

# 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.

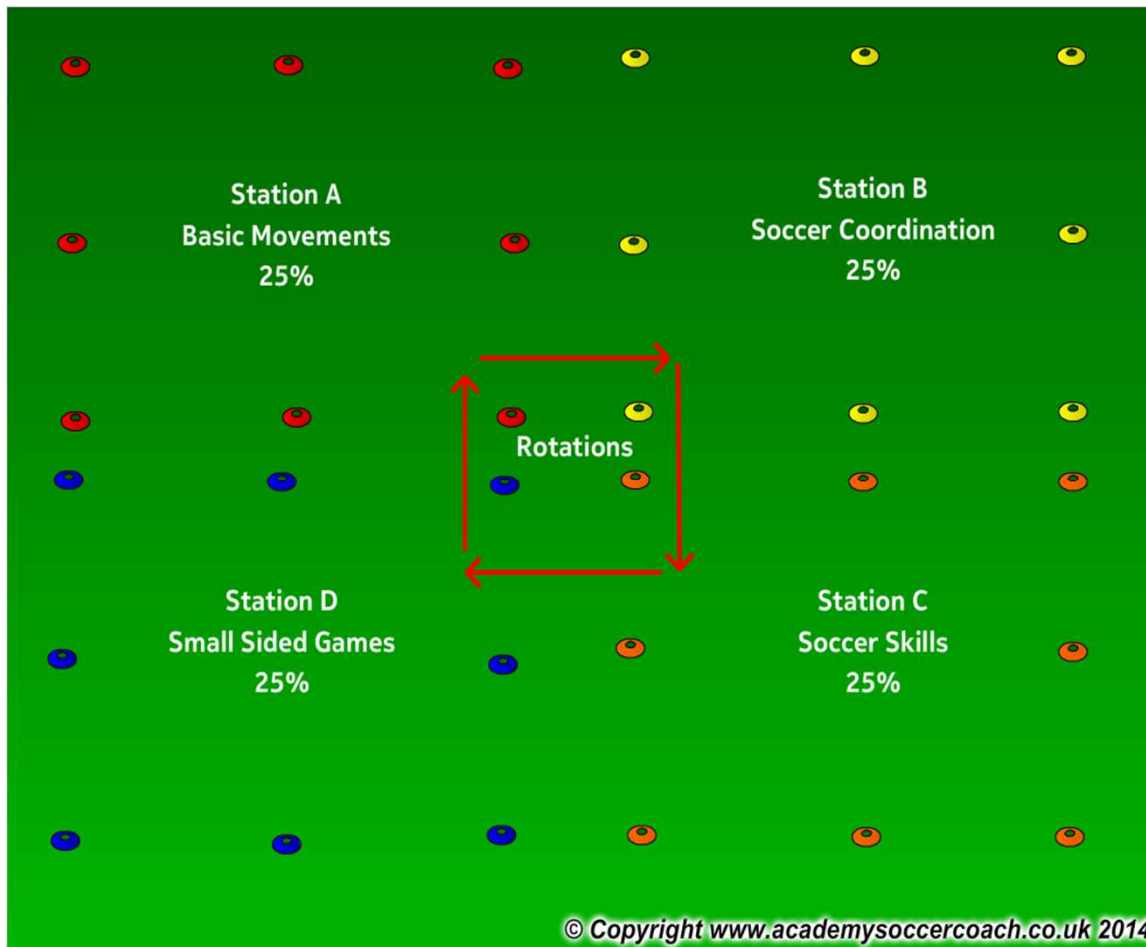
In the following activities players will travel through 4 stations. In these examples one station focuses on Physical Literacy, two stations on movements with the ball and the 4th station is focused around the game with the children playing 1v1.

