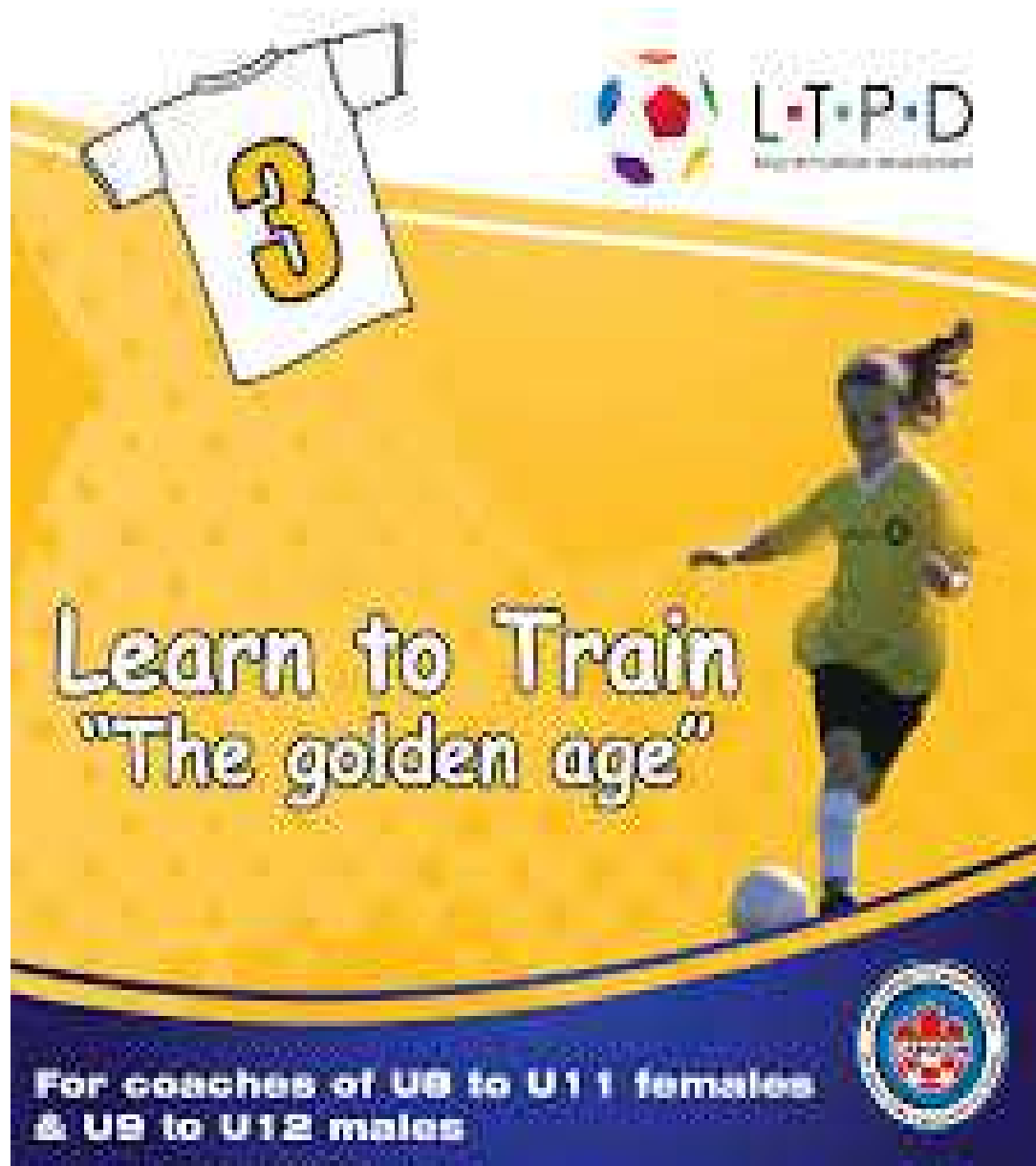


GRASSROOTS WORKBOOK & PRACTICE PLANS





Learn to Train practice plan Preferred training model – 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.

