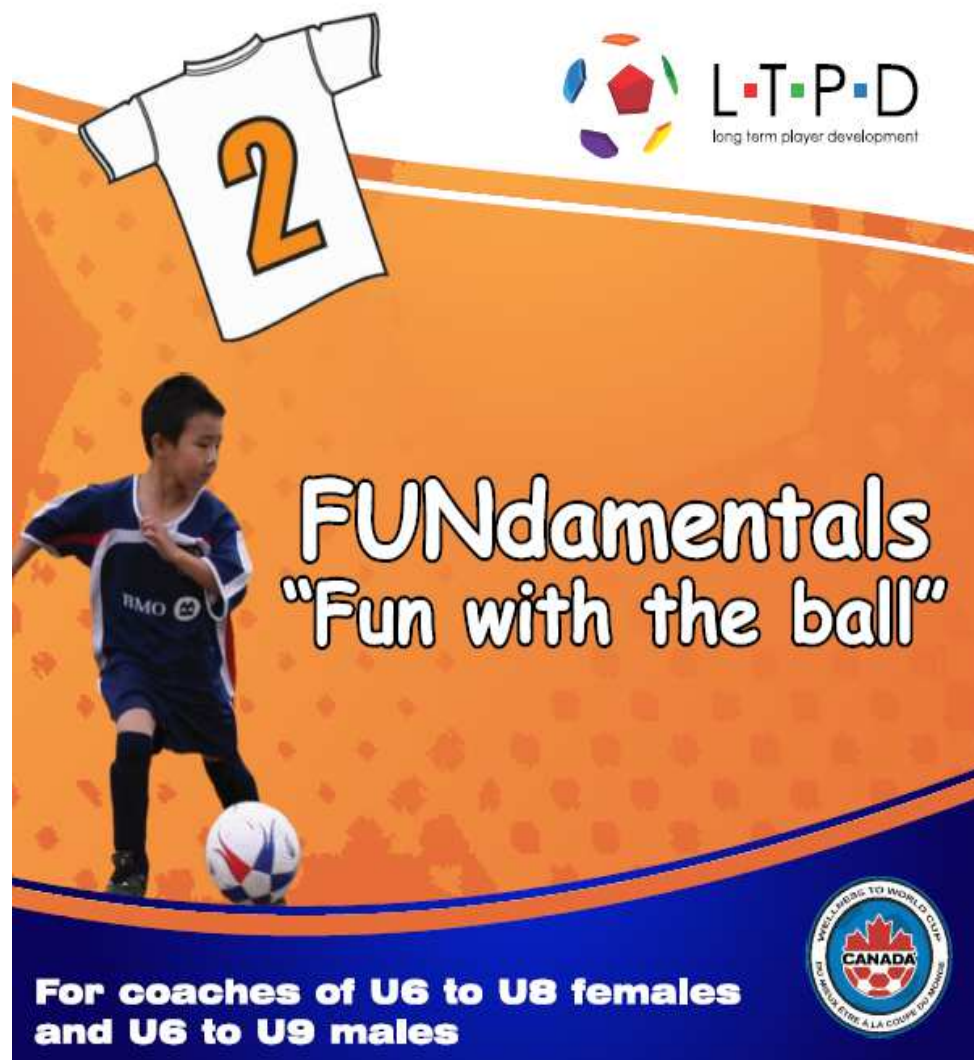




# GRASSROOTS WORKBOOK & PRACTICE PLANS





## **FUNdamentals practice plans**

### **Preferred method of training – 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 all sessions 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 or 5v5 which includes the retreat line.

