

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.

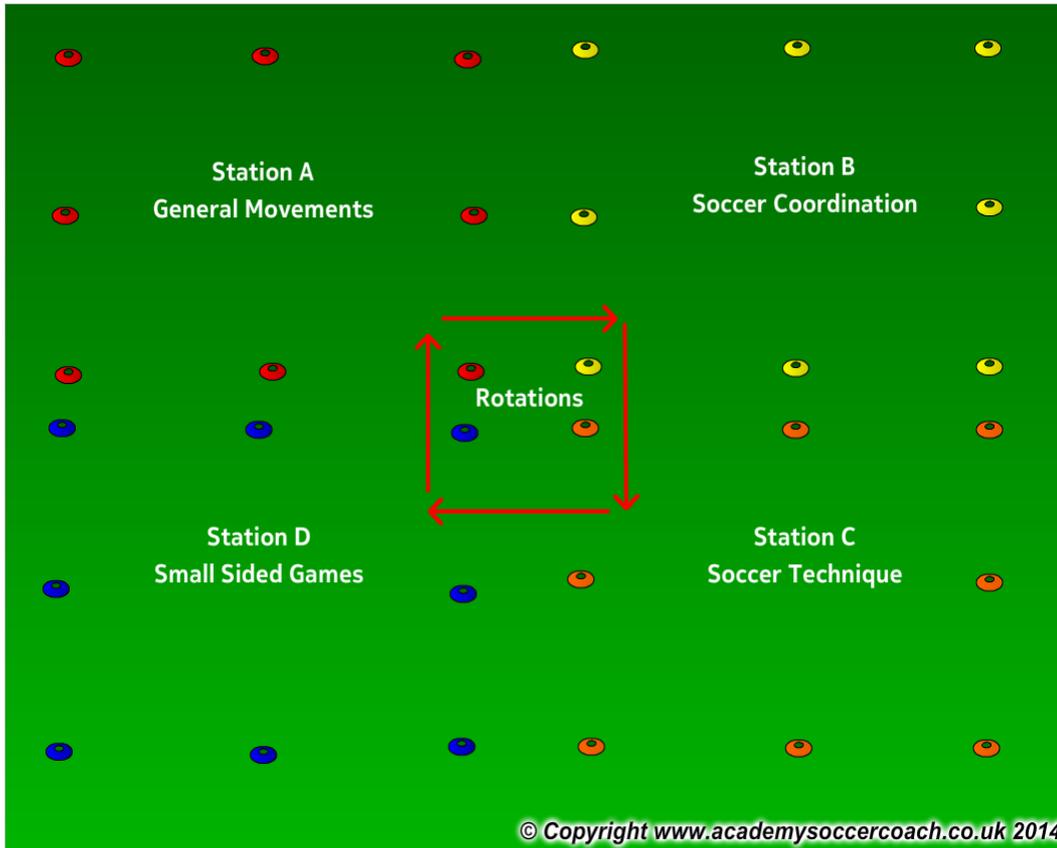
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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 41

