



# GRASSROOTS WORKBOOK & PRACTICE PLANS





## Active Start practice plan 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.

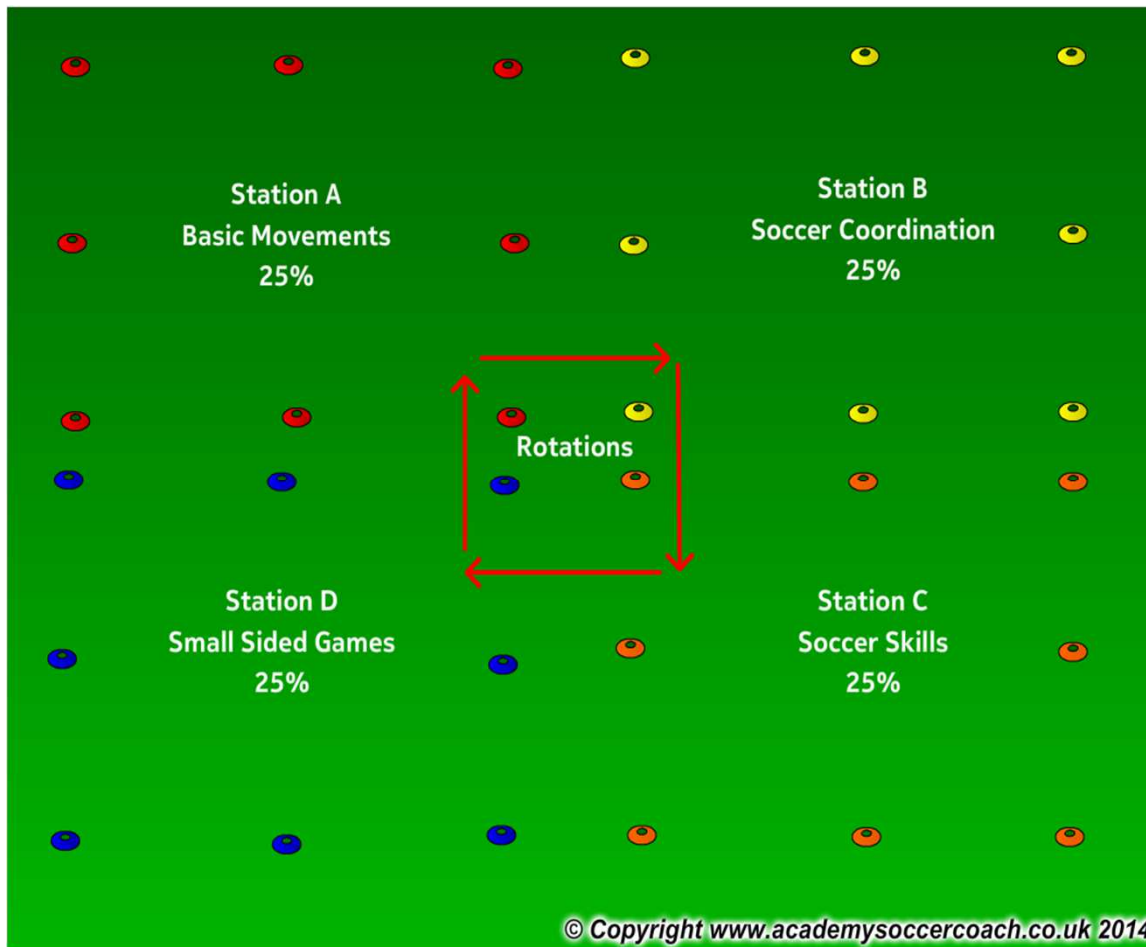
In the following activities players will travel through 4 stations. In these examples one station focuses on Physical Literacy, two stations on movements with the ball and the 4th station is focused around the game with the children playing 1v1.

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 preferred training 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 6**  
**Station A**  
**General movement -Follow the leaders**



**Organization:** A 25 mx 15 m field. Up to 10 players each with a ball .  
**Procedure:** Players moving with their ball inside the field. Parents following them around and do what the players ( leaders) do . Players need to look around not to hit other players.

