

# GRASSROOTS WORKBOOK & PRACTICE PLANS





## Learn to Train practice plan

### The OSA Player Development Model – The Station concept



The activities provided take a look at how stations are being used at the Grassroots level. During the practice players will spend an allotted time at each station having fun and developing specific skills before moving onto the next station. By using station work we ensure players are continually motivated and we can ensure that their attention is not lost.

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 and 5v5

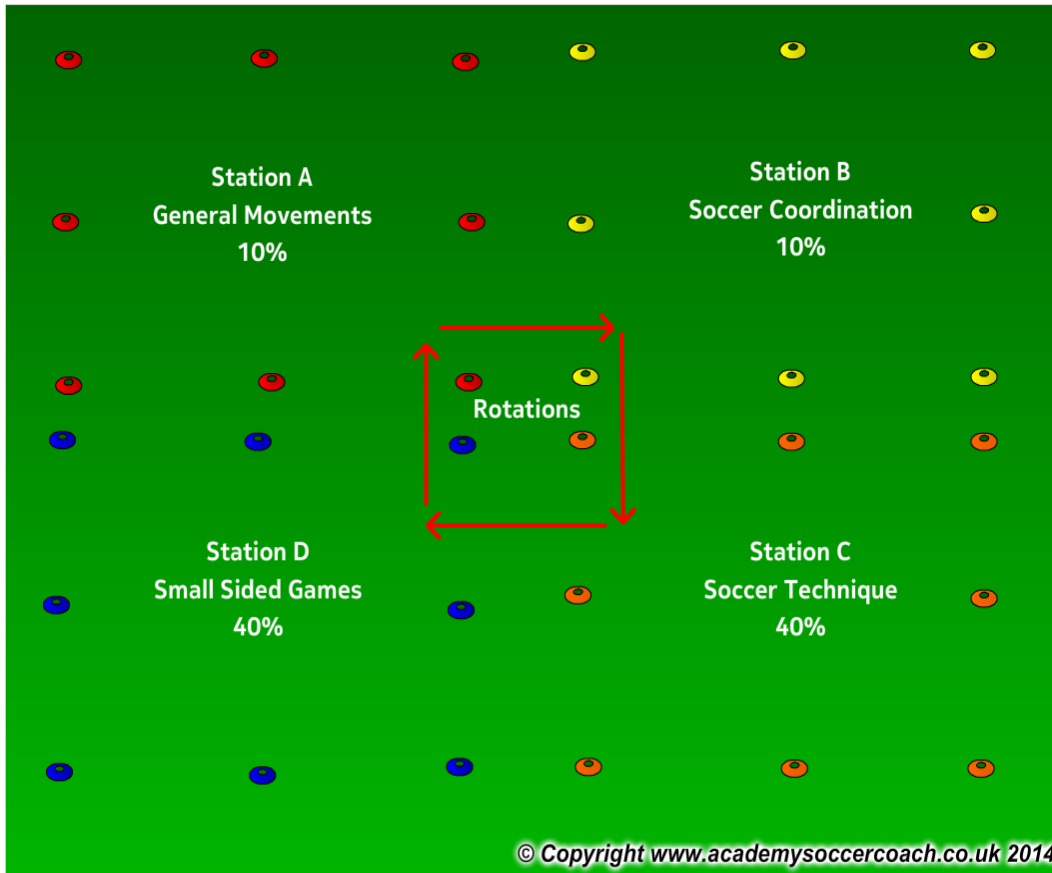
All sessions take a holistic approach to developing our youth. Each game and activity will take a look at how we can focus on 4 main areas of the child's development; these include Social/Emotional, physical, physiological and also technical

Total Practice time 45-70 minutes as per the OSA Recreational and Development Matrix



## Learn to Train practice plan

### How the OSA Player Development Model works



If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 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.





