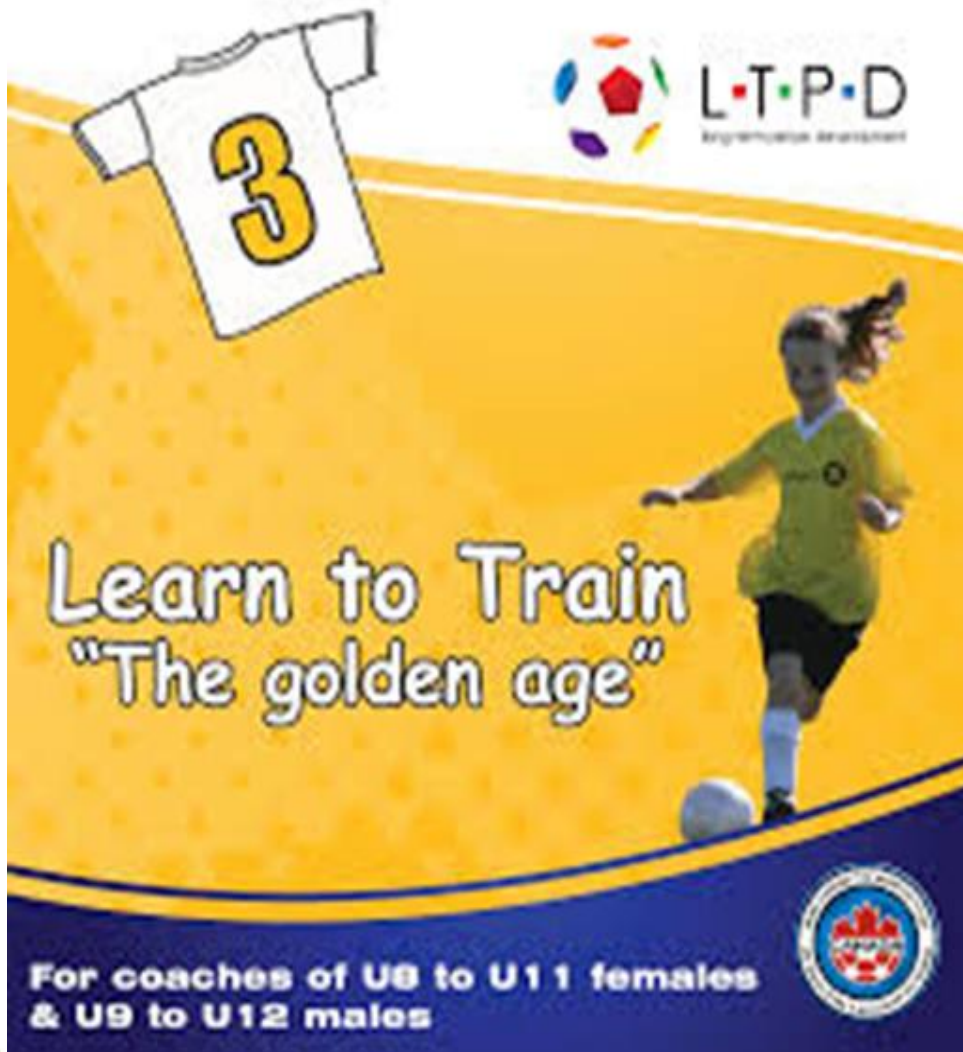


# GRASSROOTS WORKBOOK & PRACTICE PLANS





## Learn to Train practice plans Preferred method of training – The Station concept



Hello , and welcome to the session plans which are design for coaches working with Learn to Train age group. This is third stage of the grassroots level . We hope you enjoy this session plans. The focus for this stage should be providing a positive, and fun environment, concentration on ABC ( Agility, Balance, and Coordination), and playing small-sided games, 3v3, 4v4 etc. Can you develop players' ability to read what other players are going to do based on their movements, let your players make decisions, expose them to working out problems and coming up with solutions.





## Learn to Train practice plan Preferred method of training – The Station concept



The activities provided take a look at how stations are being used at the Grassroots level. During the practice players will spend an allotted time at each station having fun and developing specific skills before moving onto the next station. By using station work we ensure players are continually motivated and we can ensure that their attention is not lost.

