

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.

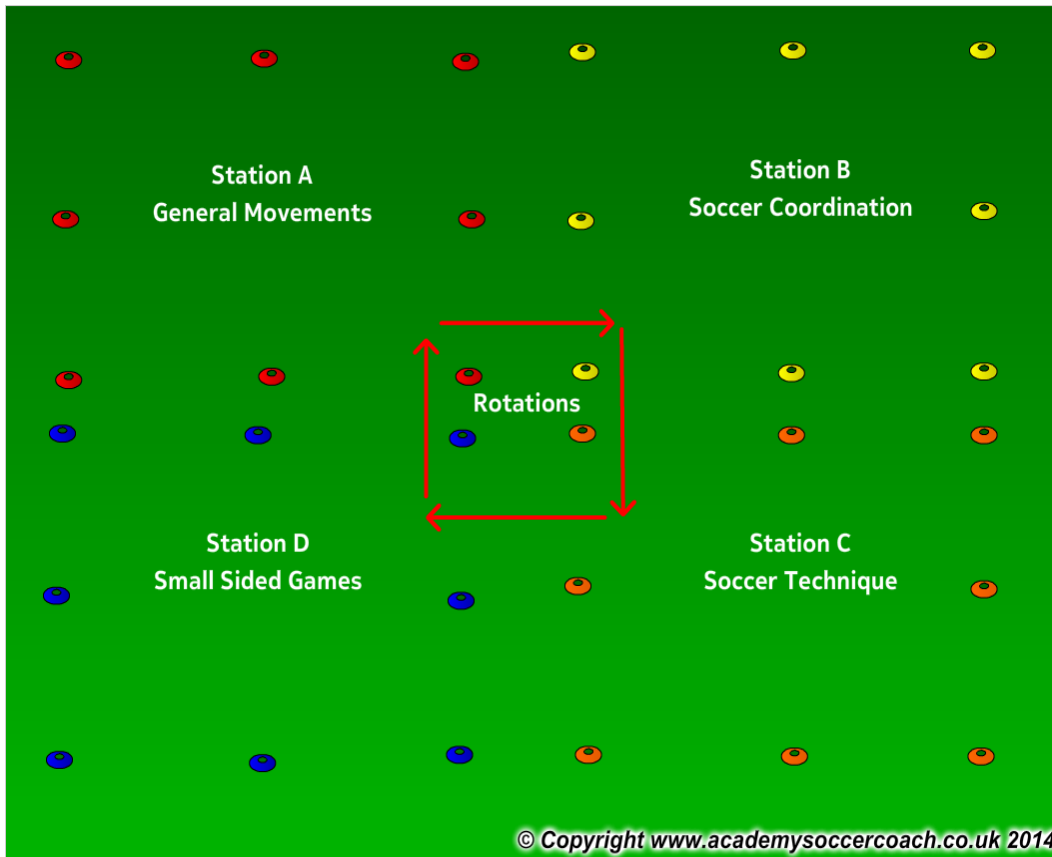
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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

