



GRASSROOTS WORKBOOK & PRACTICE PLANS

The cover of the "Active Start 'First Kicks'" workbook features a young girl in a green soccer jersey with "BMO" on the front, kicking a soccer ball. Above her is a white soccer jersey with the number "1". The background is red with a pattern of soccer balls. The text "Active Start 'First Kicks'" is prominently displayed in white. At the bottom, it says "For coaches of U4 to U6 year-olds" and includes the Canadian Soccer Association logo.





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.

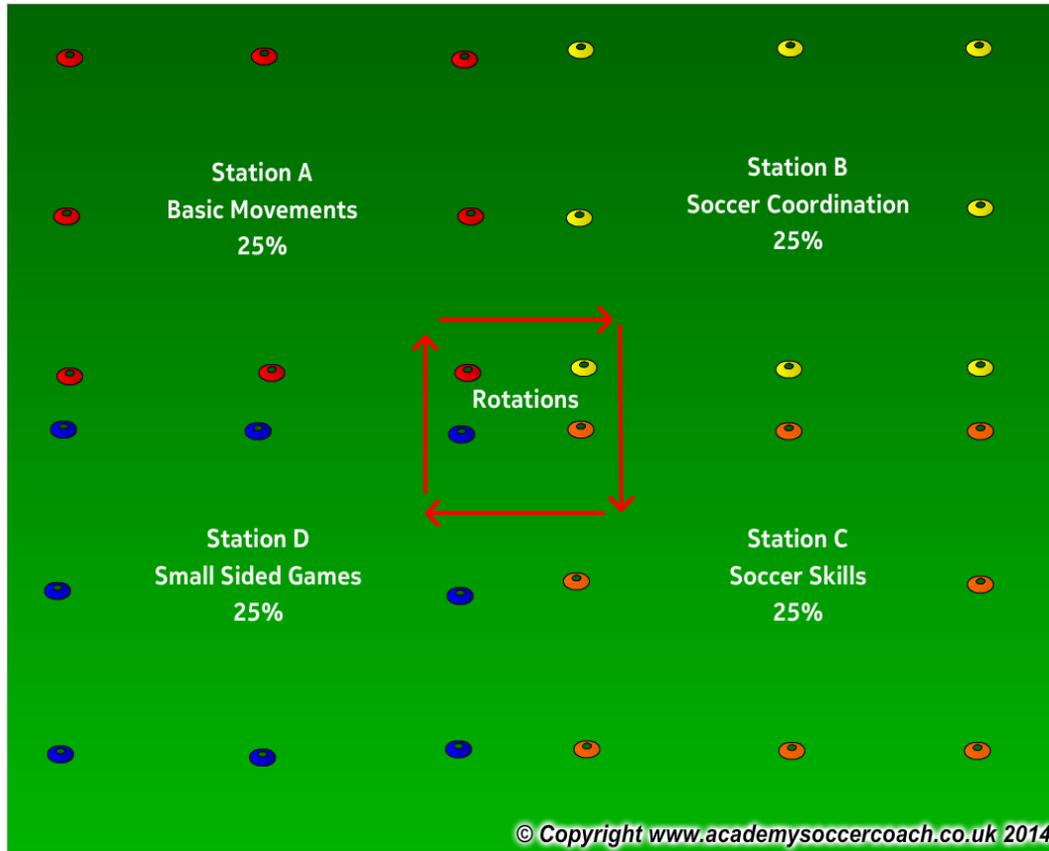
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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.



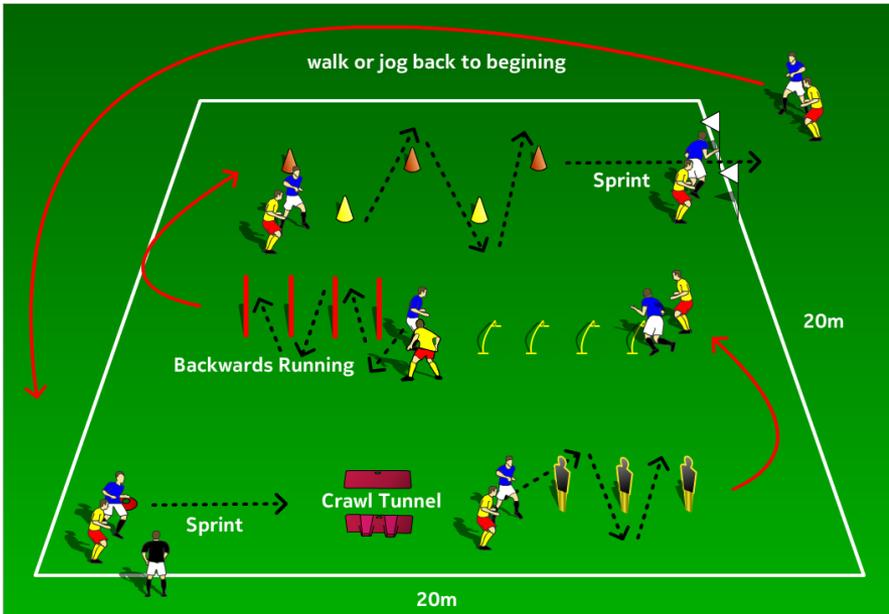
Active Start practice plan – Week 36
Station A
General movement – Obstacle Course



Time Frame. 8 minutes

Emphasis:

Agility,
 Balance,
 Coordination,
 Speed,
 FUN



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Organization: Using a 20x20m area set up a variety of obstacles that the players can move through. Parents (Yellows) should accompany the children through the course.