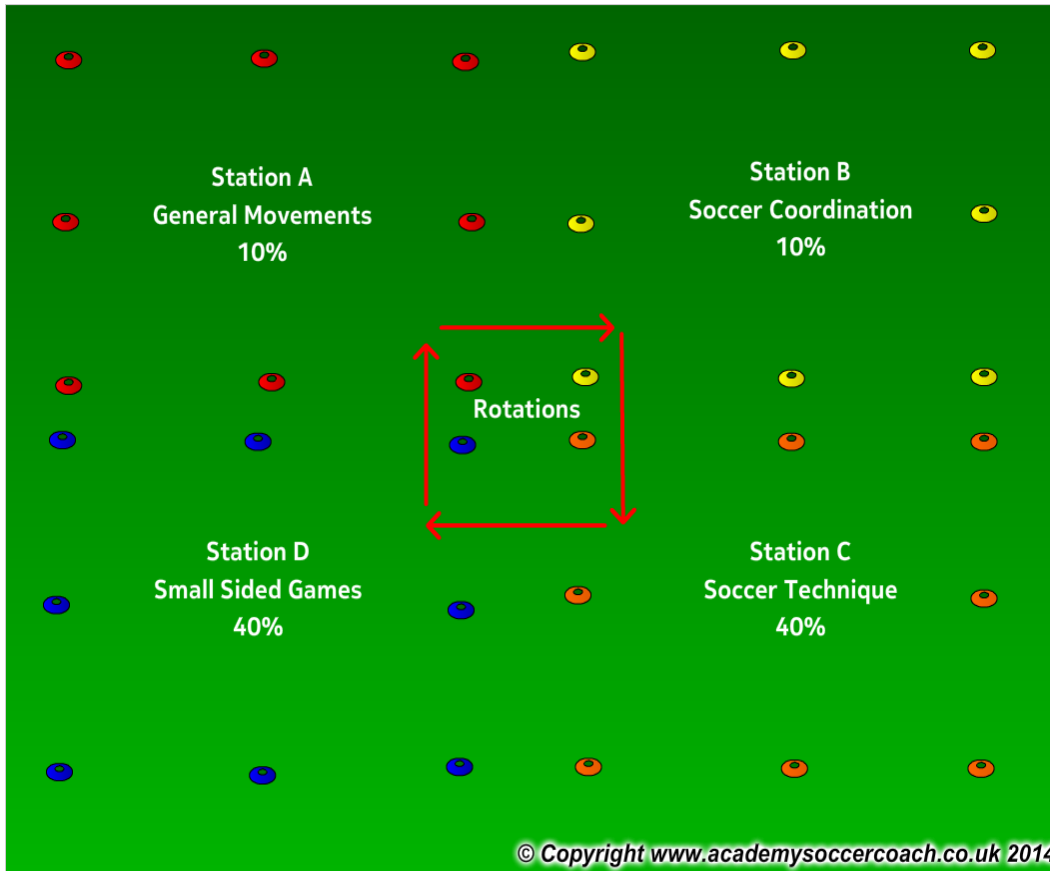
In the following activities players will travel through 4 stations. In these examples one station focuses on general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a small sided soccer game 3v3, 4v4 and 5v5

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

Total Practice time 45-70 minutes as per the OSA Recreational and Development Matrix



## Learn to Train practice plan How the 4 stations work



If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 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.



## Learn to Train practice plan week 10

### Station A General Movement



coach

30m

30m

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**Organization:** A 30x30m field. 10 players, soccer balls, and pinnies.  
**Procedure:** Players freely dribble around the field. On coach's call player perform different move (jumping on spot, toe tap, sit up...), and run to empty space.

Time frame. 12-15 minutes

Emphasis:

Changing direction  
Heads up  
Speed  
FUN!

<b><u>Psychological</u></b> Decision making Confidence Being safe	<b><u>Technical</u></b> Heads up Part of the foot Part of the ball
<b><u>Physical</u></b> A,B,C's Change of Direction	<b><u>Social</u></b> Communicating Peer interaction



