

# 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.

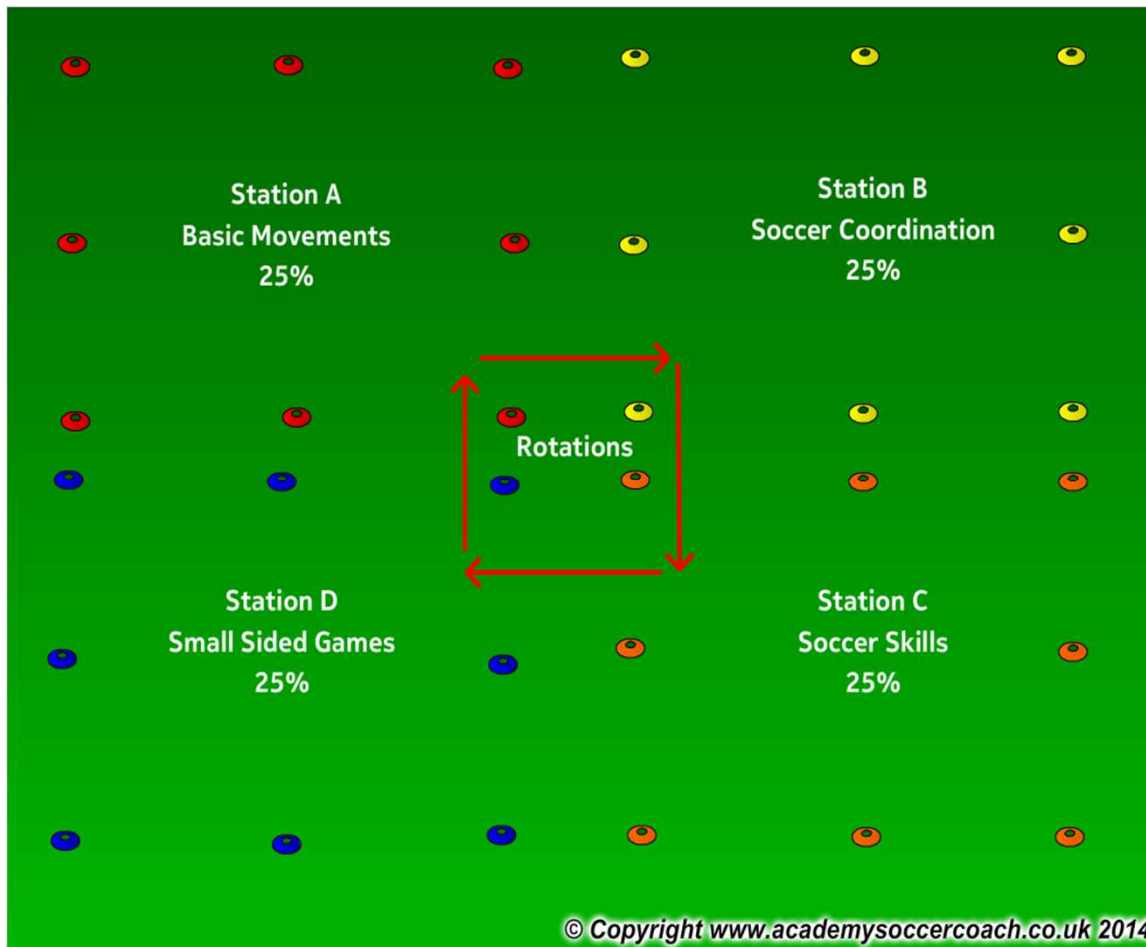
In the following activities players will travel through 4 stations. In these examples one station focuses on Physical Literacy, two stations on movements with the ball and the 4th station is focused around the game with the children playing 1v1.

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 8**  
**Station A**  
**General movement**



**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 8**  
**Station B**  
**Soccer Technique – Catch the Robber**



**Organization:** Using cones, mark out a 30 mx20 m. field.  
 8-10 players, each has a ball.  
**Sequence:** Each player ( Officer ) move the ball around, and trying to arrest the Robber ( parent or coach) by shooting the ball at them.

