



# 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.

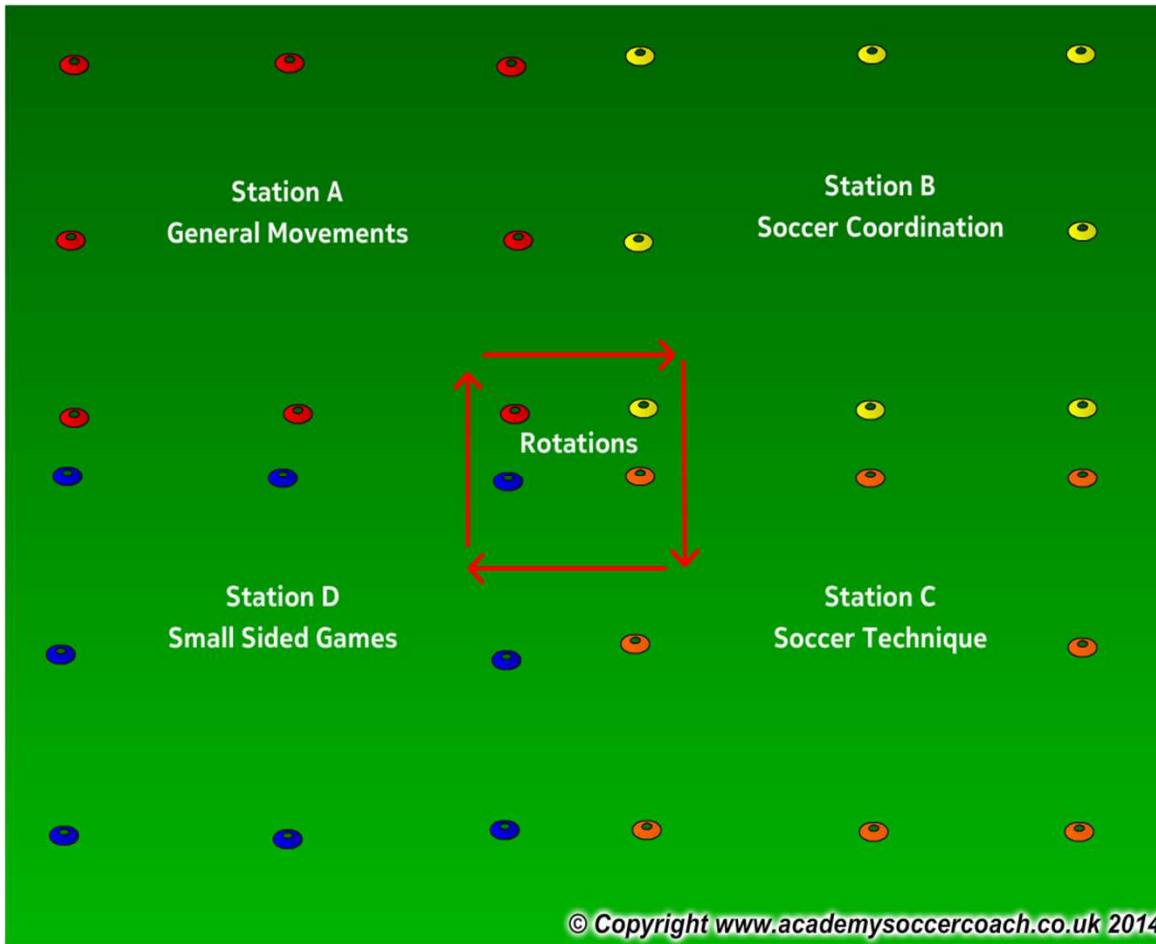
In the following activities players will travel through 4 stations. In all sessions players will travel through 4 stations. In these examples one station focuses on general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a 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.