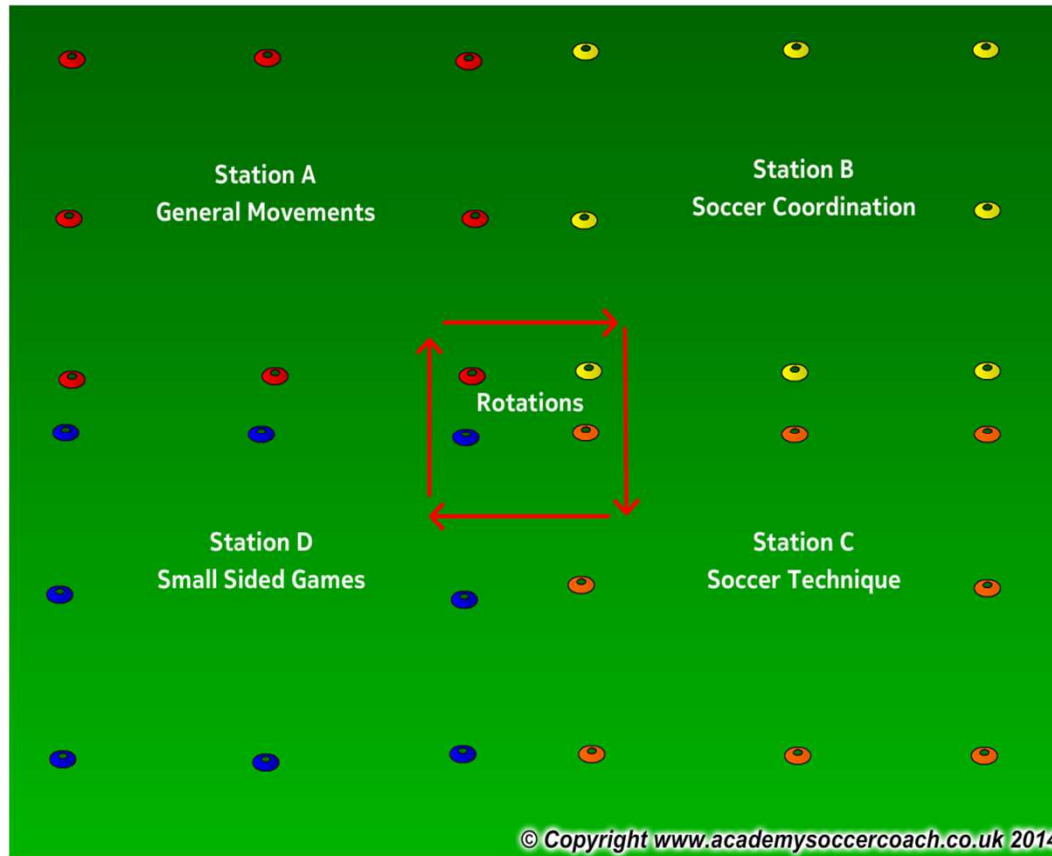
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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



