



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.

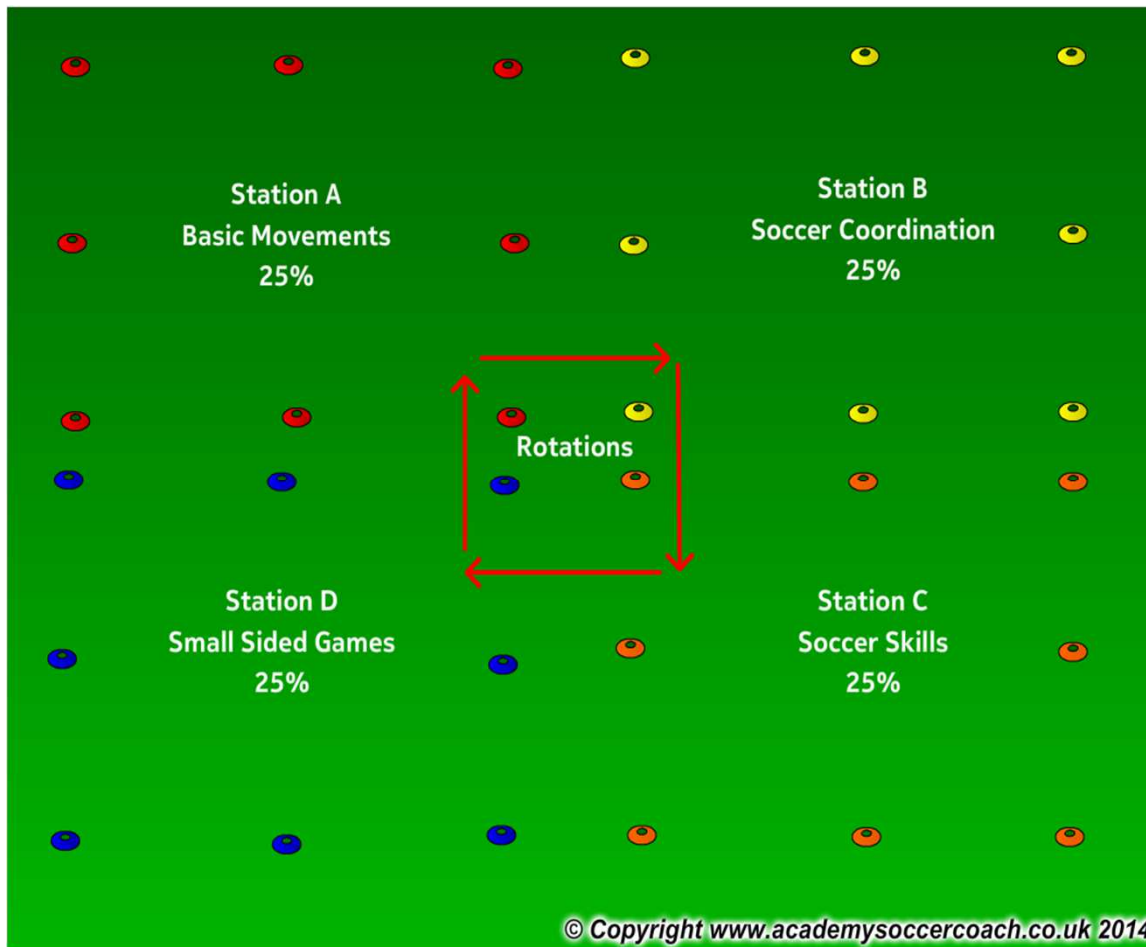
In the following activities players will travel through 4 stations. In these examples one station focuses on Physical Literacy, two stations on movements with the ball and the 4th station is focused around the game with the children playing 1v1.

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.