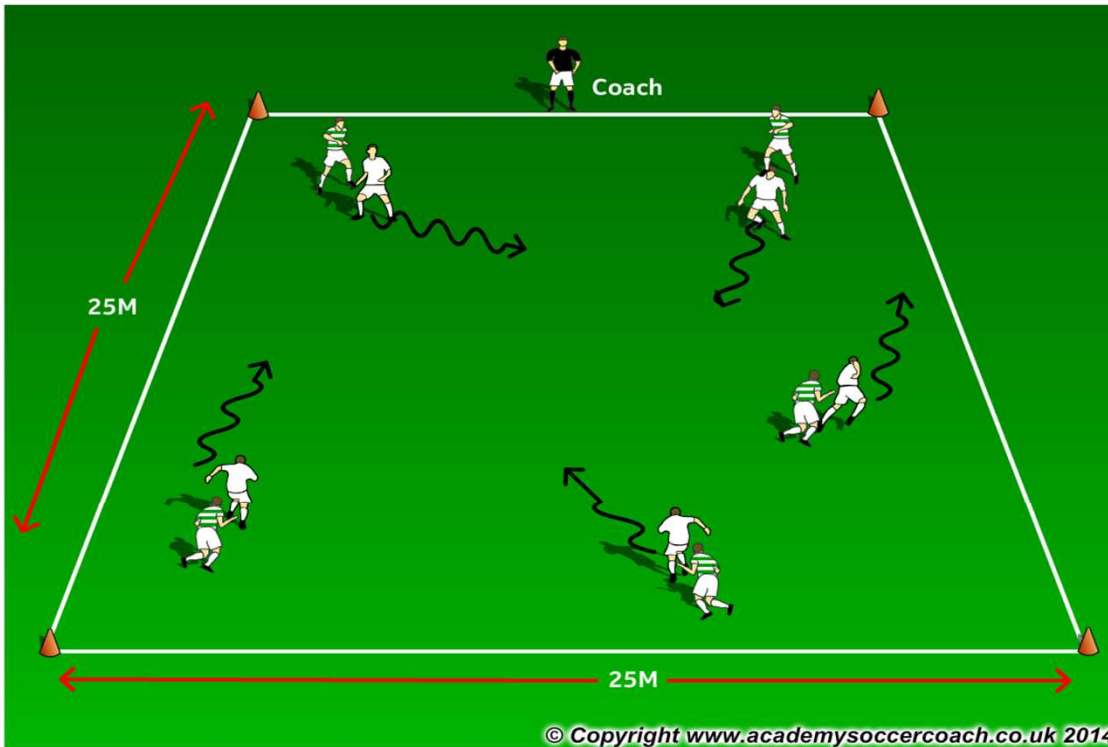
If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



# FUNDamentals practice plan – Week 2

## Station A

### General Movements



**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.

Time frame. 8-10 minutes

Emphasis:

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

<b><u>Psychological</u></b>  Confidence Being safe	<b><u>Technical</u></b>  N/A
<b><u>Physical</u></b>  A,B,C's Change of Direction	<b><u>Social</u></b>  Listening Communicating Celebrating



**FUNDamentals practice plan – Week 2**  
**Station B**  
**Soccer Coordination – Passing and Receiving**



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**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/competetive 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 =1point, 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**

