

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

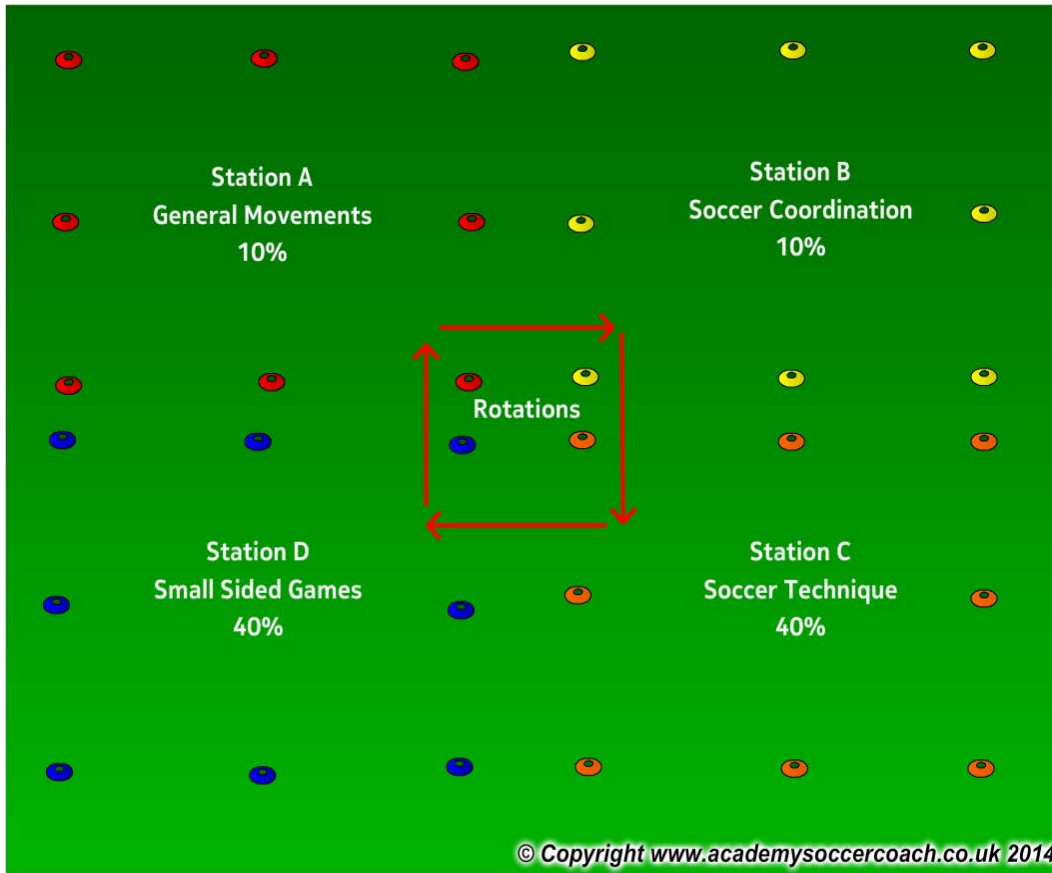
All sessions take a holistic approach to developing our youth. Each game and activity will take a look at how we can focus on 4 main areas of the child's development; these include Social/Emotional, physical, physiological and also technical