Station A

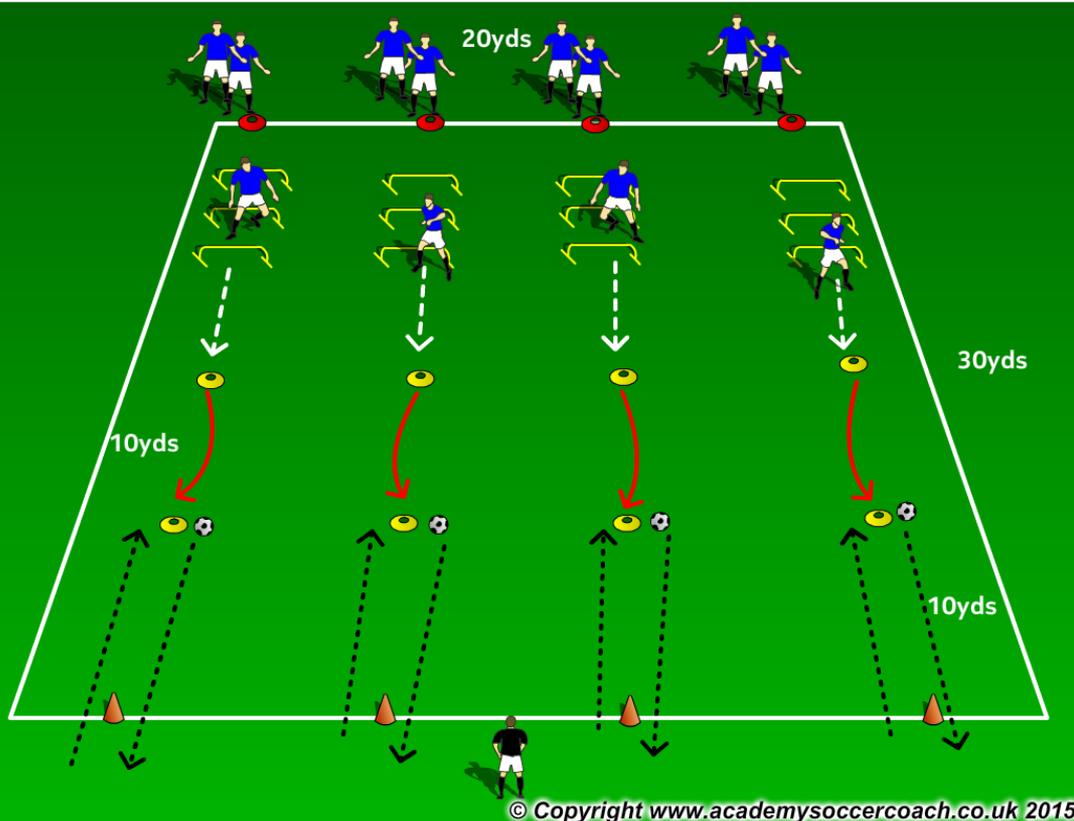
Obstacle Course – Olympic Relay



Time frame. 8-10 minutes

Emphasis:

- Agility, Balance, Coordination, Speed
 - Changing Direction
 - Running with the ball
 - FUN!



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Organization: Players split into 4 groups of 3 (or 3 groups of 4)
Procedure: Players race through 4 stages of the obstacle course performing a variety of fundamental movement skills eg. forward/backwards running, skipping, hopping, bear-crawls, frog jumps, lateral shuffles etc.