## FUNdamentals practice plans

### How the preferred training 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.



## FUNDamentals practice plan – Week 10

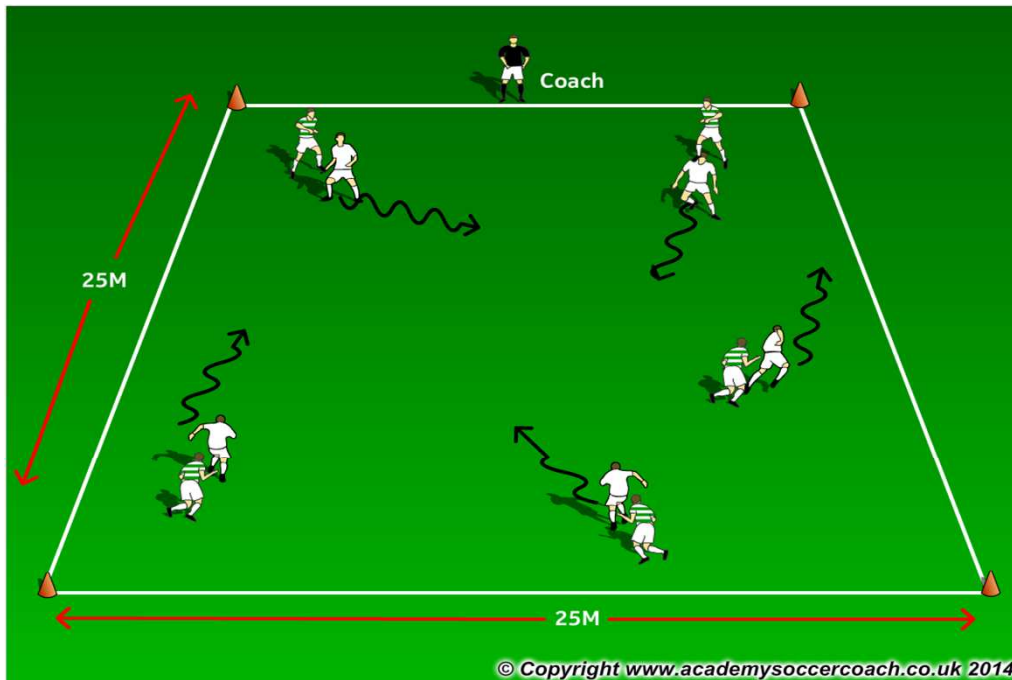
### Station A General Movements



Time frame. 8-10 minutes

#### Emphasis:

Listening  
Different types of running/movements  
Changing direction  
Agility, Balance, Coordination  
FUN!



**Follow my Leader**  
Organisation. Players are placed into pairs in a 25mx25m area.  
Procedure. 1 player becomes the leader and the 2nd player becomes the follower. Encourage the players to use different movements such as walking, running, jumping, rolling, running backwards and also sideways. After 30 seconds players switch.  
Progression. Each player has a ball.

#### Psychological

Confidence  
Being safe

#### Technical

N/A

#### Physical

A,B,C's  
Change of Direction

#### Social

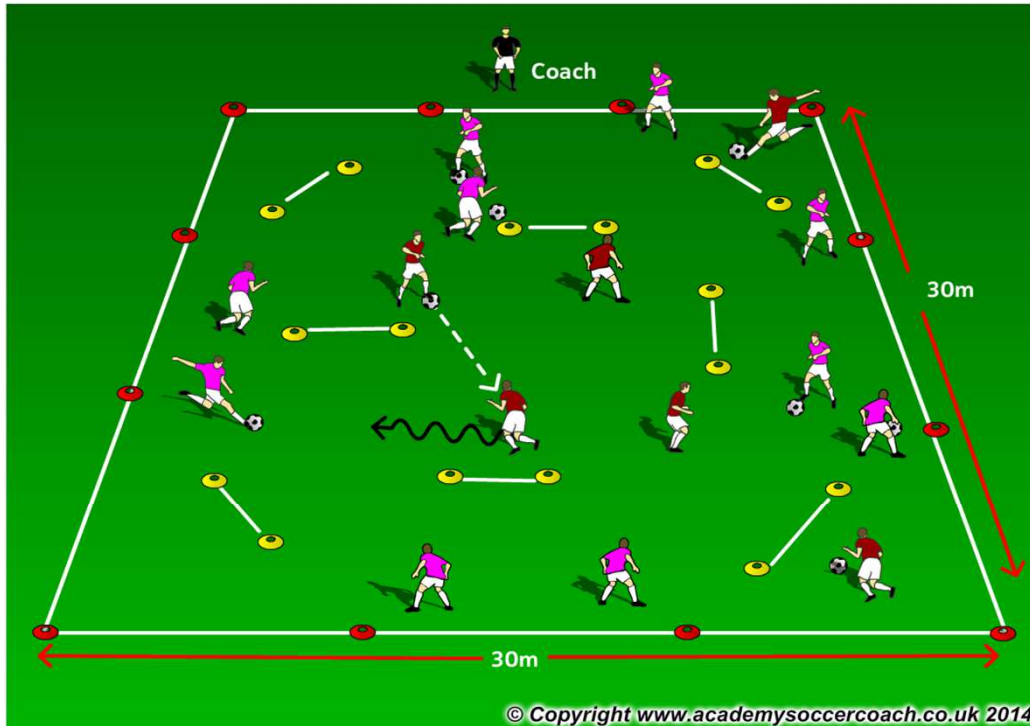
Listening  
Communicating  
Celebrating



## FUNDamentals practice plan – Week 10

### Station B

### Soccer Coordination – Passing and Receiving



#### **Passing and Moving**

Organisation. Players are placed into 2s inside 30mx30m area.

