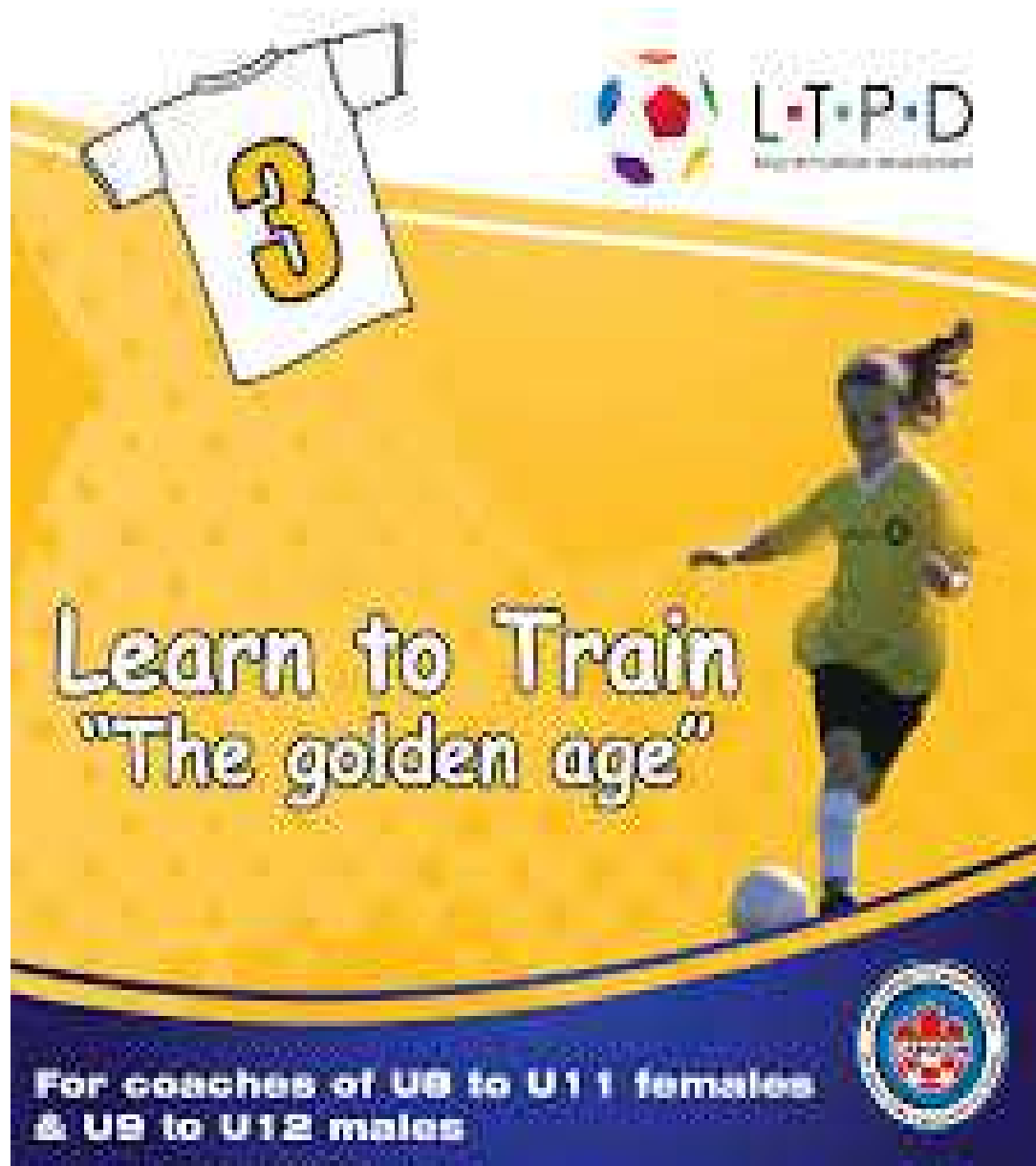


GRASSROOTS WORKBOOK & PRACTICE PLANS





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.