## Learn to Train practice plan - Week 28

### Station A

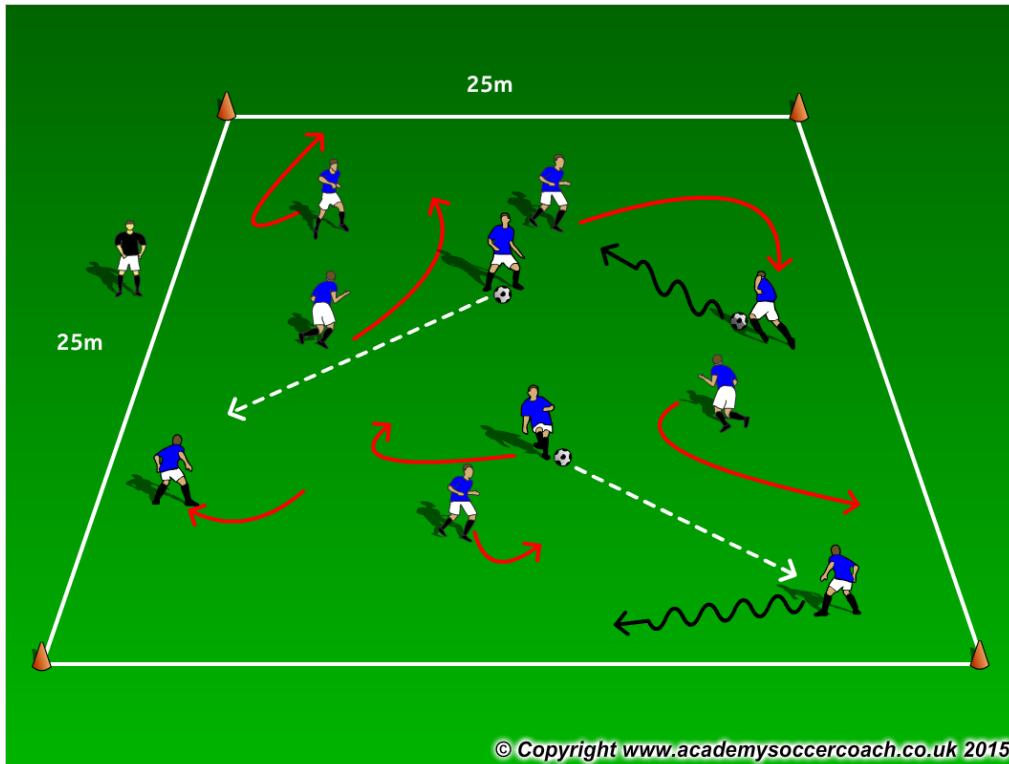
## General Movement – Dynamic warm up with the ball



Time frame. 10-12 minutes

### Emphasis:

- Changing direction
  - A,B,C's
  - FUN!



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**Organization:** Players are placed in a 25x25m area

**Procedure:** Players pass and dribble 3 balls amongst the group. Players without possession are encouraged to continuously move at different speeds and perform various multi-directional, soccer related movements such as walking & running (forwards and backwards), jumping, lateral movements, skipping, and rolling.

