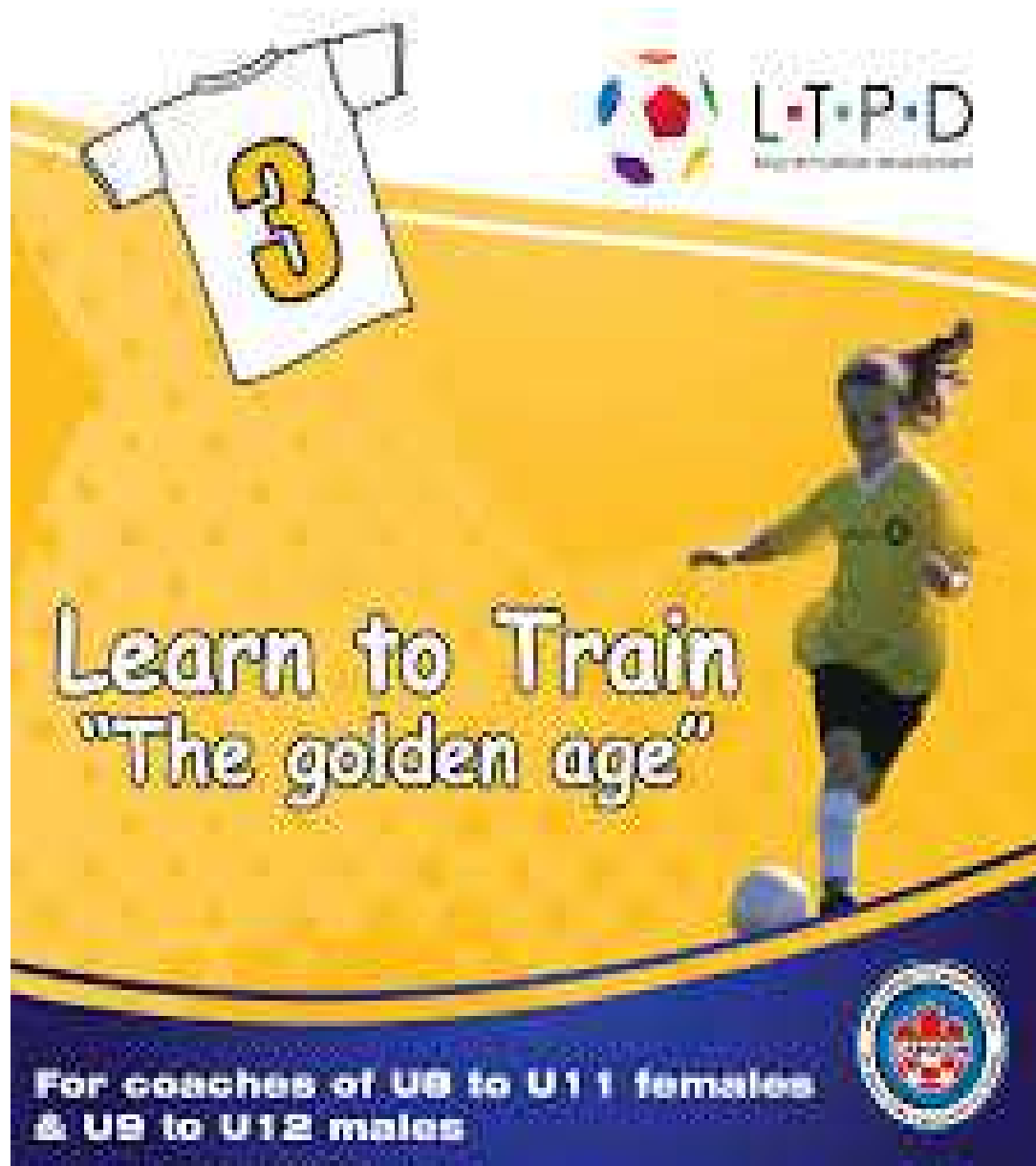


# GRASSROOTS WORKBOOK & PRACTICE PLANS





## 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.

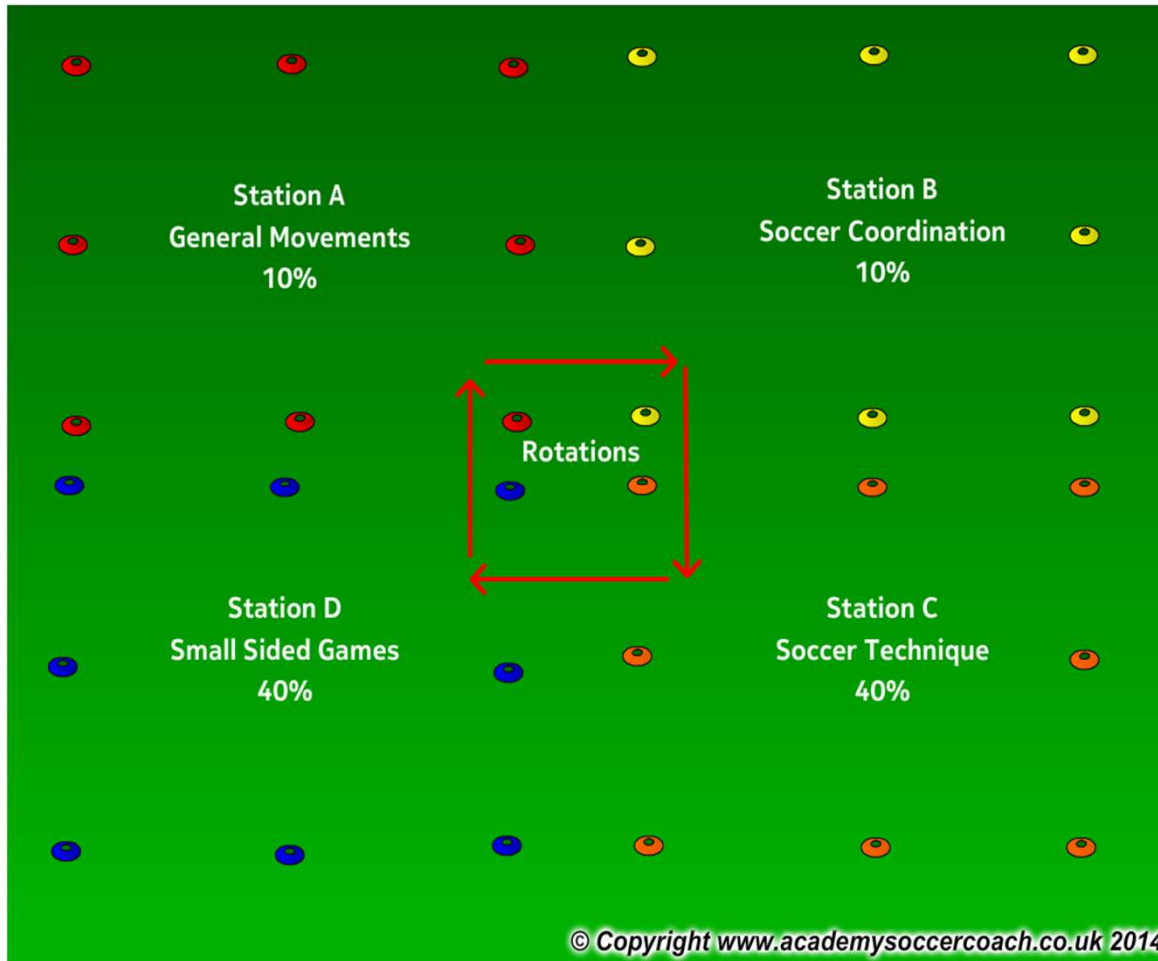
In the following activities players will travel through 4 stations. In these examples one station focuses on general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a small sided soccer game 3v3, 4v4 and 5v5

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 4

### Station A General Movement



Time frame. 12-15 minutes

#### Emphasis:

Changing direction  
Eye-foot Coordination  
Running with the ball  
FUN!



**Organization:** 5 mx5 m field as shown. 5 players, 4 have balls. players with the ball outside of the square, evenly spaced.  
**Procedure:** Players attempt to dribble across the square or to a another side, avoiding being tagged by player in the middle.  
**Getting across gains 2 points, dribbling to another side gains 1 point.**  
**If an outside player is tagged 3 times, He/she goes in the middle.**

