

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.

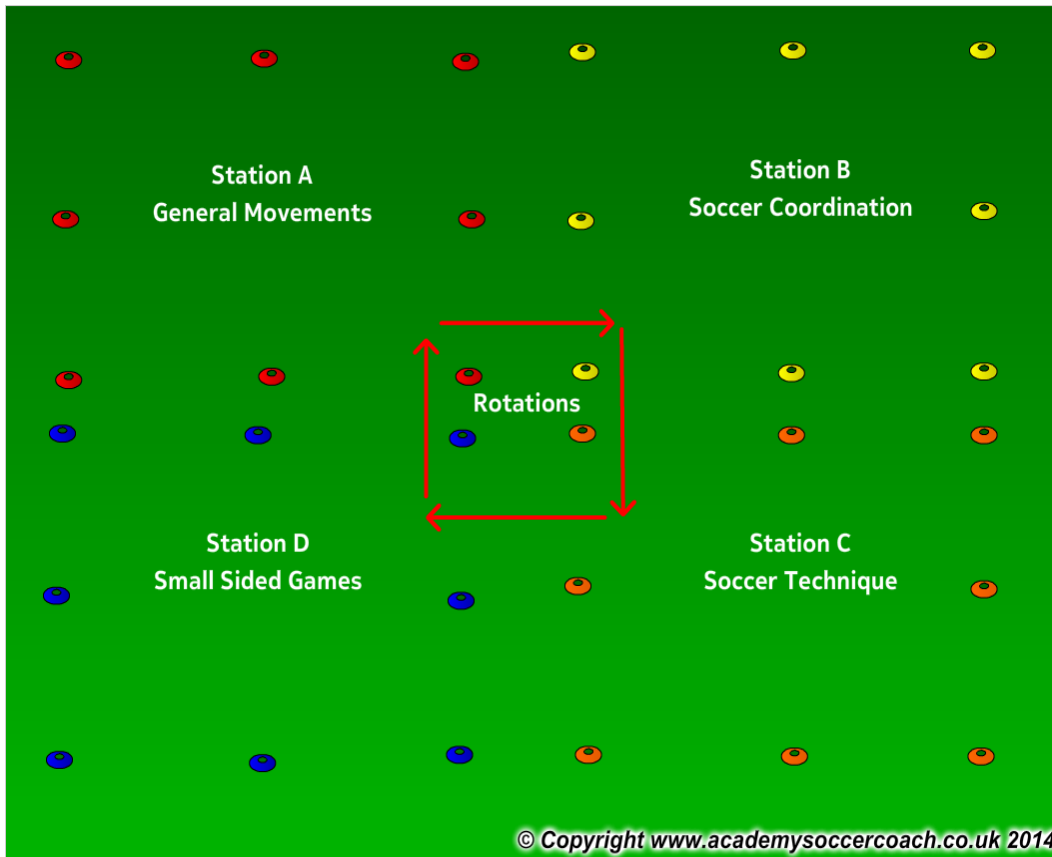
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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 26