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 20

Station A

General Movement – Dynamic warm up with the ball



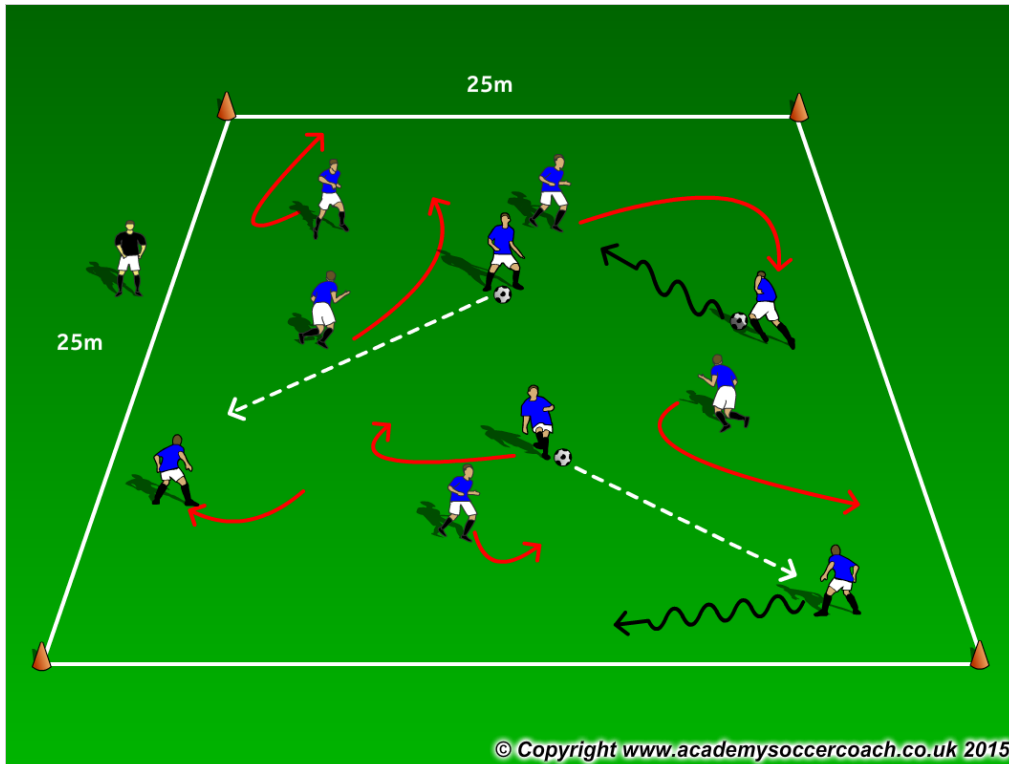
Time frame. 10-12 minutes

Emphasis:

Changing direction

A,B,C's

FUN!



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.

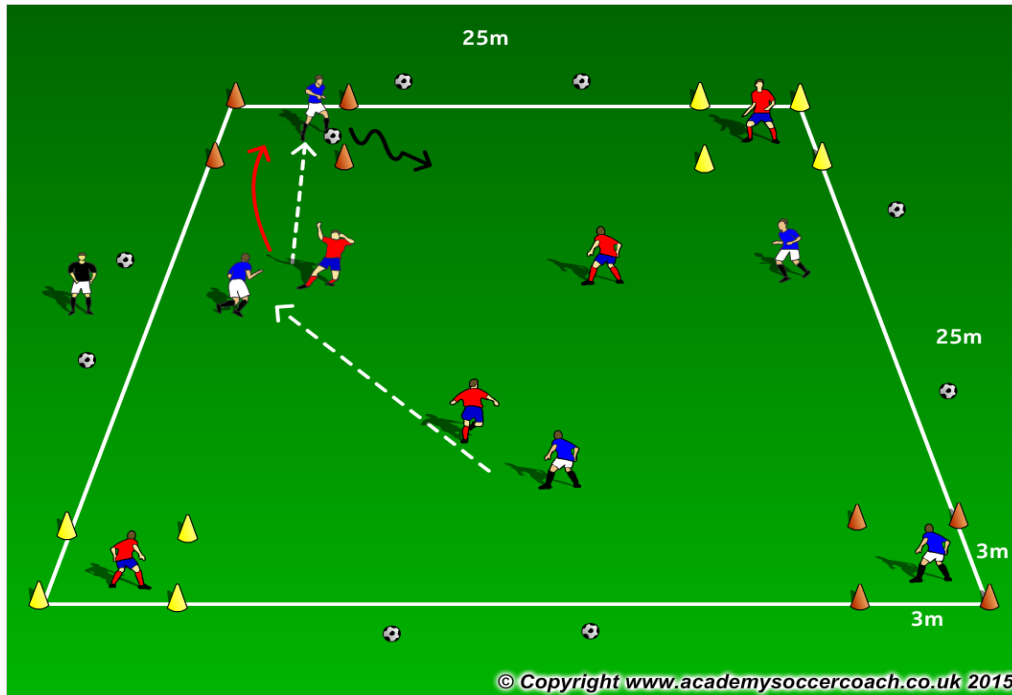
<p><u>Psychological</u> Confidence Being safe</p>	<p><u>Technical</u> Keeping the ball under control First touch out of feet Part of foot/ball</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Communicating Peer interaction FUN</p>