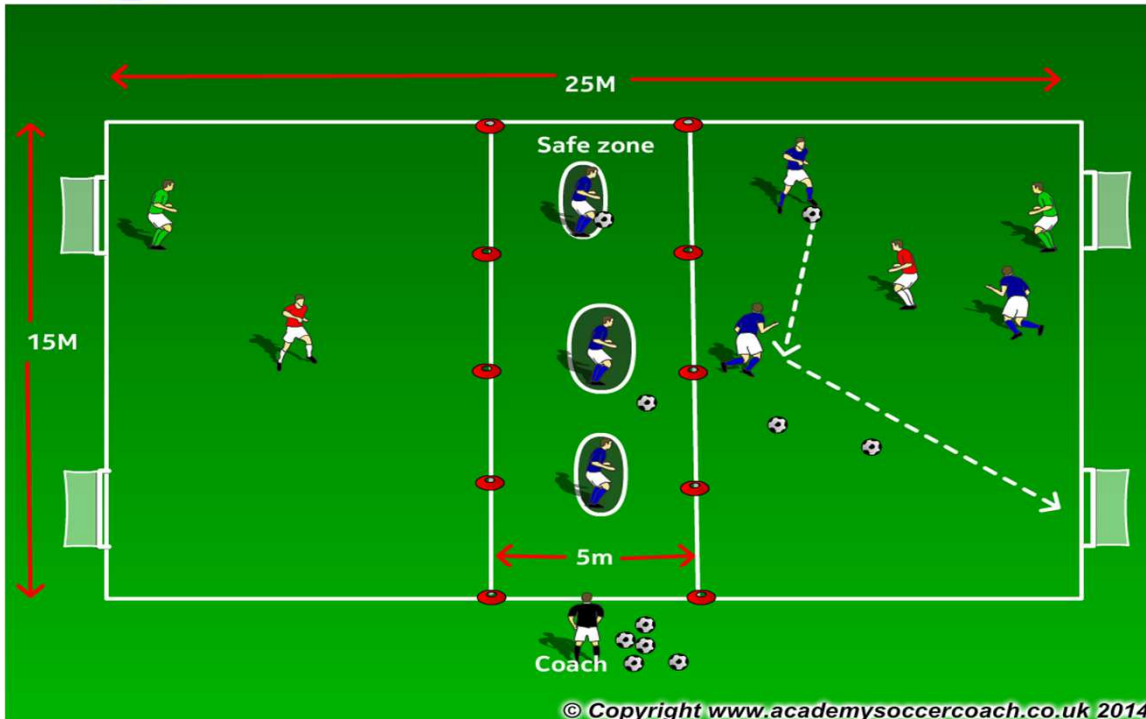
Listening  
Communicating  
Celebrating



## FUNdamentals practice plan – Week 2

### Station C

### Soccer Technique – 3v1 to goal



**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**

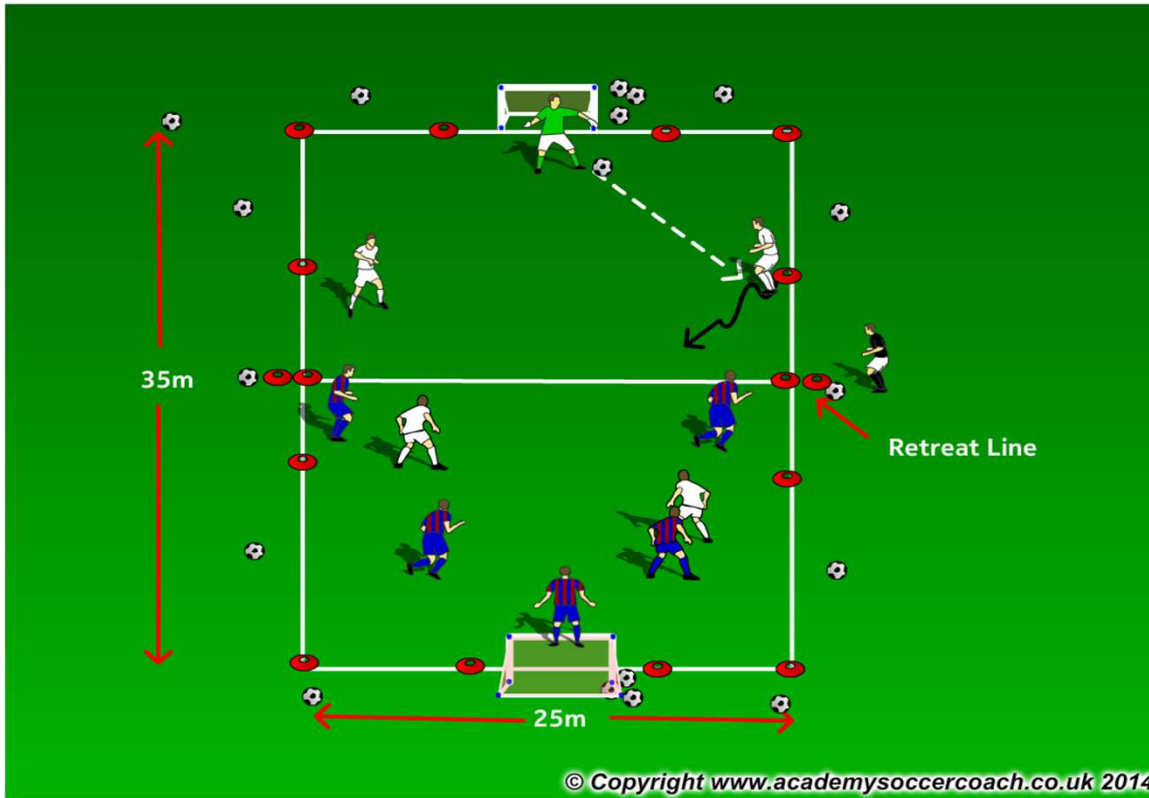
A,B,C's  
 Change of Direction

### **Social**

Listening  
 Communicating  
 Celebrating



**FUNDamentals practice plan – Week 2**  
**Station D**  
**Small Sided Game – 5v5 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.  
**Procedure.** Once the ball goes out for a goalkick or the goalkeeper has control of the ball the oppersition 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.

**Time frame. 8-10 minutes**

**Emphasis:**

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

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