

# 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.

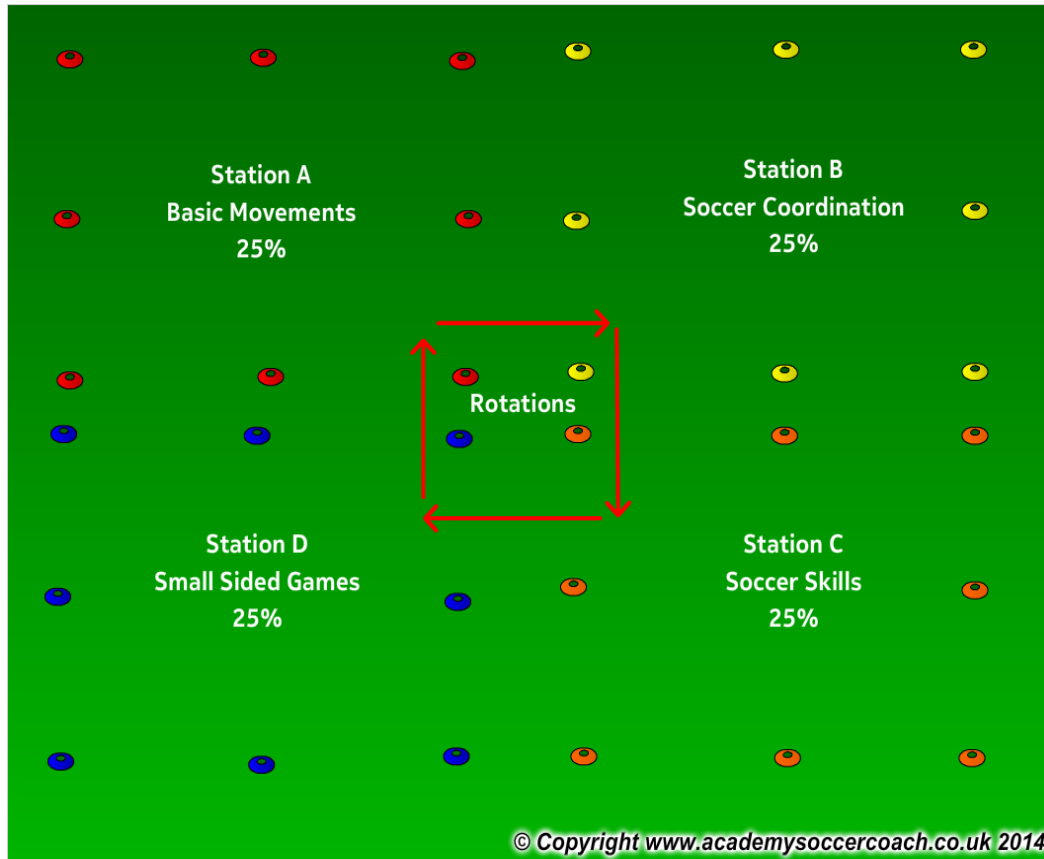
In the following activities players will travel through 4 stations. In these examples one station focuses on Physical Literacy, two stations on movements with the ball and the 4th station is focused around the game with the children playing 1v1.

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**  
**Station A**  
**General movement –Simon Says**



© Copyright [www.academysoccercoach.co.uk](http://www.academysoccercoach.co.uk) 2014

**Organization:** A field of 25m x 30m. Soccer balls.  
**Procedure:** Everyone has a ball, coach is the “Simon”. Coach says “Simon says the following”  
**Without the ball:** Jumping jacks , stand on one foot, etc.  
**With the ball:** Kick with the right foot, kick with the left foot, dribble with right foot, run with the ball with the left foot, etc.

