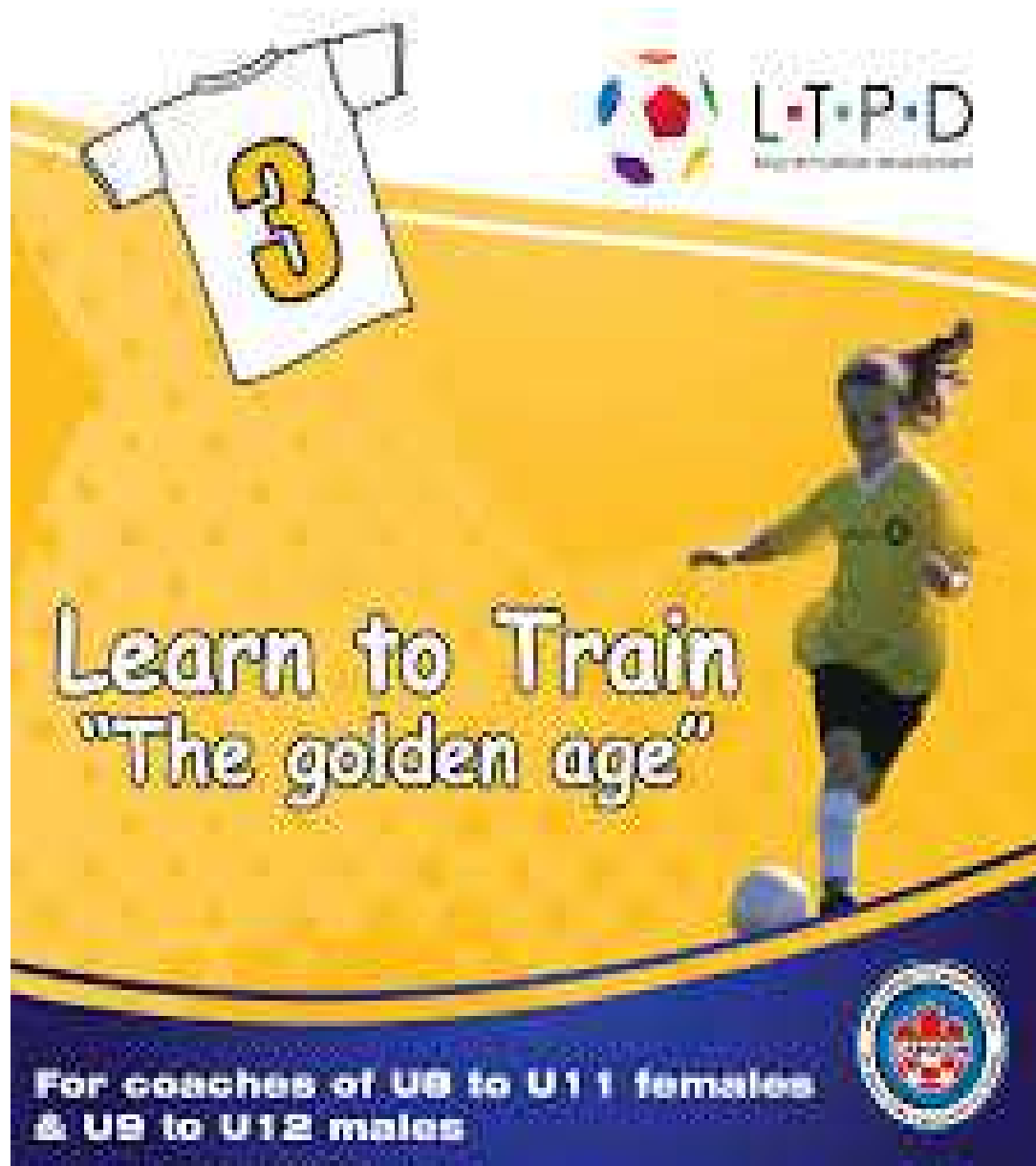


GRASSROOTS WORKBOOK & PRACTICE PLANS





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.

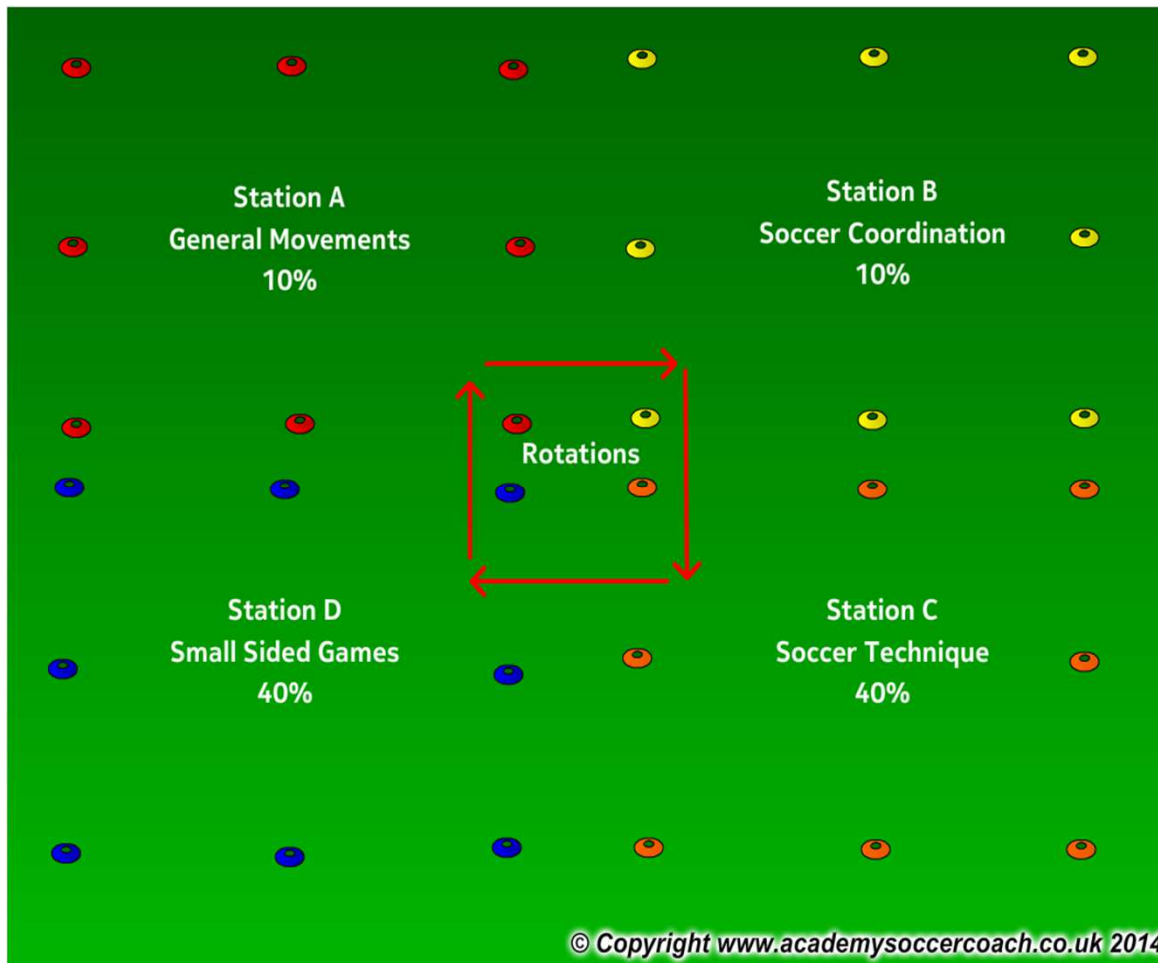
In the following activities players will travel through 4 stations. In these examples one station focuses on general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a small sided soccer game 3v3, 4v4 and 5v5

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 2

Station A

General Basic Movement



Time frame.12-15 minutes

Emphasis:

Changing direction
Running
Spatial awareness
FUN!



Cone tag:

Organization: Mark out a 20 mx20 m field with different - coloured cones.

6-8 players and one tagger.