Station A

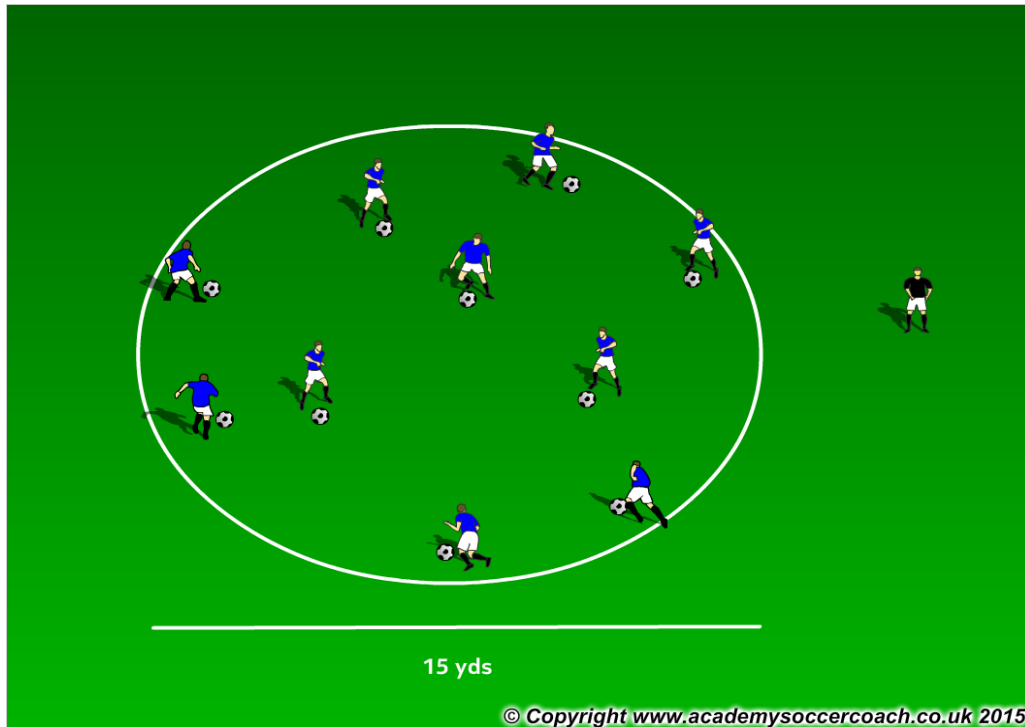
General Movements – King of the Ring



Time frame. 8-10 minutes

Emphasis:

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



Organization: All players have a ball each and are placed in a circle, approx 15 yards in diameter.

Procedure: Players dribble their ball ensuring that the ball is always moving. On coach command all players keep their own ball under control while attempting to kick other players balls out of the circle.

If a players ball is kicked from the circle they must retrieve it and perform a task to re-enter play. example: 10 toe-taps, 1 lap of the circle dribbling their ball.

Psychological

Decision Making
Confidence
Being safe
Spatial Awareness

Technical

Dribbling
Shielding

Physical

Agility, Balance
Change of Direction
Speed

Social

Listening
Problem Solving
Celebrating



FUNdamentals practice plan – Week 26

Station B

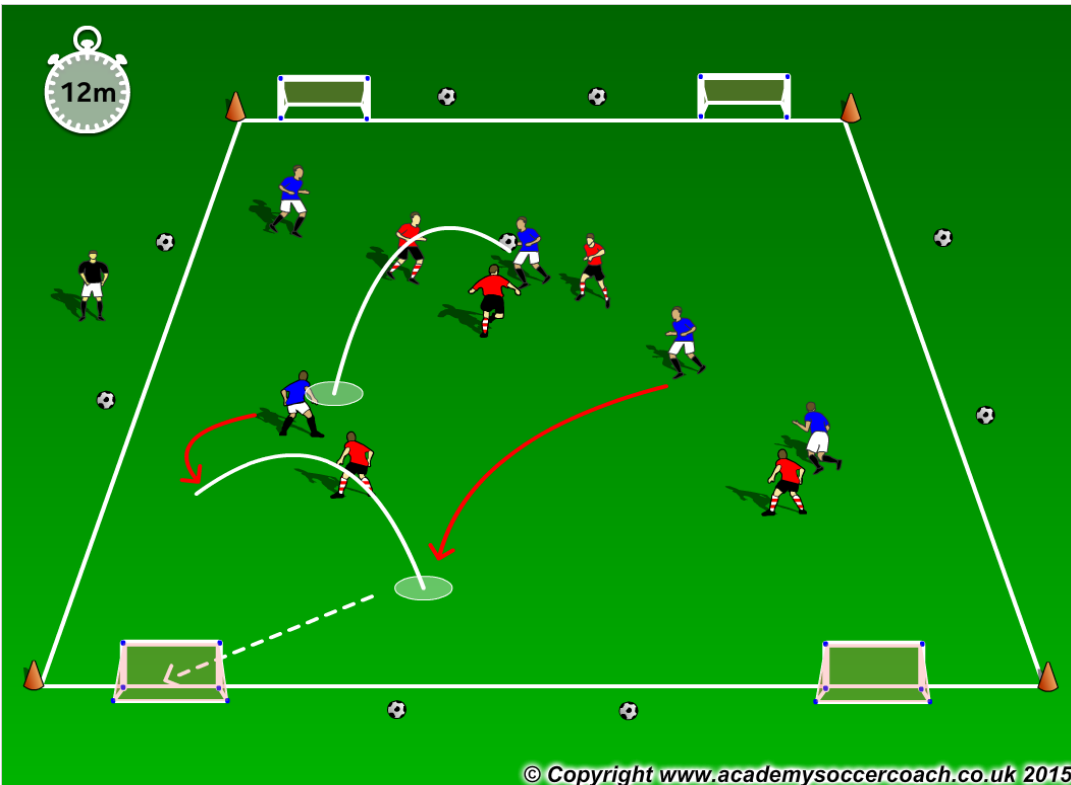
General Movements – 2 Goal Handball Game



Time frame. 8-10 minutes

Emphasis:

Agility, Balance, Coordination, Speed
Changing Direction
FUN!