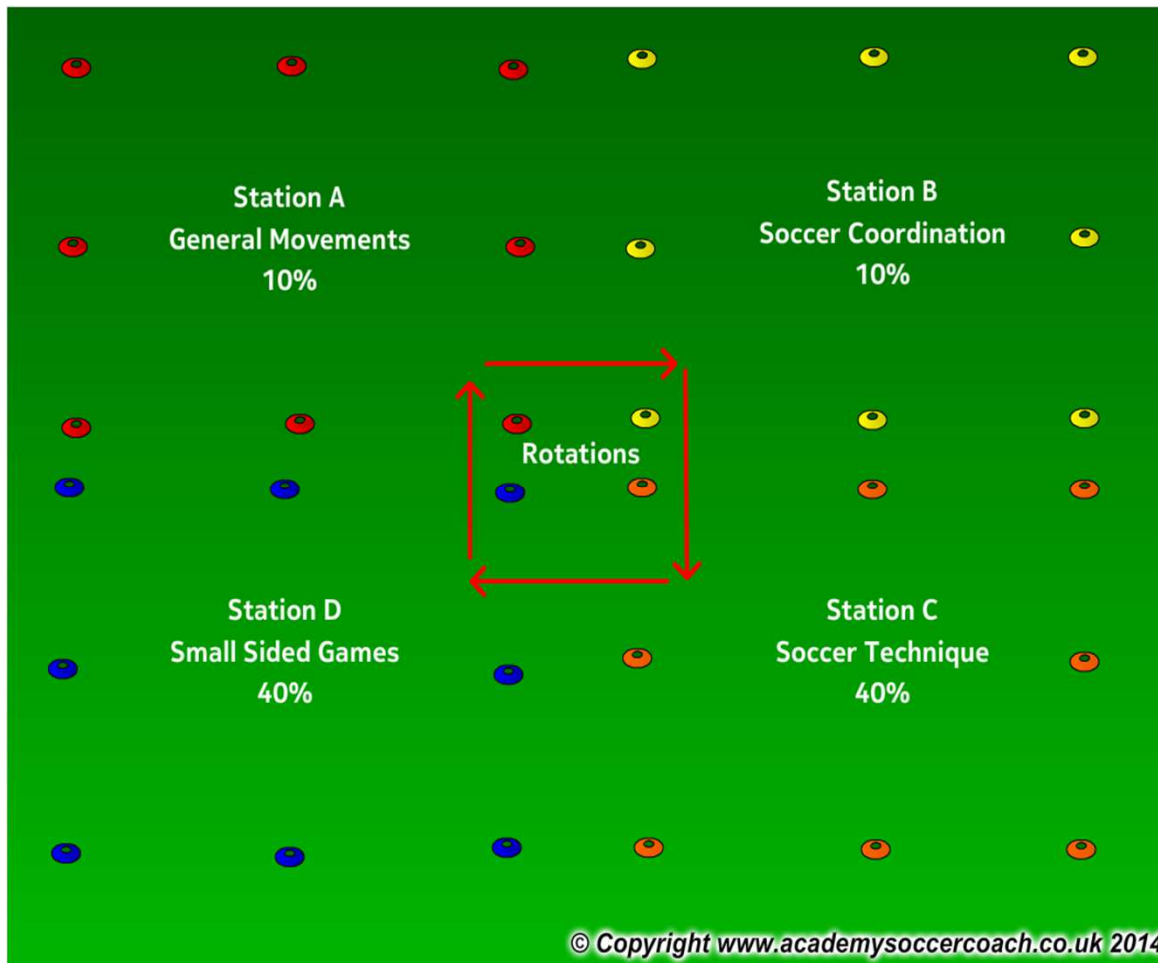
In the following activities players will travel through 4 stations. In these examples one station focuses on general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a small sided soccer game 3v3, 4v4 and 5v5

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



Learn to Train practice plan Preferred training model



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 5
Station A
General Movement



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Organization: 30 mx20 m field as shown. 12 players , 8 inside the grid(3 with the ball in their hands), and 4 outside(taggers).

Procedure: On coach's signal, players outside of the grid try to tag players without the ball. If a player has the ball, he/she cannot be tagged. Players with the ball can pass the ball to players to stop them being tagged.

Progression: Game can be played with ball at players feet.