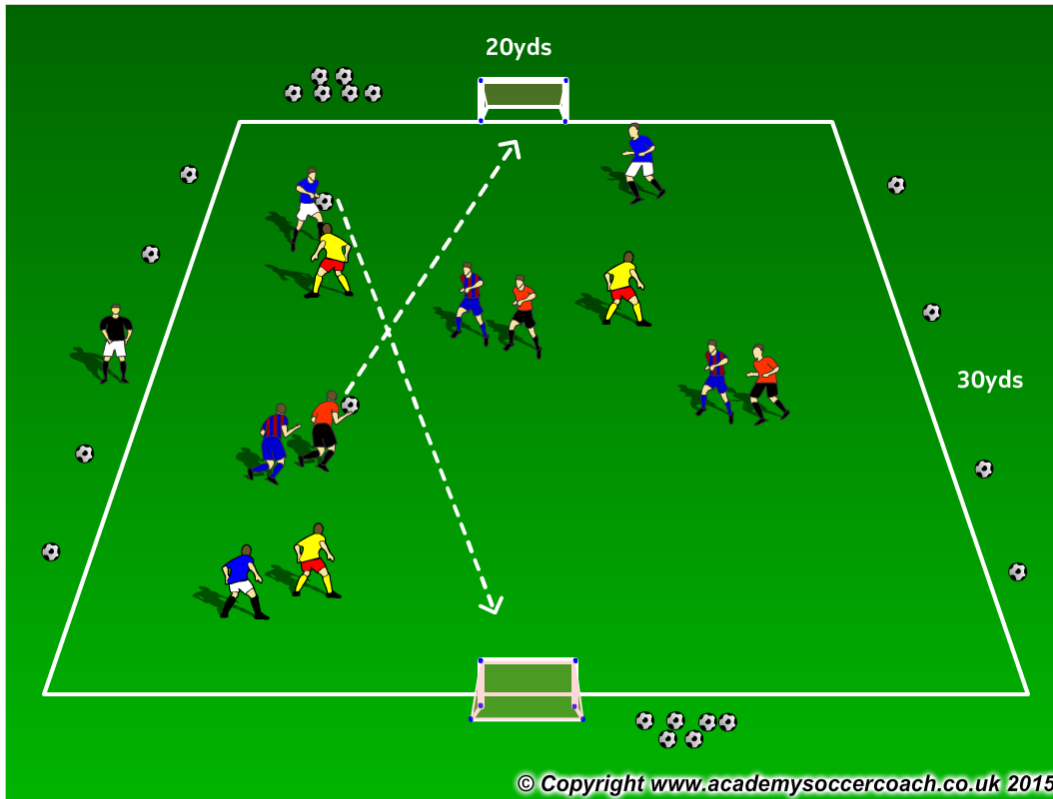
Small sided game: %40



FUNdamentals practice plan – Week 35

Station A

Handball– 3v3 + 3v3



Organization: - Players placed in 20x30 yard area with 2 nets positioned on either endline. - Balls positioned around the outside of the playing area.
- Players are divided into 4 equal teams of 3
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
Throwing & Catching
FUN!

Psychological

Decision Making
Confidence
Being safe
Spatial Awareness

Technical

Throwing
Catching

Physical

Agility, Balance,
Coordination
Speed

Social

Listening
Teamwork
Celebrating



FUNdamentals practice plan – Week 35

Station B

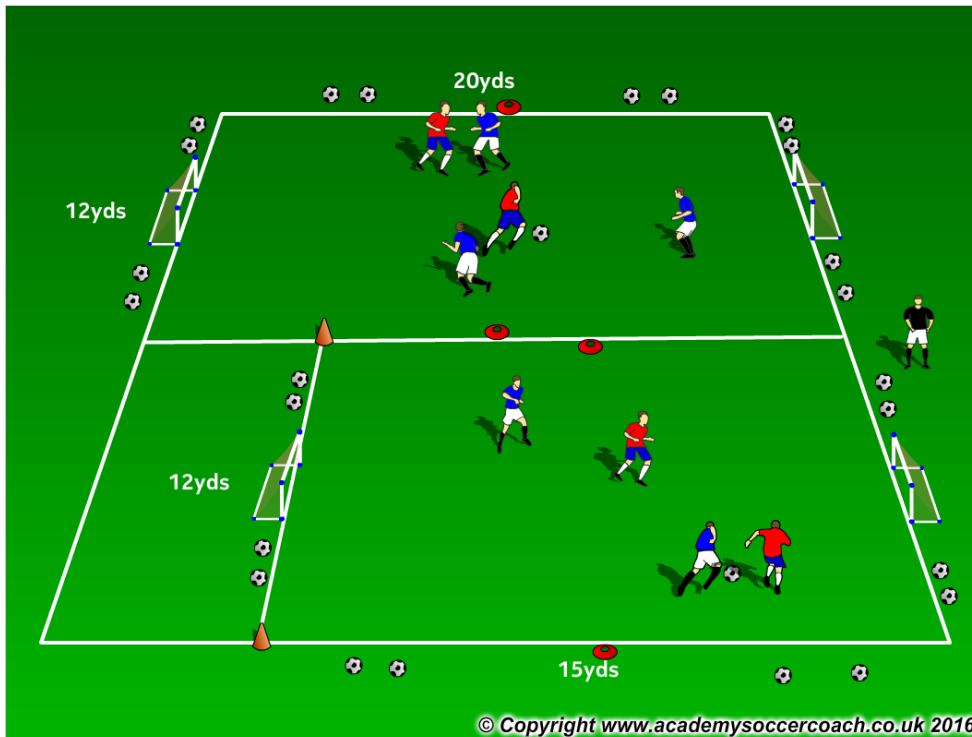
Small sided game – 2v2/3v3's with the Retreat line



Time frame. 8-10 minutes

Emphasis:

Dribbling
FUN!



