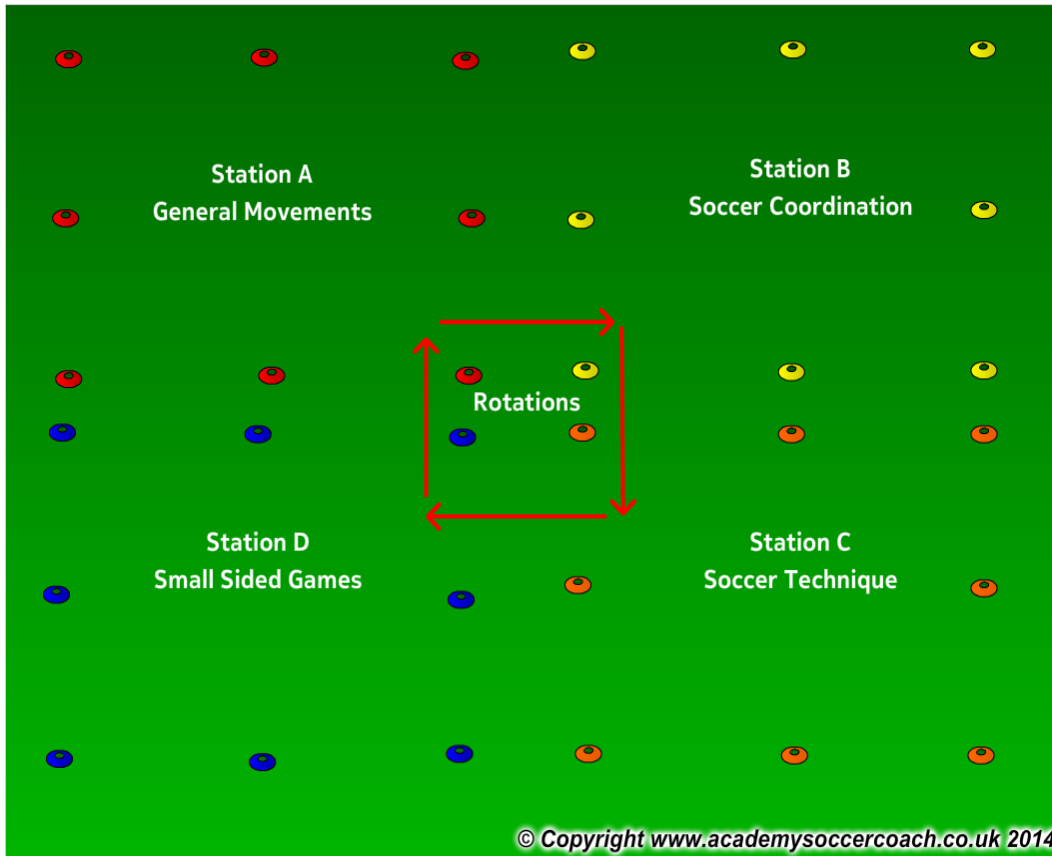
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

Total Practice time 45 minutes as per the Recreational and Development Matrix



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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