Organization: Players are placed in 20x20 area with 2 nets positioned at each end as shown above.

Procedure: Players play handball and attempt to score by throwing the ball into either net. Players cannot move more than 3 steps when in possession. Defending team win possession by intercepting passes

Psychological

Decision Making
Confidence
Being safe
Spatial Awareness

Technical

Different types of pass

Physical

Agility, Balance,
Coordination
Speed
Power

Social

Listening
Problem Solving
Fun



FUNdamentals practice plan – Week 26

Station C

5v5 shooting – King Louie



Organization: Players play 5v5 in 20x15 yard area. 1 net positioned on either end with a supply of balls. Pylons are used to mark the half-way line.

Procedure: Players must stay within their own half of the field. Players must look to receive the ball and get a shot on goal. If the ball goes out of bounds the ball will restart with the defending teams GK.

Progression: 1 player from each team will play within opponents half to apply pressure on the attacking team.

Time frame. 8-10 minutes

Emphasis:

Guide players to make the correct decisions.

Create a shooting mentality within the players.

Psychological
Competition
Confidence
Decision making
Shooting Mentality

Technical
Receiving
Shooting
Goalkeeping

Physical
Speed
Transition
Change of Direction

Social
Listening
Communicating
Fun



FUNdamentals practice plan – Week 26

Station D

Small sided game – 5v5 with the Retreat line

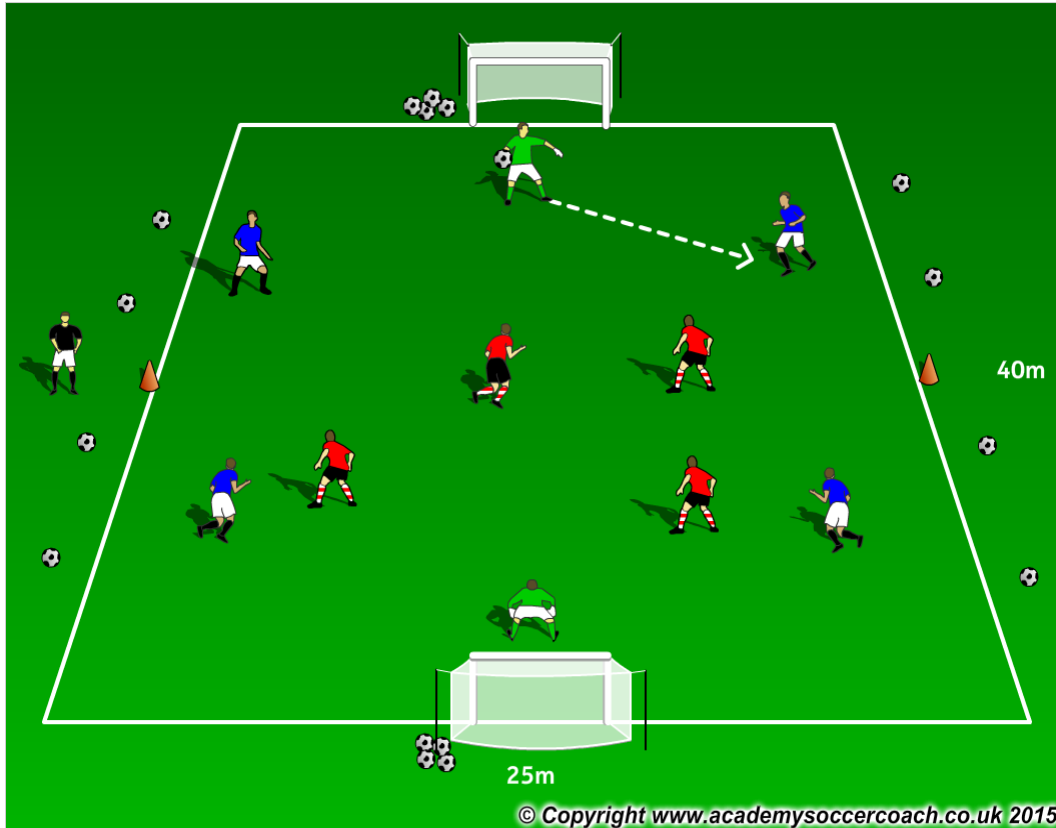


Time frame. 8-10 minutes

Emphasis:

FREE PLAY!

FUN!



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.

Psychological

Fun
Confidence
Being safe
Decision making

Technical

Receiving
Shooting
Finishing
Attacking

Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating
Helping each other