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 3

### Station A

#### General movement - Find an empty cage



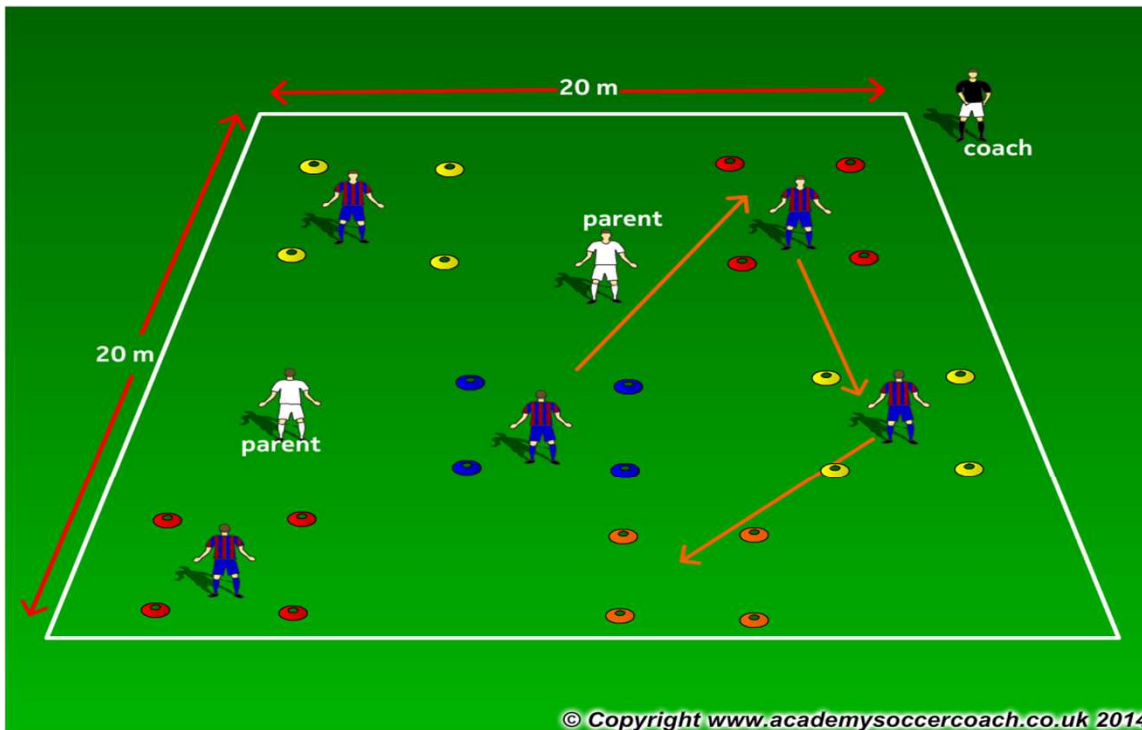
Time frame. 8 minutes

Emphasis:

Changing direction

Running

FUN!



**Organization:** A 20 mx20 mfield. A few boxes of 1 mx1m within the field. 2 or 3 hunters ( parents) .

**Procedure:** Players pretend to be different animal in the cage making different moves. ( skipping, hopping) On coach's call, players must find an empty cage to move into. Only one animal in each cage.

If a hunter tag a player , he/she become hunter.