**Time Frame 6-8 minutes**

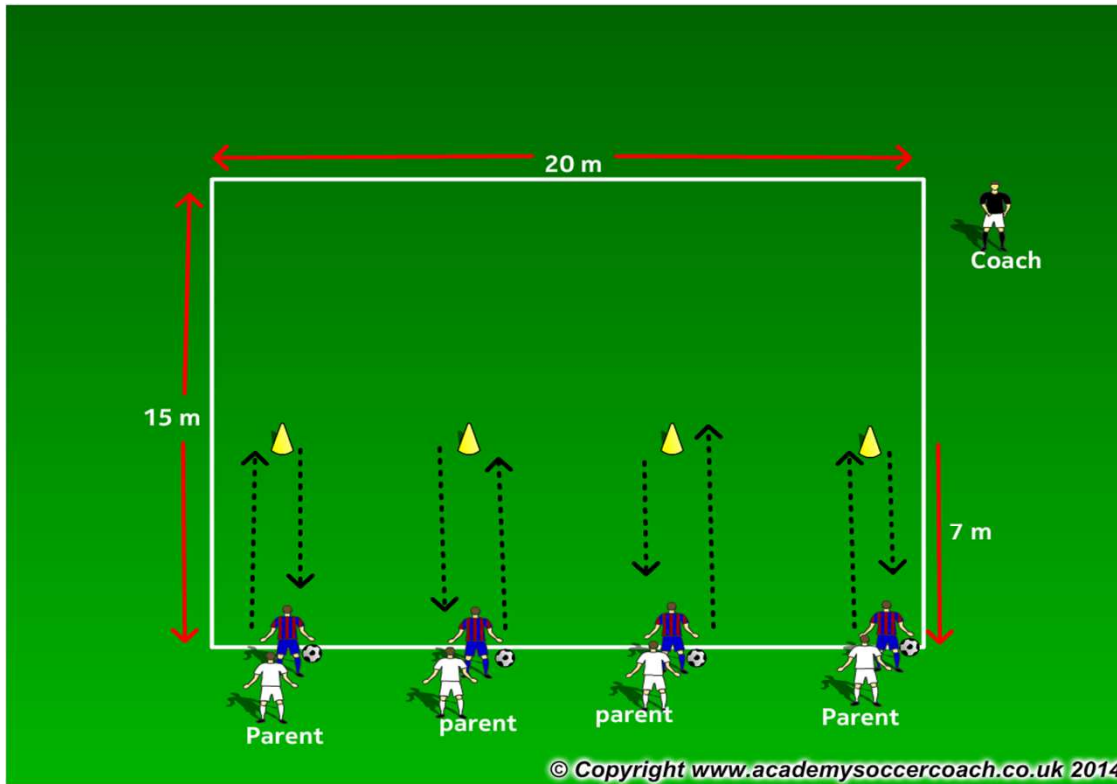
**Emphasis:**

- Listening
- Different types of running
- Changing direction
- Agility, Balance, Coordination
- FUN!**

<p><b><u>Psychological</u></b>          Confidence          Being safe          Decision Making</p>	<p><b><u>Technical</u></b>           N/A</p>
<p><b><u>Physical</u></b>          A,B,C's          Change of Direction</p>	<p><b><u>Social</u></b>          Listening          Communicating          Interaction with Friends</p>



**Active Start practice plan – Week 6**  
**Station B**  
**Soccer Technique - Catch me**



**Organization:** A 20 mx15 m field, cones 7 m from start line.  
**Procedure:** Players each has a ball, and running with the ball (using right foot) around the cone. Parent try to catch them. When players reach the cone, they are safe. Procedure repeats on the way back to start line.  
**Progression:** Players are encouraged to use opposite foot, and different part of foot.

