



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.

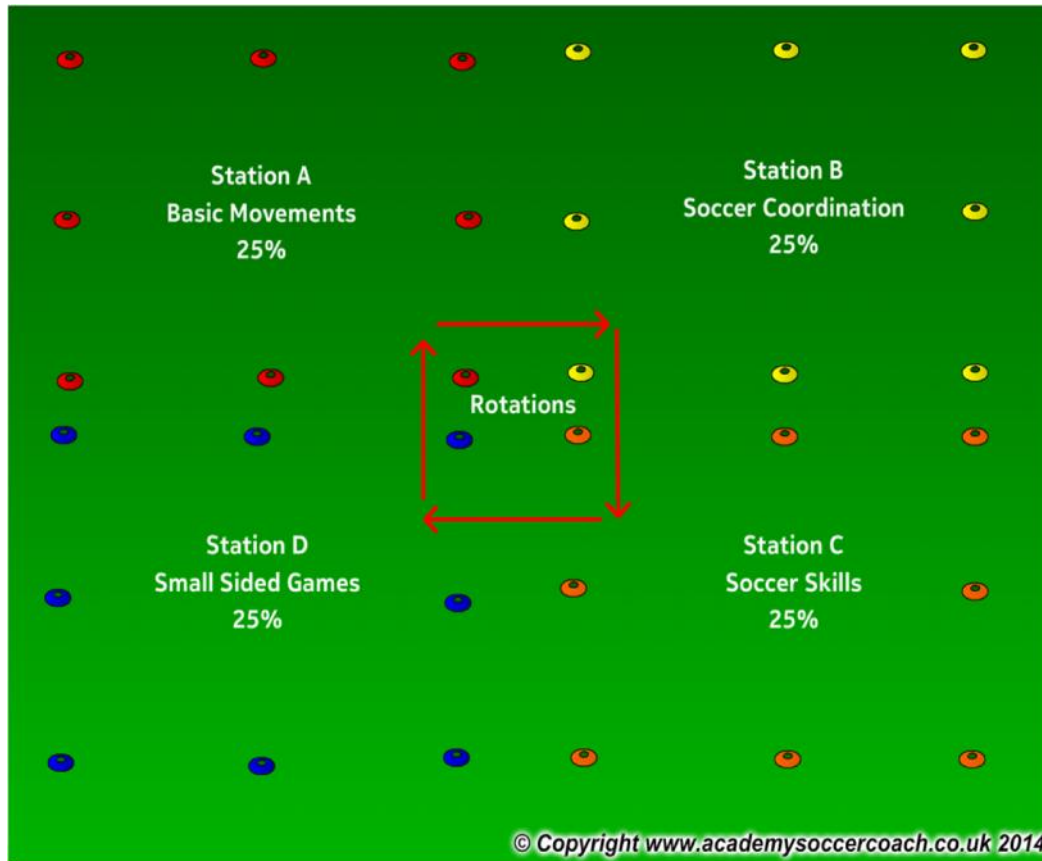
In the following activities players will travel through 4 stations. In these examples one station focuses on Physical Literacy, two stations on movements with the ball and the 4th station is focused around the game with the children playing 1v1.