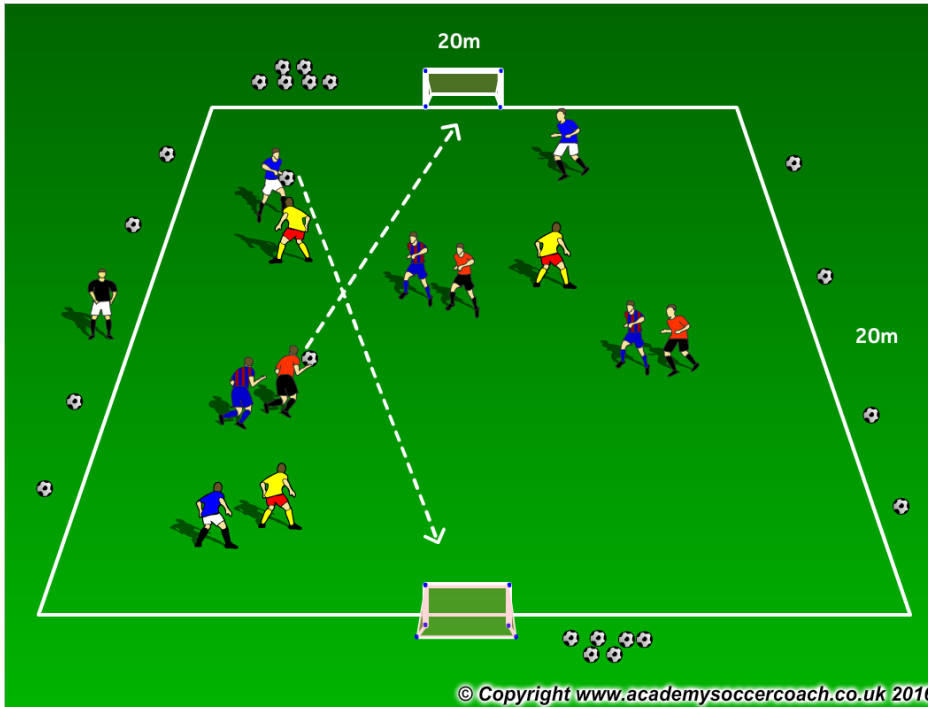
Coordination: %20

Soccer technique: %20

Small sided game: %40



FUNdamentals practice plan – Week 37
Station A
General Movements – 3v3 + 3v3 Handball



Organization: - Players placed in 20x30m area with 2 nets positioned on either endline. - Balls positioned around the outside of the playing area.
Procedure: - 2 handball games going on within the one playing area - Players can only take 2 steps when they are in possession. - Players score by putting the ball into their opponents net.- No GK's

Time frame. 8-10 minutes

Emphasis:

Agility, Balance, Coordination, Speed
 Changing Direction
 FUN!

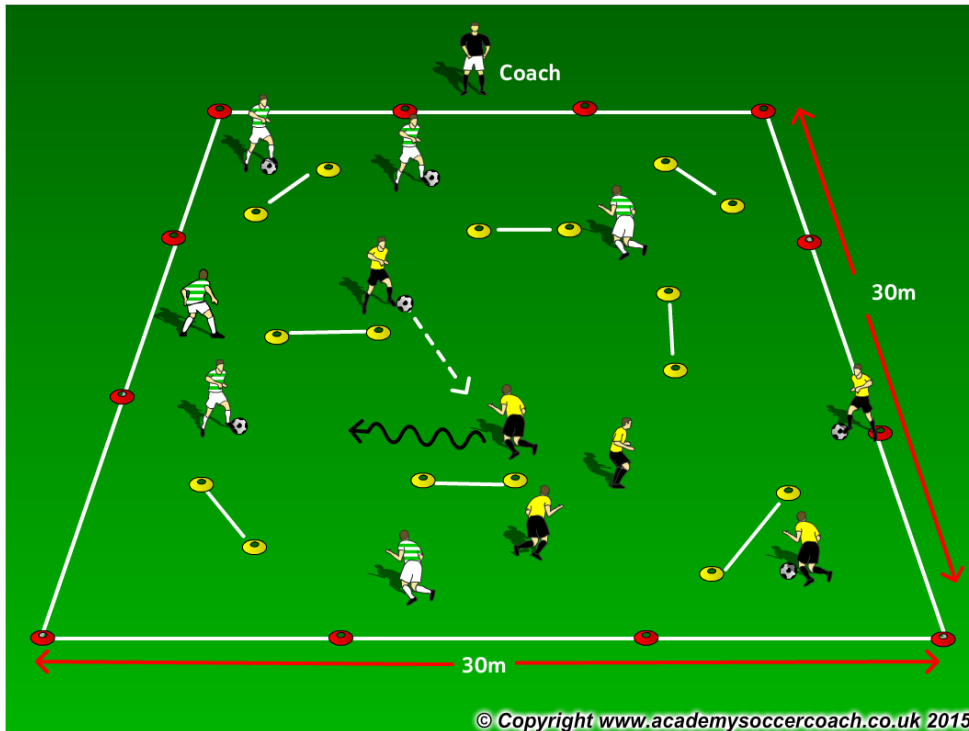
<p><u>Psychological</u> Confidence Creativity Problem solving Being safe</p>	<p><u>Technical</u> Throwing Catching Passing</p>
<p><u>Physical</u> Agility, Balance Change of Direction Speed</p>	<p><u>Social</u> Listening Problem Solving Teamwork</p>



FUNdamentals practice plan – Week 37

Station C

Technical work – Passing Gates



Organization. Players are placed into 2s inside 30mx30m area.
Procedure. Players pass and move inside area. Focus should be on how the player passes and receives the ball.
Progression. To make it fun/competitive for the players add gates into the area and on the command of "Shopping" players look to pass the ball through the gates. each gate =1point, after 60 seconds pair with the most points wins the competition. Repeat game several times.