#### Psychological

Confidence  
Success

#### Technical

N/A

#### Physical

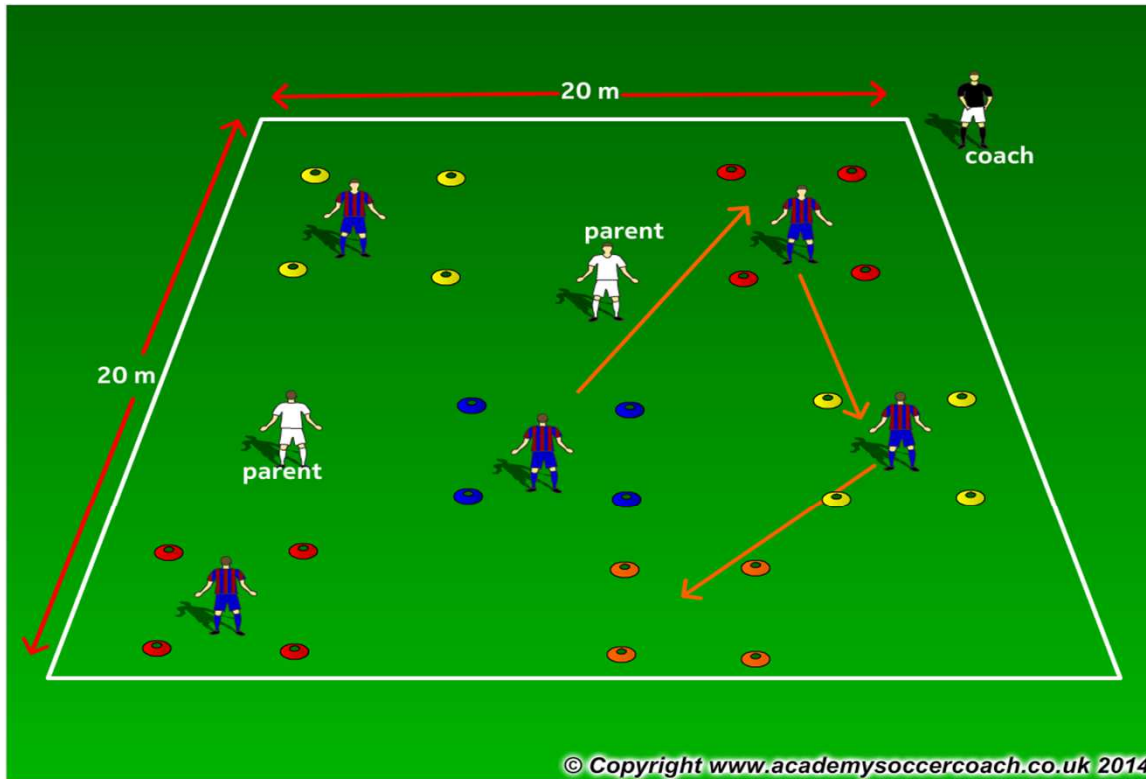
A,B,C's  
Change of Direction

#### Social

Listening  
Communicating



**Active Start practice plan – Week 3**  
**Station B**  
**General movement - Bird in the tree**



**Organization:** A 20 mx20 m field. A few boxes of 1 mx1m within the field. 2 or 3 hunters ( parents ) .  
**Procedure:** Players pretend to be different animal in the cage making different moves. ( skipping, hopping) On coach's call, players must find an empty cage to move into. Only one animal in each cage.  
If a hunter tag a player , he/she become hunter.

**Time frame. 8 minutes**

**Emphasis:**

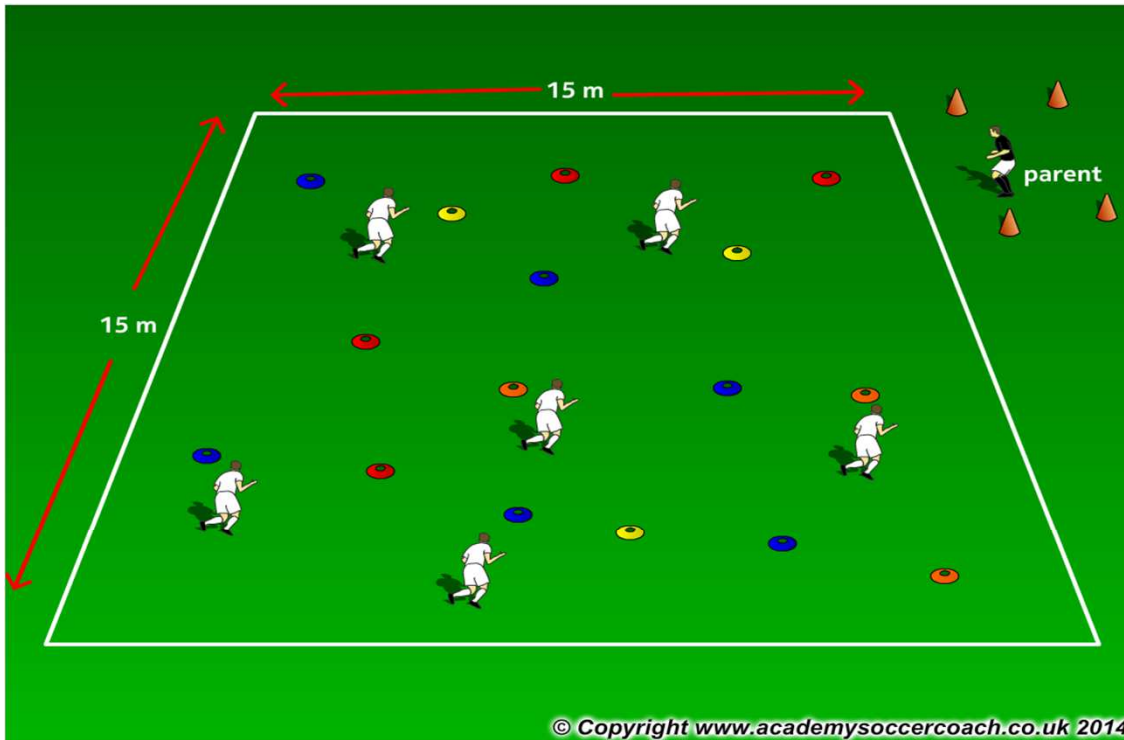
Changing direction  
Running  
Spatial awareness  
FUN!