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

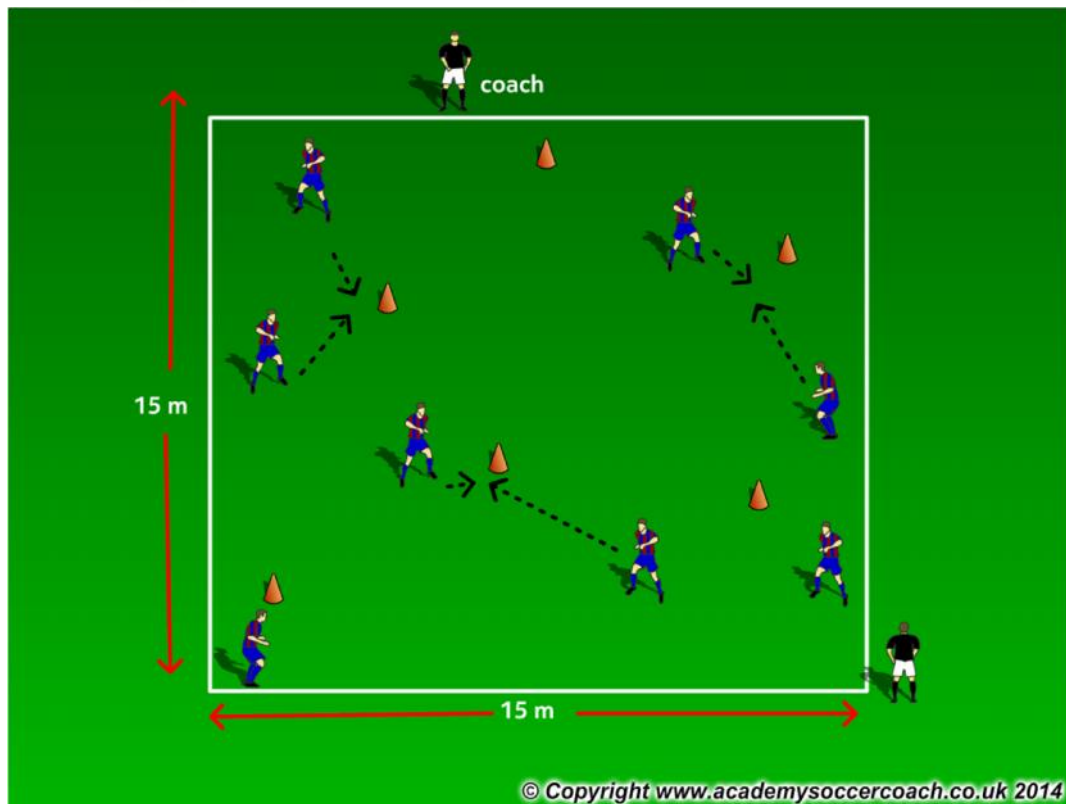


If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

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 12
Station A
General Movement - Elves and Wizard



Set up: Mark out a " cone forest" inside a 15mx15m . field.
8-10 players.
Sequence: Elves (players) moving around the forest. Whenever two elves meet in the forest, they jump over the cone (take turn). Can elves jump over the cones before the wizard (parent or coach) catch them!
This activity could be done with the ball .

Time frame.6- 8 minutes

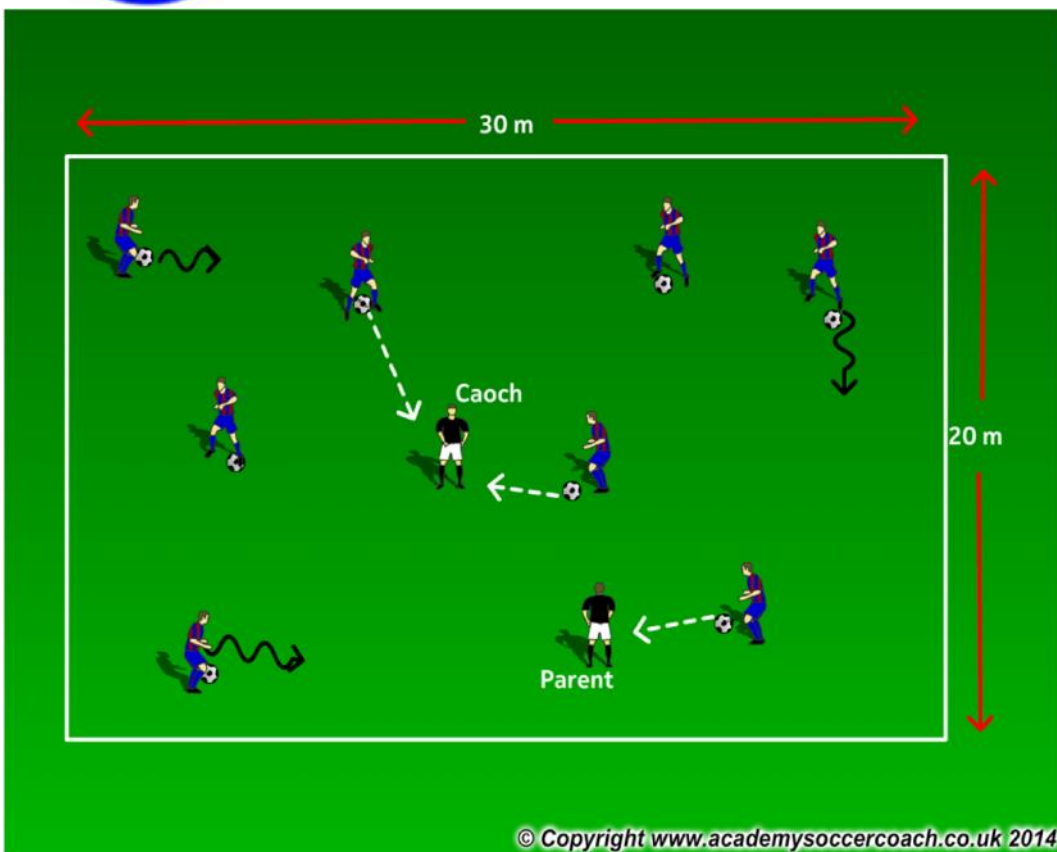
Emphasis:

Running with/without the ball
Changing direction
Jumping
Awareness
Slowing down, speeding up
Fun

<u>Psychological</u> Confidence Being safe Positive feedback	<u>Technical</u> Running with the ball
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Peer interaction Communicating Celebrating



Active Start practice plan – Week 12
Station B
Coordination - Catch the robber!



Organization: Using cones, mark out a 30 mx20 m. field.
8-10 players, each has a ball.
Sequence: Each player (Officer) move the ball around, and trying to arrest the Robber (parent or coach) by shooting the ball at them.

Time frame. 6-8 minutes

Emphasis:

Eye – foot coordination
 Lots of touches on the ball
 Different parts of the foot
FUN!

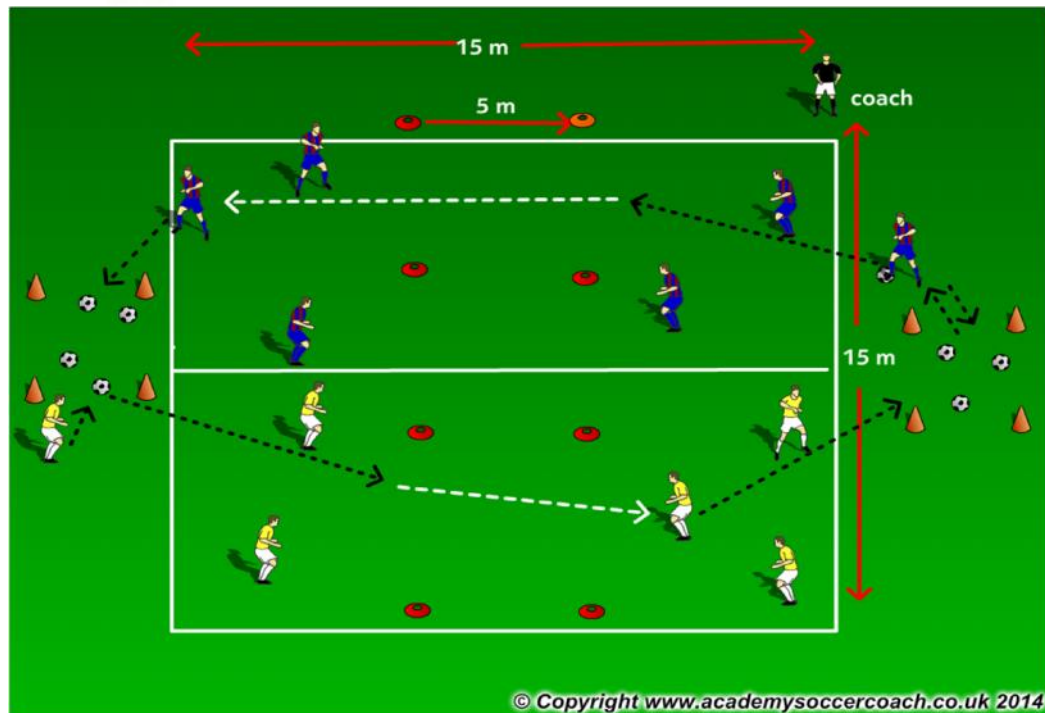
<p><u>Psychological</u> Positive reinforcement Confidence Being safe</p>	<p><u>Technical</u> Running with the ball Part of the ball, Part of the foot</p>
<p><u>Physical</u> Eye-hand coordination Agility, Balance Change of Direction</p>	<p><u>Social</u> Listening Communicating Celebrating</p>



Active Start practice plan – Week 12

Station C

Soccer technique - Passing



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Organization: Using cones, mark out a 15 mx15 m field with a 5 m wide " river" down the middle. Mark out a 2 mx2 m " ball castle" on each side of the field. Have equal balls in each castle.