Time frame. 8-10 minutes

Emphasis:

Passing & Receiving
 Problem solving
 Support

Allow players to be creative.

Psychological

Confidence
 Being safe
 Creativity

Technical

Dribbling
 Running with the ball

Physical

A,B,C's
 Change of Direction
 Acceleration

Social

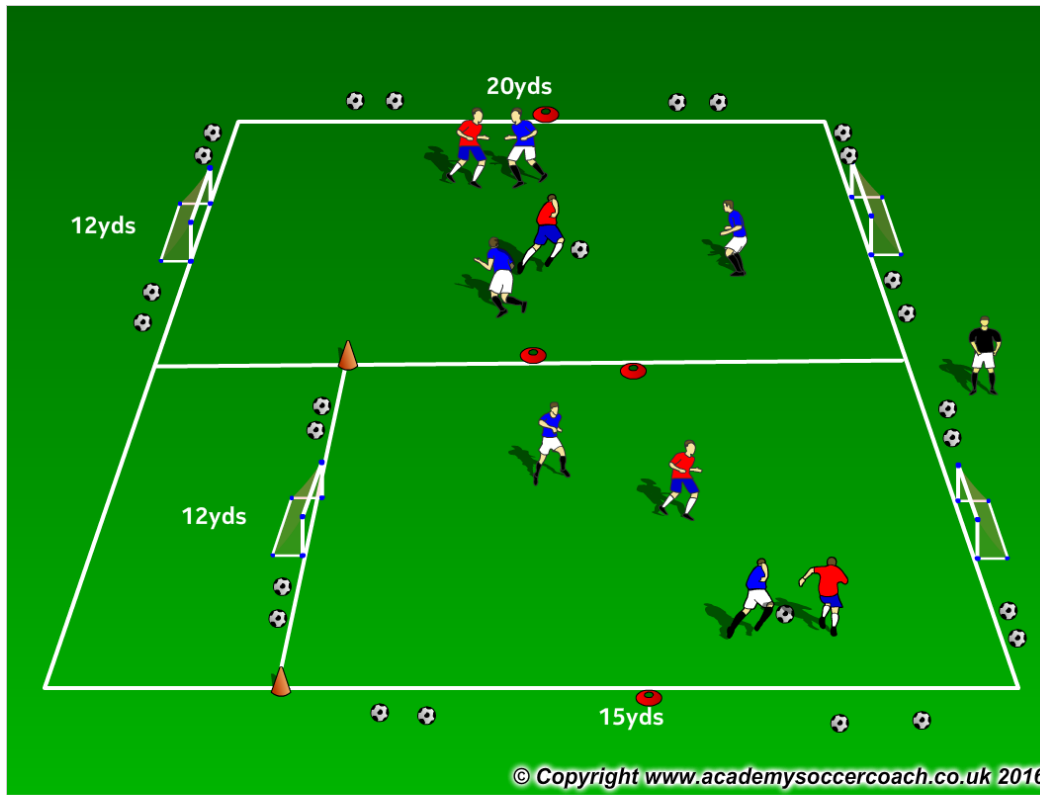
Listening
 Communicating
 FUN



FUNdamentals practice plan – Week 37

Station D

Small sided game – 3v3/2v2 – with retreat line



Organization: Create two mini fields, one 12 x 15yards & the other 12 x 20 yards.

Balls around perimeter

Procedure: Players play 3v3 in larger field & 2v2 in smaller field

Time frame. 8-10 minutes

Emphasis:

FREE PLAY!

FUN!

Psychological

Fun
Confidence
Being safe
Decision making

Technical

Passing
Receiving

Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating
Teamwork