

GRASSROOTS WORKBOOK & PRACTICE PLANS





Active Start practice plan

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 Physical Literacy, two stations on movements with the ball and the 4th station is focused around the game with the children playing 1v1.

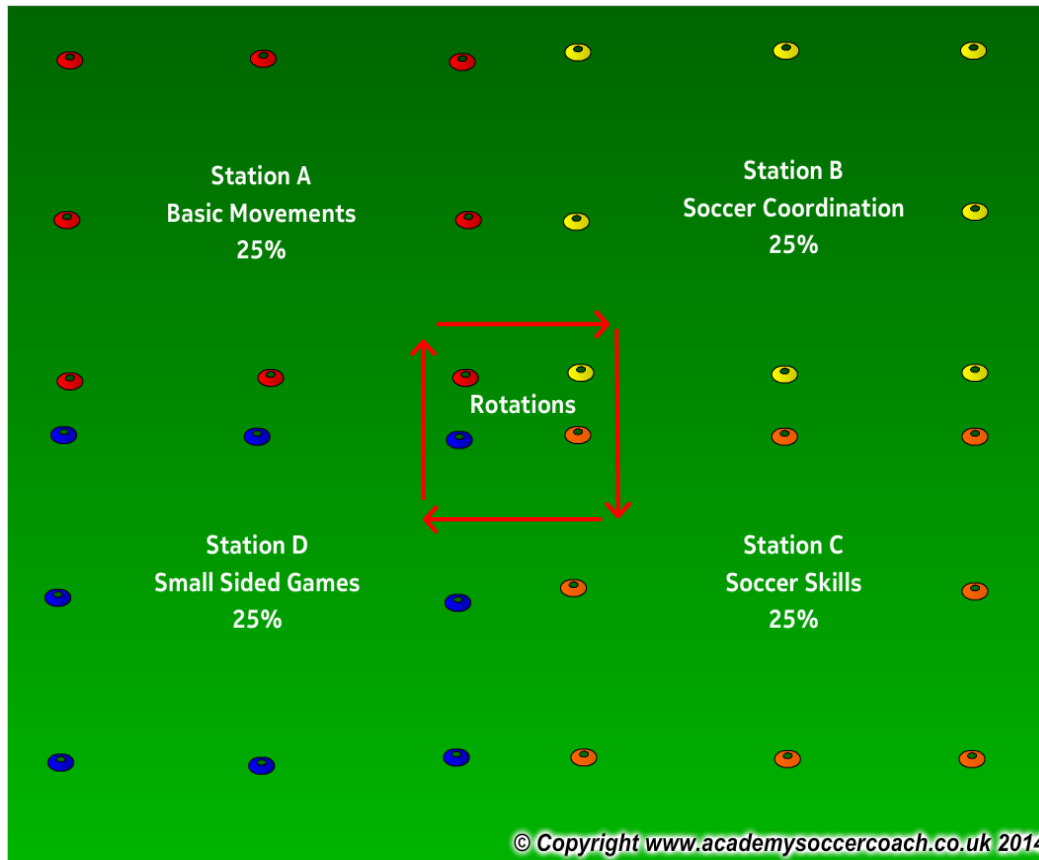
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

