

# 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.

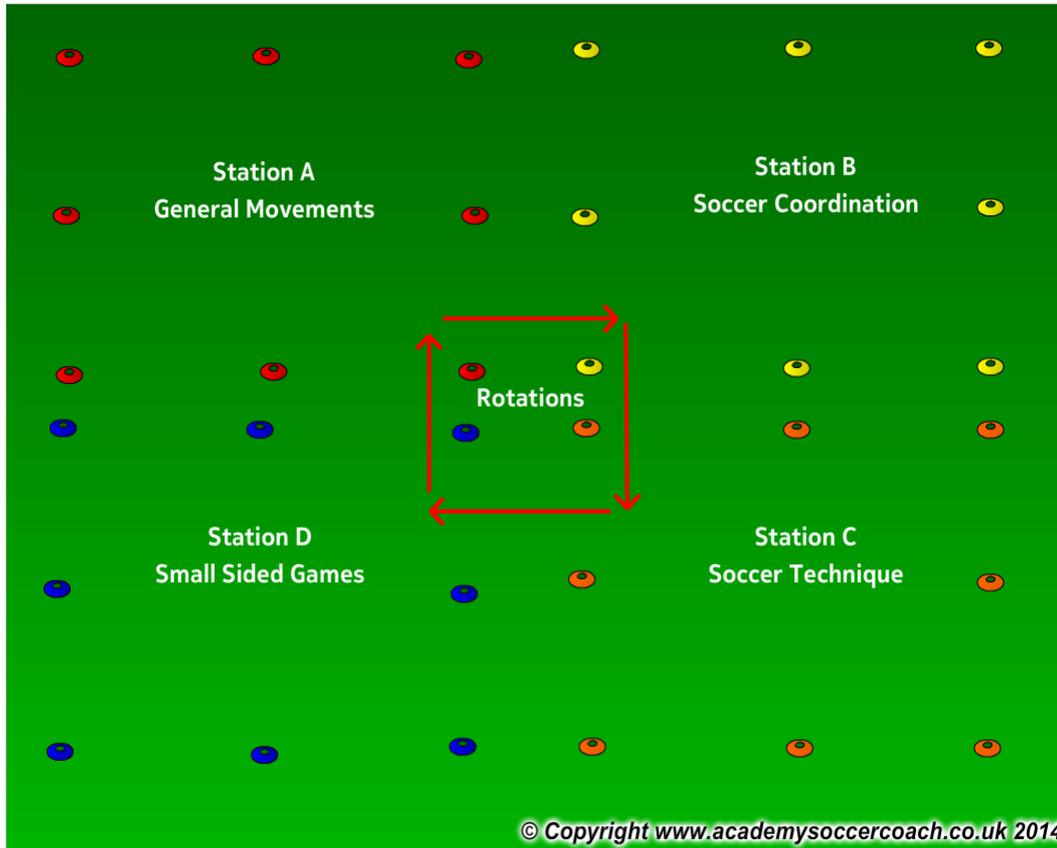
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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

## Station A

### General Movements – Spaceships



Time frame. 8-10 minutes

Emphasis:

Agility, Balance, Coordination, Speed  
Changing Direction  
**FUN!**

<p><u>Psychological</u> Confidence Creativity Imagination Being safe</p>	<p><u>Technical</u> Dribbling Shielding</p>
<p><u>Physical</u> Agility, Balance Change of Direction Speed</p>	<p><u>Social</u> Listening Problem Solving Teamwork</p>

#### **Organisation**

-Twelve players dribble the ball round in a 25x25 area.

#### **Procedure**

Players fly around using their ball (space rocket)

Avoid the asteroids (cones)

Listen to coaches command,

Blue - Earth, Yellow - Saturn, Red - Mars, Orange - Jupiter. If white Cones - the moon.

Blast off at each planet - count down and use toe taps.

Boxes for - turbulence

Drag backs to go the other way.

Toe taps to climb off the rocket

Hopping or moon walk when off the space ship.