Procedure: Each team stands in its own half, with children evenly divided on both side of the river. Players on the same side as their ball castle get balls from there and running with the ball close to the river, and thn pass the ball across the river to their teammates, who quickly running with the ball to put them in the opposite castle.

Team with fewer balls in their castle wins. (duration 1 minute)

Time frame.6- 8 minutes

Emphasis:

Lots of touches on the ball
Using different technique
Positive feedback
FUN!

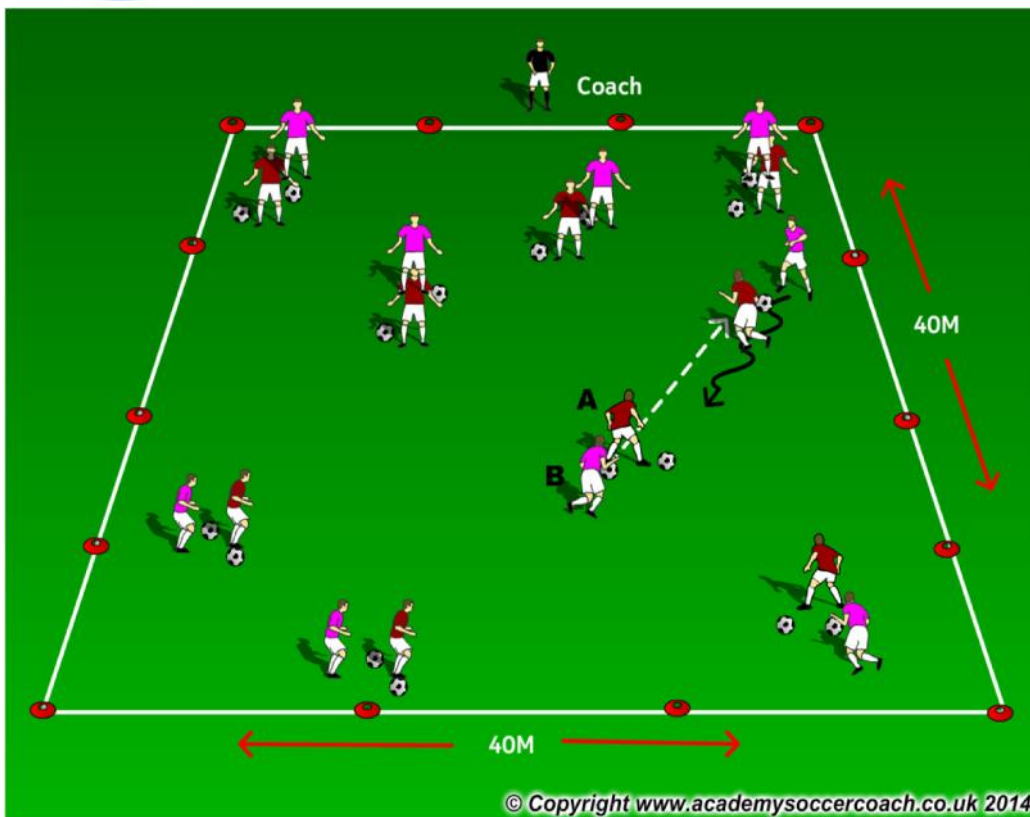
<p><u>Psychological</u> Positive reinforcement Confidence Being safe</p>	<p><u>Technical</u> Passing Running with the ball</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Communicating Celebrating Fun</p>



Active Start practice plan – Week 12

Station D

Small sided game – 1v1 to a ball



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1v1 to a ball:
 Players play 1v1 to a ball. Player B plays a pass through player A's legs. Once the ball is played the game is live and players compete to hit the target ball with the game ball. Players compete for 2 minutes. Once a goal is scored players switch and restart the game.

Time frame. 6-8 minutes

Emphasis:

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

<u>Psychological</u> Fun Confidence Being safe	<u>Technical</u> Passing Dribbling 1v1 Shooting
<u>Physical</u> Speed A,B,C's Change of Direction	<u>Social</u> Peer interaction Celebrating Fun