

# GRASSROOTS WORKBOOK & PRACTICE PLANS





## Active Start 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.

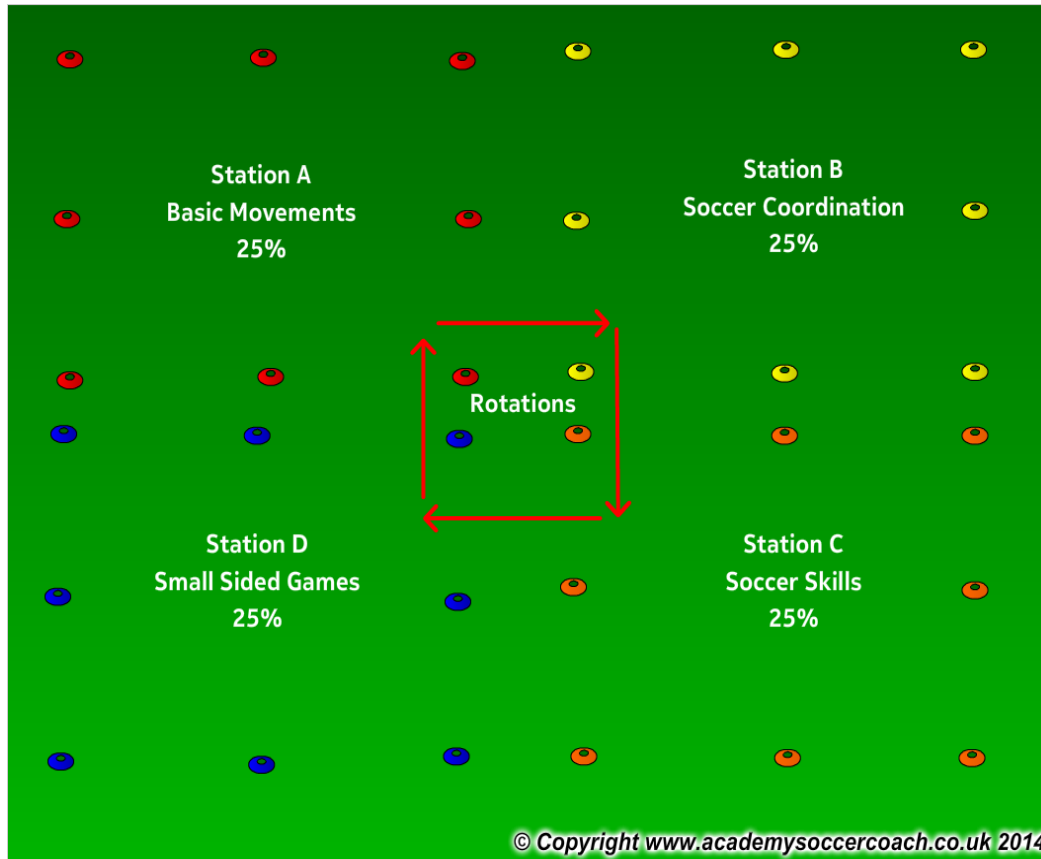
In the following activities players will travel through 4 stations. In these examples one station focuses on Physical Literacy, two stations on movements with the ball and the 4th station is focused around the game with the children playing 1v1.

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 – Week 1

## Station A General movement



© Copyright www.academysoccercoach.co.uk 2014

**Organisation.** Players are placed into 2 or 3s.  
**Procedure.** The 1st player runs in and out of the yellow cones and then sprints to the blue gate. The player performs 3 jumping jacks and then runs backwards to the orange cones where they perform a summer sault. They then run around the end yellow cone and sprint straight back to the start, give their partner a high 5 and then the next player goes. Players waiting perform jumping jacks