Psychological
 Decision Making
 Confidence
 Being safe
 Spatial Awareness

Technical
 Running with the ball

Physical
 Agility, Balance,
 Coordination
 Speed

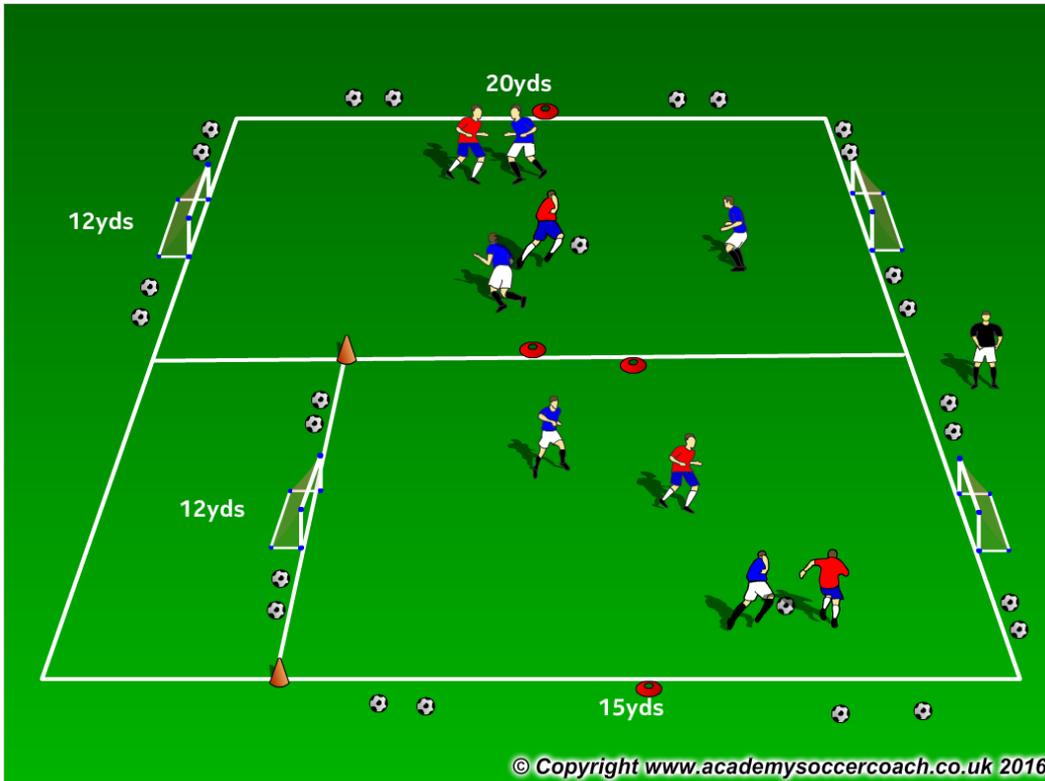
Social
 Listening
 Teamwork
 Celebrating



FUNdamentals practice plan – Week 41

Station B

Small sided game – 3v3/2v2 with the 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:

- Dribbling
- Ball mastery
- Creativity
- FUN

Psychological

Fun
Confidence
Attacking mentality
Decision making

Technical

Ball mastery
Dribbling

Physical

Speed
A,B,C's
Change of Direction

Social

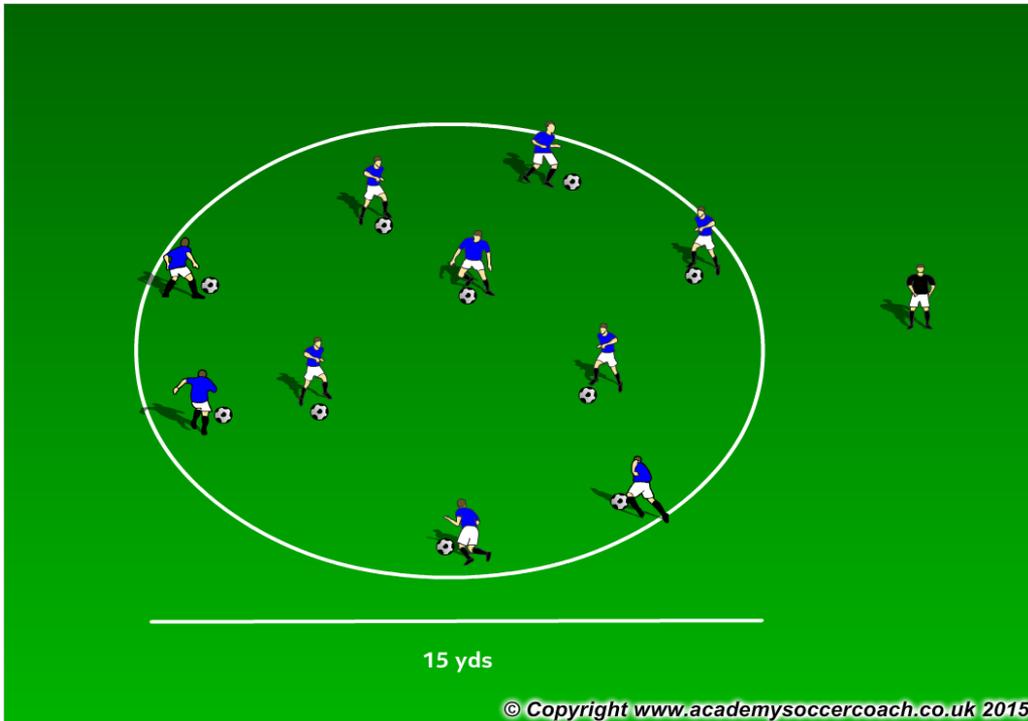
Listening
Communicating
Celebrating
Helping each other