#### Psychological

Confidence  
Being safe

#### Technical

Dribbling  
Passing, receiving  
Running with the ball

#### Physical

A,B,C's  
Change of Direction

#### Social

Listening to cues  
Communicating  
Peer interaction



## Learn to Train practice plan – Week 4

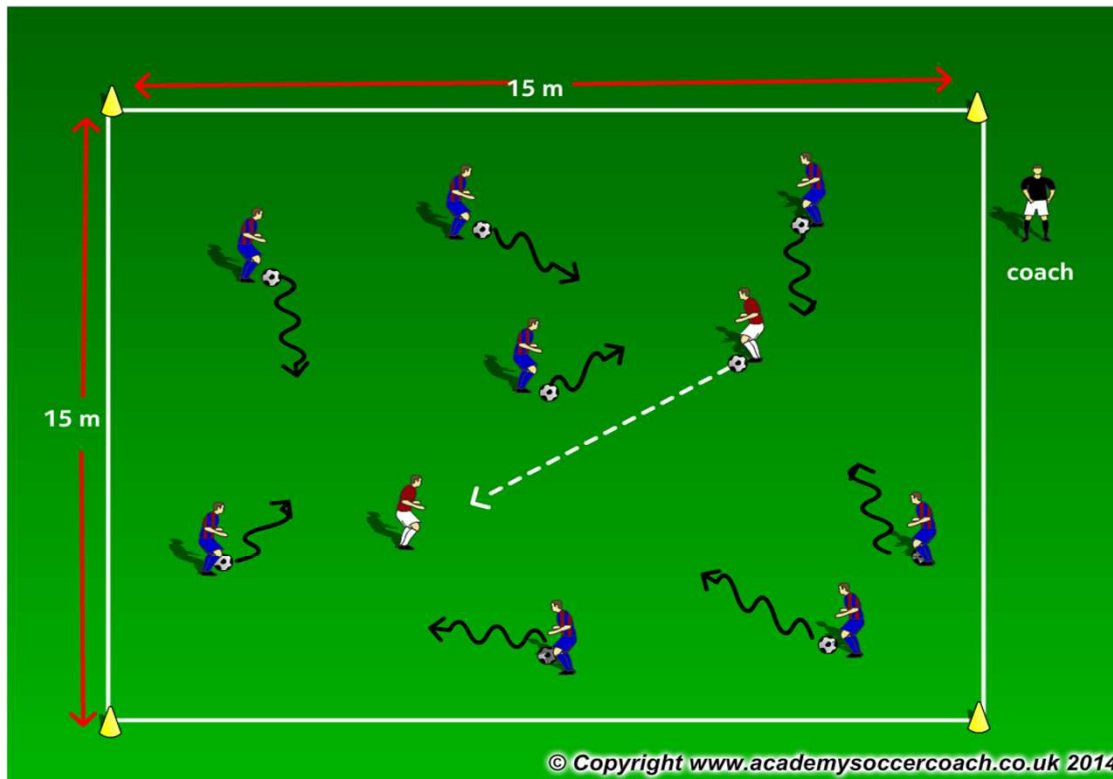
### Station B Soccer Coordination



Time frame. 12-15 minutes

#### Emphasis:

- Communication
- Passing/Receiving
- Running with the ball
- Changing direction
- Spatial Awareness
- Lots of touches
- FUN!



© Copyright www.academysoccercoach.co.uk 2014

**Organization:** 15x15 yds Field as shown. 8-10 players with a ball each. 2 additional players with 1 ball between them.

**Procedure:** Players dribbling and move freely within the area.

The pair of players with one ball between them moves within the area passing to one another, avoiding dribbling players.

The pair will be changed every 1 minute.

**Progression:** Add more "pairs" passing amongst the dribblers. Or reduce the area.

A pair with more passing sequence will win .

#### Psychological

Positive reinforcement  
Confidence  
Being safe

#### Technical

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

#### Physical

Coordination  
Agility, Balance  
Change of Direction

#### Social

Listening  
Communicating  
Peer interaction /fun



**Learn to Train practice plan – Week 4**  
**Station C**  
**Soccer Technique – Passing/Possession**



**Organization:** 40 mx40 m field as shown. 10 players organized in 2 teams of 5, 2 targets, and a server (S). One ball to play, and a few balls around the field. Server may move around the outside of the area.

**Procedure:** Practice starts with a pass into play by the server . Team can use Targets and server to keep possession. Targets can move to open square to help the team.

**Team score** by passing to target into designated area.

**Time frame. 12-15 minutes**

**Emphasis:**

- Passing
- Receiving
- Communication
- Changing direction
- Change of speed
- Agility, Balance, Coordination
- Spatial Awareness
- FUN!

<p><b><u>Psychological</u></b>          Fun          Confidence          Being safe</p>	<p><b><u>Technical</u></b>          Dribbling          1v1          Passing</p>
<p><b><u>Physical</u></b>          Speed          A,B,C's          Change of Direction</p>	<p><b><u>Social</u></b>          Listening          Communicating          Fun with friends</p>





# Learn to Train practice plan – Week 4

## Station D

### Small sided game – target zones



Time frame. 12-15 minutes

### Emphasis:

- Running with the ball
- Passing
- Receiving
- Possession
- Changing direction
- Change of speed
- Agility, Balance, Coordination
- Imagination
- FUN!



Organization: 20 mx20 m field as shown ( could be modified according to age).  
10 players in two teams of 5. Two players from each team as target in designated area ( 2 mx2 m).  
procedure: Team in possession must pass to one target player, get it back and play to other target player in order to score.

<b><u>Psychological</u></b> Fun Confidence Being safe	<b><u>Technical</u></b> Dribbling 1v1 Passing
<b><u>Physical</u></b> Speed A,B,C's Change of Direction	<b><u>Social</u></b> Listening Communicating Fun with friends