

GRASSROOTS PRACTICE PLANS Week 8.





FUNdamentals practice plans

Preferred method of training – 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 or 5v5 which includes the retreat line.

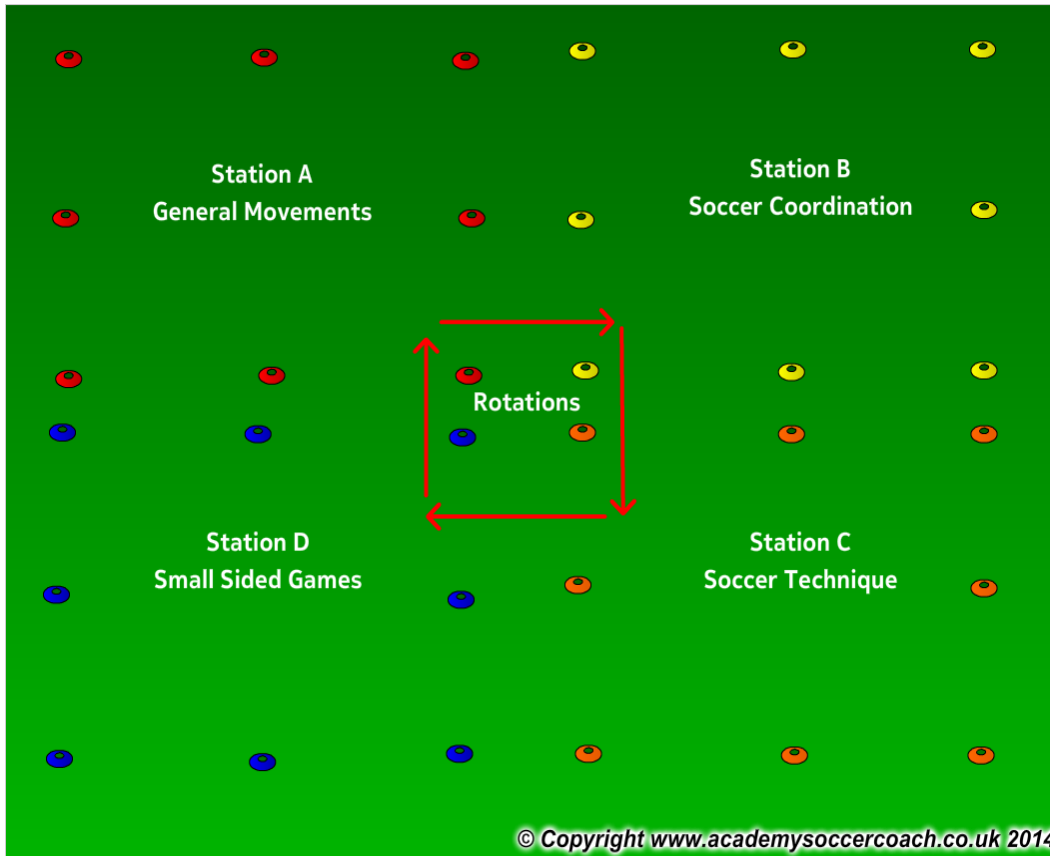
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

Total Practice time 45 minutes as per the Recreational and Development Matrix



FUNdamentals practice plans

How the preferred training model works



If working with a larger group organize players into groups of 8-10. Each station has a coach who will lead that specific station for the session. Players rotate every 8-10 minutes with a 2 minute break in between each station to have a water break and move to the next station.