<b><u>Psychological</u></b> Confidence	<b><u>Technical</u></b>
<b><u>Physical</u></b> A,B,C's Change of Direction Speed	<b><u>Social</u></b> Listening Communicating





**Active Start practice plan – Week 3**  
**Station C**  
**Soccer technique**



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**Organization:** Set up a jungle of cones inside of a 15 mx15 m field.  
 Mark out a 5 mx2 m about 2 m away form the field.  
 The birds move through the trees.  
 The hunter( parent) is in his/her tent ( rectangle box) moving around getting ready for the hunt.  
 As soon as hunter runs to jungle to hunt, birds can save themselves by flying on the trees( touching the cones), however, each tree can only hold on 2 birds.  
 Hunter can tag any bird who can't find a tree. If any player is tagged,he/she becomes a hunter too.

**Time frame. 8 minutes**

**Emphasis**

Ball familiarity

Fun

Basic movements

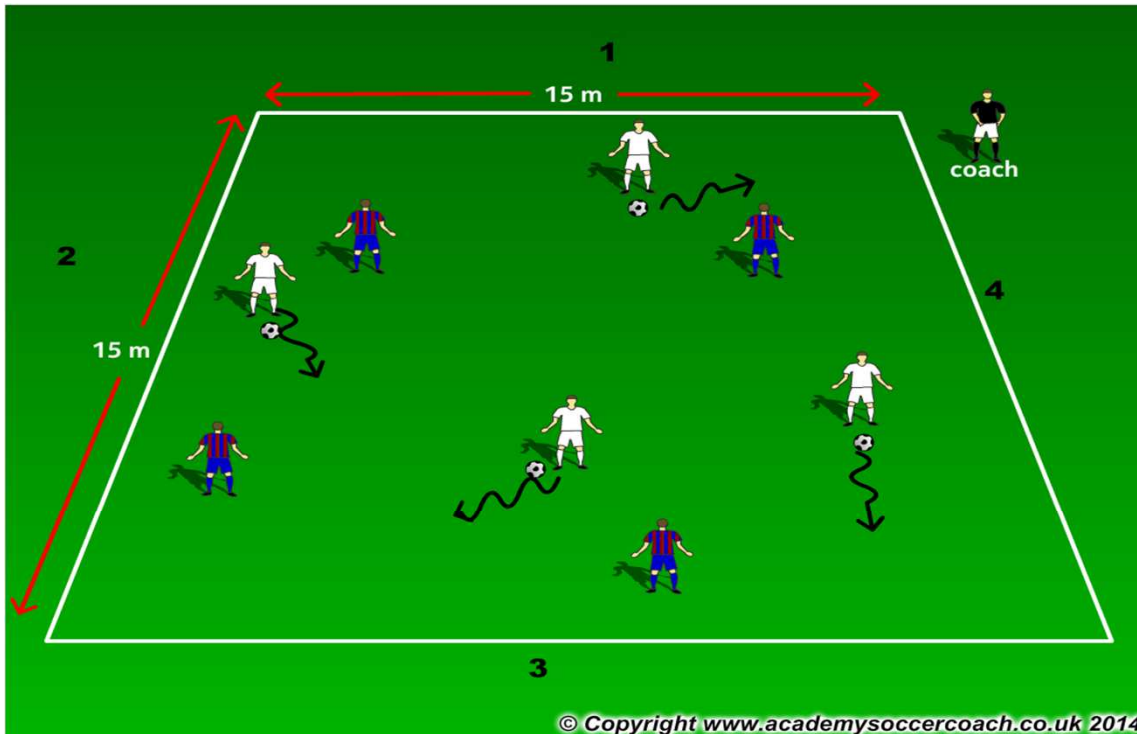
<p><b><u>Psychological</u></b></p> <p>Confidence Feeling safe</p>	<p><b><u>Technical</u></b></p> <p>Running with the ball</p>
<p><b><u>Physical</u></b></p> <p>A,B,C's Change of Direction</p>	<p><b><u>Social</u></b></p> <p>Listening Peer interaction</p>



## Active Start practice plan – Week 3

### Station D

### Small Sided game – 1v1 to a line



**Organization:** 15 mx15 m field. 8 players ( 4 children, 4 parents), soccer balls  
**Procedure:** 2 teams of players vs parents divided in to two teams of dolphins and penguins. They all move freely in the ocean. The four shores ( side of the fields, have numbers, name of city or etc).

When the coach calls the number or name of the shore, kids ( penguins) run with the ball as fast as they can to that shore before parents ( dolphins) touch them.

The player ( penguin) who run out of the ocean first wins.

**Time frame. 8 minutes**

### **Emphasis:**

Running with the ball  
 Dribbling  
 Agility, Balance, Coordination  
 FUN!

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