**Time Frame. 8 minutes**

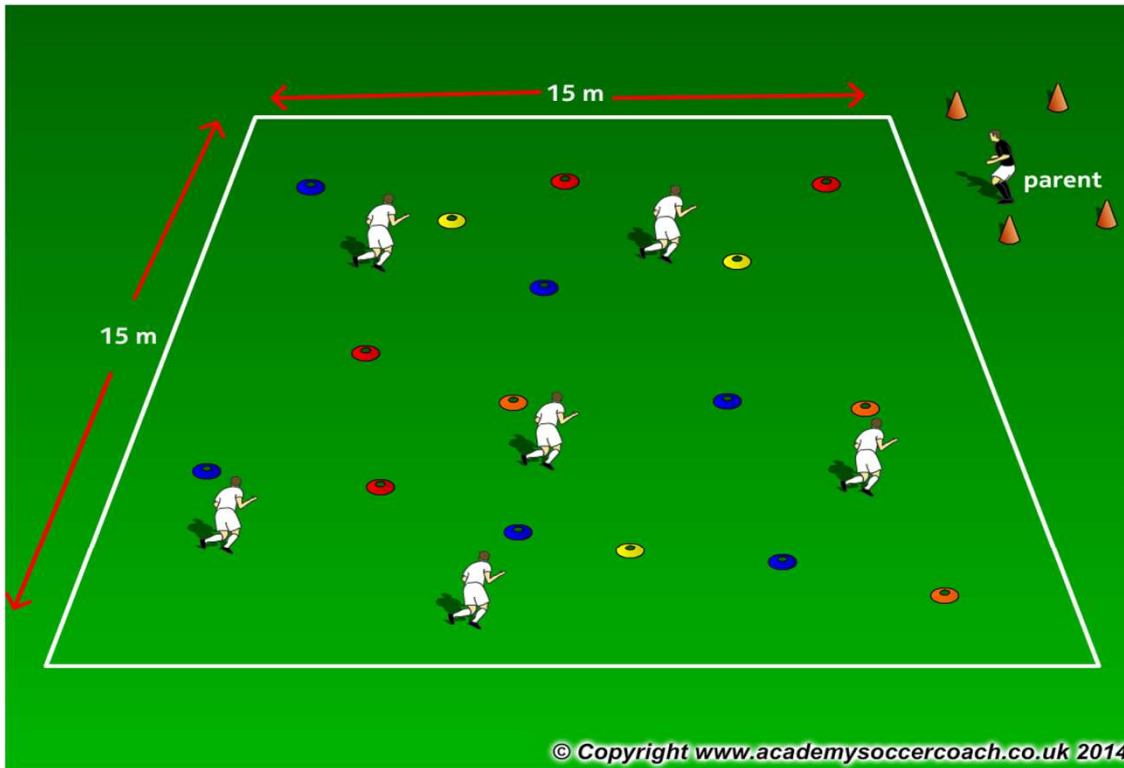
**Emphasis:**

Eye – foot coordination  
 Lots of touches on the ball  
 Different parts of the foot  
 FUN!

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



**Active Start practice plan – Week 8**  
**Station C**  
**Soccer Technique**



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**Organization:** Set up a jungle of cones inside of a 15 mx15 m field.  
 Mark out a 5 mx2 m about 2 m away form the field.  
 The birds move through the trees.  
 The hunter( parent) is in his/her tent ( rectangle box) moving around getting ready for the hunt.  
 As soon as hunter runs to jungle to hunt, birds can save themselves by flying on the trees( touching the cones), however, each tree can only hold on 2 birds.  
 Hunter can tag any bird who can't find a tree. If any player is tagged,he/she becomes a hunter too.

**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

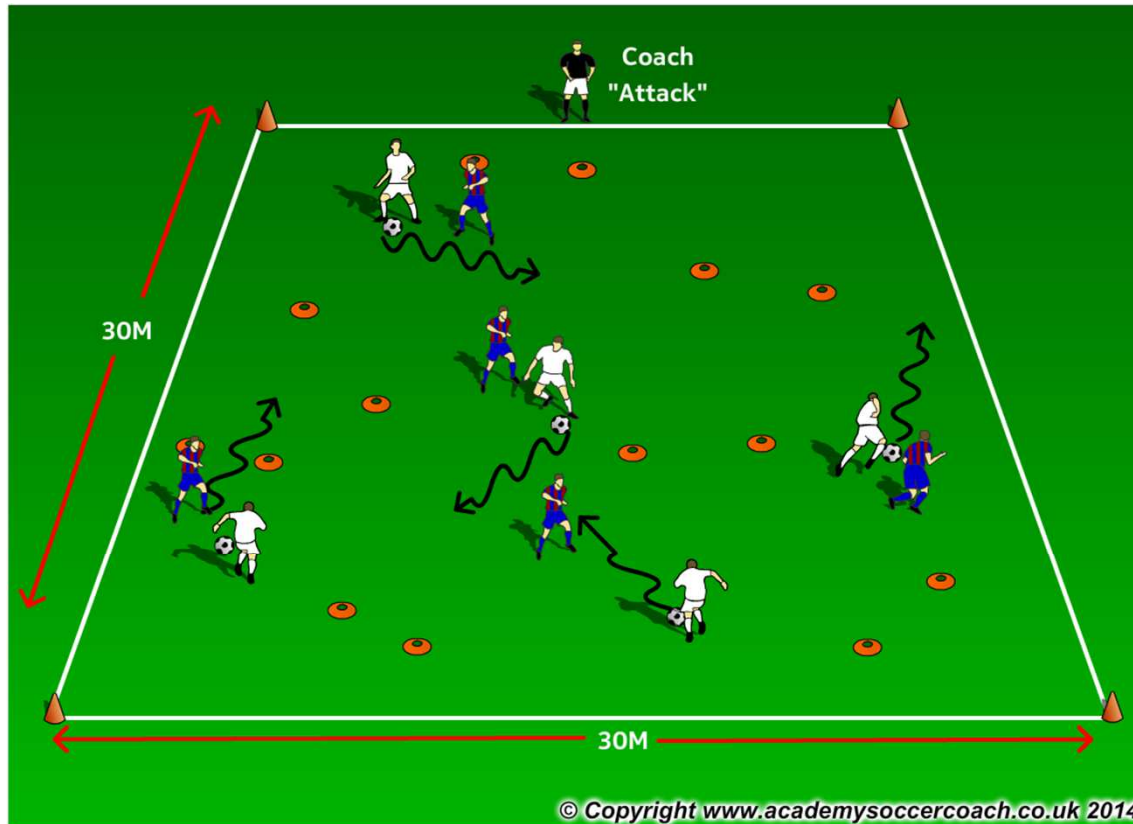




## Active Start practice plan - Week 8

### Station D

### Small sided game – 1v1



**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  
 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>