Procedure: One-by-one the children will enter the obstacle course and move through the different obstacles. The coach should position his/herself at the start of the course to help start the players at the correct time. Be creative and develop obstacles that will challenge the children to use different movement skills to overcome each part of the course. A,B,C'S: Hop's, Skip's, Jumps, Sprints, Forward/backwards running, shuffles etc. should all be incorporated.

<u>Psychological</u> Confidence Awareness FUN	<u>Technical</u>
<u>Physical</u> A,B,C's Change of Speed	<u>Social</u> Problem Solving Decision Making



Active Start practice plan – Week 36
Station B
Soccer Technique – Treasure Island



Organization: Set up a 20x20 yard grid - "Treasure Island". 3x3yard squares created in either corner - "Rowing Boats". Create another 3x3 yard square in the centre of the grid - "Treasure Chest" and place all of the "Treasure" (balls) inside. Players are then divided evenly to each "rowing boat".

Procedure: 1 pirate from each rowing boat runs to steal 1 piece of treasure from the chest and dribbles back to their rowing boat.

Progression: once all of the treasure has been stolen from the chest the pirates can then steal from each other.

Time Frame. 8 minutes

Emphasis:

Dribbling
 Changing direction
 Competition
 FUN!

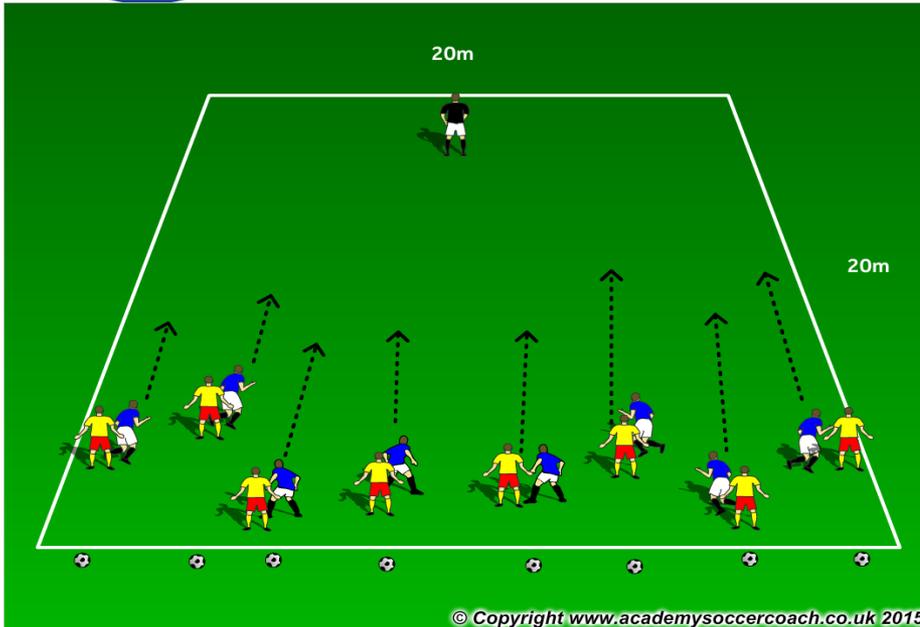
<p><u>Psychological</u> Confidence Being safe FUN</p>	<p><u>Technical</u> Dribbling Lots of small touches</p>
<p><u>Physical</u> A,B,C's Change of Direction Change of Speed</p>	<p><u>Social</u> Solving problems Celebrating</p>



Active Start practice plan – Week 36

Station C

Soccer Technique – “Whats the Time Mr. Wolf”



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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:

Dribbling
Changing direction
Competition
Imagination
FUN!

Psychological

Confidence
Being safe
Problem solving

Technical

Dribbling
Lots of touches

Physical

A,B,C's
Change of Direction

Social

Cooperation
Communicating
Celebrating



Active Start practice plan - Week 36
Station D
Small sided game – 2v2 – Parent & Child



Time Frame. 8 minutes

Emphasis:

Free Play
 FUN with mum or dad



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Organization: 20m x 30m are set up. Organize players into 2v2 (1 player and 1 parent vs 1 player and 1 parent).
Procedure: Child and Parent play a 2v2 game. If the ball goes out of the field take the closest ball to keep the game moving. Parents should help the children as much as possible

<u>Psychological</u> Confidence Being safe FUN	<u>Technical</u> Dribbling Running with the ball
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Listening Competition Celebrating