

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.

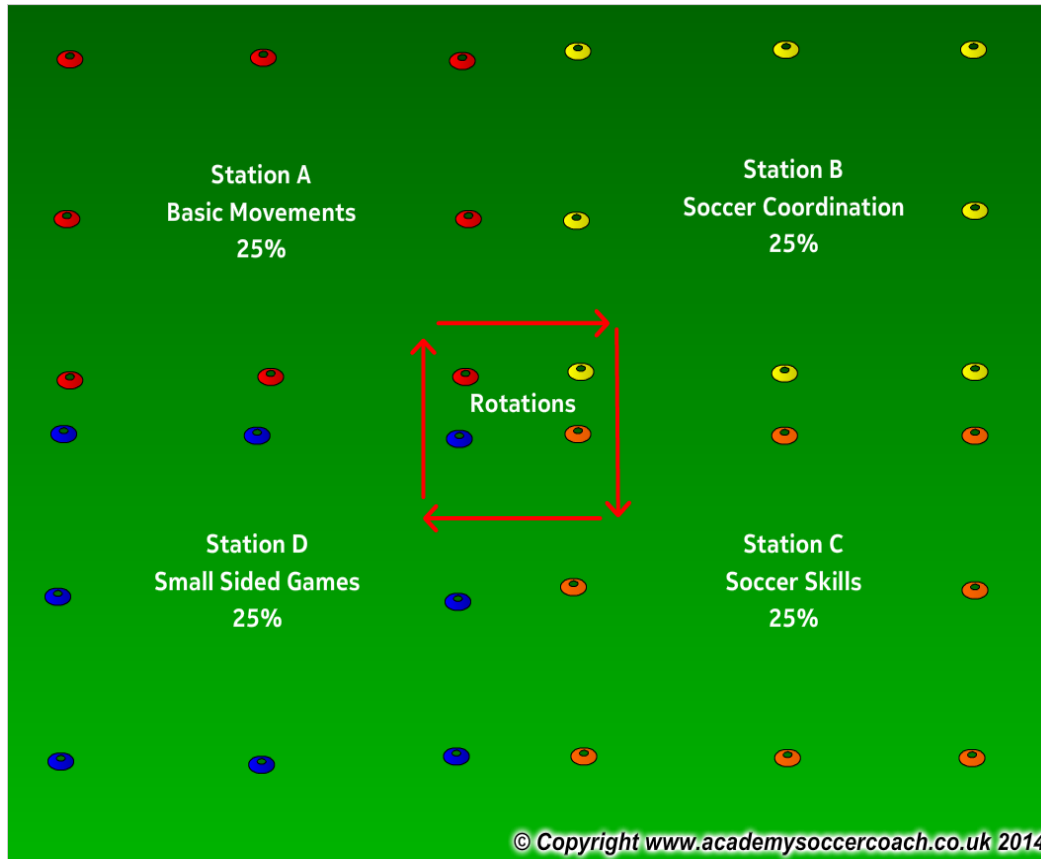
In the following activities players will travel through 4 stations. In these examples one station focuses on Physical Literacy, two stations on movements with the ball and the 4th station is focused around the game with the children playing 1v1.

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.

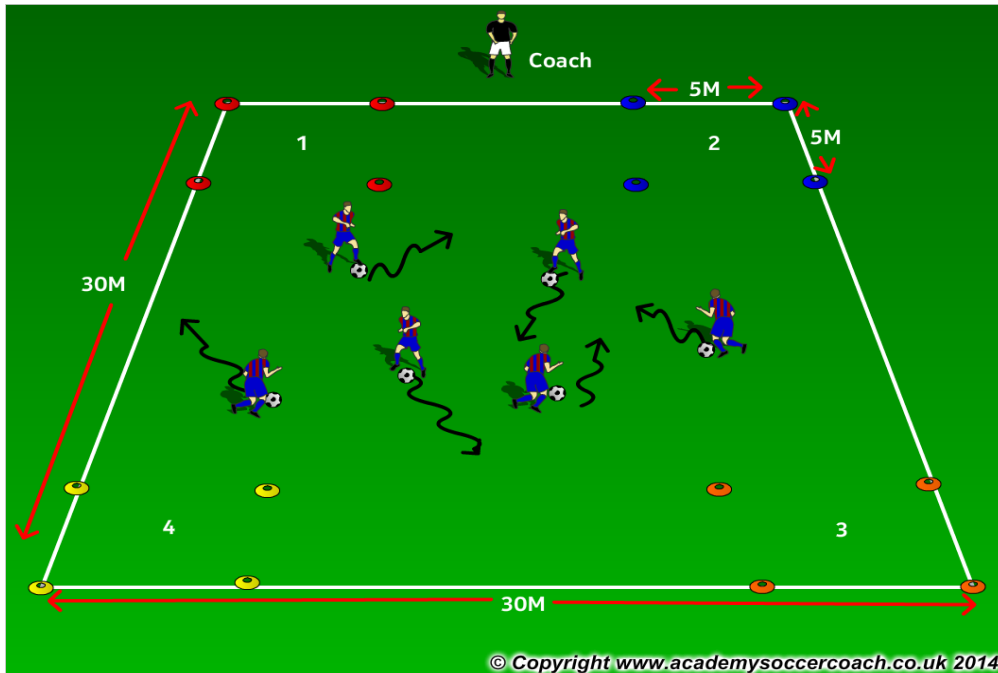
If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



Active Start practice plan – Week 5

Station A

General movement



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Organisation. Each player has a ball in a 30mx30m area. In each corner there is a 5mx5m area which are numbered as above.

Procedure. Players dribble around inside the middle of the area. When the coach calls out a number the players dribble to that specific corner. The 1st player to stop their ball in the correct corner scores 1 point.

Progression. When the players arrive in the corner instead of stopping they perform 5 toe taps and continue to dribble.

Time frame. 8 minutes

Emphasis:

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

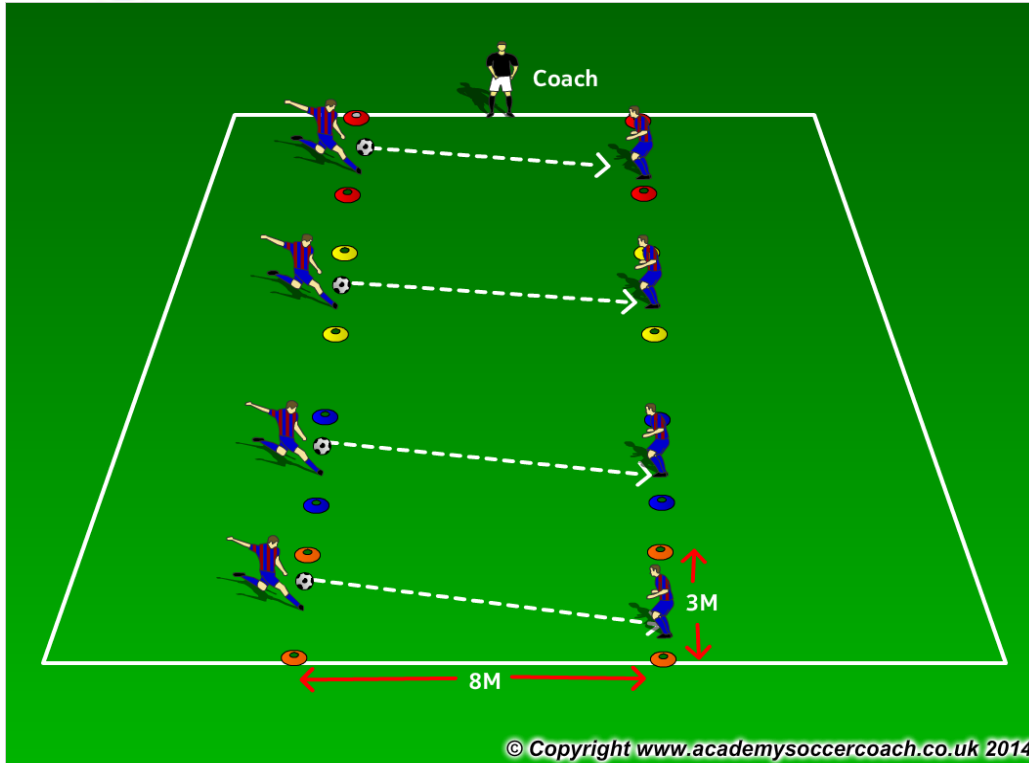
<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>Dribbling Running with the ball Turning</p>
<p><u>Physical</u></p> <p>A,B,C's Change of Direction</p>	<p><u>Social</u></p> <p>Listening Communicating Celebrating</p>