### Psychological

Confidence  
Being safe

### Technical

Keeping the ball under control  
First touch out of feet  
Part of foot/ball

### Physical

A,B,C's  
Change of Direction

### Social

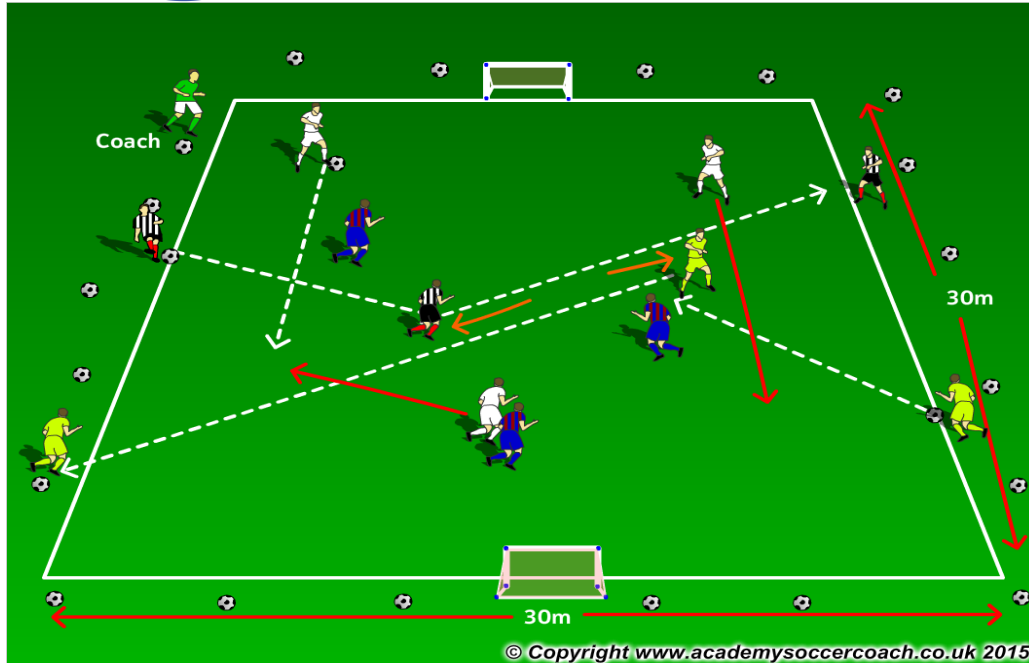
Communicating  
Peer interaction  
FUN



## Learn to Train practice plan – Week 28

### Station B

### SSG: 3v3 + Turning



**Organization:** The white team will play a 3v3 game against the Blue and purple team, while the yellow and black and white teams are organized with 1 player each in the centre of the field and 2 players from each team placed on the outside as shown above.

**Procedure:** While the 3v3 game is taking place the yellow team and black and white team will work on passing and turning across the field. Rotate the middle player every 60 seconds. Players on the outside can move up and down the side line. Encourage all players to make appropriate decisions based on what is happening around them while working on technique in a chaotic environment.

Rotate teams every 3 minutes.

Time frame. 12-15 minutes

Emphasis:

- Movement to create space & support player in possession
  - Decision making
  - Scanning

#### Psychological

Decision making  
Confidence  
Creativity

#### Technical

Scanning  
Body position to receive  
Type of turn

#### Physical

A,B,C's

#### Social

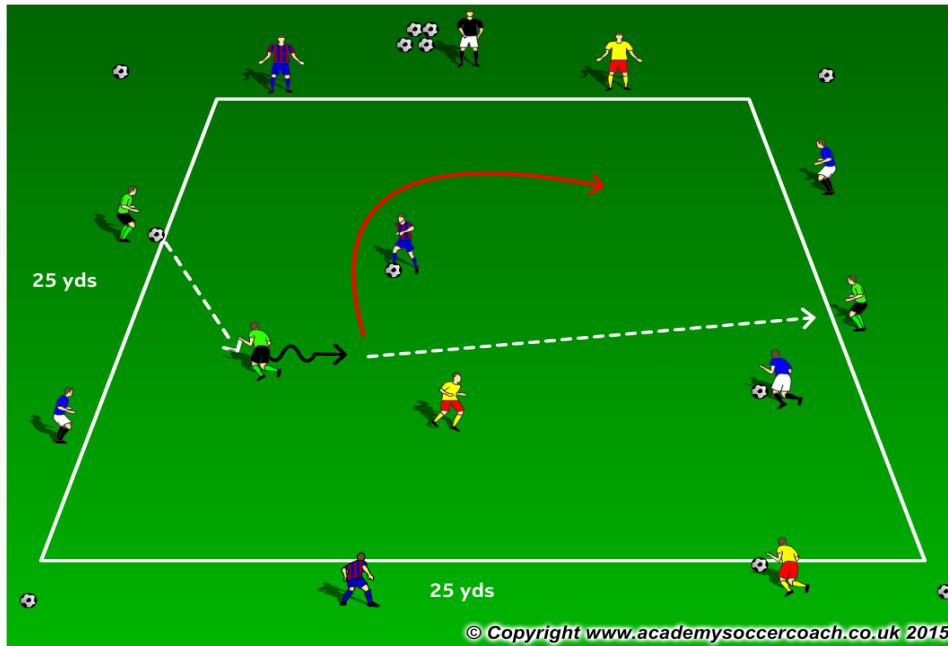
Supporting team mates  
Communicating  
Peer interaction /fun



## Learn to Train practice plan – Week 28

### Station C

### Turning with the ball



#### **Organization:**

- Players are divided into groups of 3.
- 2 Players are positioned around the perimeter of the grid (target players) and 1 player starts inside the playing area
- 1 ball per group

#### **Procedure:**

- Player inside collects pass from outside target player, turns and plays to other target player.
- Players rotate every minute.