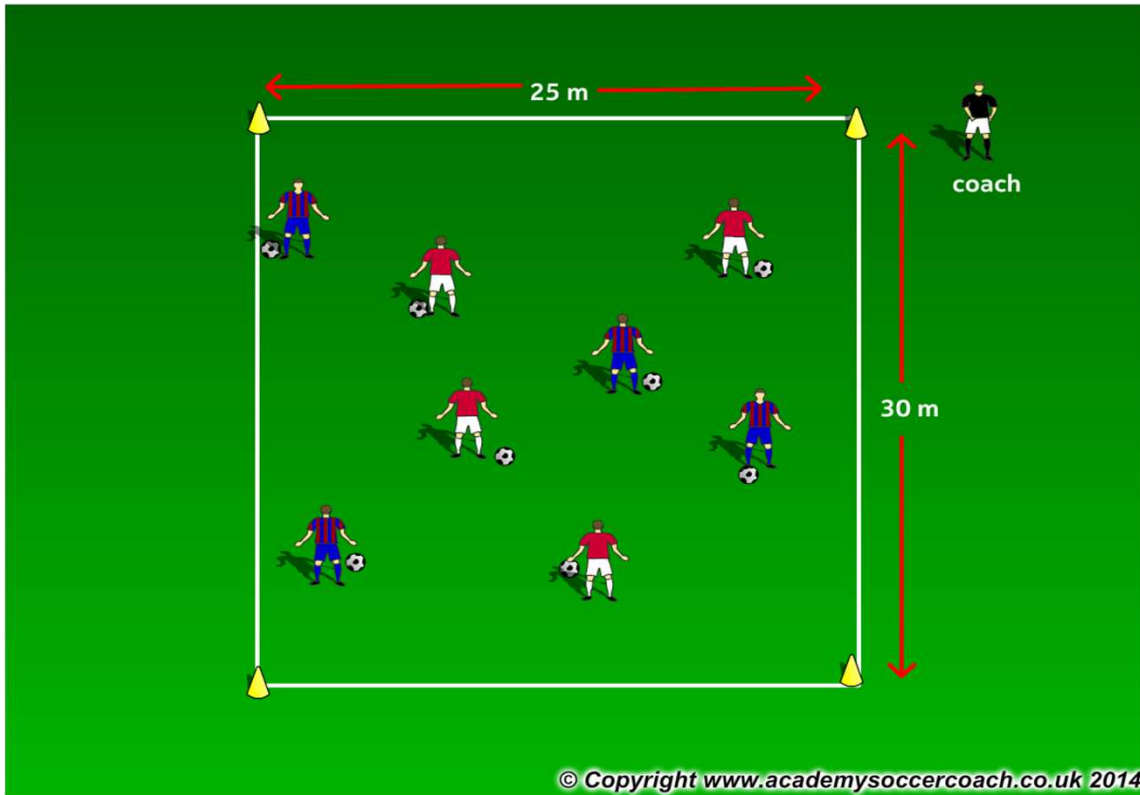
Active Start practice plan – Week 4
Station A
General movement - Race track



Time frame. 8 minutes

Emphasis:

Awareness
Basic movements
Dribbling/races
FUN!



<u>Psychological</u> Confidence	<u>Technical</u> Repetition in ball touches
<u>Physical</u> A,B,C's Eye-foot coordination	<u>Social</u> Listening Communicating Fun

Race Track
Organization: 30 mx25 mfield, cones, everyone has a ball.
Procedure: Players dribble around the " race track", and imitates a car on the track : 1st gear = slow, 4th gear = fast, breaks=stop, encourage players to be as animated as they can be, and make car noise.



Active Start practice plan – Week 4
Station B
Soccer Technique -Tidy up your room



Tidy up your room:
Organization: Two boxes 15 mx15 m field and a 5 m neutral zone between them, cones, everyone has a ball.
Procedure: Players shoot the ball out of their room into friends room. When coach stops the game in 6-8 minutes, the team with most balls in their room, has to make funny faces.

Time frame. 8 minutes

Emphasis:

- Coordination
- Spatial awareness
- FUN!

<p><u>Psychological</u> Confidence Basic decision making</p>	<p><u>Technical</u> Kicking the ball</p>
<p><u>Physical</u> Eye-foot coordination General movements</p>	<p><u>Social</u> Listening Communicating Fun with friends</p>



Active Start practice plan – Week 4

Station C

Soccer Technique – Ball swap



Ball swap:
Organization: 25mx25m field, cones, everyone has a ball.
Procedure: Players dribble around the field, on coach's call, players pick up their balls, and run to the cone, leave their ball, and go to take another ball and continue to dribble.
Progression: Player ask to touch the cone or jumping on the spot, before running to get the ball.

Time frame. 8 minutes

Emphasis

- Ball familiarity
- Fun
- Basic movements

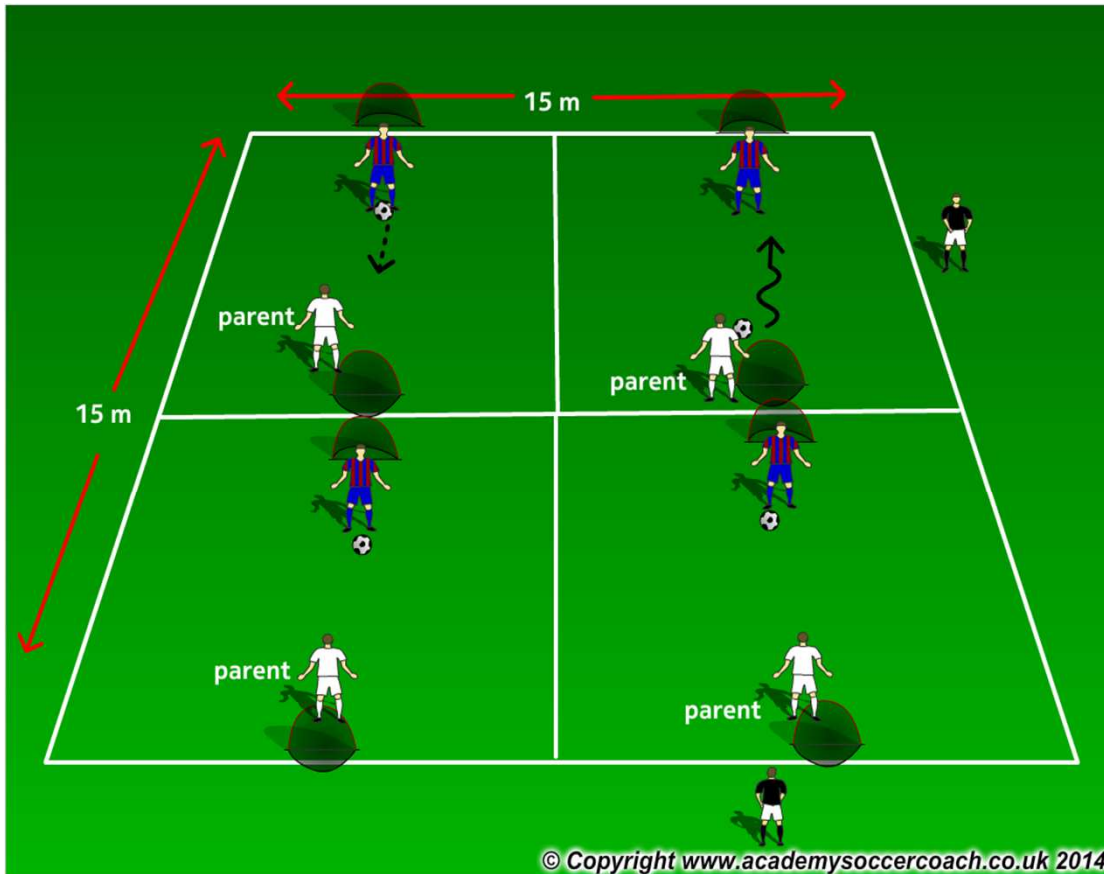
<u>Psychological</u>	<u>Technical</u>
Confidence Feeling safe	Running with the ball
<u>Physical</u>	<u>Social</u>
A,B,C's Change of Direction	Listening Peer interaction Fun with friends



Active Start practice plan – Week 4

Station D

Small sided game – 1v1 (Player vs Parent)



Organization: A 15 mx15 m field divided to 4 equal fields.
Prcedure: 1v1 game . players vs parents.

Time frame. 8 minutes

Emphasis:

Running with the ball
Dribbling
Agility, Balance, Coordination
FUN!

<u>Psychological</u> Confidence Being safe	<u>Technical</u> Running with the ball Dribbling
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Listening Peer interaction Fun with friends