FUNdamentals practice plan – Week 41

Station C

General Movements – King of the Ring



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.

Time frame. 8-10 minutes

Emphasis:

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

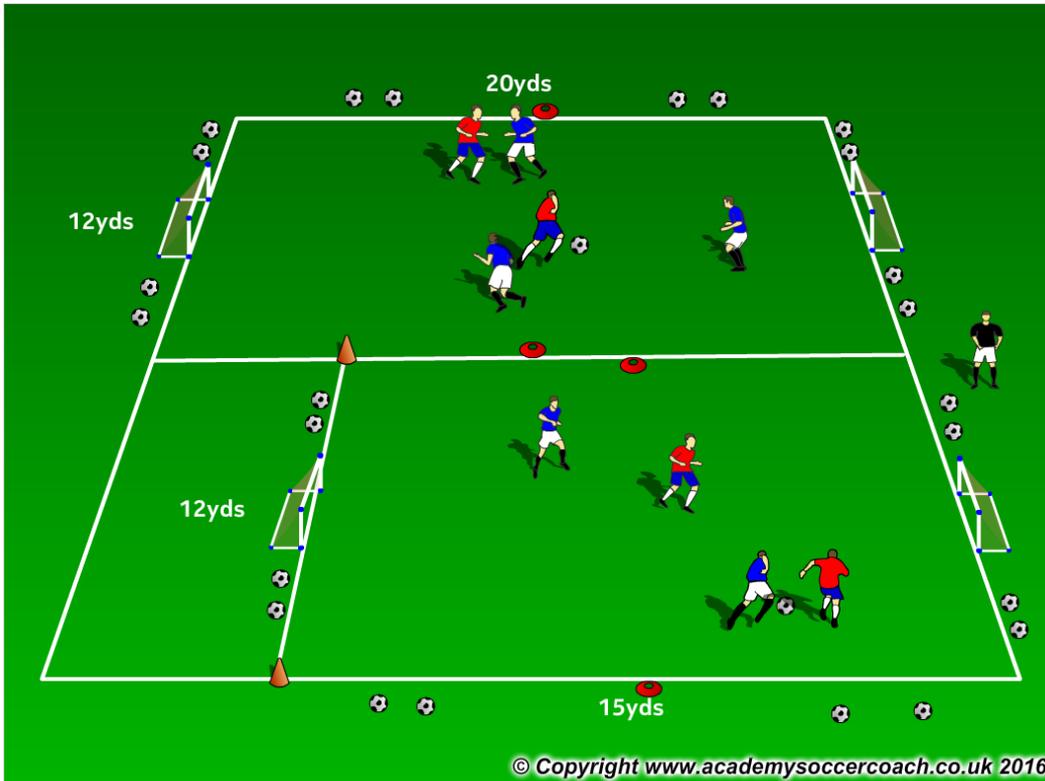
<p><u>Psychological</u> Decision Making Confidence Being safe Spatial Awareness</p>	<p><u>Technical</u> Dribbling Shielding</p>
<p><u>Physical</u> Agility, Balance Change of Direction Speed</p>	<p><u>Social</u> Listening Problem Solving Celebrating</p>



FUNdamentals practice plan – Week 41

Station D

Small sided game – 3v3/2v2 with the 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

Psychological

Fun
Confidence
Attacking mentality
Decision making

Technical

Ball mastery
Dribbling

Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating
Helping each other