#### **Progression:**

- Players on the outside move to a new position on the outside after passing the ball

Time frame. 12-15 minutes

#### Emphasis:

- Body position to receive
- Types of turn (inside/outside foot, front/back foot, Cruyff
  - Scanning
  - Quality of pass
  - Touch direction

#### Psychological

Confidence  
Decision making  
Spatial awareness

#### Technical

Types of turns  
Body position  
Scanning  
Touch direction

#### Physical

A,B,C's

#### Social

Positive support  
Communicating  
Fun with friends



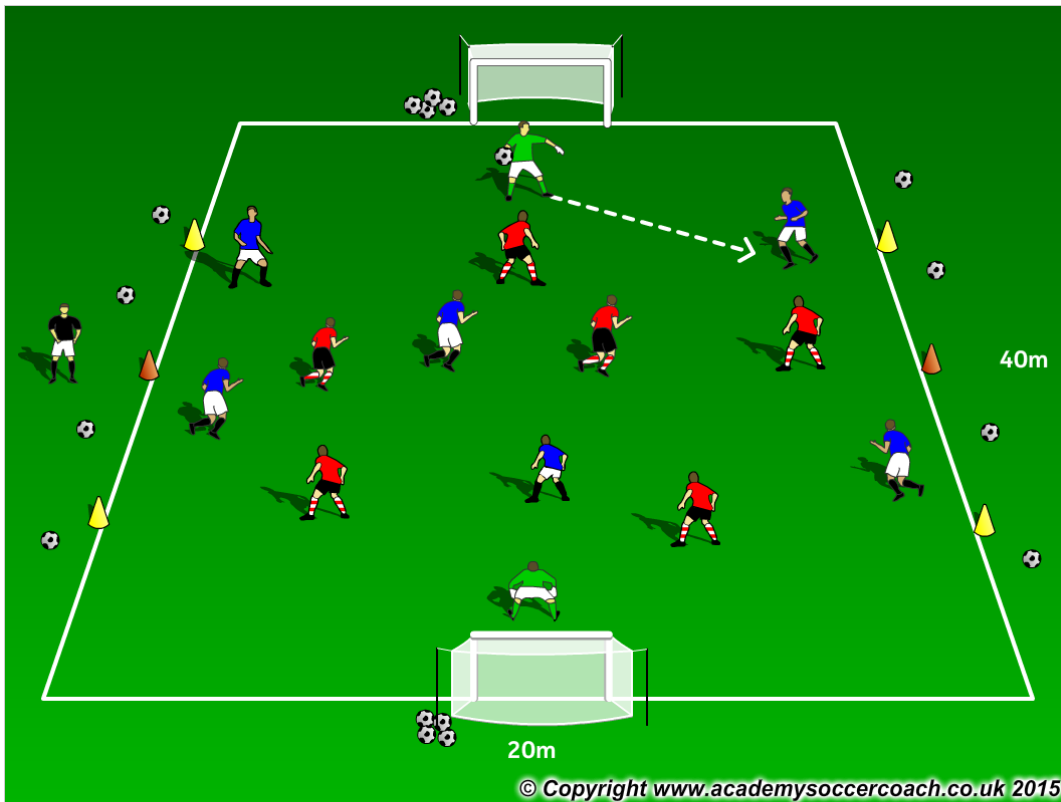
**Learn to Train practice plan – Week 28**  
**Station D**  
**Small Sided Game – 7v7 with retreat line**



**Time frame. 12-15 minutes**

**Emphasis:**

- Create Space
- Opportunities to turn



**Organization:** Players play 7v7 in a 40x20 yard area. Balls stationed along outside of field. Retreat Line marked at each 3rd for 7v7.

**Procedure:** Encourage players to penetrate with forward passes, however passes should not be forced. Look for efficient movement to support player in possession and find space.

<b><u>Psychological</u></b> Confidence Decision Making Spatial Awareness	<b><u>Technical</u></b> Turning key factors Execution under pressure
<b><u>Physical</u></b> A,B,C's Acceleration	<b><u>Social</u></b> Positive support Communicating Fun with friends