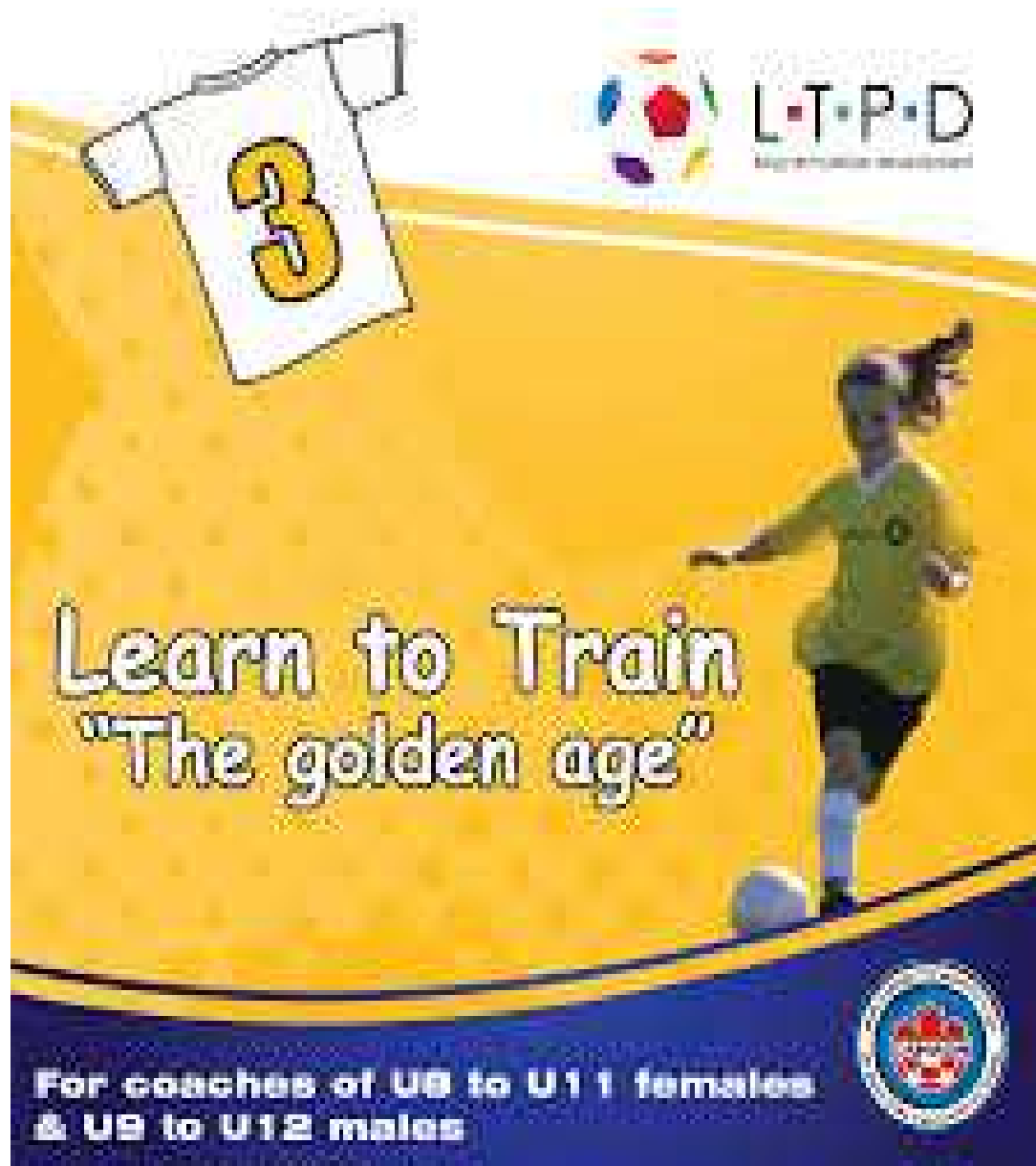


# GRASSROOTS WORKBOOK & PRACTICE PLANS





## 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.

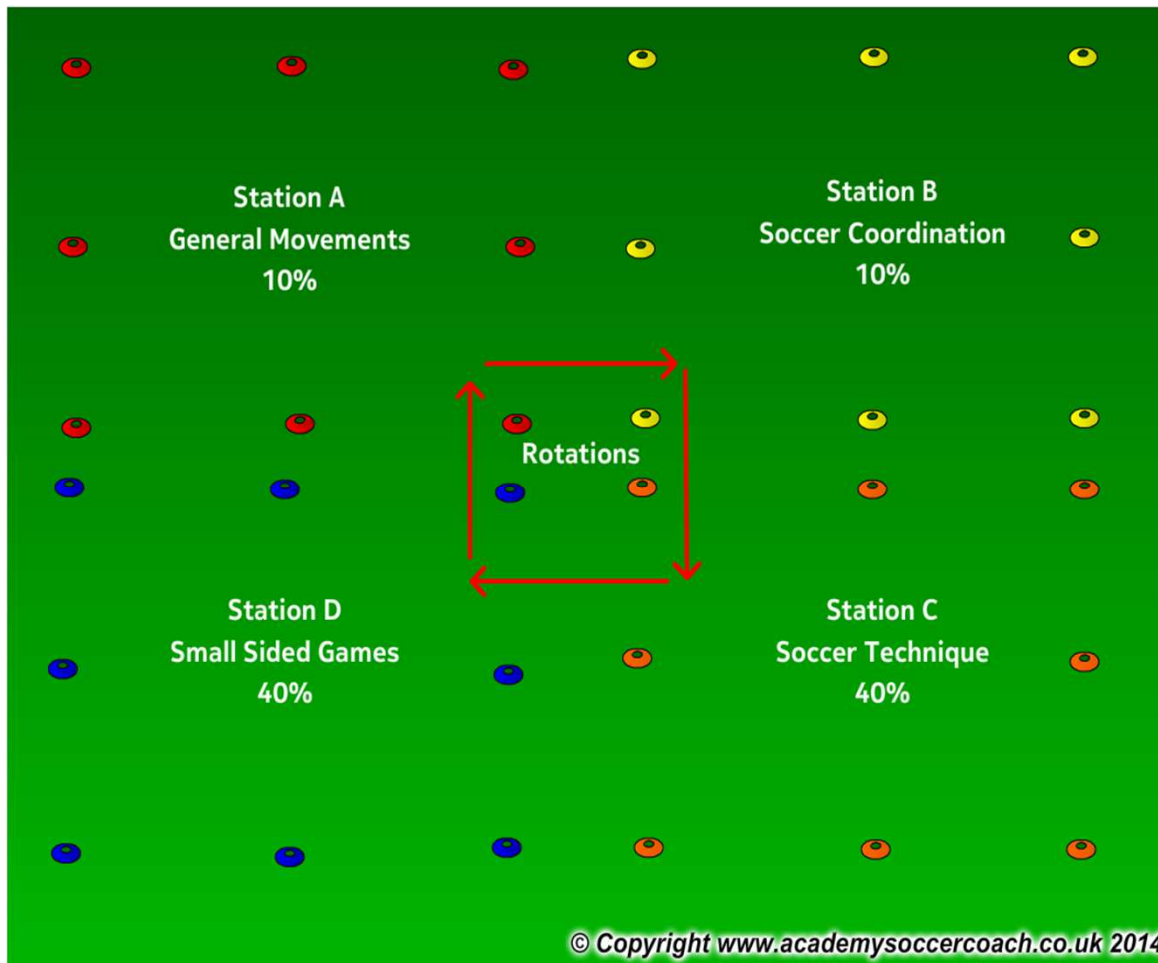
In the following activities players will travel through 4 stations. In these examples one station focuses on general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a small sided soccer game 3v3, 4v4 and 5v5

