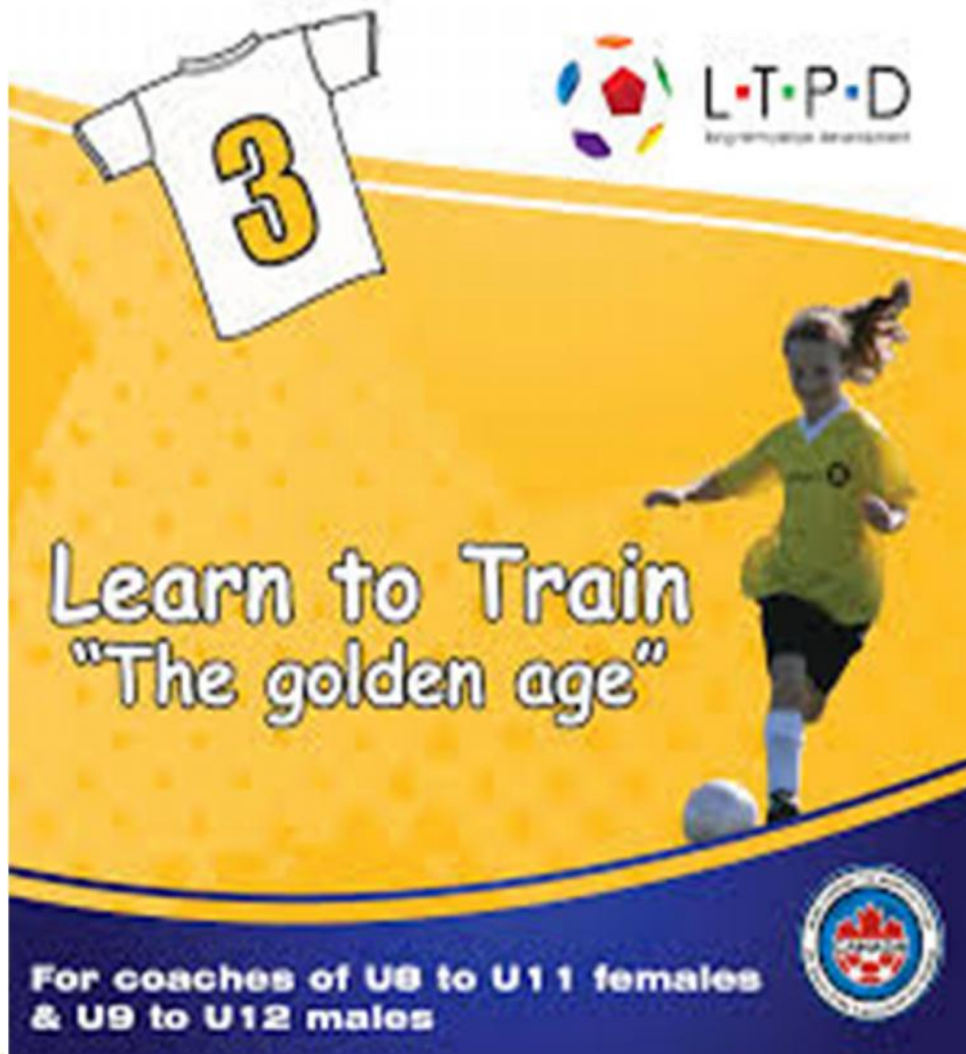


# GRASSROOTS WORKBOOK & PRACTICE PLANS





## 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.

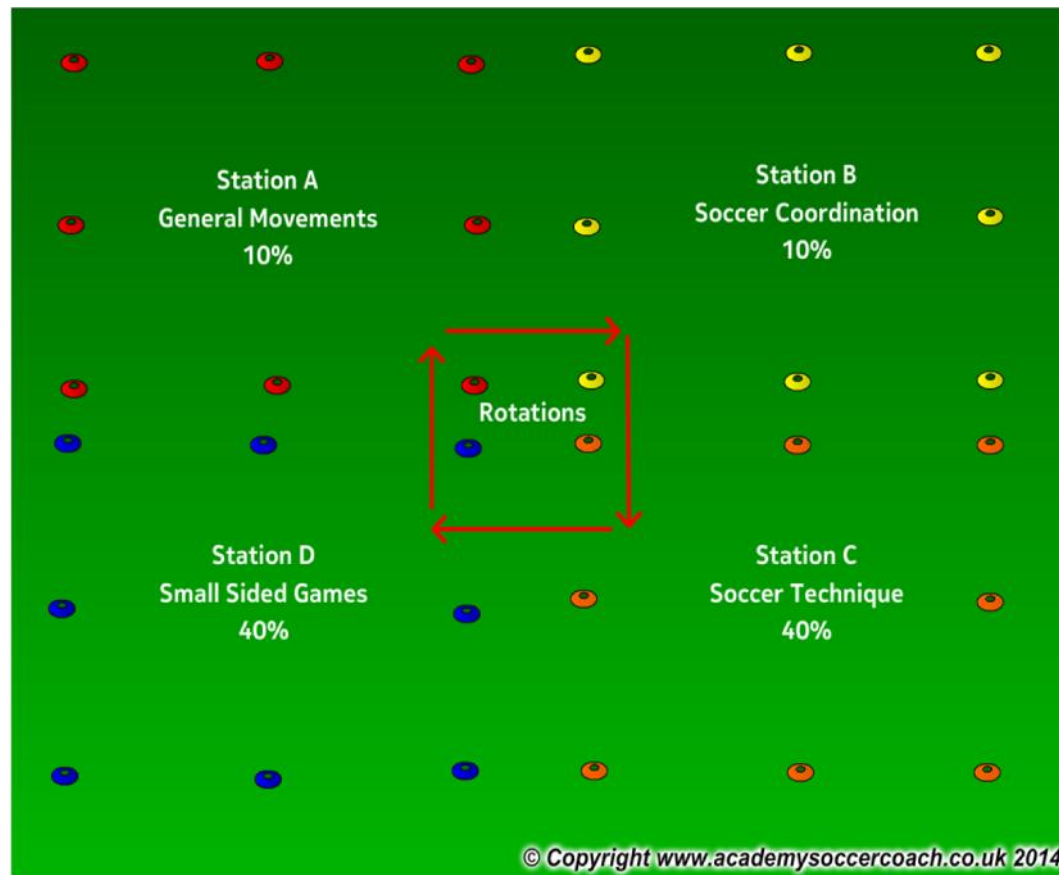
In the following activities players will travel through 4 stations. In these examples one station focuses on general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a small sided soccer game 3v3, 4v4 and 5v5

All sessions take a holistic approach to developing our youth. Each game and activity will 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 -Week 11

### Station A General Movement



Time frame. 12-15 minutes

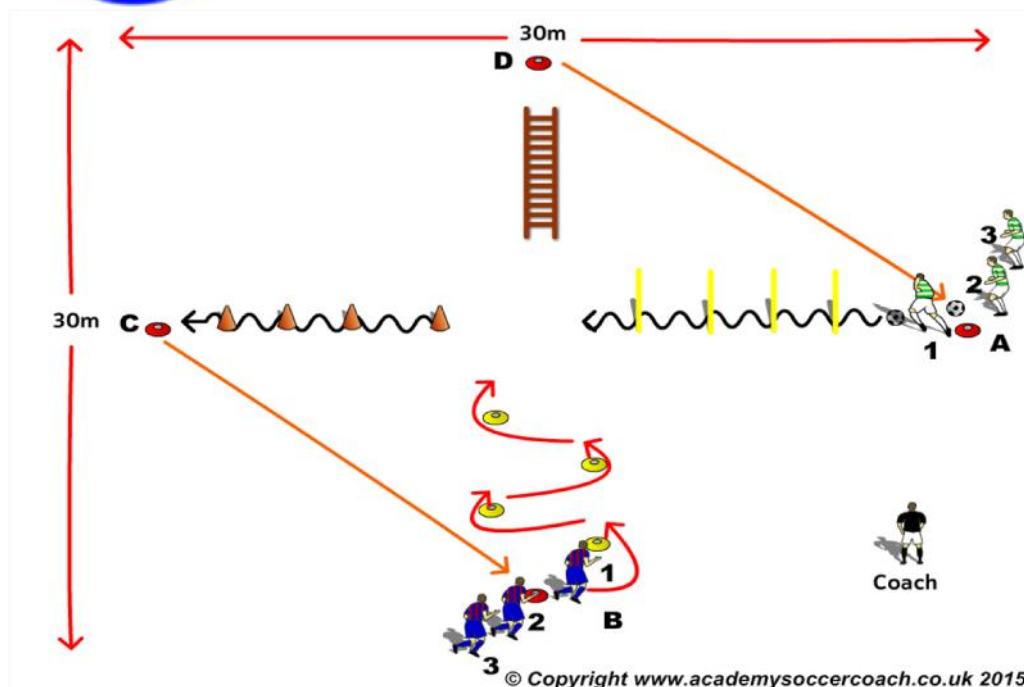
Emphasis:

Changing direction

Heads up

Speed

FUN!



Organization. Set 2 30x30m squares up as shown above. 6 players will participate in each grid.

Procedure. One of the coaches "GO" player from each group goes. The player from group A dribbles through the poles and then through the cones. Once the player gets to point C they leave the ball, race to point B where they race through the cones without the ball. Once they have completed the cones they race through the ladder and then back to their starting position. The player who they are racing will follow the same movements. First player back wins race. Coach can repeat the race and switch up the groups.