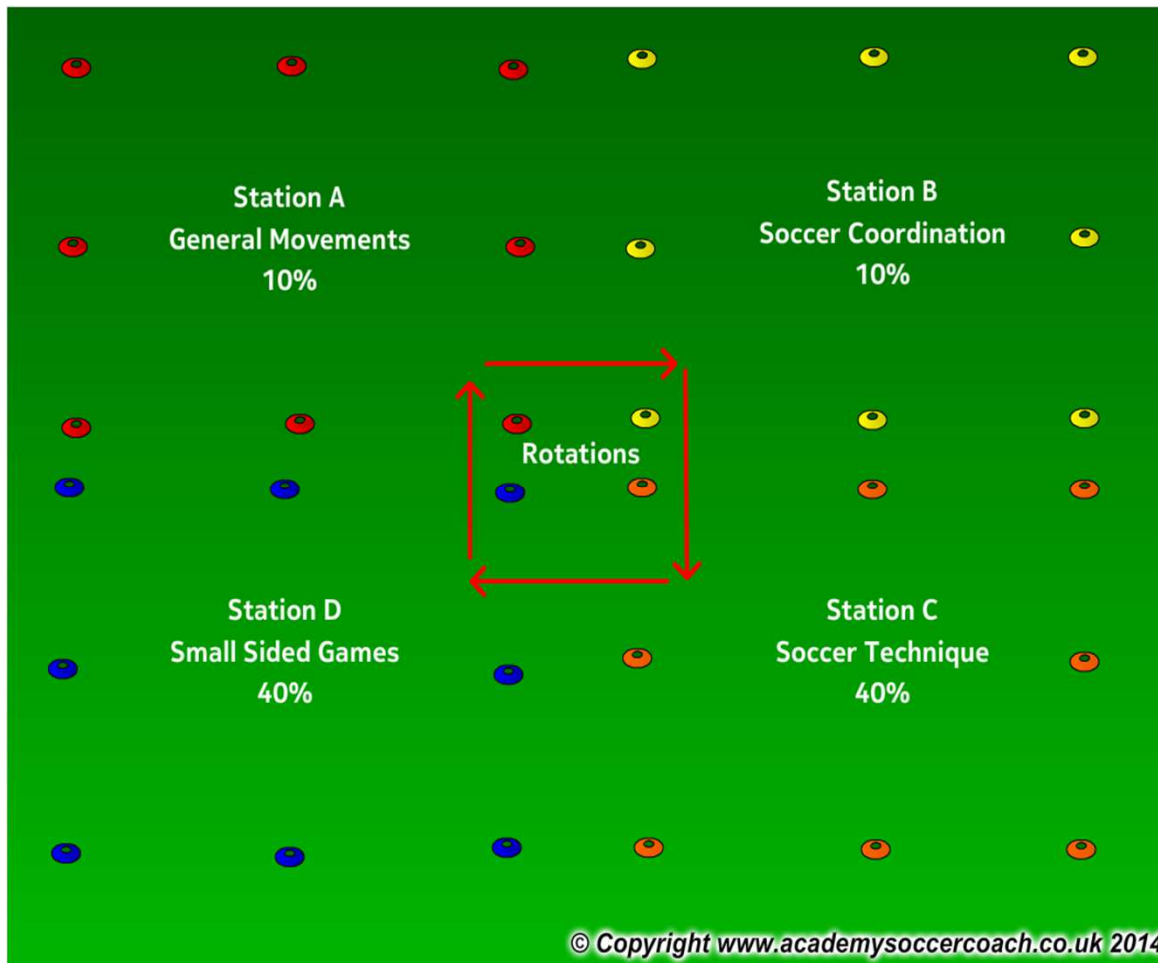
In the following activities players will travel through 4 stations. In these examples one station focuses on general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a small sided soccer game 3v3, 4v4 and 5v5