Procedure: The tagger tries to tag the players, The coach calls out a cone

colour: Cones of this colour can be used briefly as safety zone, but each cone only protects one player. If tagger, tag a player, he/she become a new tagger.

Psychological

Confidence
Playing under
pressure
Fun

Technical

Dribbling
passing
Receiving
1v1

Physical

A,B,C's
Change of Direction
Speed

Social

Listening
Communicating
Team work



Learn to Train practice plan – Week 2

Station B

3v2 shooting



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Organization: A 9v9 size goal, a few balls, 10 to 12 players. Mark out field as shown (18 yrd. box if its possible) , and 3 cones 10 m from 18 yrd line.
Procedure: The first passer initiate the 3v2 with a pass into the penalty box. (extrea defender juggles on the side, and will be rotate each round)
 Attackers can only shoot after receiving and controlling the ball. When the first ball goes out of hte field or into the goal, the next passer passes into penalty box. Team switch their role after two or three rounds.

Time frame. 12-15 minutes

Emphasis:

Turning
 Changing direction
 Shooting
 Passing
 Receiving
 FUN!

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



Learn to Train practice plan – Week 2

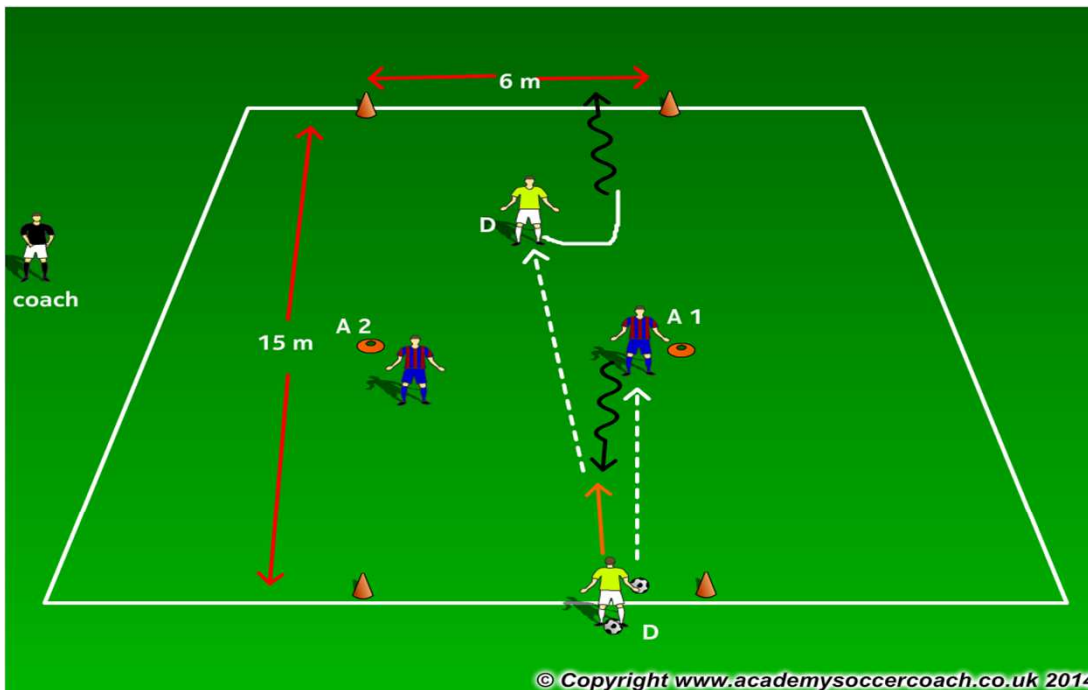
Station C

Soccer Technique - Individual Defending

Time frame. 12-15 minutes

Emphasis:

- Patience
- Body position
- 1v1 mentality
- Angle of approach
- Element of surprise
- Speed of approach
- Fun!



Individual Defending: (defending the line)
Organization: Mark the field (15 mx6 m) , it could be varied depend on the age and the ability of players.
procedure: Divide players to two teams. One team (attackers) receive the ball from the defender and try to pass the defender and cross the line.
Attacker will rotate every round.
 same procedure will take place on the other side.
progression: 2 attacker vs 1 defender
 If defender intercepts the ball, will pass it to his teammate on the other half, which will receive, turn and cross the line .