Alien - Players crawl or roll round to avoid detection.

Ask players what they have found or what they can see.

Count down to get back to the spaceship (ball)

#### **Progression:**

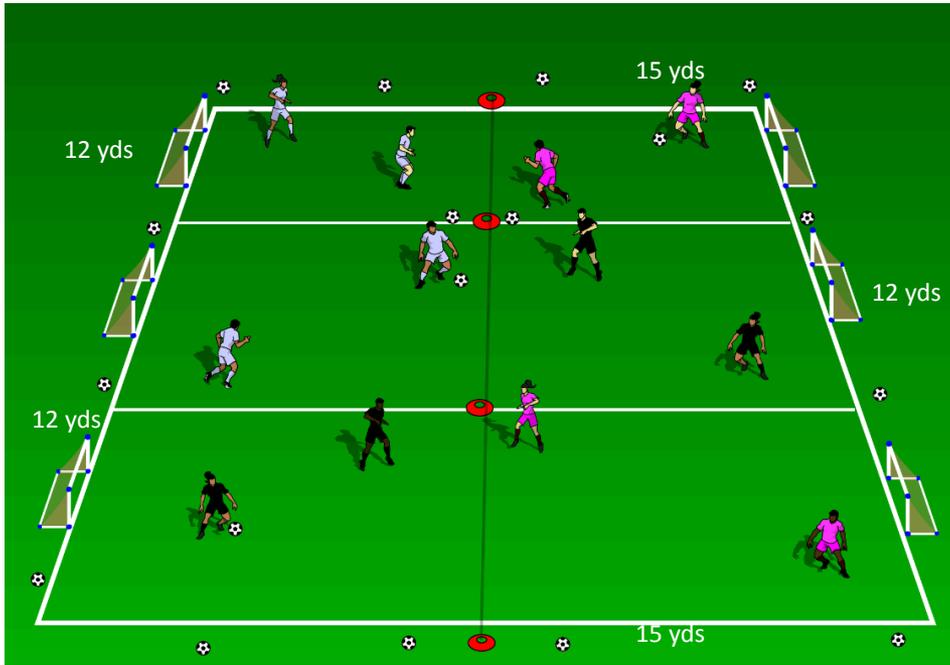
Coach could be the alien and try and touch the ball - players have to shield



# FUNdamentals practice plan

## Station D

### Small sided game – 2v2 – with retreat line



Time frame. 8-10 minutes

Emphasis:

FREE PLAY!

FUN!

#### Organisation

-Create three mini fields, 12x15 yards. Balls around the perimeter.

#### Procedure

Players play 2v2 in smaller fields. After 2 minutes. Rotate the teams. Can do a competition ladder and rock paper scissors if a tie.

Include celebrations with team mates, high 5's, come up with their own etc.

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



FUNdamentals practice plan  
Station C  
Technical “Bruce the Shark”



Time frame. 8-10 minutes

Emphasis:

Passing & Receiving  
 Problem solving  
 Support.



**Organisation**

-Eight players dribble the ball round in a 25x25 area.

**Procedure**

On Coaches command, three of four ‘Sharks’ (without a ball) enter the area and try to get soccer balls by putting their foot on top of the ball. The soccer players or fishes try to protect their ball by moving in to space and shielding. Every time the shark touches a ball, the players, stand and call for a high 5 to be freed and back in to the game. Rotate sharks after 2 minutes.

**Progression:**

If players are tagged, they must move round the area by hopping, until they get a high 5 from their team mate.

OR Players crawl or skip behind the ball as they approach.

**Alternative Progression:**

Sharks have balls to dribble too.  
 Increase the amount of sharks to 5 or 6.

<u>Psychological</u> Confidence Being safe Creativity	<u>Technical</u> Shielding the ball Running with the ball
<u>Physical</u> A,B,C's Change of Direction Acceleration	<u>Social</u> Listening Communicating FUN



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<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Celebrating Teamwork</p>