Learn to Train practice plan – Week 20

Station B

Passing & Receiving: 3v3 Directional



Organization: Players are placed in a 25x25m area with 4 target area situated in each corner of the grid. 2 yellow and 2 orange.

Procedure: 2 Blue players positioned diagonally from each other in target areas, and 2 Red players positioned in diagonally from each other. Remaining players play 3v3 possession inside area and score point by playing a pass or dribbling into teams target player. Receiving player is replaced in target area by player who last touched ball. Opposition players cannot enter target areas.

Progression's: Pass only to target players, target player must vacate target area through opposite side from where they received (opening up), limit touches.

Time frame. 12-15 minutes

Emphasis:

Movement to create space & support player in possession

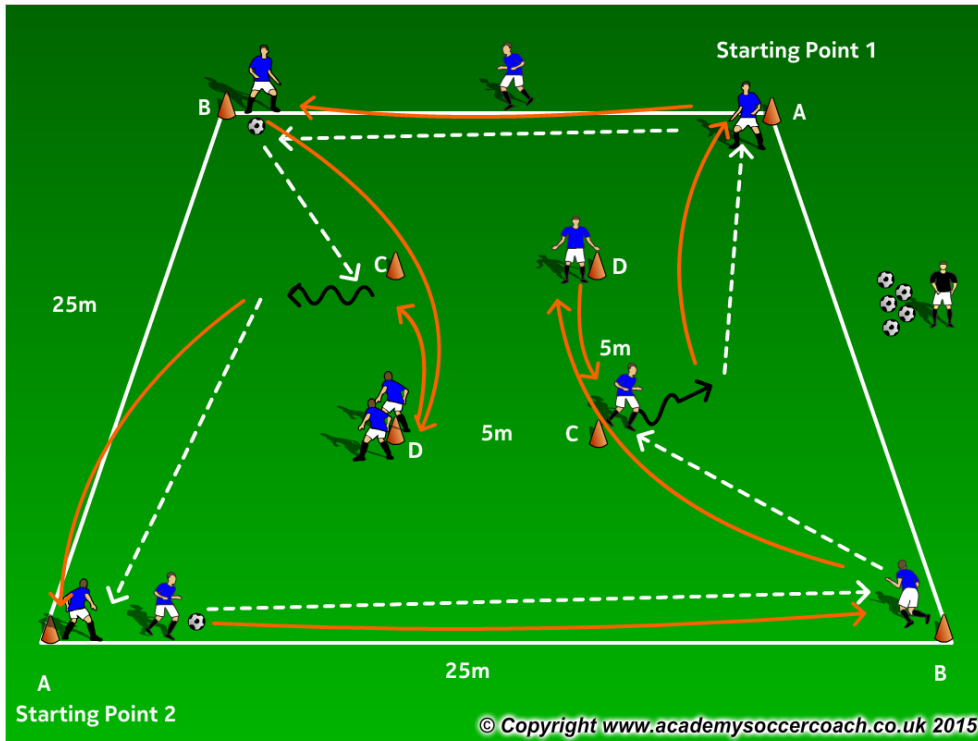
<p><u>Psychological</u> Positive reinforcement Confidence Decision making</p>	<p><u>Technical</u> Type of pass Body position Touch Direction Scanning</p>
<p><u>Physical</u> A,B,C's Speed of Support Power/accelerate out of target area</p>	<p><u>Social</u> Supporting team mates Communicating Peer interaction /fun</p>



Learn to Train practice plan – Week 20

Station C

Passing and Receiving – Passing Pattern



Organization: Players placed in a 25x25m area with a 5x5m area positioned in the centre of the grid. 2 players positioned at point's A & D, and 1 player at point's B. 2 balls at point's A (1 ball each side)

Procedure: Both balls move from A to B, 1st player moves from D to C to receive pass from B. Player turns when receiving at C and plays to A. Pattern begins again. Players always follow their pass.

