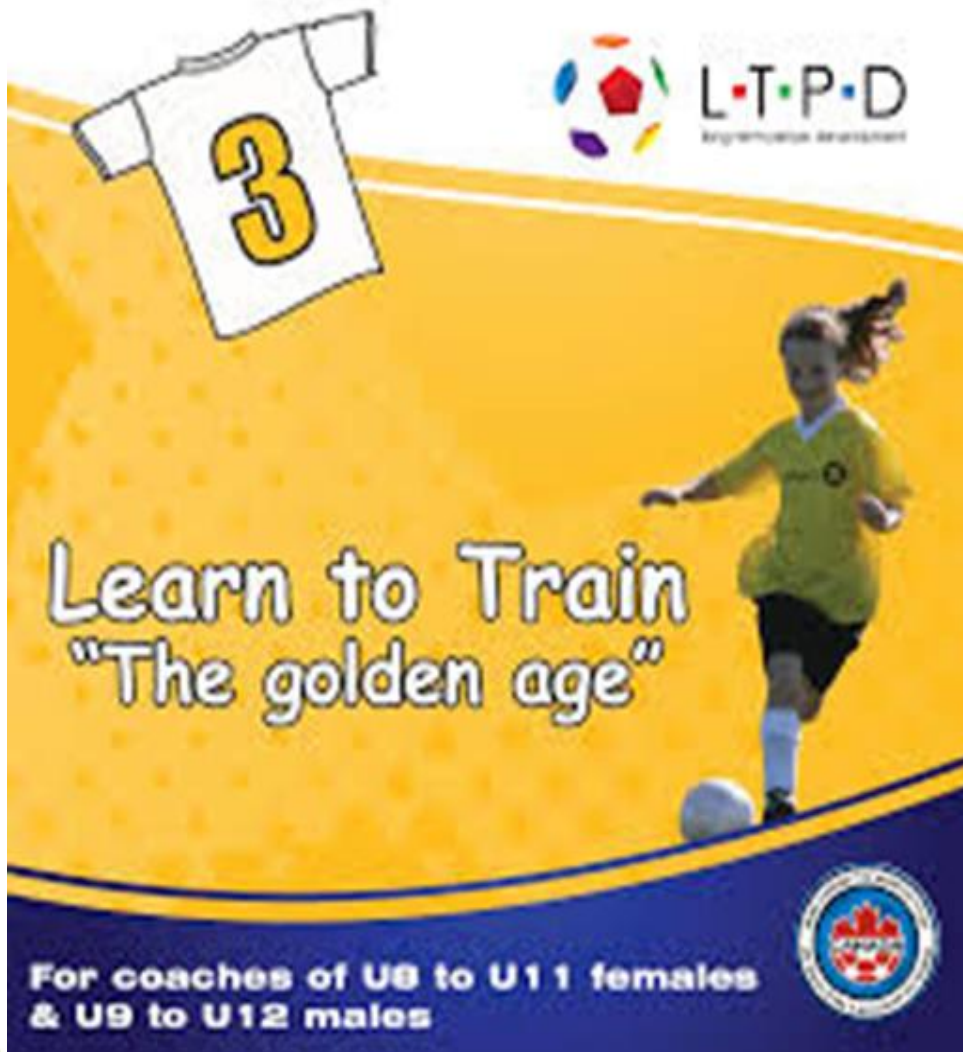


GRASSROOTS WORKBOOK & PRACTICE PLANS





Learn to Train practice plans Preferred method of training – The Station concept



Hello , and welcome to the session plans which are design for coaches working with Learn to Train age group. This is third stage of the grassroots level . We hope you enjoy this session plans. The focus for this stage should be providing a positive, and fun environment, concentration on ABC (Agility, Balance, and Coordination), and playing small-sided games, 3v3, 4v4 etc. Can you develop players' ability to read what other players are going to do based on their movements, let your players make decisions, expose them to working out problems and coming up with solutions.





Learn to Train practice plan

Preferred method of training – The Station concept

The activities provided take a look at how stations are being used at the Grassroots level. During the practice players will spend an allotted time at each station having fun and developing specific skills before moving onto the next station. By using station work we ensure players are continually motivated and we can ensure that their attention is not lost.