<p><b><u>Psychological</u></b> Decision making Confidence Being safe</p>	<p><b><u>Technical</u></b> Heads up Part of the foot Part of the ball</p>
<p><b><u>Physical</u></b> A,B,C's Change of Direction</p>	<p><b><u>Social</u></b> Communicating Peer interaction</p>



## Learn to Train practice plan – Week 11

### Station B

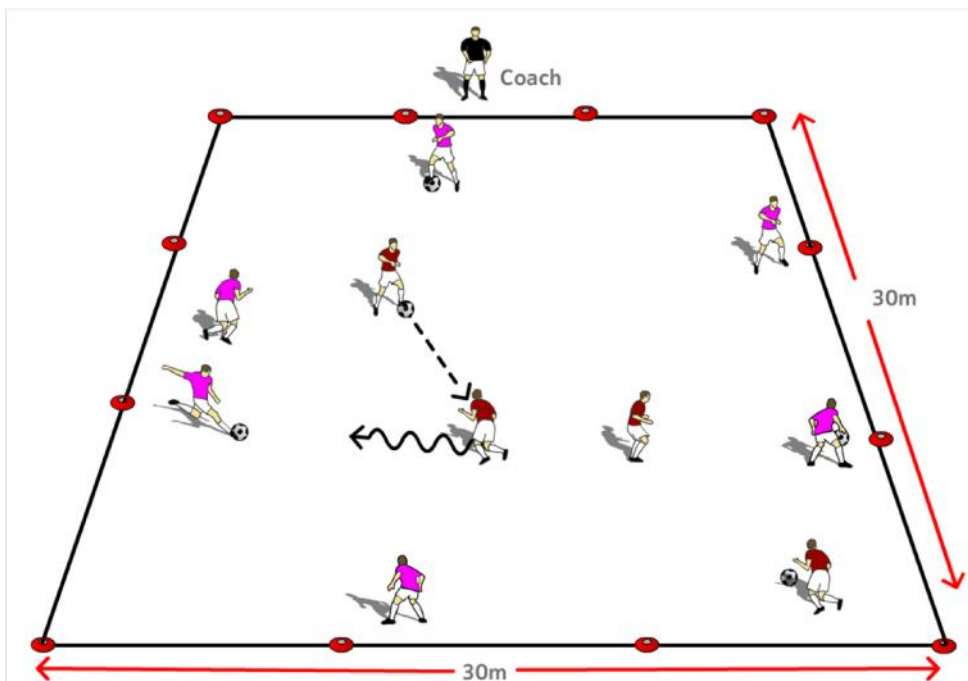
### Soccer Coordination



Time frame. 12-15 minutes

### Emphasis:

Passing and Receiving  
Movement  
Communication  
FUN!



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**Organization.** Players are placed into 2s inside 30mx30m area.

**Procedure.** Players pass and move inside area. Focus should be on how the player passes and receives the ball. As players pass and move, the coach calls out the following instructions.

1. Pass with inside of each foot only. 2. Pass with the outside of each foot only. 3. Before passing do a move and then play pass. 4. Receive ball with the outside of either foot.

### Psychological

Positive reinforcement  
Confidence  
Being safe

### Technical

Passing  
Receiving

### Physical

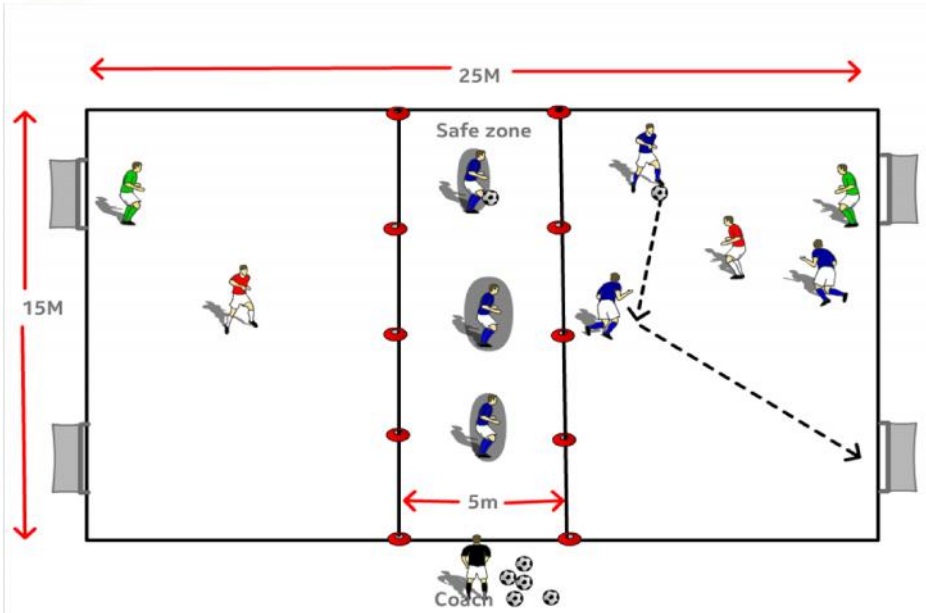
Agility, Balance  
Change of Direction  
Coordination