**Time Frame 6- 8 minutes**

**Emphasis:**

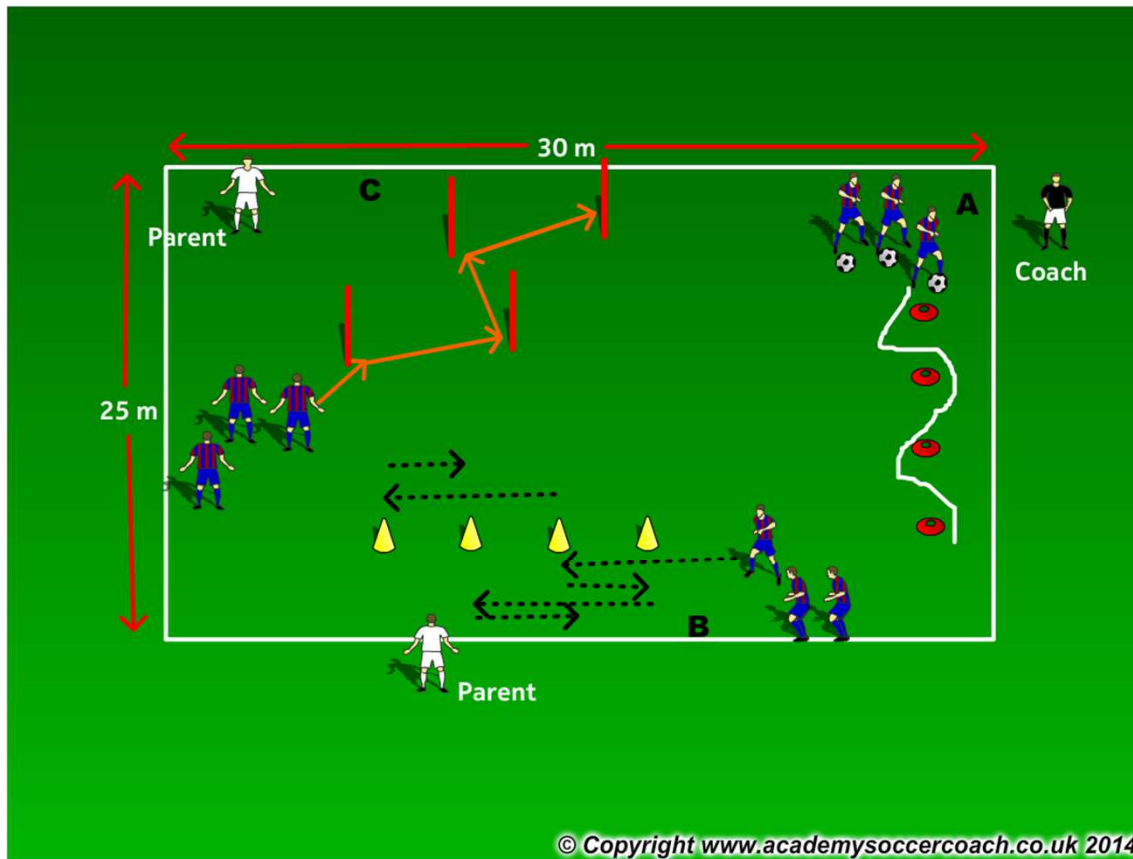
Running with the ball  
 Dribbling  
 Changing direction  
 Agility, Balance, Coordination  
 Imagination  
 FUN!

<p><b><u>Psychological</u></b>          Confidence          Being safe</p>	<p><b><u>Technical</u></b>          Dribbling          Running with the ball</p>
<p><b><u>Physical</u></b>          Using both feet          A,B,C's          Change of Direction</p>	<p><b><u>Social</u></b>          Interaction with others          Communicating          Celebrating</p>



# Active Start practice plan – Week 6

## Station C Coordination



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Organization: A 30 mx 25 m field. Cones, Poles, as shown in diagram. Up to 12 players.

Procedure: Players go around each station, and perform different moves.

Station A: Players dribble through the cones.

Station B: Players run forward and backward.

Station C: Players shuffle from one pole to another.

Time Frame 6-8 minutes

Emphasis:

Listening

Dribbling

Changing direction

Agility, Balance, Coordination

Imagination

FUN!