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



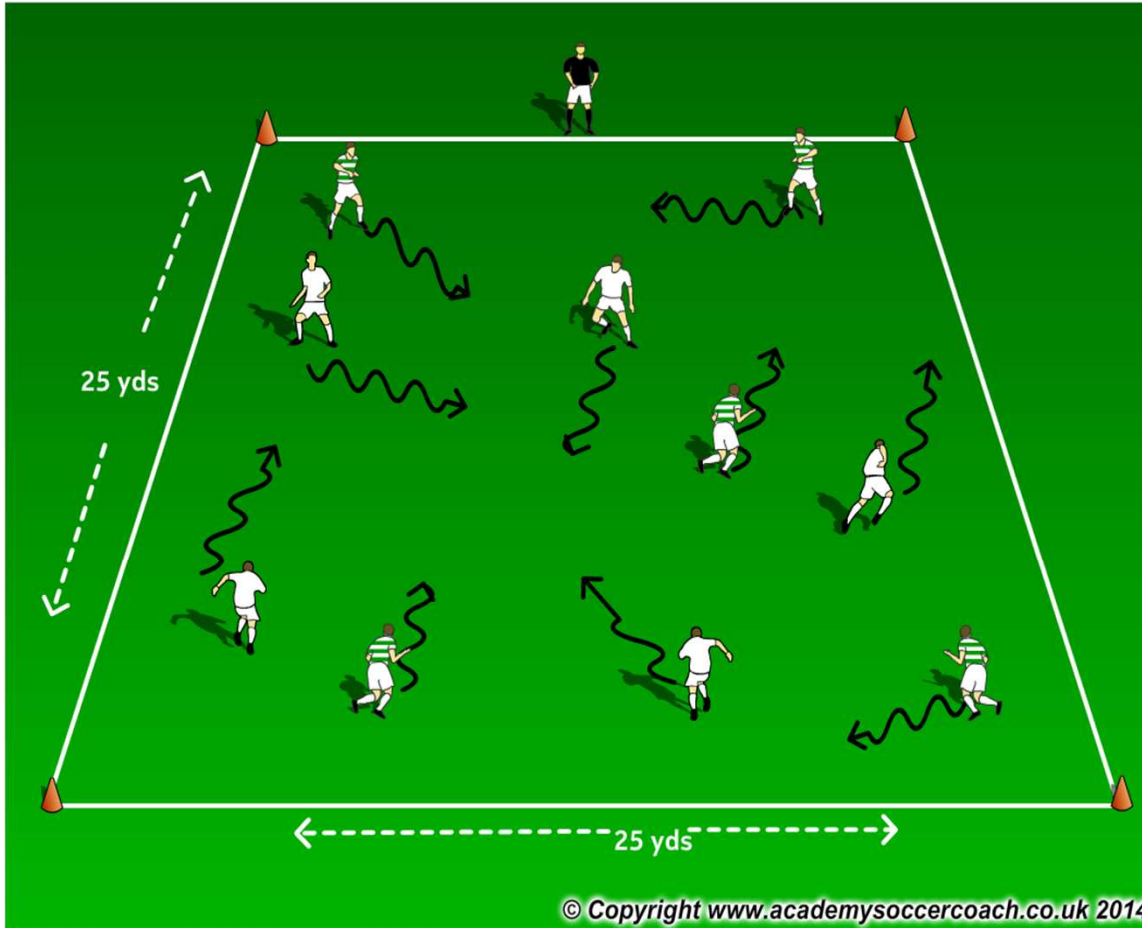
If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller 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 3

Station A

General Movement



General movements
Encourage the players to use different soccer related movements such as walking, running, jumping, rolling, running backwards and also sideways
Movements can occur with or without a ball.

Time frame. 12-15 minutes

Emphasis:

- Running
- Skipping
- Side steps
- Changing direction
- Changing speed

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



Learn to Train practice plan – Week 3

Station B

Passing and Receiving



Time frame. 12-15 minutes

Emphasis:

Changing direction

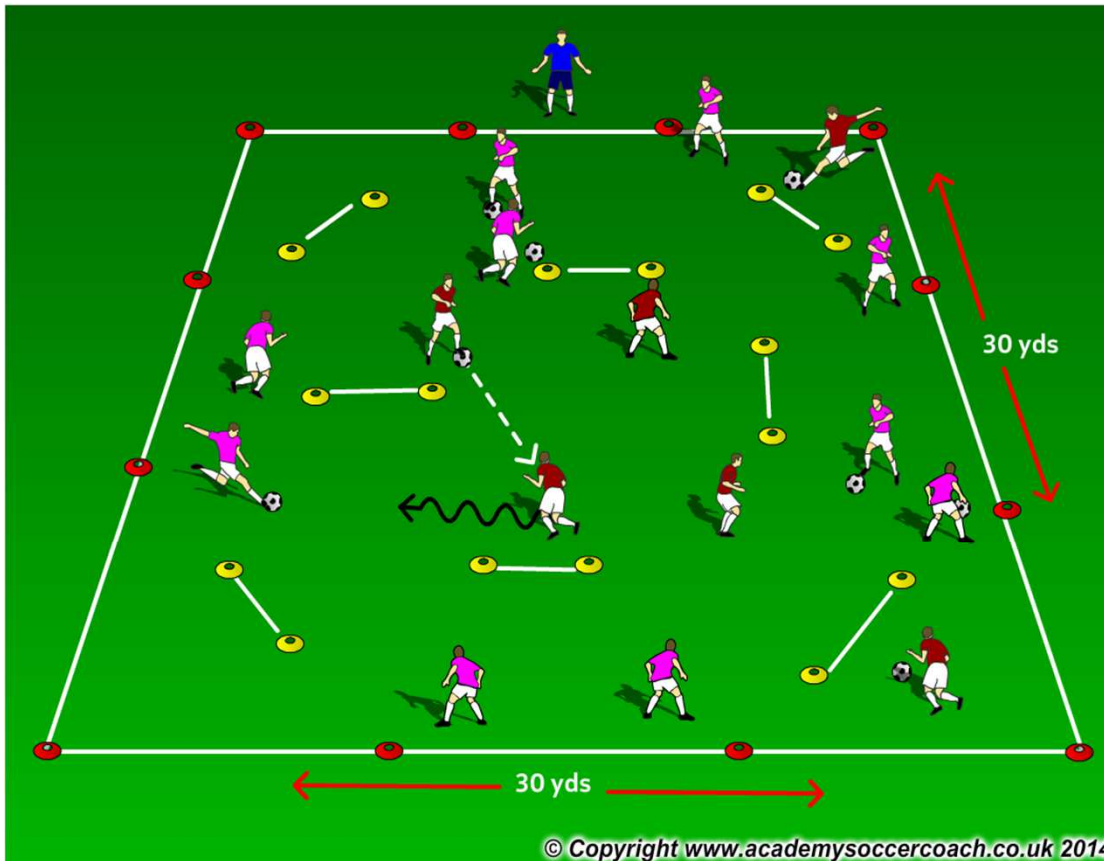
Spatial Awareness

Passing

Receiving

Support

FUN!



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Passing and Moving

Players are placed into 2s and pass and move freely inside 30x30 area.

Focus should be on how the player passes and receives the ball.

To make it fun for the players add gates into the area and on the command of "Shopping" players look to pass the ball through the gates. each gate =1point

Psychological

Confidence
Playing under pressure

Technical

Passing
Receiving
1v1

Physical

A,B,C's
Change of Direction
Speed
Support

Social

Listening
Communicating
Team work



Learn to Train practice plan – Week 3
Station C
How to play out from the back



S plays ball into the goalkeeper. The goalkeeper now looks to distribute the ball to 1 of his/her team mates. As soon as the player receiving the ball touches the ball the 2 strikers are released to pressure the ball. The team in possession now look to get the ball to T or S to score a point. If the Strikers win possession they head to goal. All players rotate through all positions.