### Social

Listening  
Communicating  
Peer interaction /fun



**Learn to Train practice plan – Week 11**  
**Station C**  
**Soccer Technique – 3v1 to goal**



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**Organization.** Field size is 15mx25m with a 5m safe zone in the middle. 3 attackers, 2 defenders and 2 goalkeepers set up as above.

**Procedure.** Activity starts with 3 players in central safe zone, with defender & GK defending goal at either end. The coach plays a ball into the attackers in the safe zone and they look to attack either end.

If attackers' progress is blocked, they can take ball back into safe zone & attack in other direction.

Should GK save an attempt on goal, the goalkeeper should roll the ball to the defender if possible, who then transfers the ball into the defender in the opposite half. Defender receives and attempts to turn & score against GK at that end. Keep rotating the players to allow them all to experience attacking, defending and goalkeeping.

**Time frame. 12-15 minutes**

**Emphasis:**

- Passing
- Receiving
- Possession
- Movement off the ball

<p><b><u>Psychological</u></b>          Fun          Confidence          Decision Making</p>	<p><b><u>Technical</u></b>          Passing          Receiving          Possession</p>
<p><b><u>Physical</u></b>          A,B,C's          Change of Direction          Movement</p>	<p><b><u>Social</u></b>          Team work          Communicating          Fun with friends</p>



## Learn to Train practice plan – Week 11

### Station D

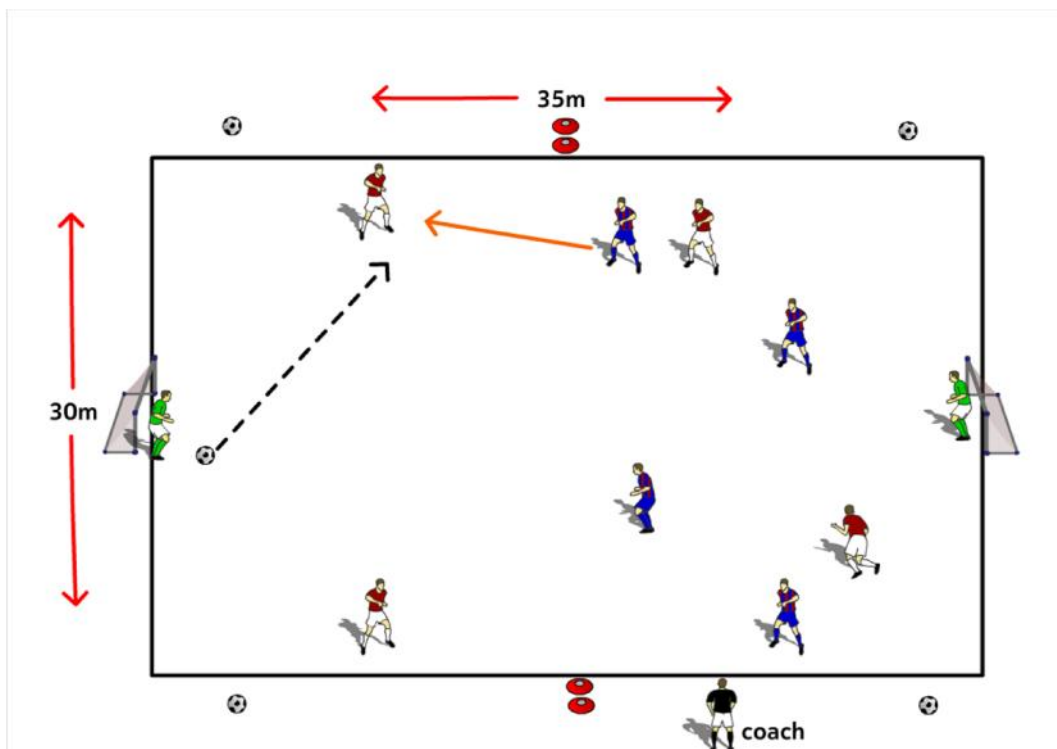
### Small sided game with retreat line



Time frame. 12-15 minutes

#### Emphasis:

Passing  
Receiving  
Possession  
Dribbling



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Organization: A 30x35m field.  
5v5 small sided game with retreat line.

#### Psychological

Fun  
Confidence  
Being safe

#### Technical

Passing  
Team possession

#### Physical

Speed  
A,B,C's  
Change of Direction

#### Social

Listening  
Communicating  
Fun with friends