



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 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.

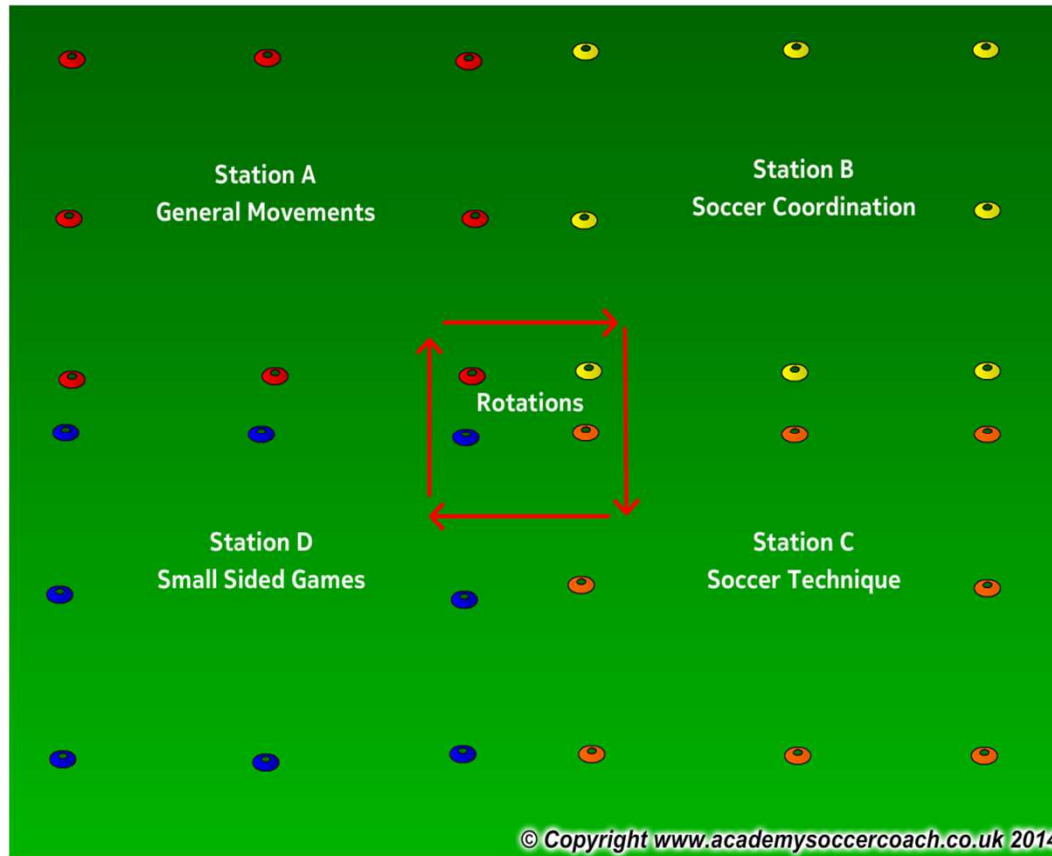
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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 7

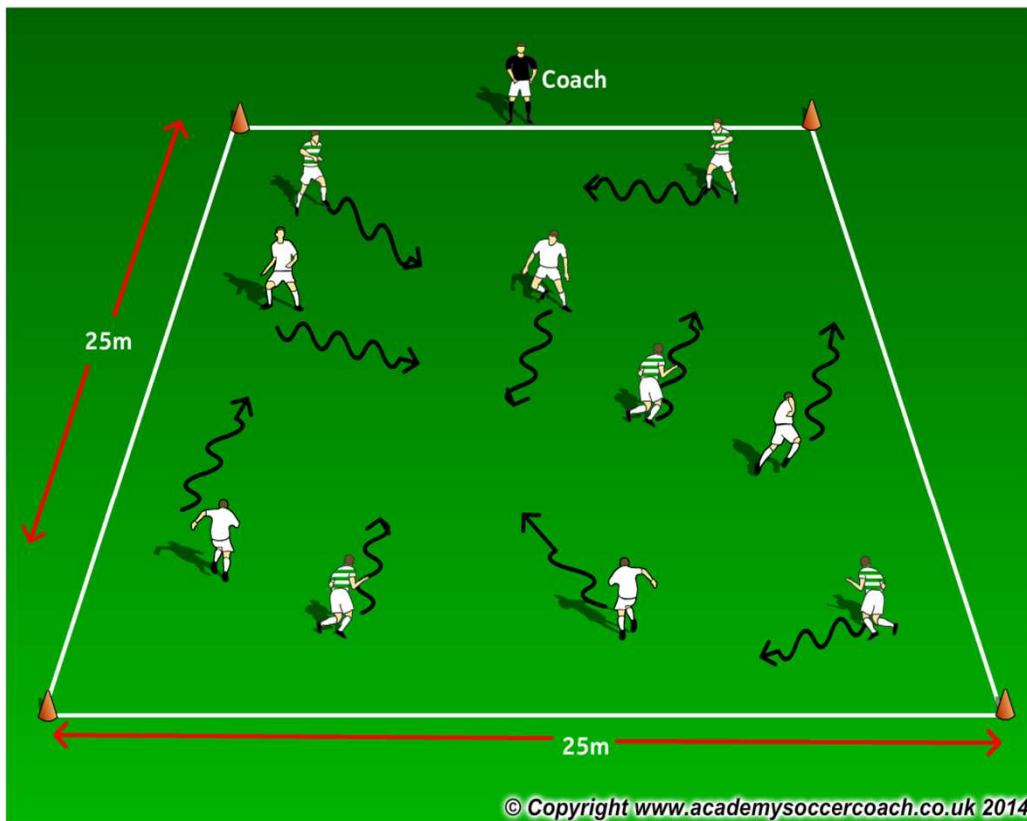
Station A General Movements



Time frame. 8-10 minutes

Emphasis:

Changing direction
Agility, Balance, Coordination
Awareness
FUN!