Total Practice time 40 minutes as per the Recreational and Development Matrix



Active Start practice plan

How The OSA Player Development Model works



If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

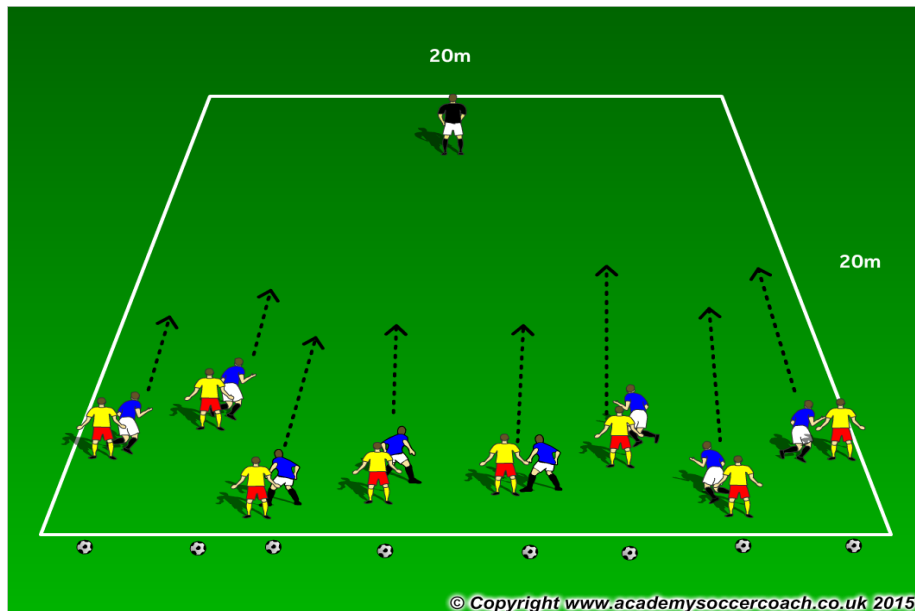
If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



Active Start practice plan – Week 37

Station A

General movement – What's the Time Mr. Wolf?



Organization: All Players are positioned on 1 side of a 20x20m area. At the youngest age group's U4-U5 parents should take part with the child (Yellows).

Procedure: The coach is "Mr Wolf" stands at the opposite end of the playing area from the other players, facing away from them. A call-and-response then takes place: all players except for Mr Wolf chant in unison "What's the time, Mr Wolf?", and Mr Wolf will answer in one of the two ways:

- 1) Mr Wolf may call a clock time (e.g., "3 o'clock"). The other players will then take that many steps out long as they go ("One, two, three"). Then they ask the question again.
- 2) Mr Wolf may call "Dinner time!", when Mr Wolf will turn around and chase the other players back to their starting point. If Mr Wolf successfully tags a player, that player becomes the new Mr Wolf for the next round.

Variations: Change up the types of moves the players make e.g. instead of taking steps they can hop, skip, jump, shuffle or even kick the ball.

Time Frame. 8 minutes

Emphasis:

- Agility, Balance, Coordination
 - Awareness,
 - Ball Mastery
 - Dribbling

Psychological

Confidence
Awareness
FUN

Technical

Running with the ball
Ball Mastery
Dribbling

Physical

A,B,C's
Change of Speed

Social

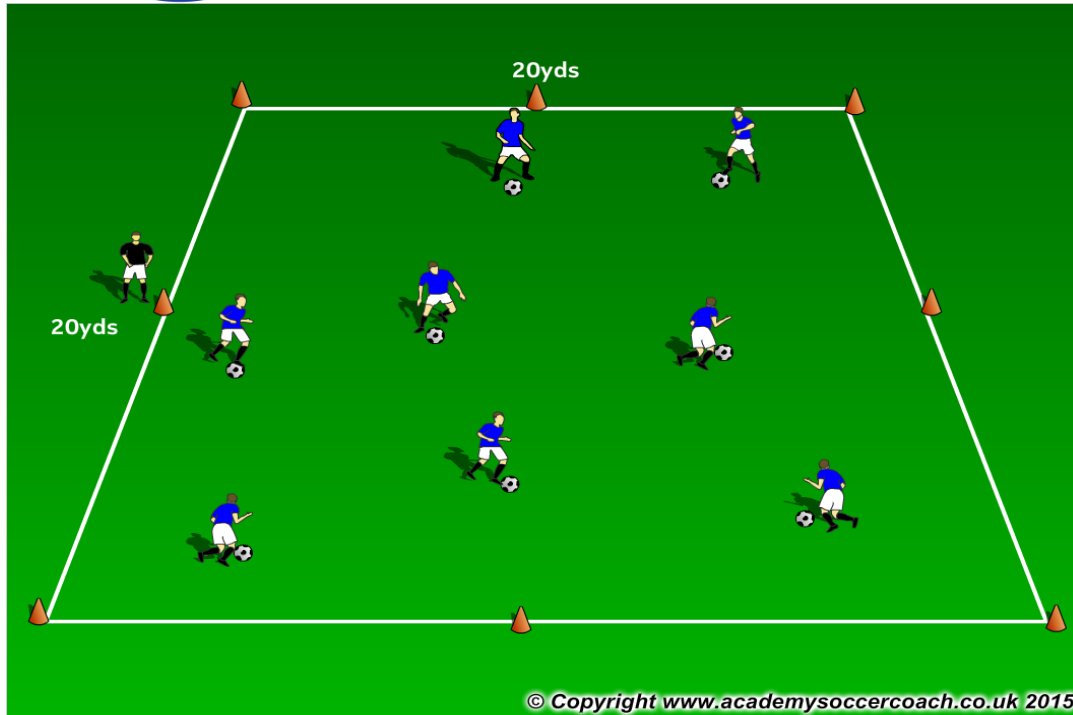
Problem Solving
Communicating



Active Start practice plan – Week 37

Station B

Soccer Technique – Pirate Ship Adventure



Organization: Players with ball each inside a 20x20 yard area - "the pirate ship".

Procedure: Players dribble the ball and perform different moves on the coaches command:

SCRUB THE DECKS = inside taps, **CAPTAINS COMING** = 1 foot on the ball and salute the captain & shout "ay, ay captain", **MAN OVERBOARD** = Players dribble ball to edge of the area and pretend to look overboard (hand on forehead) and shout "man overboard", **FIRE THE CANNON** = players dribble to edge of area and kick their ball out at other pirates.

Time Frame. 8 minutes

Emphasis:

- Changing direction
 - Ball Mastery
 - Imagination
 - FUN!

Psychological

Confidence
Being safe
Reactions

Technical

Dribbling
Lots of touches
Ball mastery

Physical

A,B,C's
Change of Direction

Social

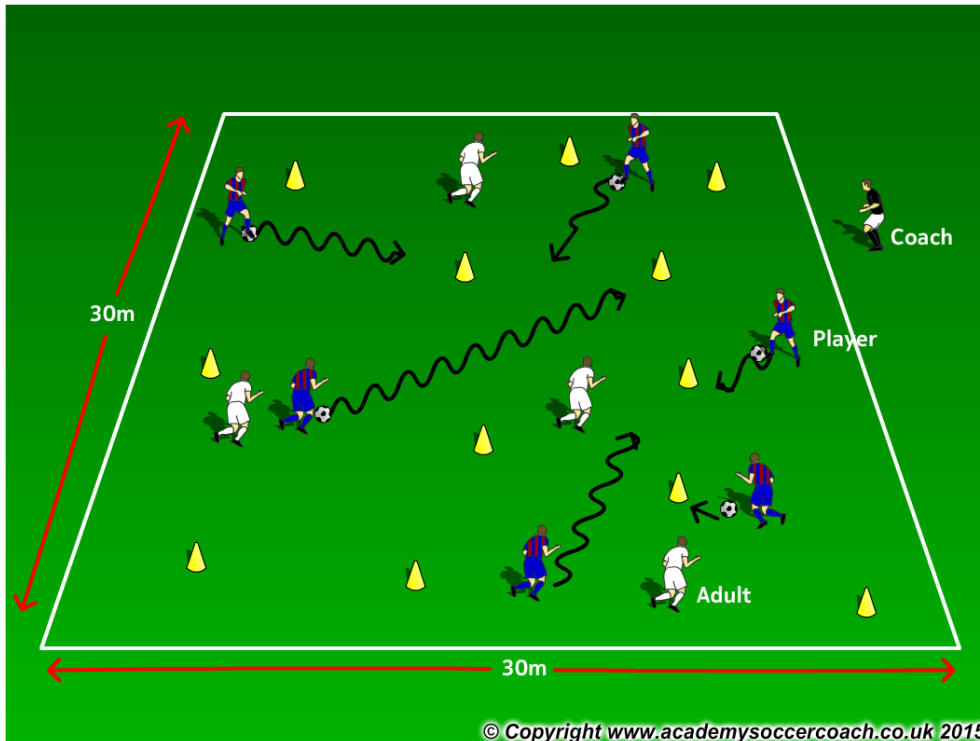
Cooperation
Communicating



Active Start practice plan - Week 37

Station C

Soccer Technique – Bulldozers & Cranes



Organization: Players are placed inside a 30m x 30m area, each with a ball. Tall cones (buildings) are placed inside the area. Parents (Cranes) are also inside the area.