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

Psychological

Fun
Confidence
Being safe
Decision making

Technical

Running with the ball
Dribbling

Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating
Teamwork



FUNdamentals practice plan – Week 35

Station C

1v1 Attacking: Creative alley



Organization: 12x25 yard area with 2 nets placed at each end. Players are divided evenly into 2 teams; attackers and defenders. Defenders are positioned on sideline while attackers are positioned on the opposite side of the field. The coach will act as server and be stationed opposite attackers with ball. After 4-5 minutes switch attackers and defenders.

Procedure: Coach serves ball to attacker who receives the ball and attacks the goal. As coach serves the ball, the first defender comes to engage the attacker. Scoring: 1 point for attacker if they can score on the goal. If defender wins the ball they can score on the opposite net.

Time frame. 8-10 minutes

Emphasis:

- Ball control on the move
- Ball manipulation
- Change of speeds/directions

Psychological

Confidence
Decision making
Spatial awareness

Technical

Touch direction
Running with the ball
Dribbling

Physical

Speed
Change of Direction
A,B,C's

Social

Listening
Communicating
Fun



FUNdamentals practice plan – Week 35

Station D

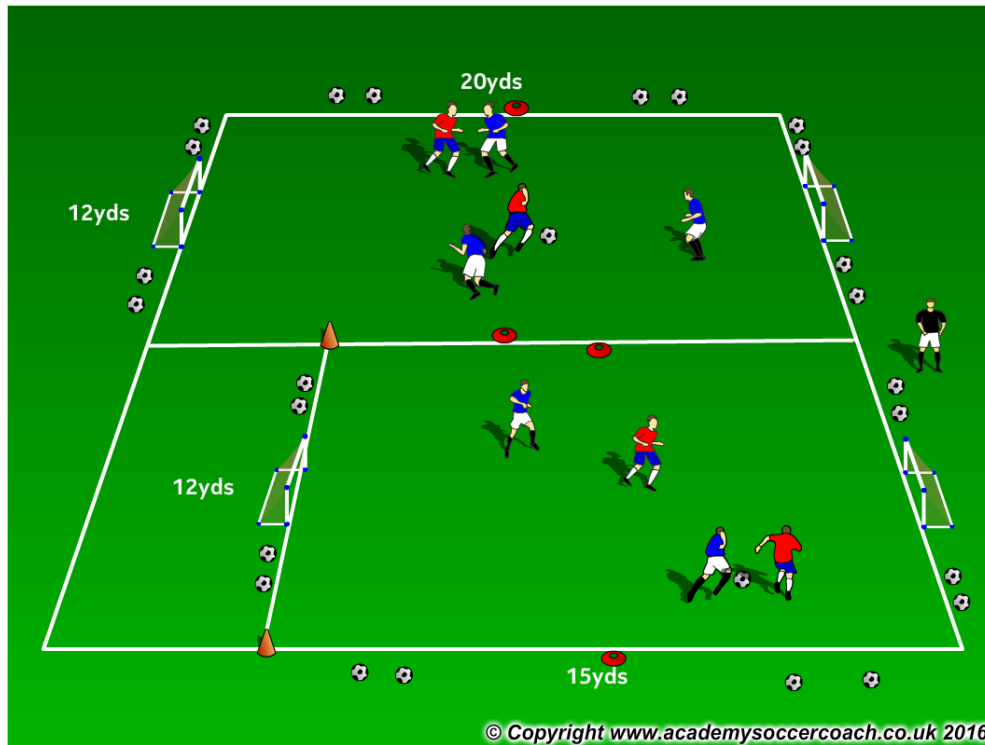
Small sided game – 2v2/3v3's with the Retreat line



Time frame. 8-10 minutes

Emphasis:

FREE PLAY!
FUN!



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

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