**Time Frame 6-8 minutes**

**Emphasis:**

- Listening
- Different types of movements
- 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 Station B Soccer Technique - Animals



**Organization:** A field of 25m x 30m. Soccer balls.  
**Procedure:** Everyone has a ball. Players and parents dribble ball with their feet, the coach calls an animal's name, and everyone dribble like that animal. (dog on four legs and etc.).  
**Progression:** Ask player to choose an animal, and show how that animal dribble.

Time Frame 6- 8 minutes

Emphasis:

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

### Psychological

Confidence  
Being safe

### Technical

Dribbling  
Running with the ball

### Physical

Using both feet  
A,B,C's  
Change of Direction

### Social

Interaction with others  
Communicating  
Celebrating



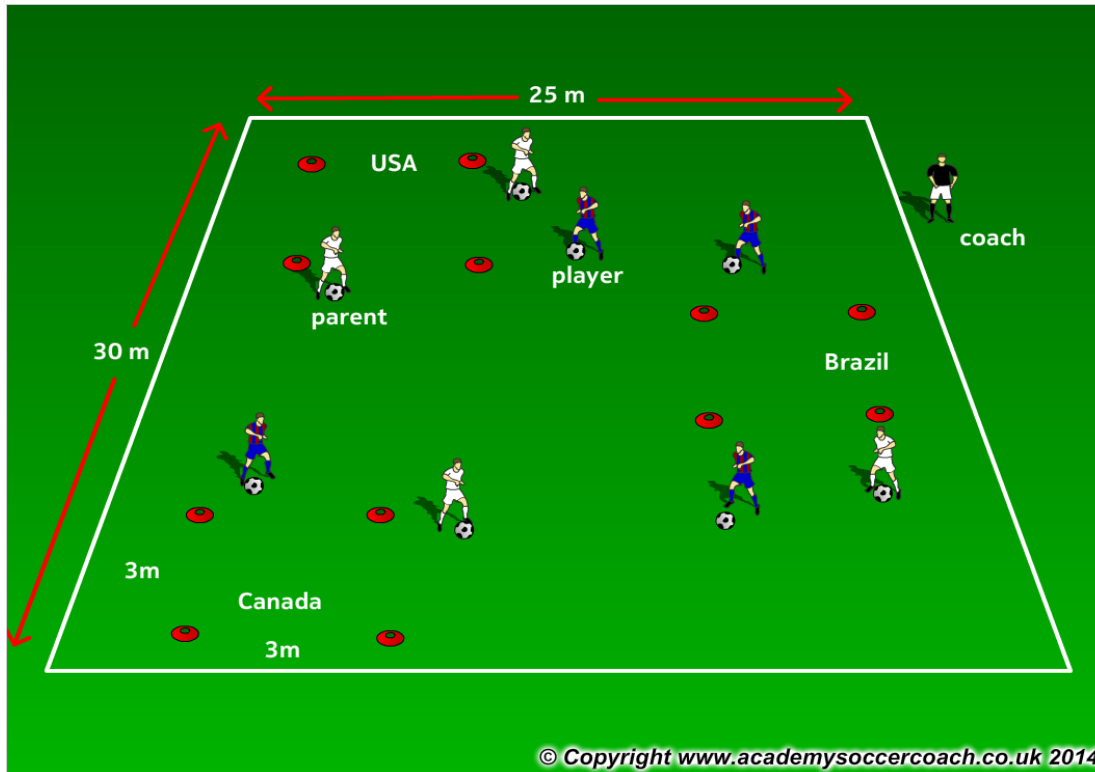
## Active Start practice plan Station C Coordination- Countries



Time Frame 6-8 minutes

Emphasis:

Listening  
Dribbling  
Changing direction  
Agility, Balance, Coordination  
Imagination  
**FUN!**



© Copyright [www.academysoccercoach.co.uk](http://www.academysoccercoach.co.uk) 2014

**Organization:** A field of 25m x 30m. Soccer balls. 3 grids of 3mx3m  
**Procedure:** Everyone starts without the ball, the coach calls a country (box), and everyone has to get there as fast as they can.  
**Progression:** Players do the same thing but with the ball.