Procedure: The players (bulldozers) have to knock all the buildings over with their soccer ball while the Cranes try to get them all back up. If the bulldozers can knock over all the buildings in 60 seconds they are the winners!

You can change the roles of the players and adults.

Time Frame. 8 minutes

Emphasis:

- Ball Mastery
- Running with the ball
 - Dribbling
 - Changing direction
- Agility, Balance, Coordination
 - Imagination
 - FUN!

Psychological

Confidence
Being safe
FUN

Technical

Dribbling
Running with the ball

Physical

A,B,C's
Change of Direction

Social

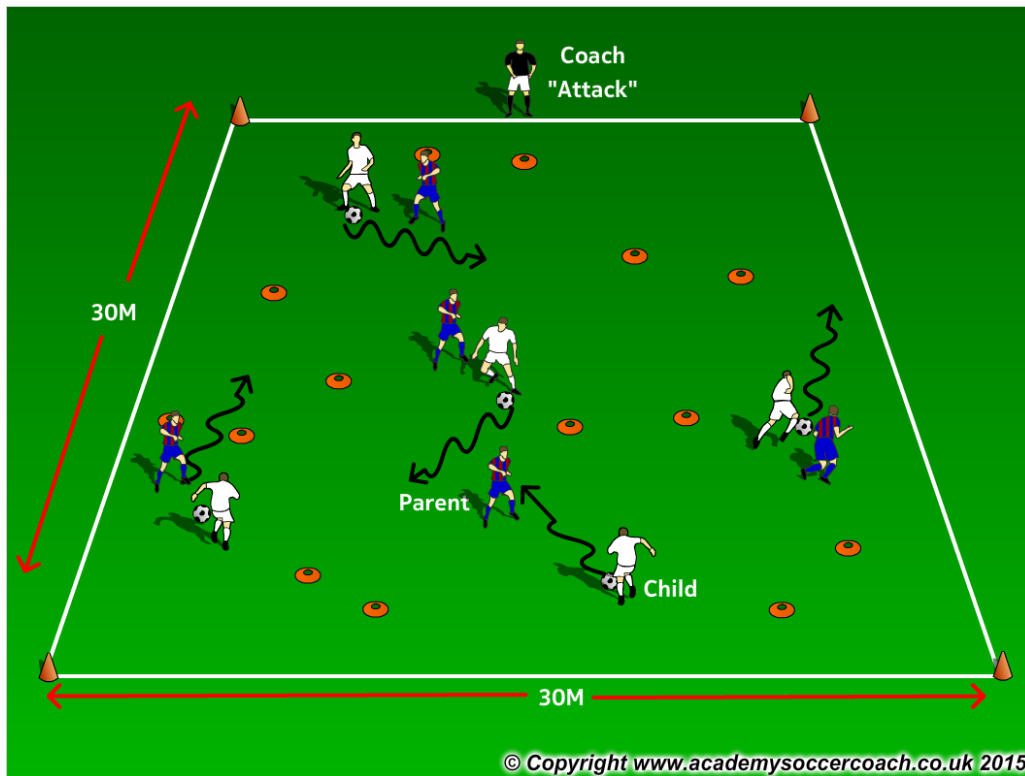
Listening
Competition



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Station D

Small Sided Game – Shark Attack



Organization: Players are paired with a parent inside a 30m x 30m area.
Procedure: When the coach calls "Attack" the child with ball attempts to dribble through the gates. The parent without the ball becomes the defender. If the defender wins the ball he/she then becomes the attacker and vice versa. Players play for 1 minute and score a point every time they go through a gate. The child should always be the winner in the games.

Time Frame. 8 minutes

Emphasis:

- Dribbling
- Ball Mastery
- Changing direction
- Competition
- FUN!

Psychological

Confidence
Being safe
FUN

Technical

Dribbling
Ball Mastery

Physical

A,B,C's
Change of Direction
Change of Speed

Social

Solving problems
Celebrating