## Learn to Train practice plan week 10

### Station B

### Soccer Coordination

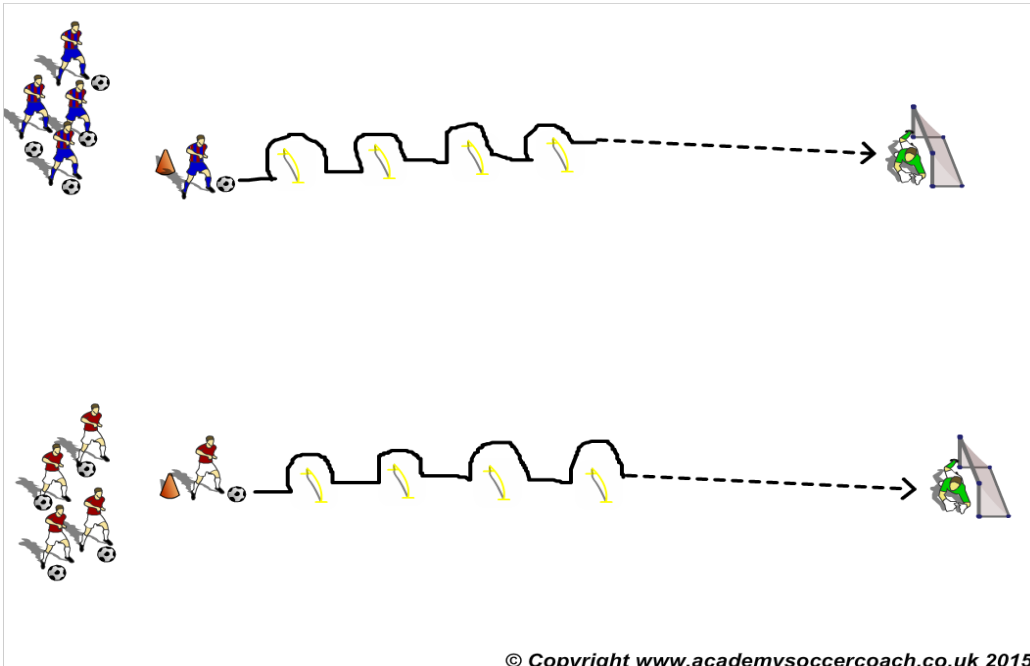
Time frame. 12-15 minutes

Emphasis:

Eye-foot Coordination

Concentration

FUN!



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**Organization:** Hurdles, soccer balls, goals, and pinnies.

**Setup** a starting cone in front of a row of hurdles spaced at five-meter intervals.

**Procedure:** Players form each team line up at the starting cones, and each player has a ball. One by one, players pass their ball under the hurdle and jump over them. Note: player always land beside the ball for safety. Players shoot to goal at the end of last hurdle.

**Progression:** player can jump each hurdle with left foot or right foot.

#### Psychological

Positive reinforcement  
Confidence  
Being safe

#### Technical

Accuracy  
Part of the foot  
Part of the ball

#### Physical

Agility, Balance  
Change of Direction  
Coordination

#### Social

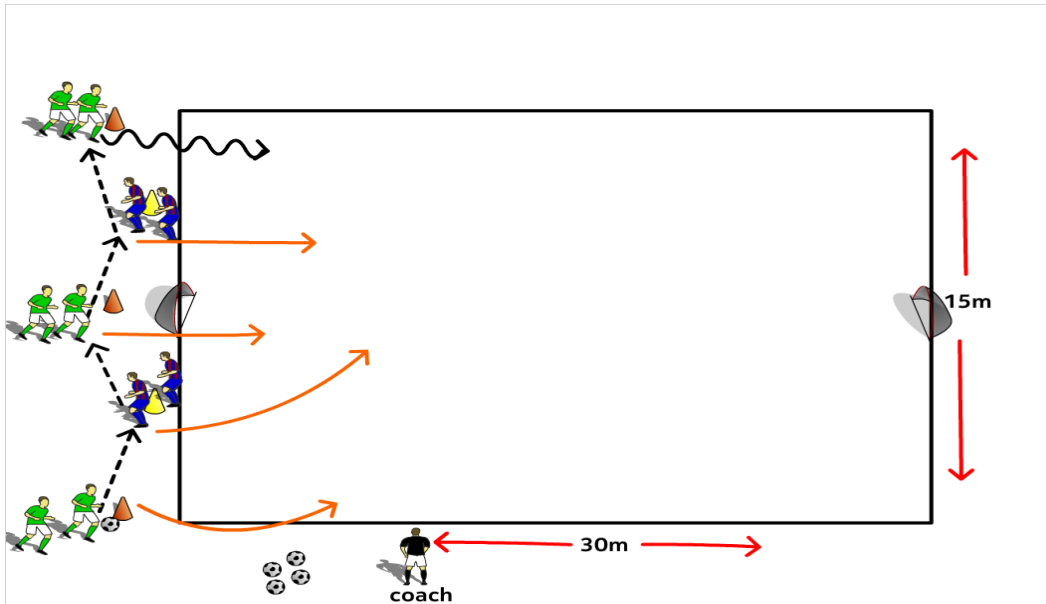
Listening  
Communicating  
Peer interaction /fun



# Learn to Train practice plan week 10

## Station C

### Soccer Technique – Dribbling



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**Organization:** Mark out a 15x30m field. Cones, Pinnies, and Soccer balls. Set up a mini goal on each end line and five cones in a zigzag pattern behind one of the goals.