<p><b><u>Psychological</u></b> Learning new skill Confidence Being safe</p>	<p><b><u>Technical</u></b> Dribbling Running with the ball</p>
<p><b><u>Physical</u></b> A,B,C's Change of Direction</p>	<p><b><u>Social</u></b> Listening Interaction with others Celebrating</p>



## Active Start practice plan – Week 6

### Station D

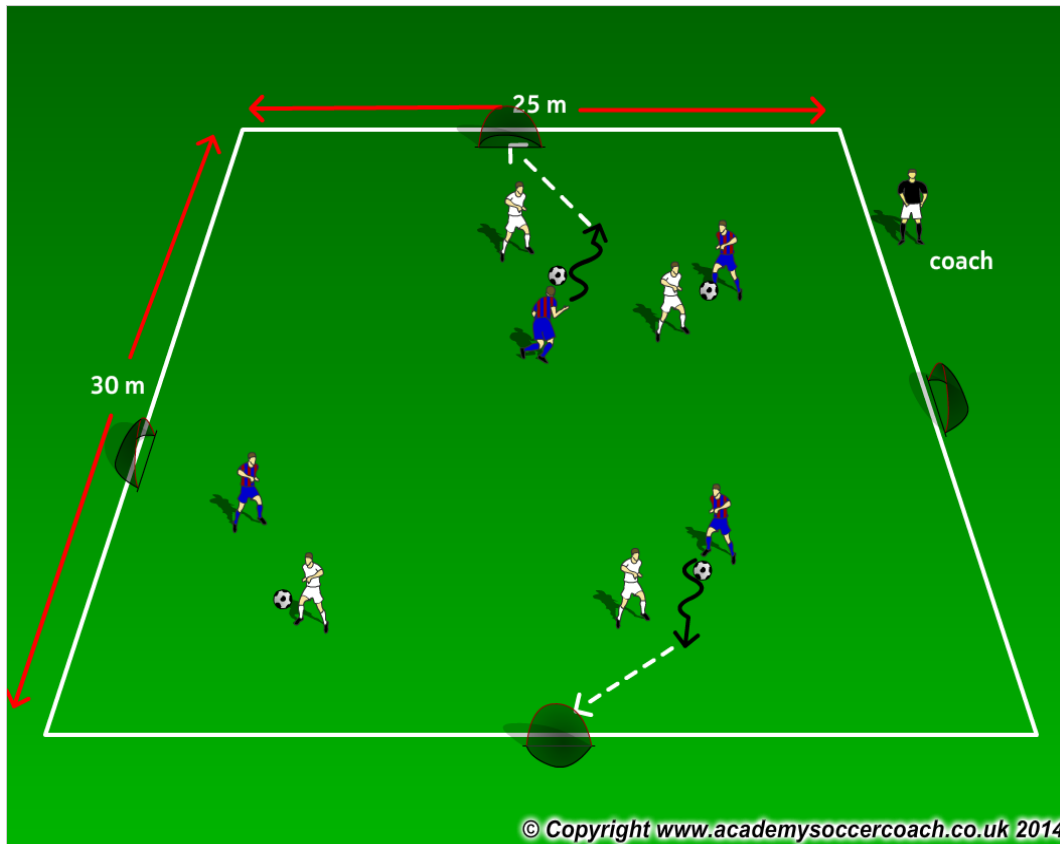
#### Small sided game – 1v1 (Player vs Parent)



#### Time Frame 6-8 minutes

##### Emphasis:

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



**Organization:** A field of 25m x 30m. Soccer balls.  
**Procedure:** Players play 1v1 vs their parents, and try to score.

<b><u>Psychological</u></b> Decision Making Confidence Being safe	<b><u>Technical</u></b> Dribbling Running with the ball
<b><u>Physical</u></b> A,B,C's Change of Direction	<b><u>Social</u></b> Listening Communicating Celebrating Interaction