Time frame. 12-15 minutes

Emphasis:

- Changing direction
- Eye-hand (foot) Coordination
- Running with the ball
- Stop and start to run
- FUN!**

<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>Dribbling Passing, receiving Running with the ball</p>
<p><u>Physical</u></p> <p>A,B,C's Change of Direction</p>	<p><u>Social</u></p> <p>Communicating Peer interaction</p>



Learn to Train practice plan – Week 5
Station B
Soccer coordination



Time frame. 12-15 minutes

Emphasis:

- Using both feet
- Running with the ball
- Changing direction
- Good balance
- Spatial Awareness
- Lots of touches
- FUN!**



Organization: 30 mx25 m field as shown (could be modified according to age).
10-12 players each with ball at their feet.
Procedure: Players moving and dribbling freely within the area performing various moves. Players encouraged to use both feet.
Progression: To add 2-3 defenders.

<u>Psychological</u> Positive reinforcement Confidence Being safe	<u>Technical</u> Running with the ball Part of the ball, Part of the foot First touch
<u>Physical</u> Eye-hand coordination Agility, Balance Change of Direction	<u>Social</u> Communicating Peer interaction /fun



Learn to Train practice plan – Week 5

Station C

Soccer Technique – dribble and shoot



Time frame. 12-15 minutes

Emphasis:

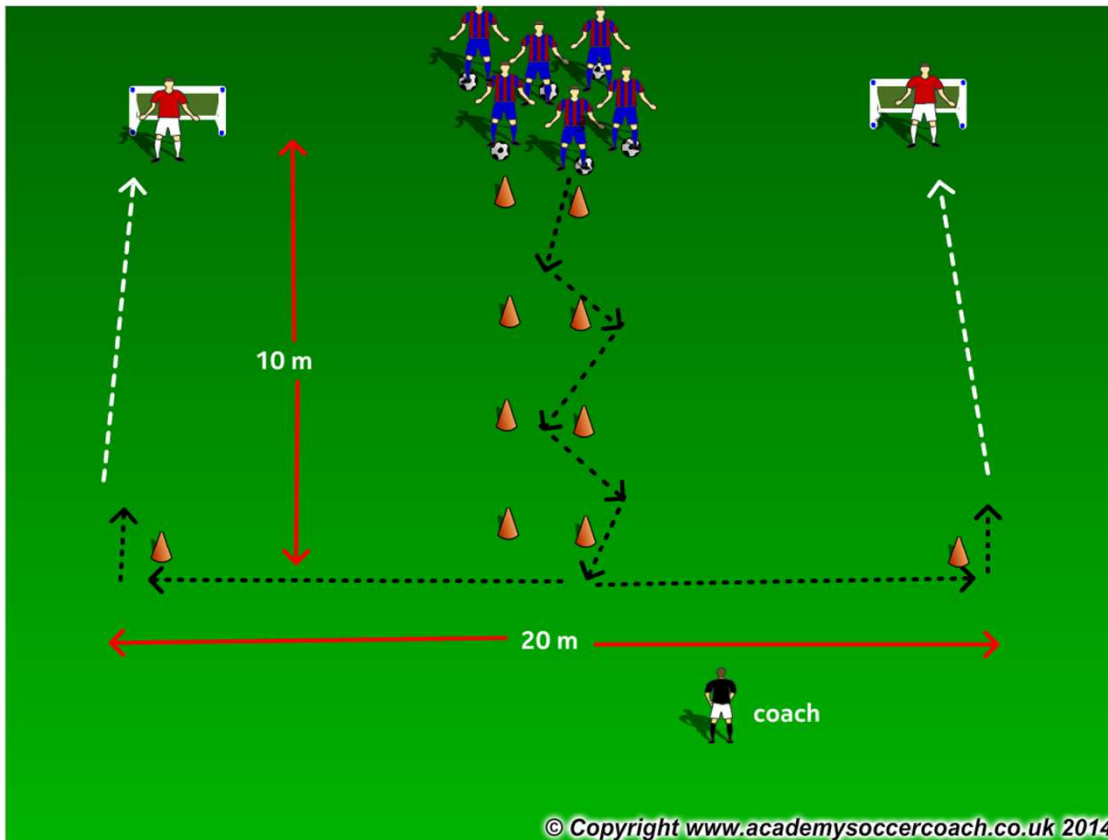
Dribbling

Shooting

Goalkeeping

Agility, Balance, Coordination

FUN!