**Divide players into two teams.** Team A's players line up at the three outside cones. The first player at one of the end cones has a ball. Team B's players line up at the two inside cones.

**Procedure:** Players pass the ball down the line from cone to cone. After each pass, the passer runs into the field. The player at the far end and two teams play 3v2. The game will continue until ball goes out or one team scores. Players will switch role.

**Time frame. 12-15 minutes**

**Emphasis:**

Change of direction

Change of speed

Surprise

Movement off the ball

**Psychological**

Fun

Confidence

Decision Making

**Technical**

Change of speed

Different movement

Change of direction

**Physical**

Speed

A,B,C's

Change of Direction

**Social**

Team work

Communicating

Fun with friends



## Learn to Train practice plan week 10

### Station D

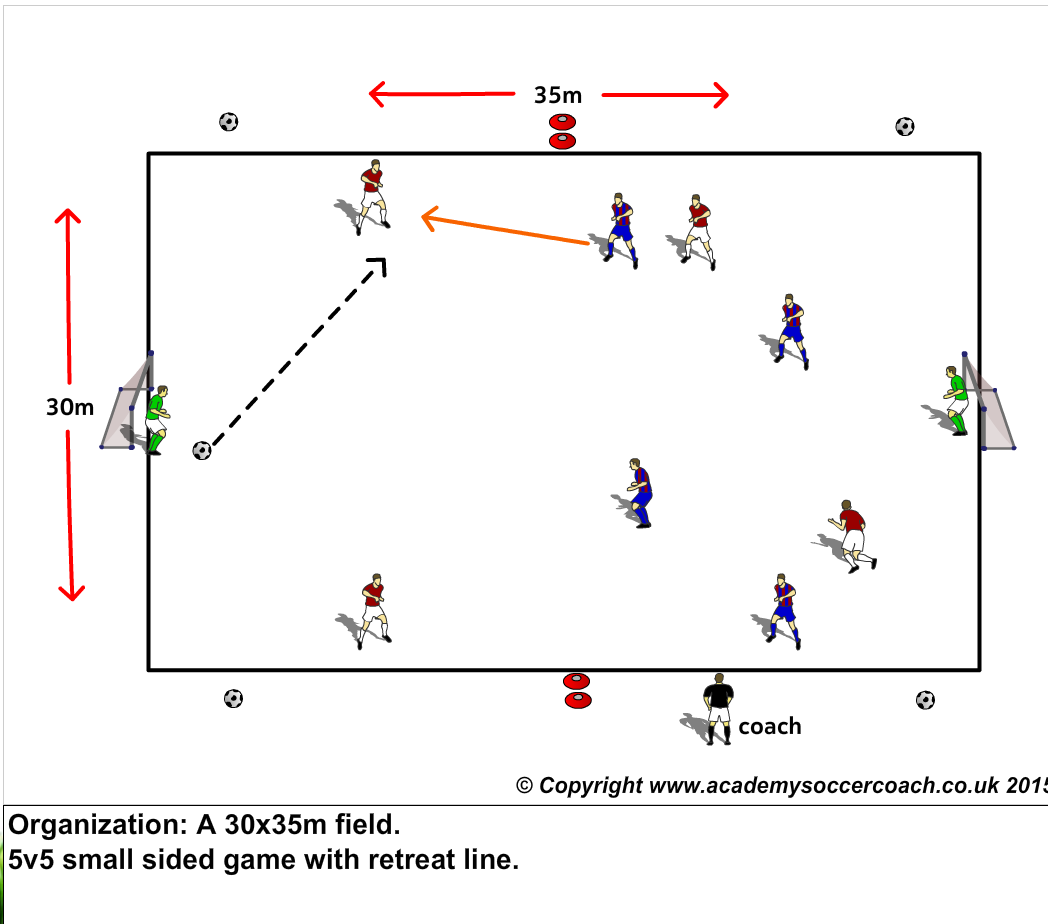
### Small sided game with retreat line



Time frame. 12-15 minutes

#### Emphasis:

Passing  
Receiving  
Possession  
Dribbling



<b><u>Psychological</u></b> Fun Confidence Being safe	<b><u>Technical</u></b> Dribbling 1v1 Passing
<b><u>Physical</u></b> Speed A,B,C's Change of Direction	<b><u>Social</u></b> Listening Communicating Fun with friends