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



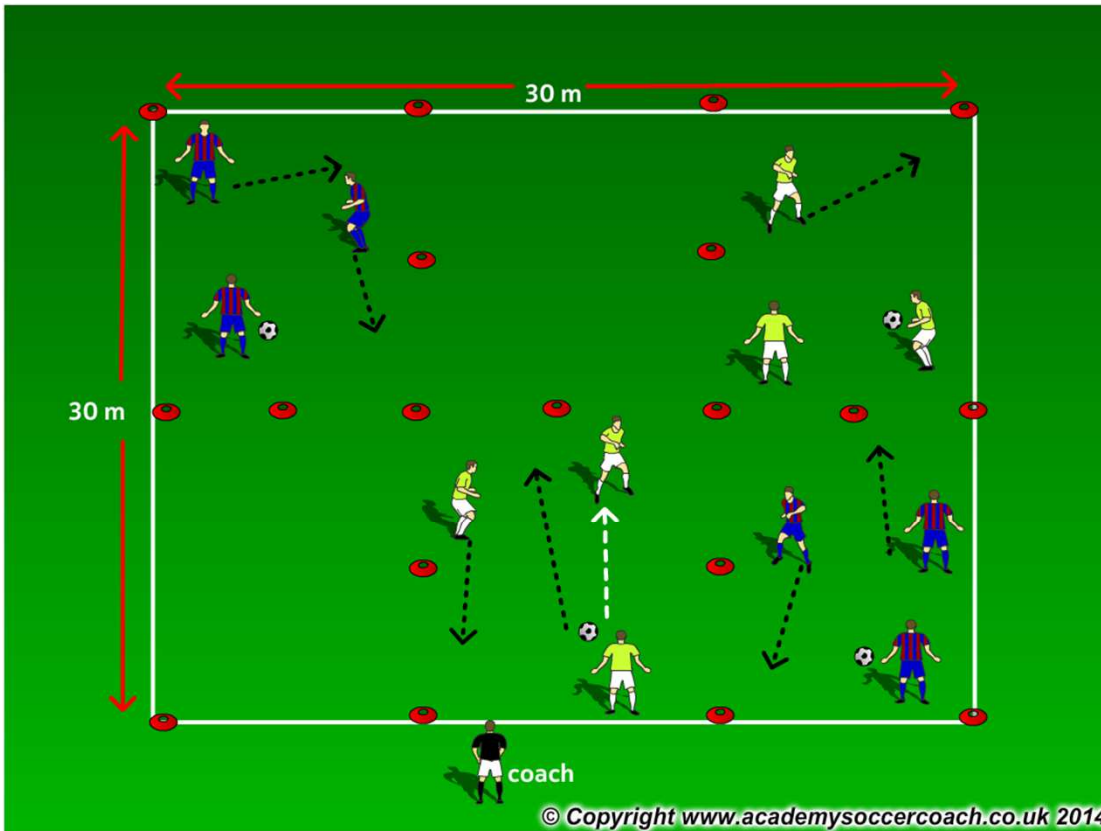
If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller 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 1

## Station A

### General Movement



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organization: A grid of 30 mx30 m divided into equal smaller boxes. 3 players in each group. One ball between each group.  
Procedure: Players move in their box, passing, and receiving, and perform different movements. I.e: Step over, Matthew's move. On the coach's call, players move to another box.

Time frame. 12-15 minutes

### Emphasis:

- Changing direction
- Foot - eye Coordination
- Aware of surroundings
- Balance
- FUN!