**Time Frame. 8 minutes**

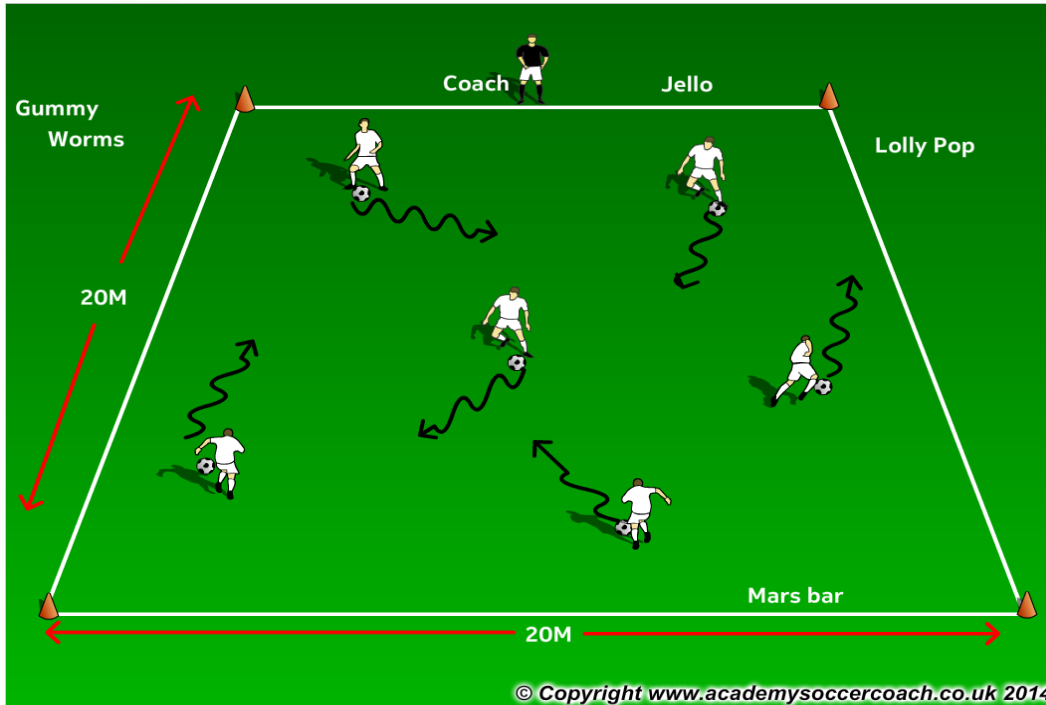
**Emphasis:**

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

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



**Active Start practice plan – Week 1**  
**Station B**  
**Soccer Technique – Candy store**



**Organisation.** 20mx20m area. Each player has a soccer ball  
**Procedure.** All players dribble inside the area. The area now becomes a candy store and the players explore by shouting out their favourite candies. The coach names each side of the area after a different candy and when the coach calls out that specific candy the players dribble to the correct side and perform a specific challenge. I.e. toe taps, (players touch ball 1 foot at the time using their sole) inside inside etc. (Players use the inside of their feet to knock the ball back and forth between each foot)

**Time Frame. 8 minutes**

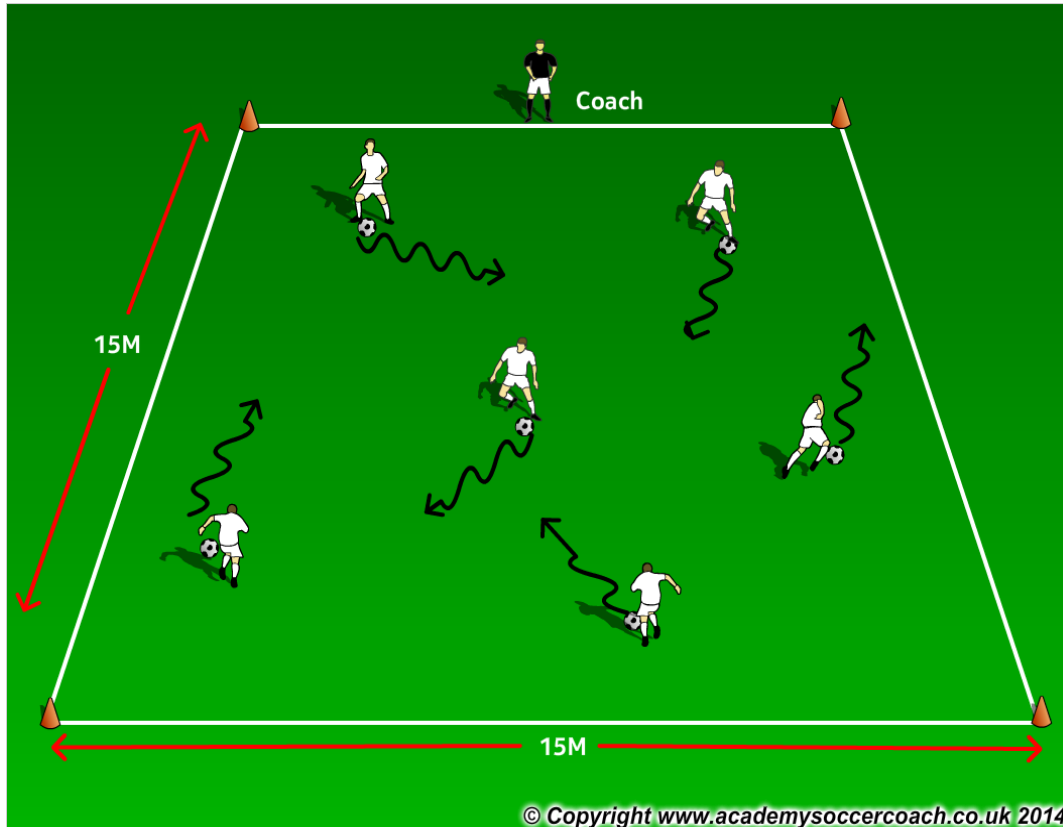
**Emphasis:**

- Listening
- Running with the ball
- Dribbling
- 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



**Active Start practice plan – Week 1**  
**Station C**  
**Soccer Technique – Body breaks**



**Organisation.** 15mx15m area. Each player has a soccer ball.  
**Procedure.** Players dribble inside the area. The coach calls out a body part and the player must stop the ball and place the correct body part on the ball. The coach calls go for the players to dribble again.

**Time Frame. 8 minutes**

**Emphasis:**

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

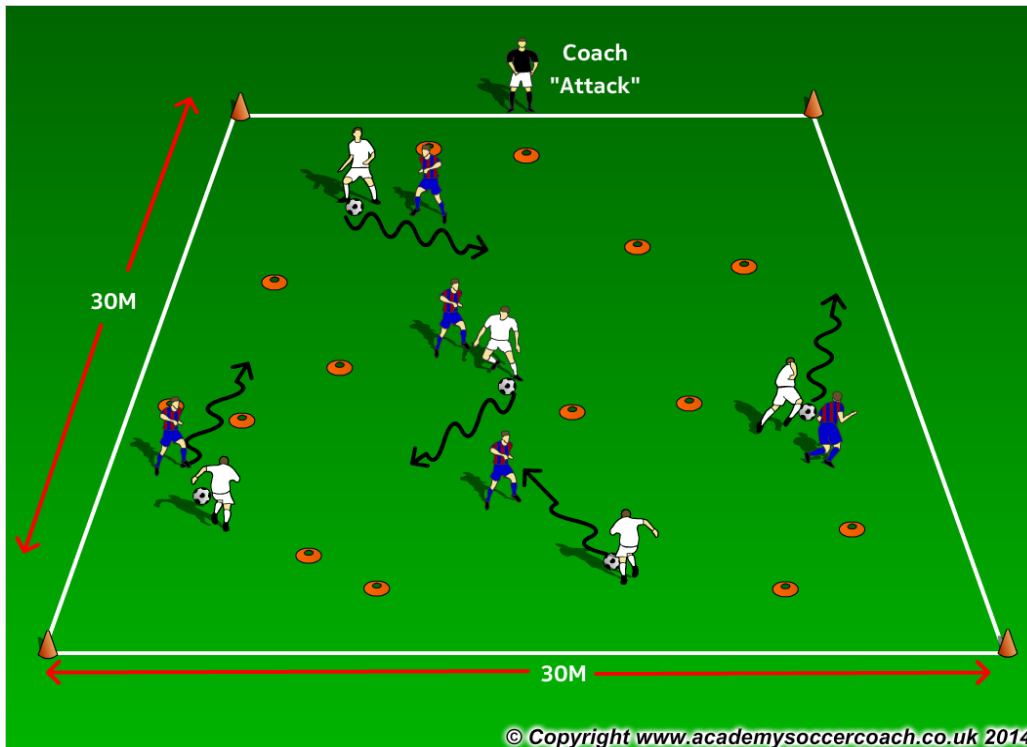
<p><b><u>Psychological</u></b></p> <p>Confidence Being safe</p>	<p><b><u>Technical</u></b></p> <p>Dribbling Running with the ball</p>
<p><b><u>Physical</u></b></p> <p>A,B,C's Change of Direction</p>	<p><b><u>Social</u></b></p> <p>Listening Communicating Celebrating</p>



## Active Start practice plan - Week 1

### Station D

### Small sided game – 1v1



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

**Organisation.** Players are paired inside a 30mx30m area.

**Procedure.** When the coach calls "Attack" the player with ball attempts to dribble through the gates. The player without the ball becomes the defender. If the defender wins the ball he/she then becomes the attacker and vice versa. Players play for 1 minute and score a point every time they go through a gate. Player's cannot go straight back through the same gate. After 1 minute players change partners.

### Time Frame. 8 minutes

#### Emphasis:

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

#### Psychological

Confidence  
 Being safe

#### Technical

Dribbling  
 Running with the ball

#### Physical

A,B,C's  
 Change of Direction

#### Social

Listening  
 Communicating  
 Celebrating