General movements

Encourage the players to use different soccer related movements such as walking, running, jumping, rolling, running backwards and also sideways. Movements can occur with or without a ball.

<u>Psychological</u> Positive reinforcement Confidence Being safe	<u>Technical</u> N/A
<u>Physical</u> Eye-foot coordination Agility, Balance Change of Direction	<u>Social</u> Listening Communicating Celebrating



FUNDamentals practice plan – Week 7

Station B Soccer Coordination



Time frame. 8-10 minutes

Emphasis:

Dribbling
Changing direction/Speed
Balance
FUN!



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Organisation. Players dribble freely inside 30mx30m area.

Procedure. Players are asked to express them self's and be creative by attacking space and showing different moves. On coaches command players will attack a cone and show a move that will beat a defender. Coaches can show the players moves or allow the children to choose a move of their choice.

Psychological

Confidence
Being safe

Technical

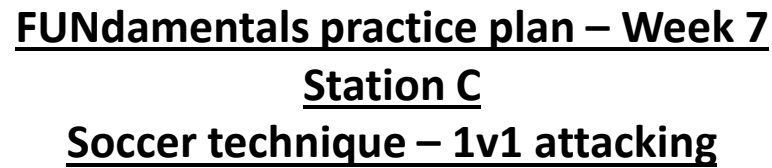
Dribbling
Running with the ball

Physical

A,B,C's
Change of Direction

Social

Listening
Communicating
Interacting with friends



Organisation. Area is 30mx30m with 1 goal in each corner, 1m in width.

Procedure. Player A plays the pass to player B. Player B attempts to dribble past player A and dribble through one of the blue goals. If player A takes the ball away from play B he/she then tries to dribble the ball through either of the goals. Keep rotating the service so that all players are attackers. C will then play the ball to D and they will compete as above.

Progression. Players progress to play 2v2 if success is being achieved.

FUN!

Positive reinforcement
Confidence
Being safe
Fun

Dribbling
Part of the foot
Part of the ball
Using both feet

Speed
A,B,C's
Change of Direction

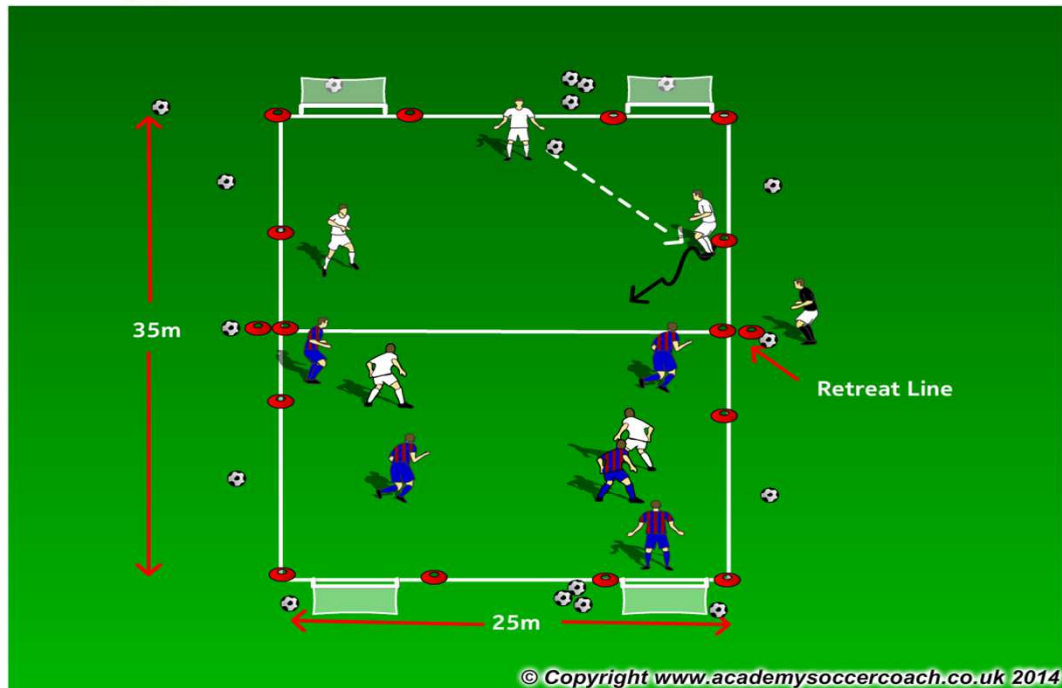
Listening
Communicating
Interaction with peers



FUNDamentals practice plan – Week 7

Station D

Small sided game with retreat line



5V5 with the Retreat line.

Organisation. Players play 5v5 on a 35mx25m field. the Retreat line is located at the half way line. 2 goals are located at each end

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.

When scoring a goal team in possession has two goals to score on.

If you have odd numbers you can have the extra player become a neutral player in the game who plays for the team in possession.

Time frame. 8-10 minutes

Emphasis:

Dribbling

1v1

Changing direction/Speed

Imagination

FUN!

Psychological

Fun

Confidence

Being safe

Decision making

Technical

passing

Dribbling

Shooting

Physical

Speed

A,B,C's

Change of Direction

Social

Listening

Communicating

Celebrating