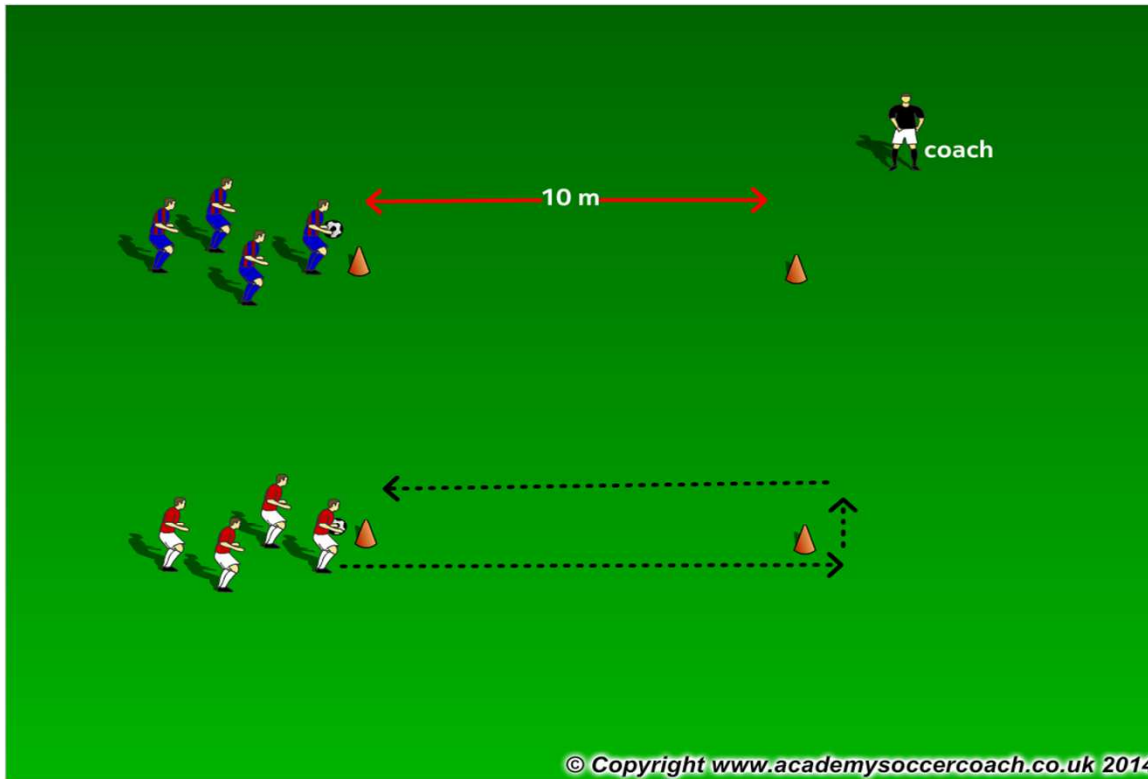
<b><u>Psychological</u></b> Confidence Being safe	<b><u>Technical</u></b> Dribbling Passing, receiving Running with the ball
<b><u>Physical</u></b> A,B,C's Change of Direction	<b><u>Social</u></b> Listening to cues Communicating Peer interaction



# Learn to Train practice plan – Week 1

## Station B

### Soccer Coordination



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**Organization:** Mark out two courses. Two to four players stand at each starting cone. Each team has a ball.

**Procedure:** On coach's call, the first player rolls the ball with hands around the far cone, and back to the next player in line. Which team can complete the activity first.

**Variation:** Players bounce the ball around the far cone. Run with the ball around the far cone. They can head a balloon around the far cone.

**Time frame. 12-15 minutes**

### **Emphasis:**

- Listening
- Running with the ball
- Changing direction
- Hand - foot Coordination
- FUN!

#### **Psychological**

Positive reinforcement  
Confidence  
Being safe

#### **Technical**

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

#### **Physical**

Eye-hand coordination  
Agility, Balance  
Change of Direction

#### **Social**

Listening  
Communicating  
Peer interaction /fun



**Learn to Train practice plan – Week 1**  
**Station B**  
**Soccer Technique - Dribbling/Creativity**



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**Organization:** 30 mx15 m. divided to three equal grids. one player as defender in each grid. Attacker runs to 1st defender and performs a dribbling move, when he/she passes the first defender, then she/he runs to 2nd defender performing different dribbling move, and when pass him/her can score in the goal.  
**Progression:** This exercise could be done in 2v1 situation, working on when to pass, and when to dribble.  
**Rotate players.**

**Time frame. 12-15 minutes**

**Emphasis:**

- Changing direction
- Change of speed
- Agility, Balance, Coordination
- Shooting, finishing
- FUN!**

<p><b><u>Psychological</u></b>          Positive reinforcement          Confidence          Being safe          Fun</p>	<p><b><u>Technical</u></b>          Dribbling          1v1          attacking/defending          passing,          Shooting,</p>
<p><b><u>Physical</u></b>          Speed          A,B,C's          Change of Direction</p>	<p><b><u>Social</u></b>          Listening          Communicating          Peer interaction</p>



