

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.

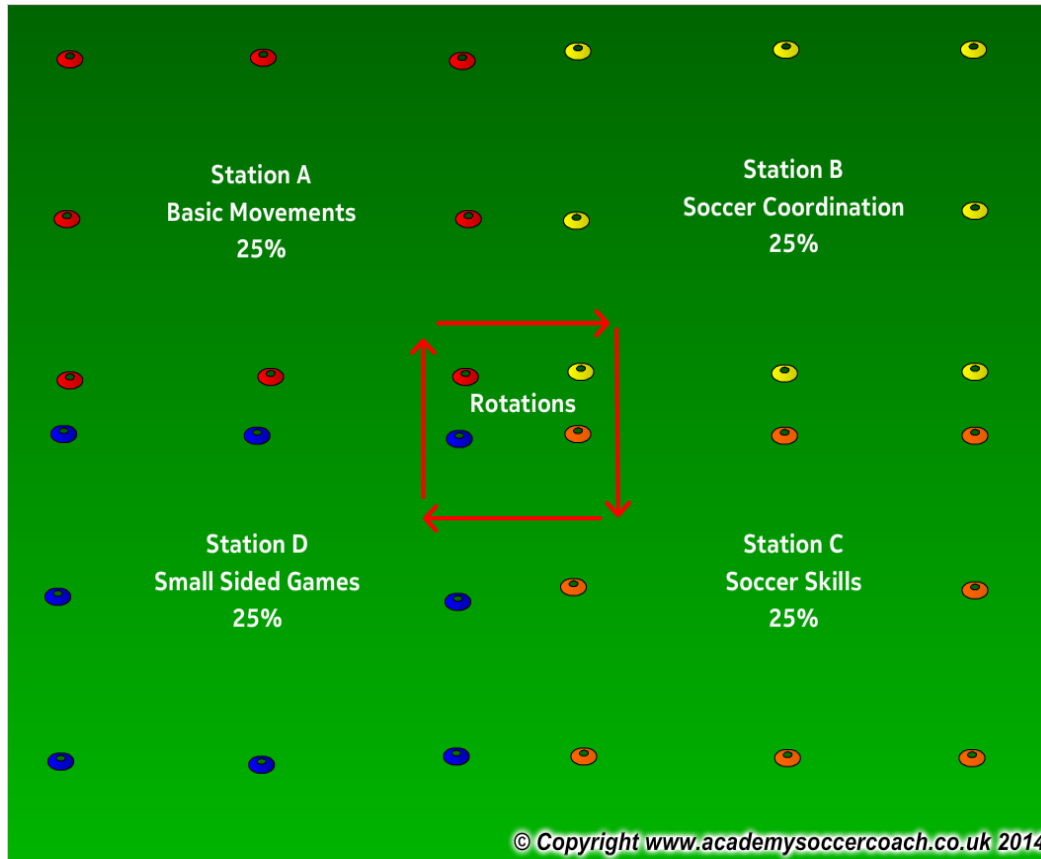
In the following activities players will travel through 4 stations. In these examples one station focuses on Physical Literacy, two stations on movements with the ball and the 4th station is focused around the game with the children playing 1v1.

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

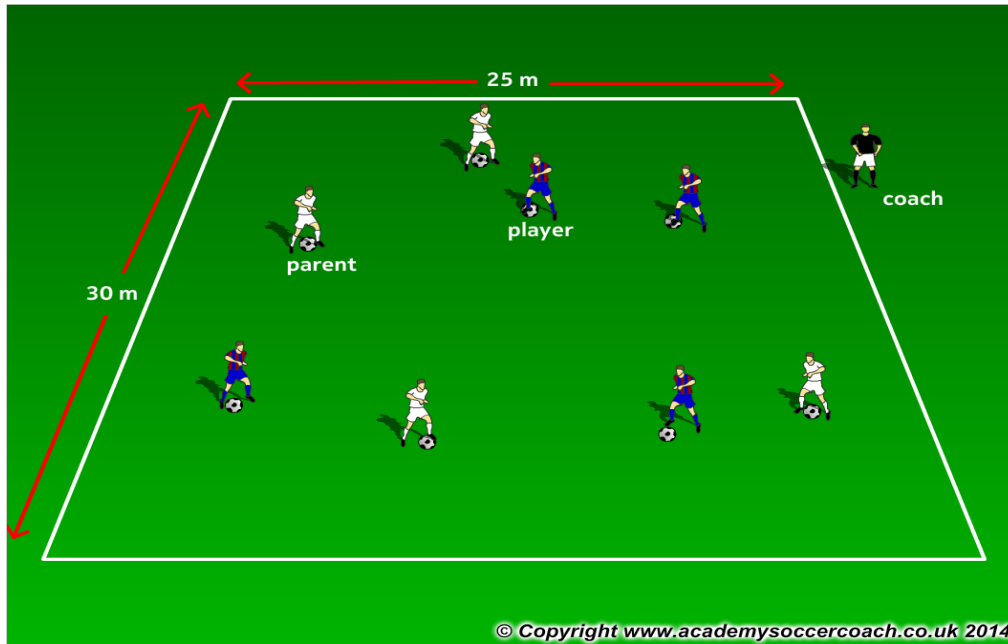


If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

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



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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><u>Psychological</u> Confidence Being safe Decision Making</p>	<p><u>Technical</u> N/A</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> 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!**

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



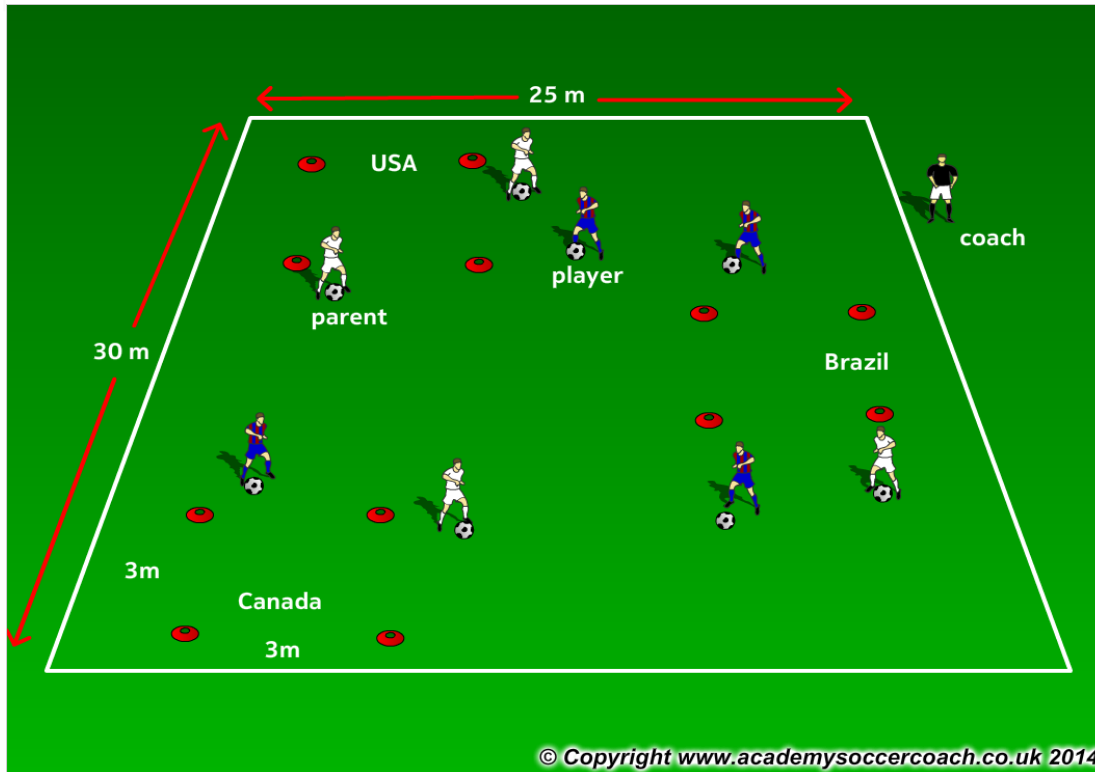
Active Start practice plan Station C Coordination- Countries



Time Frame 6-8 minutes

Emphasis:

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



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



Active Start practice plan – Week 6

Station D

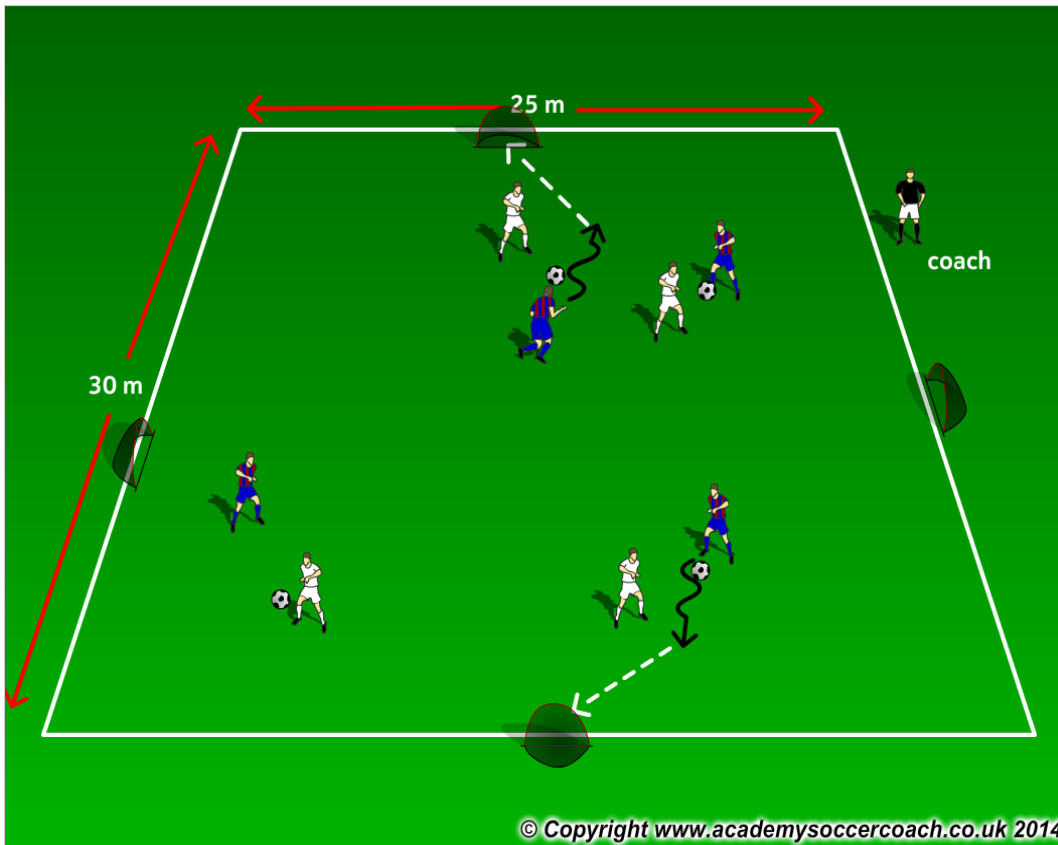
Small sided game – 1v1 (Player vs Parent)



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.

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