### Psychological

Learning new skill

Confidence

Being safe

### Technical

Dribbling

Running with the ball

### Physical

A,B,C's

Change of Direction

### Social

Listening

Interaction with others

Celebrating





## Active Start practice plan – Week 6

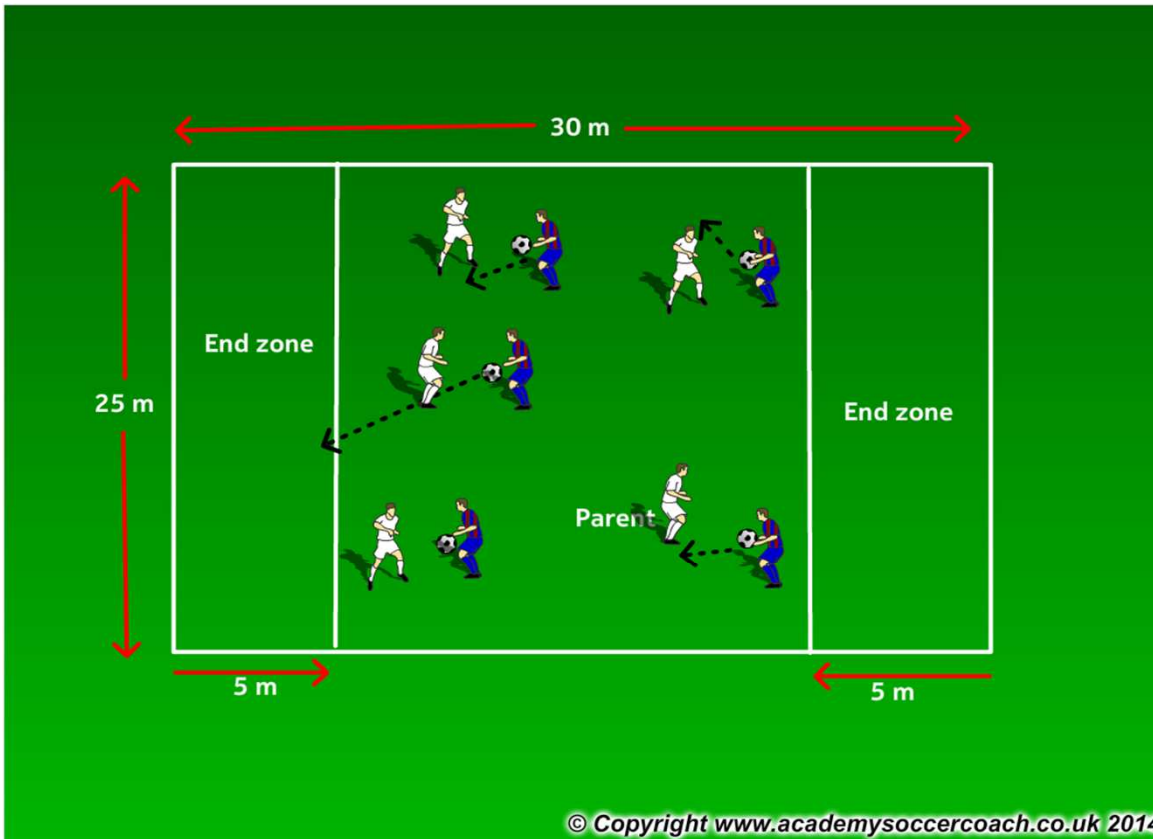
### Station D

## Small sided game – 1v1 (Player vs Parent)

Time Frame 6-8 minutes

### Emphasis:

Running with the ball  
 Passing  
 Dribbling  
 Changing direction  
 Agility, Balance, Coordination  
 Imagination  
 FUN!



**Organization:** A 30 m x 25 m field. A two 5 m end zone at each side of the field. Players each has a ball.

**Procedure:** Players has the ball in their hand and try to pass by the opponent and go to the end zone to score. If the opponent touch the player, they receive the ball and try to do the same thing.

**Progression:** Players can use the feet.

**Team with more points wins.**

### Psychological

Decision Making  
 Confidence  
 Being safe

### Technical

Dribbling  
 Running with the ball

### Physical

A,B,C's  
 Change of Direction

### Social

Listening  
 Communicating  
 Celebrating  
 Interaction