Time frame. 12-15 minutes

Emphasis:

- Patience
- Body position
- Passing/receiving
- Support
- Decision making
- Awareness
- Learning different roles
- FUN!**

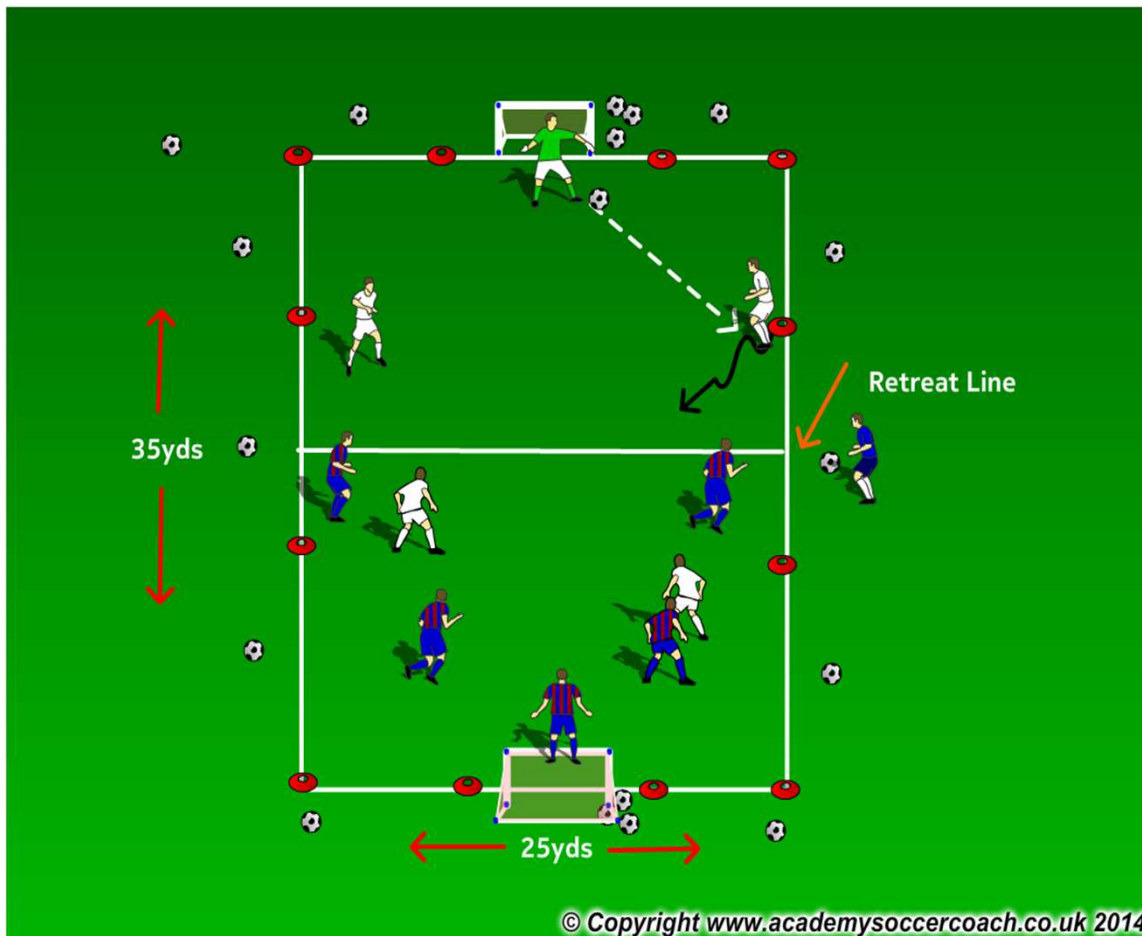
<p><u>Psychological</u> Decision making Confidence Risk assessment</p>	<p><u>Technical</u> Passing Receiving Penetrating pass</p>
<p><u>Physical</u> A,B,C's Speed of play Hip flexor rotation</p>	<p><u>Social</u> Team play Communication Co-operation</p>



Learn To Train practice plan – Week 3

Station D

5v5 with retreat line



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5V5 with the Retreat line.

If you have odd numbers you can have the extra player become a neutral player in the game.

Time frame. 12-15 minutes

Emphasis:

Patience
Body position
Passing/receiving
Support
Decision making
Awareness
FUN!

<p><u>Psychological</u> Decision making Confidence Risk assessment</p>	<p><u>Technical</u> Passing Receiving Penetrating pass</p>
<p><u>Physical</u> A,B,C's Speed of play</p>	<p><u>Social</u> Team play Communication Co-operation</p>