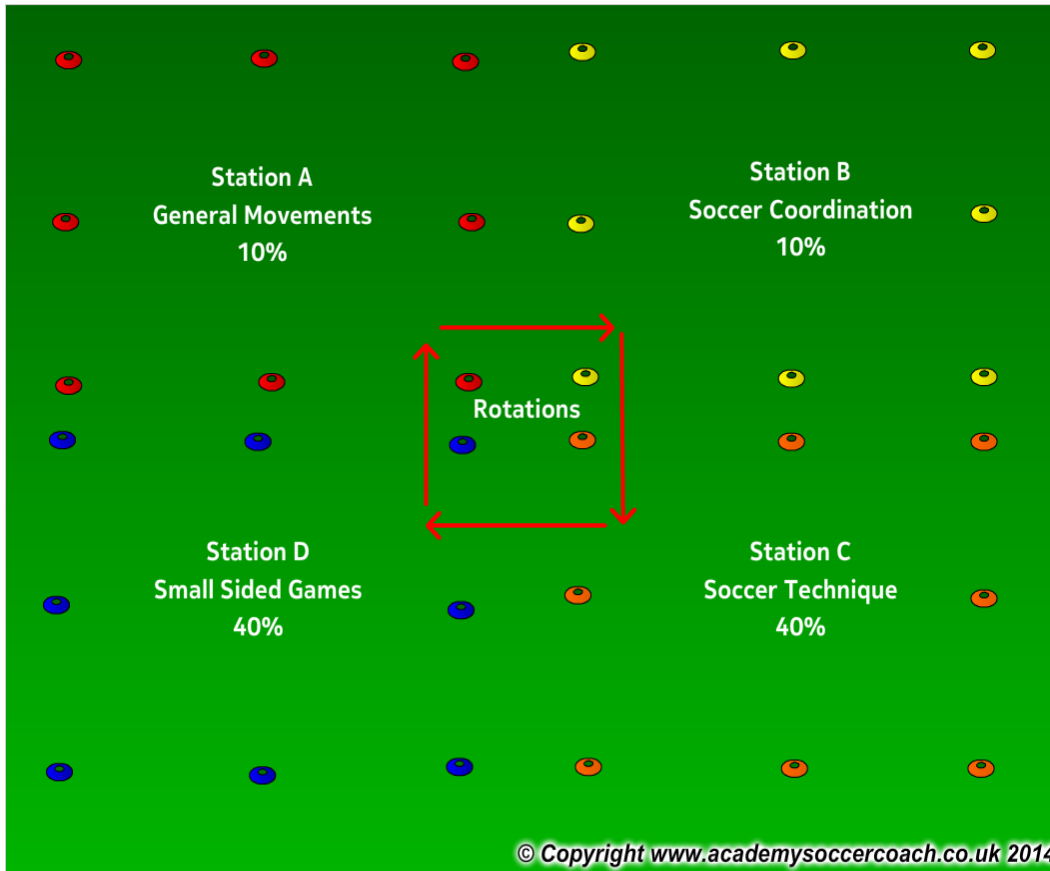
The following will give Learn to Train coaches 5 weeks worth of practice plans. After the 5 weeks are complete coaches can use the activities provided to create further session plans. In all sessions players will travel through 4 stations, one station focuses on general movements, one station on soccer 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 take a look at how we can 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



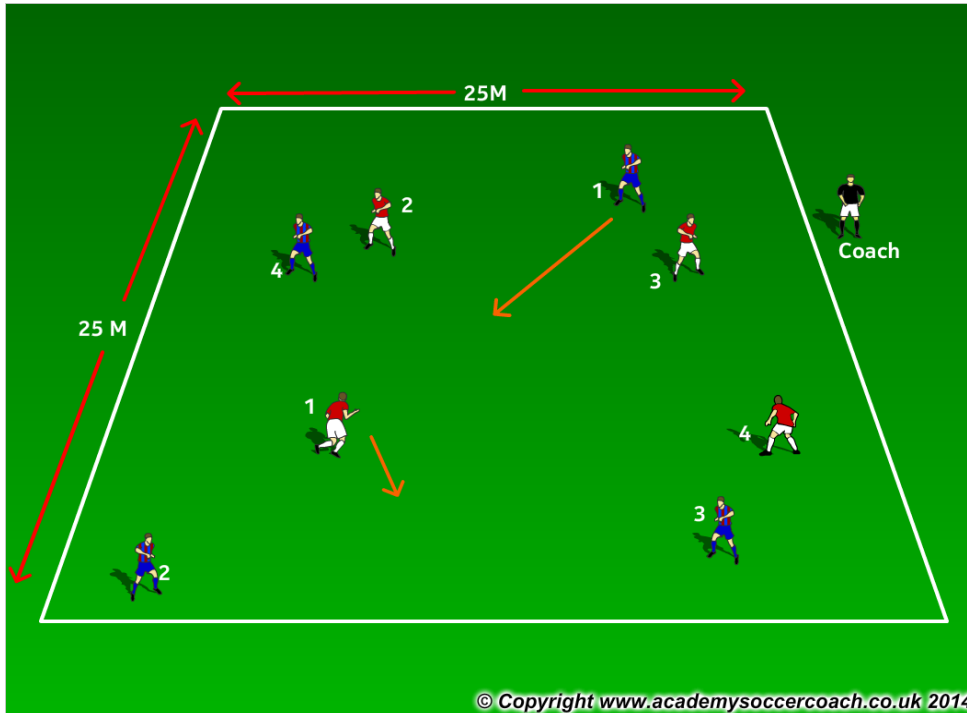
Learn to Train practice plan How the 4 stations work



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 Station A General Movement



Organization: A field of 25 m x 25m.
Procedure: The coach calls a player (e.g. Blue 2). That player has a set amount of time (e.g. 10 seconds) to tag the player with the same number from the other team. If he succeeds, his team scores one point. If not, the other team scores one. Which team can score more points in 4 minutes?
Progression: This exercise could be done with ball.