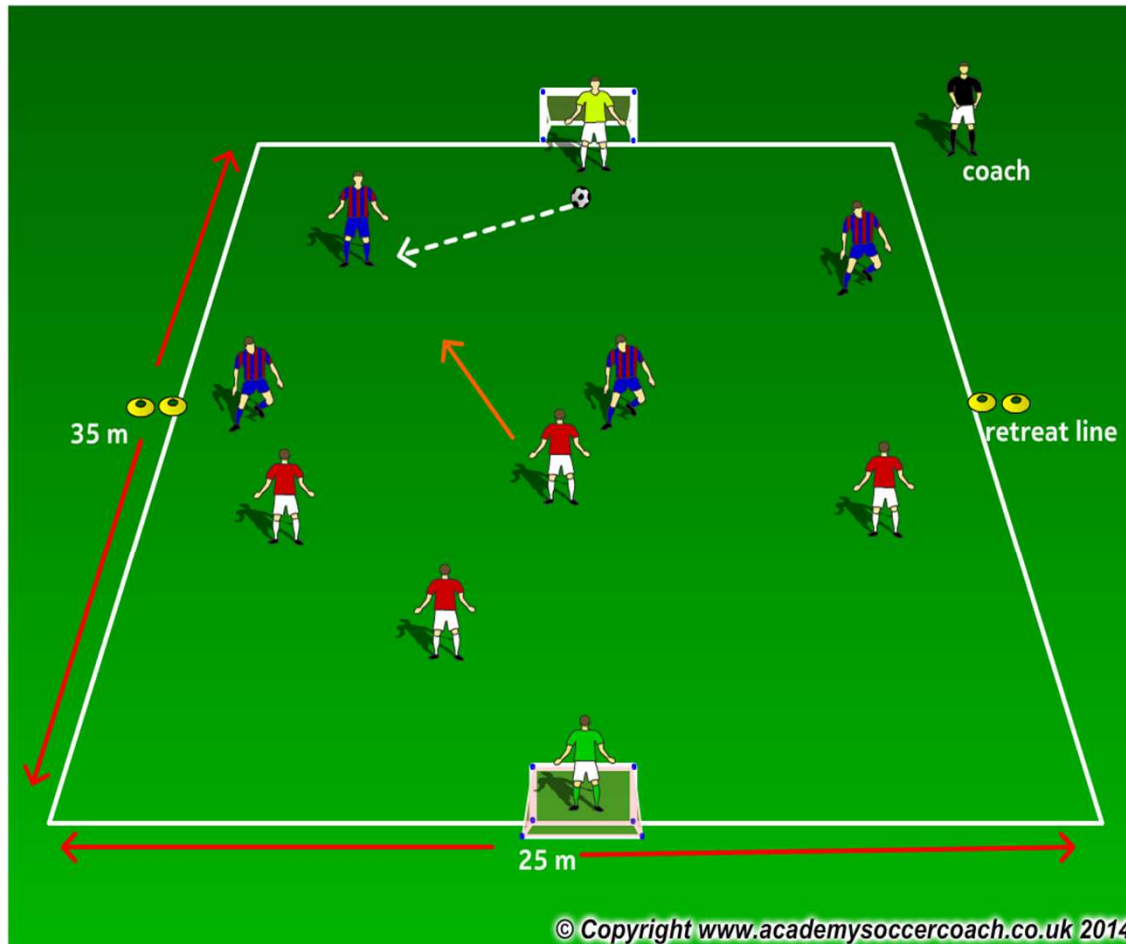
**Learn to Train practice plan – Week 1**  
**Station D**  
**Small sided game with retreat line**



**Time frame. 12-15 minutes**

**Emphasis:**

- Running with the ball
- Dribbling
- 1v1
- Changing direction
- Change of speed
- Agility, Balance, Coordination
- Imagination
- Creativity
- FUN!



**5v5 small sided game with the retreat line.**  
**If you have odd numbers, you can have the extra player become a neutral player in the game. He/she plays with team in possession.**

<p><b><u>Psychological</u></b>          Fun          Confidence          Being safe</p>	<p><b><u>Technical</u></b>          Dribbling          1v1          Shooting</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>