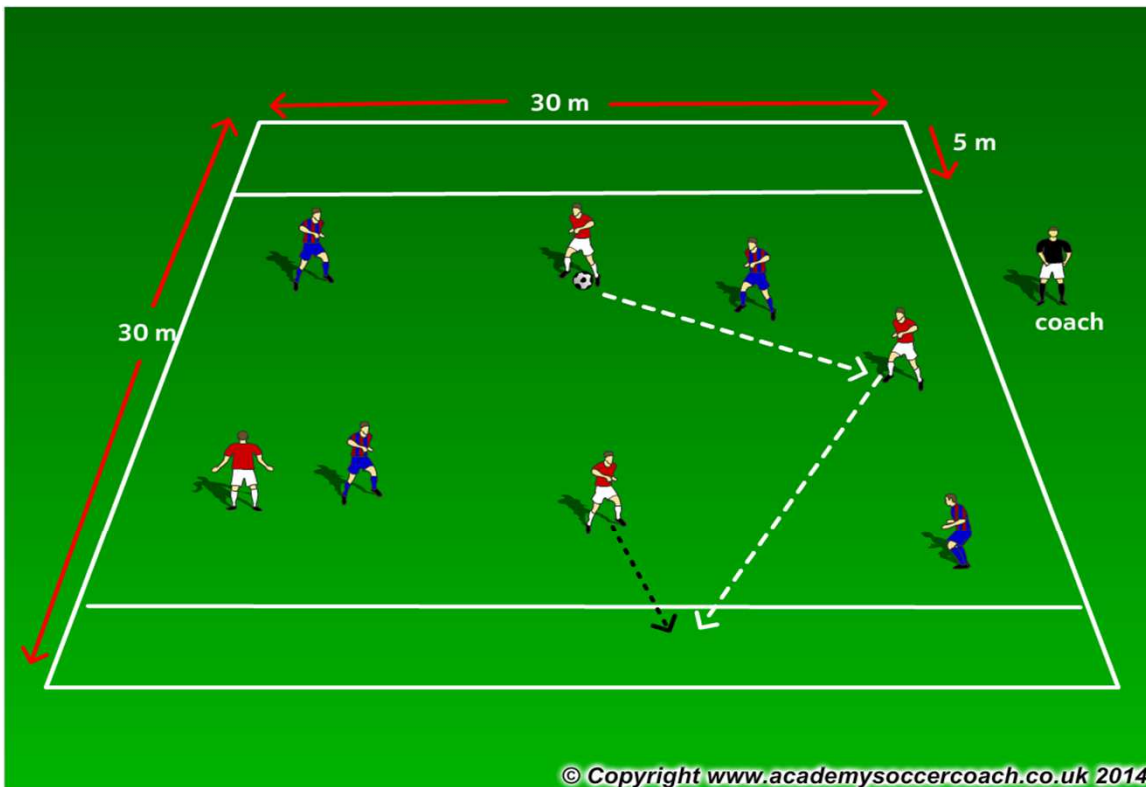
<p><u>Psychological</u> Decision making Confidence 1v1 defending mentality</p>	<p><u>Technical</u> Angle of Approach Body position Time of tackle</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating</p>



Learn To Train practice plan – Week 2

Station D

Small Sided game - End Zone Game



4v4 small sided game with two end zones.
Organization: Mark a field of 30 mx30 m, and two end zone as shown in diagram.
Procedure: Each team gain a point by pass the ball into end zone which received by teammate .
Players can't wait for the ball in end zone, they must run to end zone to receive the ball.

Time frame. 12-15 minutes

Emphasis:

- Running with the ball
- Dribbling
- 1v1
- Changing direction
- Change of speed
- Agility, Balance, Coordination
- Imagination
- FUN!

<u>Psychological</u> Decision making Confidence Being safe	<u>Technical</u> Receiving Dribbling passing
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Listening Communicating