Progression: "out-back-through" - 2 players at point's A, 1 player on points B,C,D. Ball and players transition A-B-D-C-A

Time frame. 12-15 minutes

Emphasis:

- Different types of passes
- Quality of pass
- Receiving the ball
- Touch direction/ to eliminate

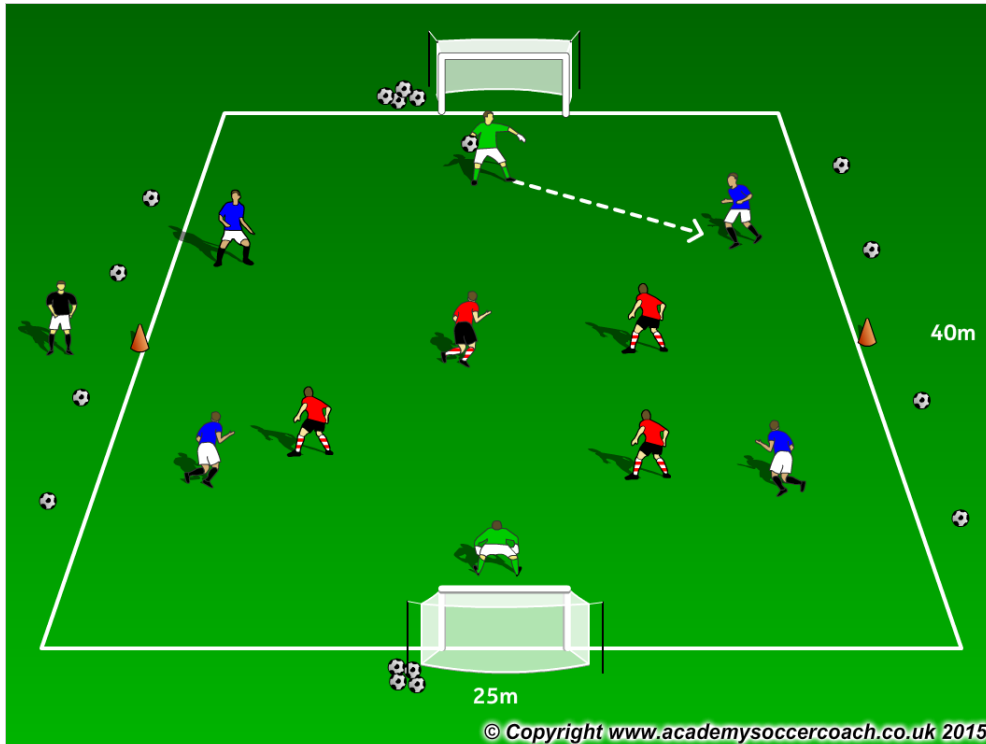
<p><u>Psychological</u></p> <p>Confidence Decision Making Positive reinforcement</p>	<p><u>Technical</u></p> <p>Weight of pass Body position to receive Touch direction</p>
<p><u>Physical</u></p> <p>A,B,C's Acceleration Power</p>	<p><u>Social</u></p> <p>Communicating Fun with friends</p>



Learn to Train practice plan – Week 20

Station D

Small Sided Game – 5v5 Free play



Organization: Players play 5v5 in a 40x25m area (6v6/7v7 = increase area accordingly). Balls stationed along outside of field. Retreat Line marked at half way line for 5v5.

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.

Time frame. 15-20 minutes

Emphasis:

FREE PLAY

Creativity

Forward Passes

Allow the game to be the teacher

FUN

Psychological

Fun
Confidence
Decision Making
Imagination

Technical

Quality of pass
Receiving
Creating space
Penetration

Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Fun with friends