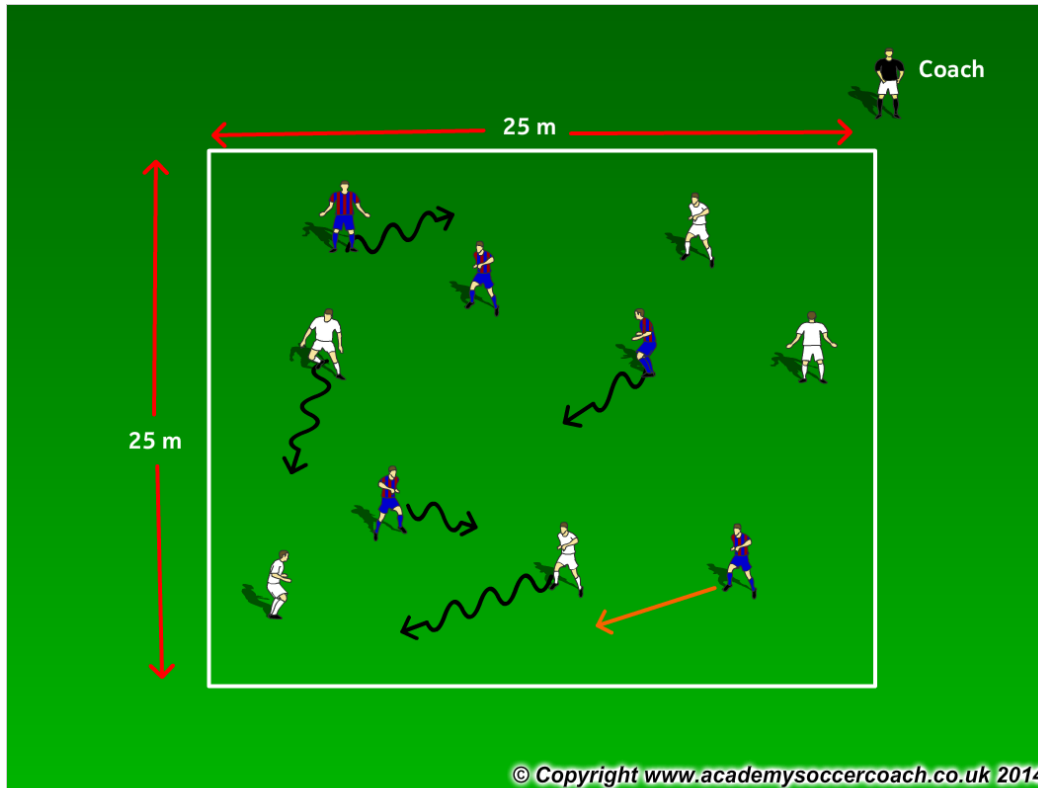
If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



FUNdamentals practice plan

Station A

General Movements



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Organization: A 25mx25m field. 10 players.
Procedure: Encouraging players to do different soccer movements such as running, shuffling, running backwards, and jumping.
Progression: This activity could be done with the ball.

Time frame. 8-10 minutes

Emphasis:

Changing direction
Agility, Balance, Coordination
Spatial awareness
FUN!

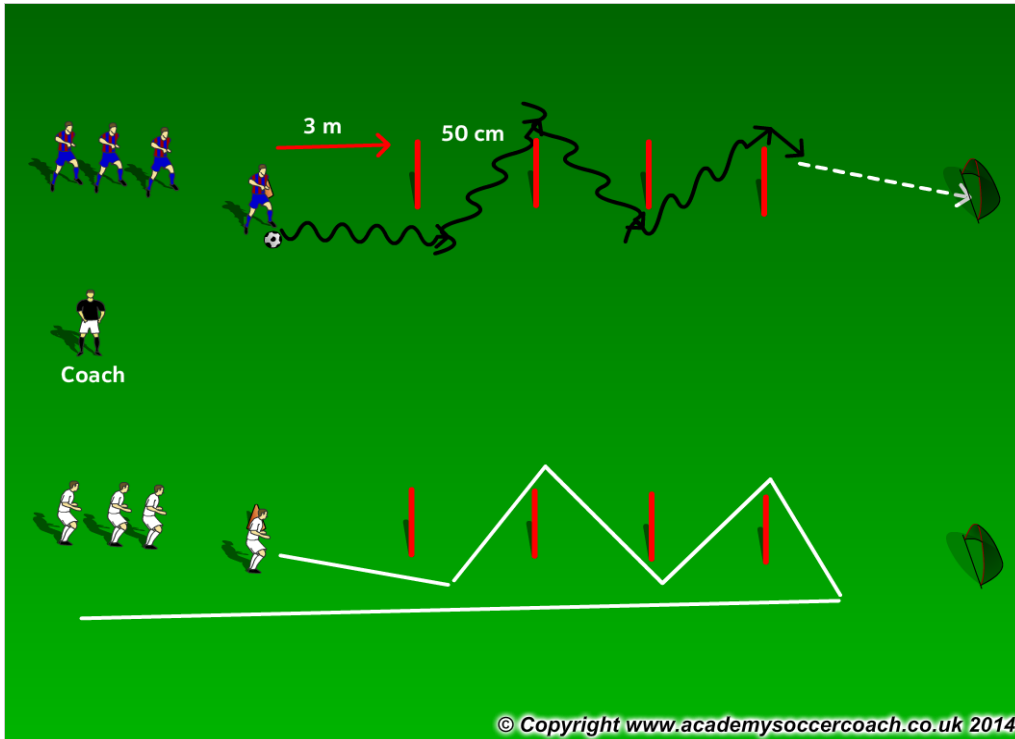
<u>Psychological</u> Positive reinforcement Confidence Being safe	<u>Technical</u> N/A
<u>Physical</u> Eye-foot coordination Agility, Balance Change of Direction	<u>Social</u> Listening Communicating Celebrating