Active Start practice plan – Week 5

Station B

Soccer technique - Shooting



Organisation. Players are in pairs and stand opposite each other in the goals. They are 8m away from each other in a 3m goal.

Procedure. Players look to strike the ball past their partner. Each time a player scores they score 1 point. After 5 shots the players rotate positions.

Progression. Have players practice shooting with both feet.

Time frame. 8 minutes

Emphasis:

Shooting
Goalkeeping
Coordination
Team work
FUN!

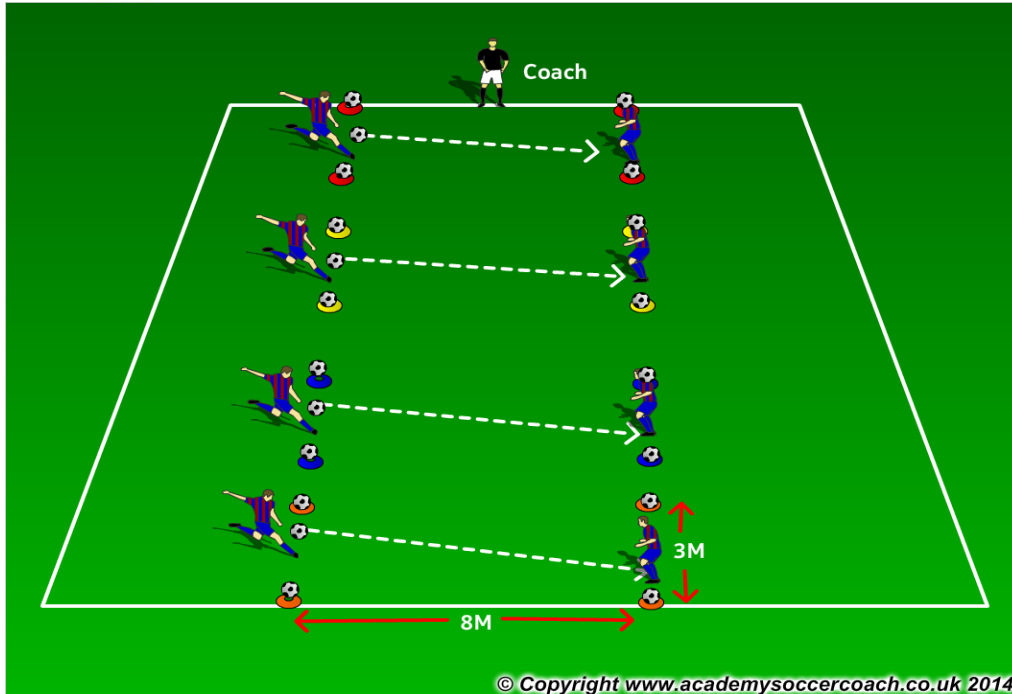
<p><u>Psychological</u> Success Confidence Feeling safe</p>	<p><u>Technical</u> Shooting Goalkeeping</p>
<p><u>Physical</u> Agility Balance Coordination</p>	<p><u>Social</u> Celebrating Fun</p>



Active Start practice plan – Week 5

Station C

Soccer Technique - Shooting



Organisation. Players are in pairs and stand opposite each other in the goals. They are 8m away from each other in a 3m goal.

Procedure. Players look to strike the ball past their partner. Each time a player scores they score 2 points. If the players can strike the ball sitting on the cone and score a goal they score 3 points. After 5 shots the players rotate positions.

Progression. Have players practice shooting with both feet.

Time frame. 8 minutes

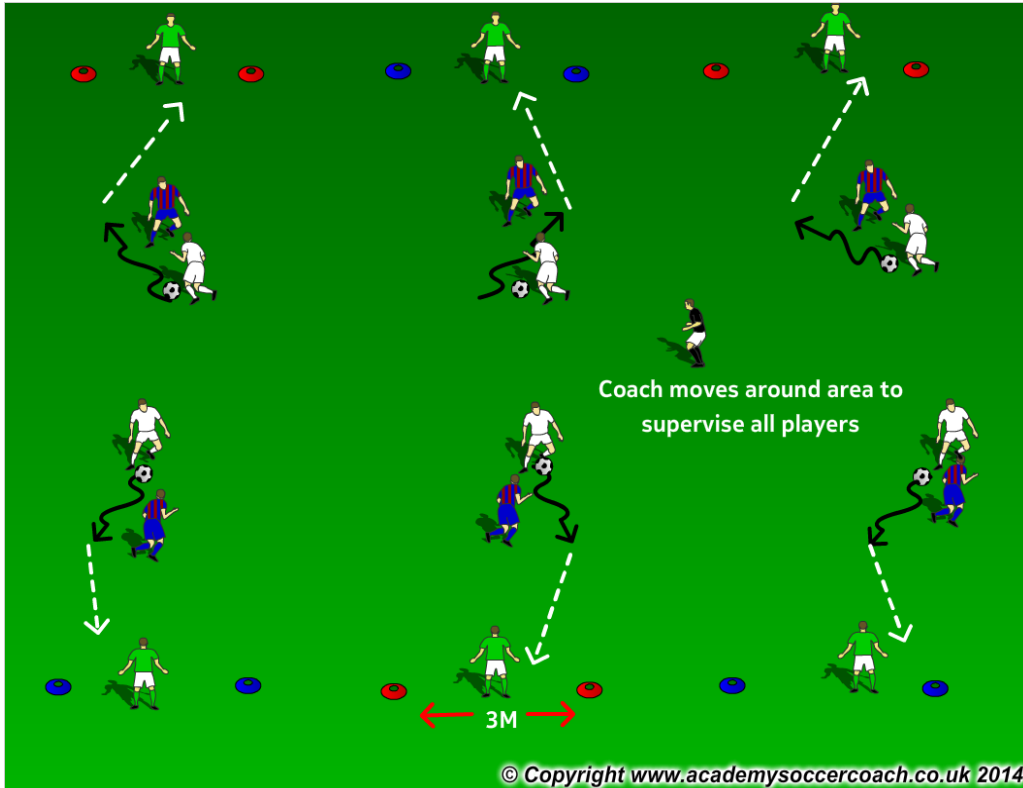
Emphasis:

- Shooting
- Goalkeeping
- Coordination
- Team work
- FUN!**

<p><u>Psychological</u> Success Confidence Feeling safe</p>	<p><u>Technical</u> Shooting Goalkeeping</p>
<p><u>Physical</u> Agility balance Coordination</p>	<p><u>Social</u> Celebrating Fun</p>



Active Start practice plan – Week 5
Station D
Small sided game - 1v1 to goal



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Organisation. Player placed into groups of 3. They play 1v1 to goal.
Procedure. Goalkeeper rolls ball out and the 2 players play 1v1. After a goal is scored they player who scored the goal goes in goal.

Time frame. 8 minutes

Emphasis:

- Shooting
- Dribbling
- Agility, Balance, Coordination
- FUN!**

<u>Psychological</u> Success Confidence Being safe	<u>Technical</u> Shooting Dribbling Goalkeeping
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Listening Peer interaction Communicating