Motivational dribbling exercises with shooting.

Organization: Mark a field 20 mx10 m(age appropriate), 2 goals, cones, balls , and two Gks

Procedure: players dribble to the shooting cones, do a 90 degree around them and shoot. A parallel setup , so two players can do it on the same time for cut down on time of waiting. Note: Alternate the players for using both feet.

Psychological

Fun

Confidence

Being safe

Technical

Dribbling

Shooting

Goalkeeping

Physical

A,B,C's

Change of Direction

Social

Communicating

Fun with friends



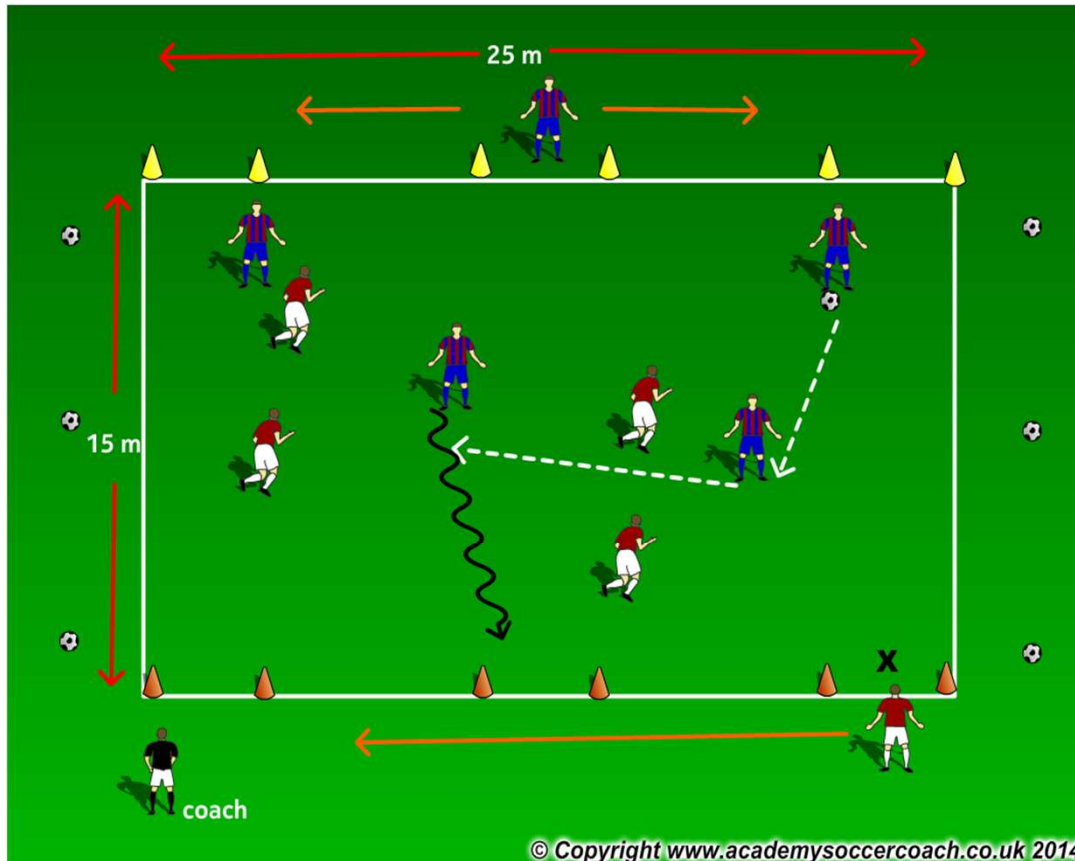
Learn to Train practice plan – Week 5
Station D
Small sided game – 4v4 to 3 goals



Time frame. 12-15 minutes

Emphasis:

- Running with the ball
- Dribbling
- 1v1
- Passing and Receiving
- Possession
- Changing direction
- Change of speed
- Agility, Balance, Coordination
- FUN!**



Organization: 25 mx15 m yards field as shown. Two teams of 5 , 3 gates used as goal each side. 1 player from each team stay outside of the field and can move behind any of the goals.

Procedure: 4v4 game to score on any of the opponent open goals, team in possession can't score on a goal that is covered by opponent.

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