FUNdamentals practice plan

Station B

Soccer Coordination, shooting



Organization: Place 2 cones side by side 10 m apart. Lay out 4 poles 50 cm intervals, starting 3 m in front of the starting cones. Players lineup in 2 equal teams behind the starting cone.

Procedure: On the coach's signal, first player from each line, shuffle between poles and run back to the end of the line.

Progression: Same activity using soccer ball, and finishing with shooting.

Time frame. 8-10 minutes

Emphasis:

Agility
Changing direction/Speed
Coordination
FUN!

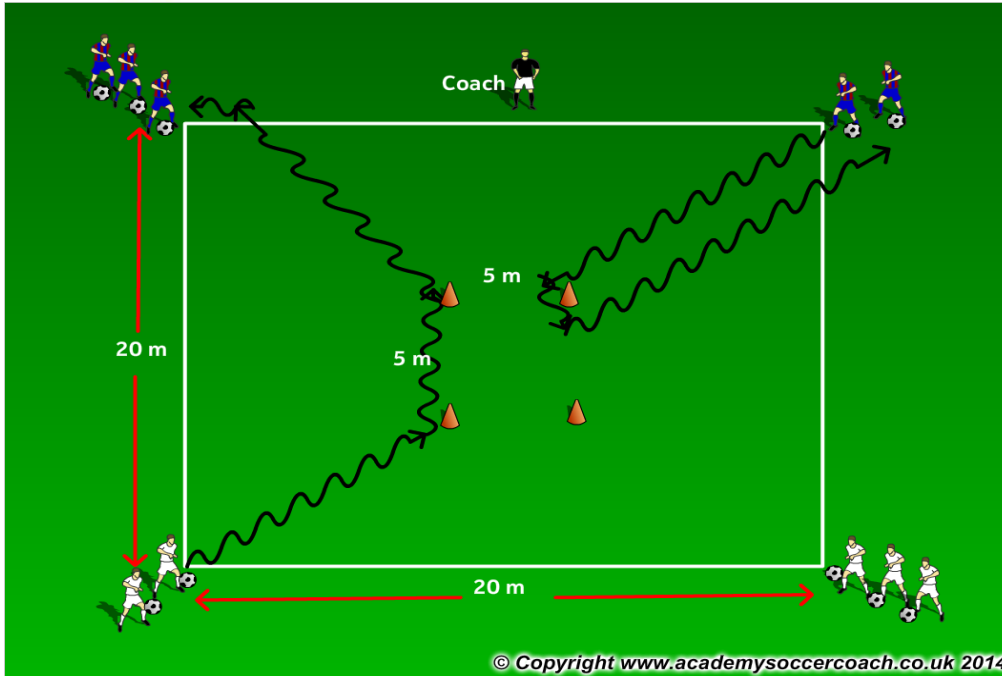
<u>Psychological</u>	<u>Technical</u>
Confidence Being safe	Dribbling Shooting
<u>Physical</u>	<u>Social</u>
A,B,C's Change of Direction	Listening Communicating Interacting with friends



FUNdamentals practice plan

Station C

Soccer technique – Dribbling/Faking



Organization: A 20mx20m field. Place 4 cones inside the grid to make a 5mx5m square. Players line up in equal numbers at each corner. Each player has a ball.