Time frame. 12-15 minutes

Emphasis:

Changing direction
 Finding space
 Heads up
 FUN!

<p><u>Psychological</u> Decision making Confidence Being safe</p>	<p><u>Technical</u> Dribbling Running with the ball Looking for space</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Communicating Peer interaction</p>



Learn to Train practice plan

Station B

Soccer Coordination



Organization: A field of 25 m x 25m.

Procedure: Players run around the field without touching the balls, and follow coaches instructions. (Skip on the spot, jumping, hopping, etc.). When coach calls **BALL**, players have to run as fast as they can to pick up a ball. Those without the ball (workers) must go to players with the ball (servers), and perform 5 valleys. They switch the role before the next round.

Time frame. 12-15 minutes

Emphasis:

Changing direction
Eye-foot Coordination
Spatial Awareness
FUN!

Psychological

Positive reinforcement
Confidence
Being safe

Technical

Running with the ball
Part of the ball,
Part of the foot

Physical

Agility, Balance
Change of Direction
Coordination

Social

Listening
Communicating
Peer interaction /fun



Learn to Train practice plan
Station C
Soccer Technique – Shooting



Time frame. 12-15 minutes

Emphasis:

Accuracy
Eye on the ball
Part of the foot
Follow through



Organization: A field of 25 m x 15 m. 2 9v9 goal size, cones, balls.
Procedures: Set up the field as shown. Have 1 to 1.5 m space between each cone. Players dribble between cones to the shooting cone, do 90 degree turn around them, and shoot on goal. Then they dribble slowly to the back of the line. This could be done in parallel set up to cut down on waiting time.

<p><u>Psychological</u> Fun Confidence Decision Making</p>	<p><u>Technical</u> Part of foot Eye on the ball Follow through</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Fun with friends</p>



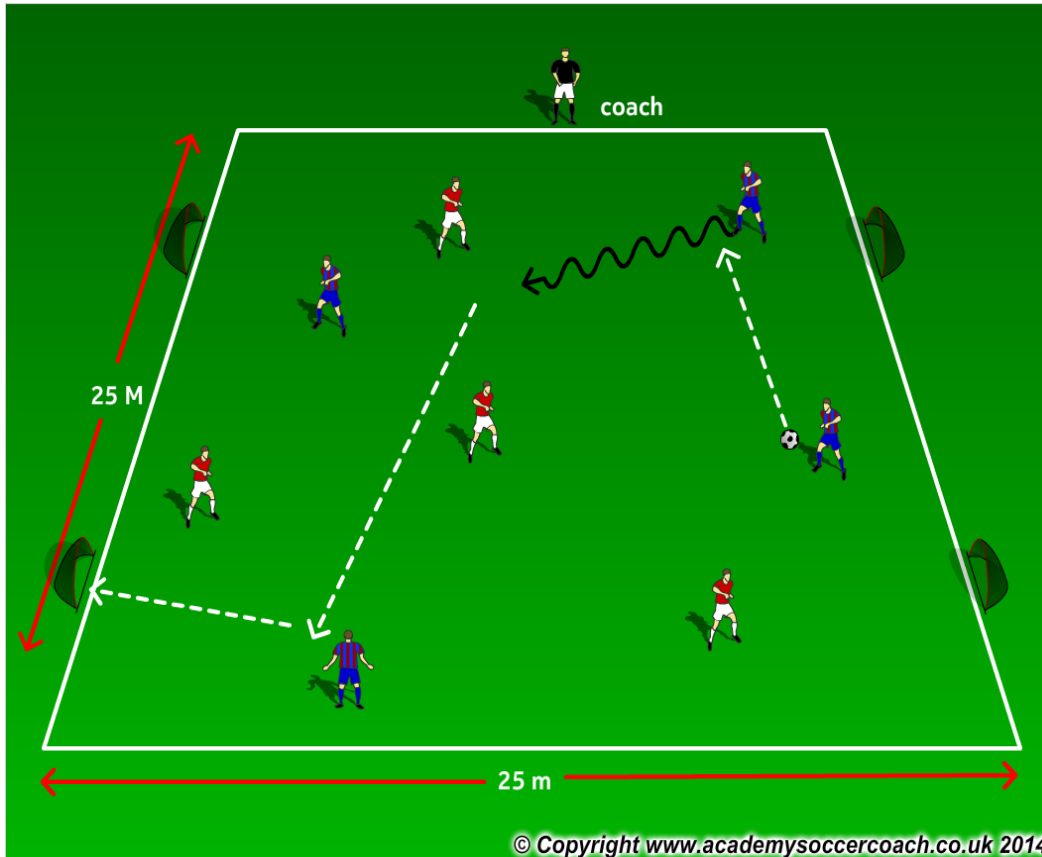
Learn to Train practice plan
Station D
Small sided game – 4 goals



Time frame. 12-15 minutes

Emphasis:

Passing
Receiving
Possession
Imagination
FUN!



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Organization: A field of 25 m x 25m .

Procedure: 4v4 SSG with 4 goals.

Psychological

Fun
Confidence
Being safe

Technical

Dribbling
1v1
Passing

Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Fun with friends