Procedure. Players pass and move inside area. Focus should be on how the player passes and receives the ball.

Progression. To make it fun/competitive for the players add gates into the area and on the command of "Shopping" players look to pass the ball through the gates. each gate = 1 point, after 60 seconds pair with the most points wins the competition. Repeat game several times.

**Time frame. 8-10 minutes**

#### **Emphasis:**

Passing - Receiving

Dribbling

Changing direction

Agility, Balance, Coordination

Imagination

Change of speed

**FUN!**

#### **Psychological**

Confidence

Being safe

#### **Technical**

Passing - Receiving

Dribbling

Running with the ball

#### **Physical**

A,B,C's

Change of Direction

#### **Social**

Listening

Communicating

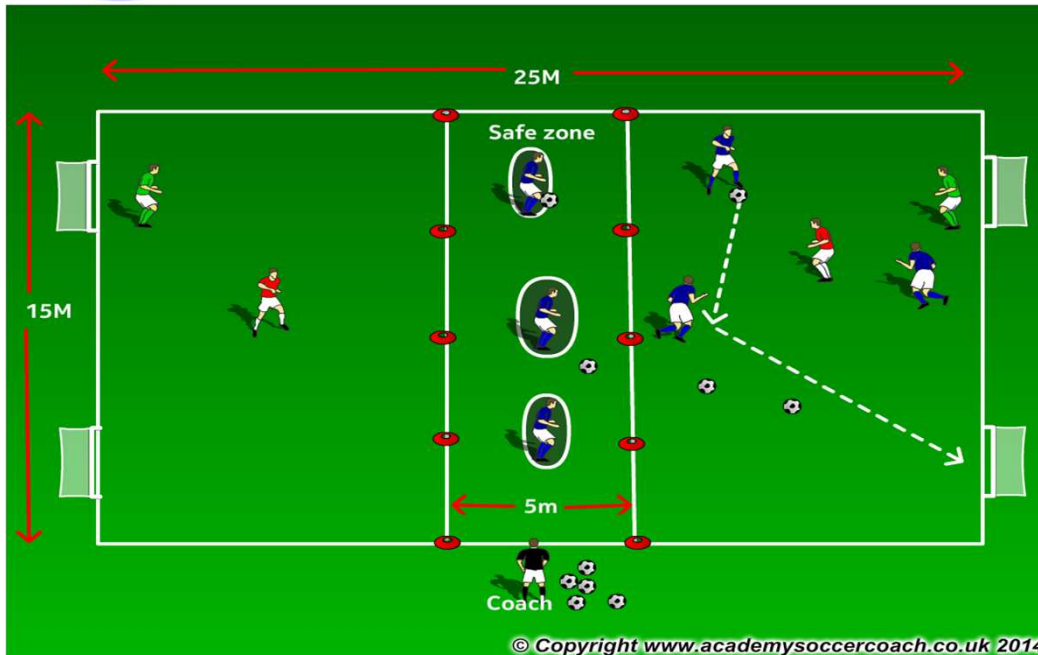
Celebrating



## FUNDamentals practice plan – Week 10

### Station C

### Soccer Technique – 3v1 to goal



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**Organisation.** Field size is 15mx25m with a 5m safe zone in the middle. 3 attackers, 2 defenders and 2 goalkeepers set up as above.

**Procedure.** Activity starts with 3 players in central safe zone, with defender & GK defending goal at either end. The coach plays a ball into the attackers in the safe zone and they look to attack either end.

If attackers' progress is blocked, they can take ball back into safe zone & attack in other direction.

Should GK save an attempt on goal, the goalkeeper should roll the ball to the defender if possible, who then transfers the ball into the defender in the opposite half. Defender receives and attempts to turn & score against GK at that end. Keep rotating the players to allow them all to experience attacking, defending and goalkeeping.

### Time frame.8- 10 minutes

#### Emphasis:

Passing - Receiving

Running with the ball

Dribbling

1v1 attacking/defending

Shooting

Changing direction

Agility, Balance, Coordination

Imagination

FUN!

#### Psychological

Confidence

Being safe

#### Technical

Dribbling

Running with the ball

Shooting

Passing/Receiving

#### Physical

A,B,C's

Change of Direction

#### Social

Listening

Communicating

Celebrating



## FUNDamentals practice plan – Week 10

### Station D

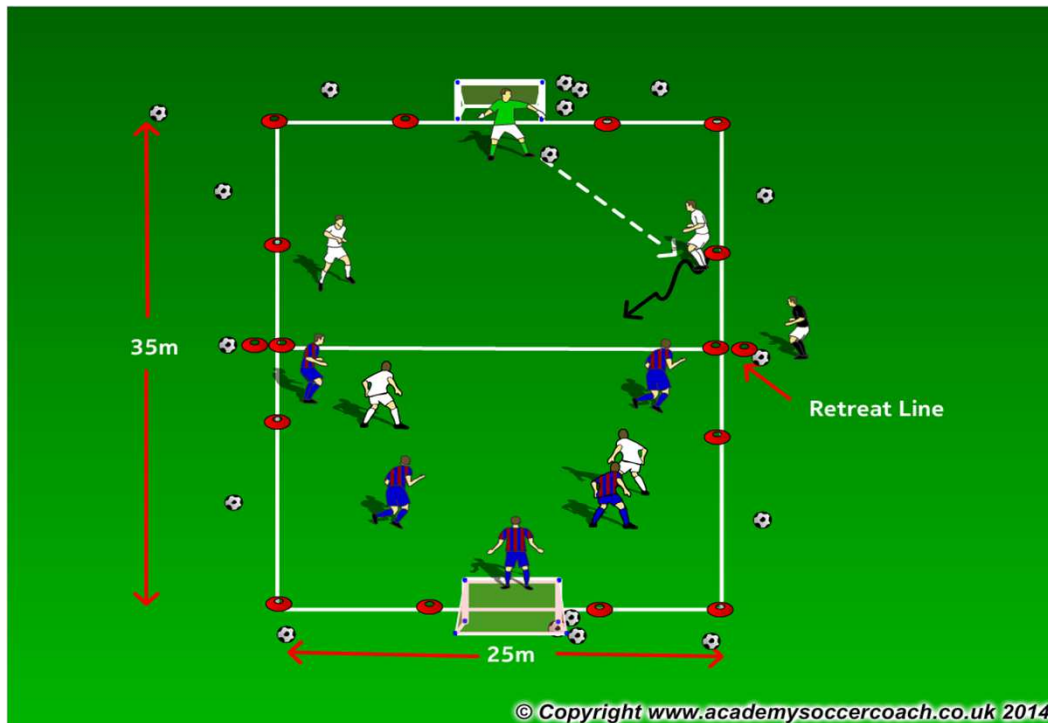
### Small Sided Game – 5v5 with Retreat line



Time frame. 8-10 minutes

#### Emphasis:

Listening  
Running with the ball  
Passing  
Shooting  
Dribbling  
Team work  
Changing direction  
Agility, Balance, Coordination  
Imagination  
FUN!



5V5 with the Retreat line.

Organisation. Players play 5v5 on a 35mx25m field. the Retreat line is located at the half way line.

Procedure. Once the ball goes out for a goalkick or the goalkeeper has control of the ball the opposition must retreat behind the retreat line. Once the player receives the pass from the goalkeeper the game is live.

If you have odd numbers you can have the extra player become a neutral player in the game.

#### Psychological

Confidence  
Being safe

#### Technical

Dribbling  
Running with the ball

#### Physical

A,B,C's  
Change of Direction

#### Social

Listening  
Communicating  
Celebrating