Procedure: At coach's signal, first player of each line will dribble around the near cone and return to their line.

Progression: Player dribble to near cone, and do a fake move, and dribble to a cone on the right or left.

Time frame. 8-10 minutes

Emphasis:

Dribbling
Change of direction
Change of speed
Agility, Balance, Coordination
FUN!

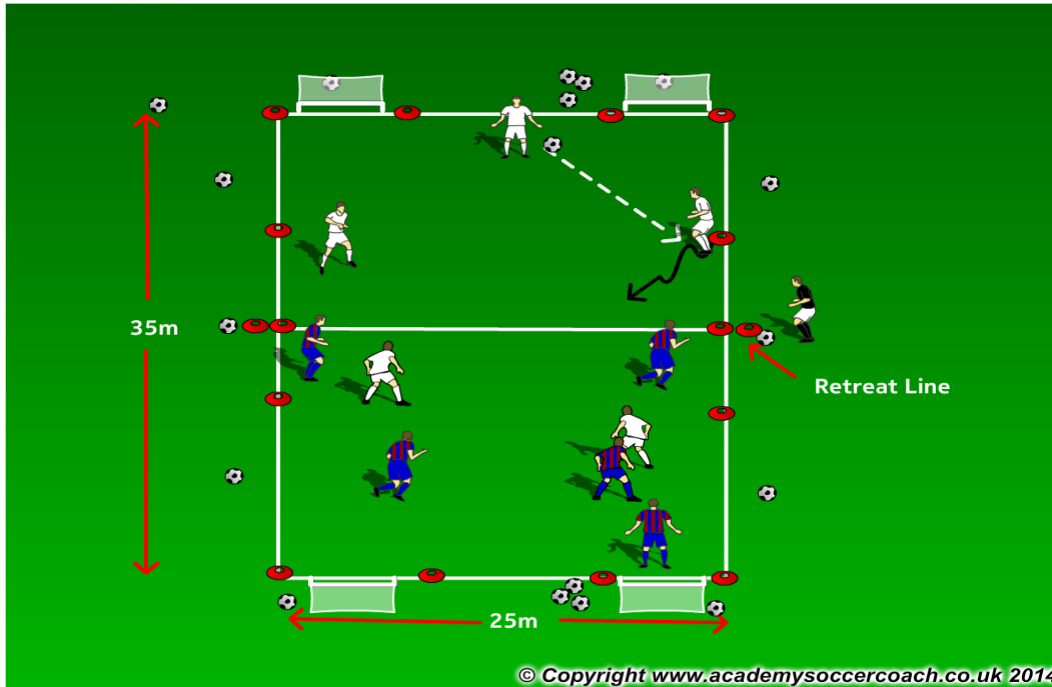
<p><u>Psychological</u> Positive reinforcement Confidence Fun</p>	<p><u>Technical</u> Dribbling Part of the foot Part of the ball Using both feet</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Interaction with peers</p>



FUNdamentals practice plan

Station D

Small sided game with retreat line



Time frame. 8-10 minutes

Emphasis:

Dribbling

1v1

Changing direction/Speed

FUN!

5V5 with the Retreat line.
Organisation. Players play 5v5 on a 35mx25m field. the Retreat line is located at the half way line. 2 goals are located at each end
Procedure. Once the ball goes out for a goalkick or the goalkeeper has control of the ball the oppersition must retreat behind the retreat line. Once the player receives the pass from the goalkeeper the game is live.
When scoring a goal team in possession has two goals to score on.
If you have odd numbers you can have the extra player become a neutral player in the game who plays for the team in possession.

Psychological

Fun
Confidence
Being safe
Decision making

Technical

passing
Dribbling
Shooting

Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating