



GRASSROOTS WORKBOOK & PRACTICE PLANS





FUNdamentals practice plans

Preferred method of training – 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.

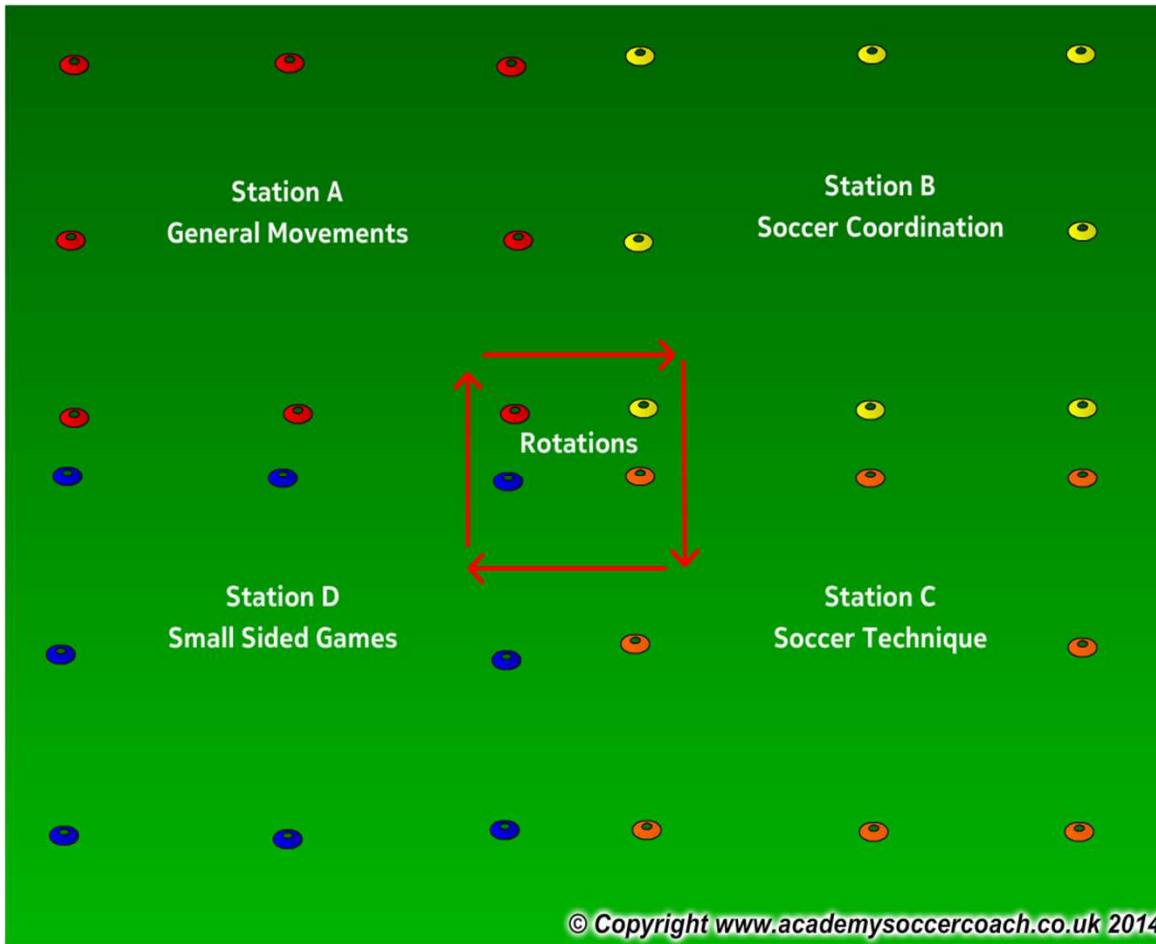
In the following activities players will travel through 4 stations. In all sessions players will travel through 4 stations. In these examples one station focuses on general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a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

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 minutes as per the Recreational and Development Matrix



FUNDamentals practice plans How the preferred training model works



If working with a larger group organize players into groups of 8-10. Each station has a coach who will lead that specific station for the session. Players rotate every 8-10 minutes with a 2 minute break in between each station to have a water break and move to the next station.

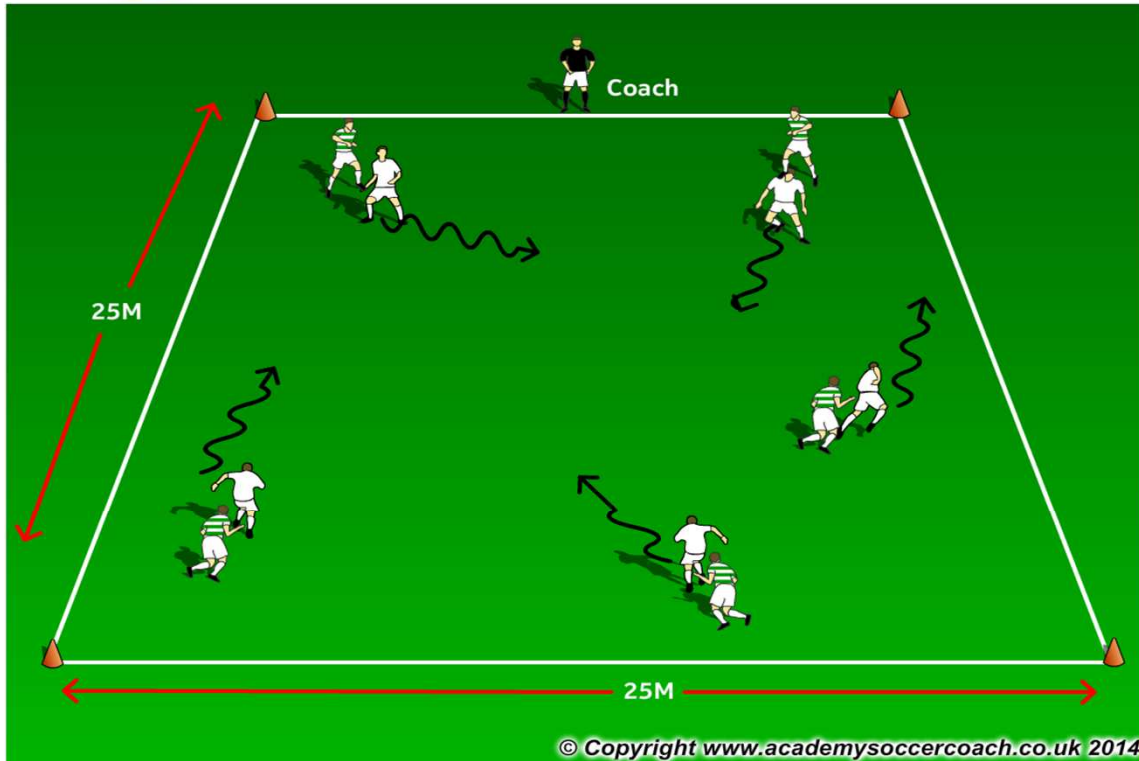
If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



FUNDamentals practice plan – Week 3

Station A

General Movements with a ball



Follow my Leader
Organisation. Players are placed into pairs in a 25mx25m area.
Procedure.1 player becomes the leader and the 2nd player becomes the follower. Encourage the players to use different movements such as walking, running, jumping, rolling, running backwards and also sideways. After 30 seconds players switch.
Progression. Each player has a ball.

Time frame. 8-10 minutes

Emphasis:

- Listening
- Different types of running/movements
- Dribbling
- Changing direction
- Agility, Balance, Coordination
- FUN!**

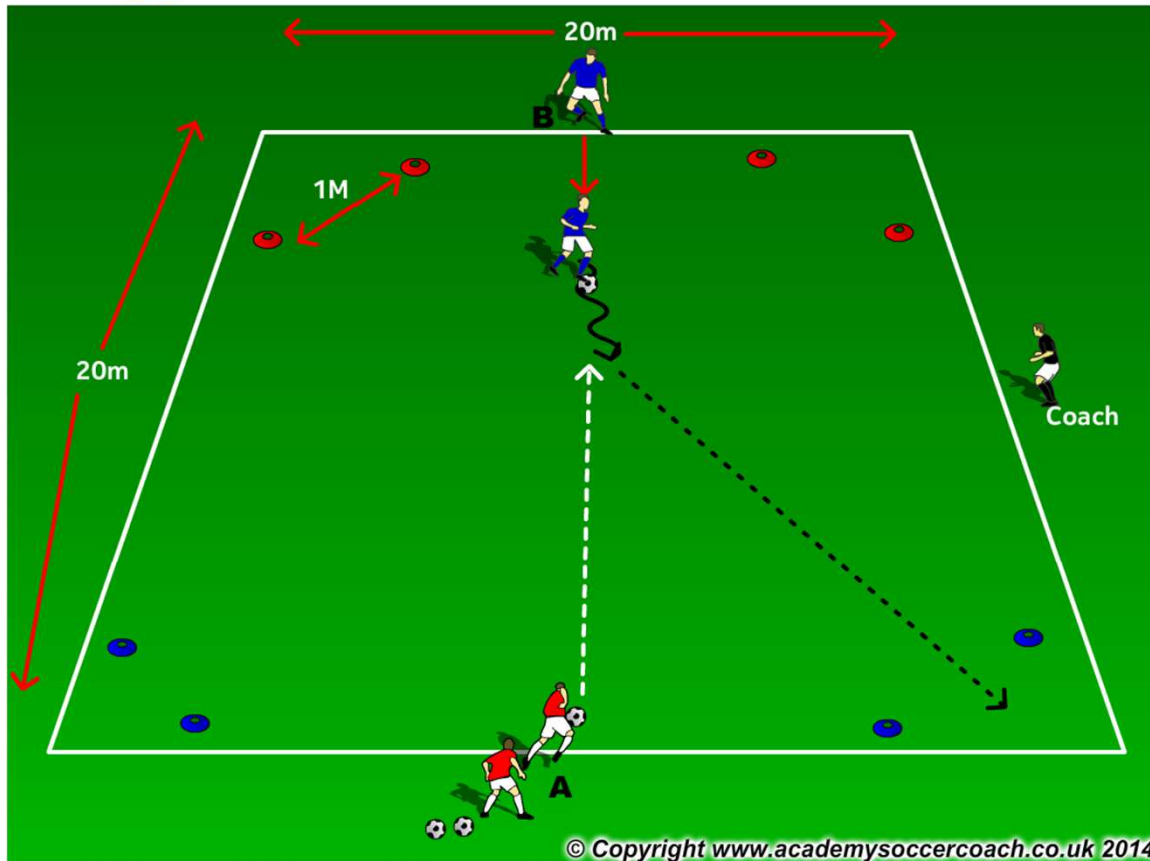
<u>Psychological</u> Confidence Being safe	<u>Technical</u> Dribbling Moves Turning
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Listening Communicating Celebrating



FUNDamentals practice plan – Week 3

Station B

Soccer Coordination – 1v1 to goals



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Organisation. Area is 20mx20m with 1 goal in each corner, 1m in width.
Procedure. Player A plays the pass to player B. Player B attempts to dribble past player A and dribble through one of the blue goals. If player A takes the ball away from play B he/she then tries to dribble the ball through either of the red goals. Keep rotating the service so that all players are attackers.
Progression. Players progress to play 2v2 if success is being achieved.

Time frame. 8-10 minutes

Emphasis:

Dribbling
 1v1 attacking/defending
 Changing direction
 Agility, Balance, Coordination
 Imagination
 Change of speed
 FUN!

Psychological

Confidence
 Being safe

Technical

Dribbling
 Running with the ball
 1v1 attack/defending

Physical

A,B,C's
 Change of Direction

Social

Listening
 Communicating
 Celebrating



FUNdamentals practice plan – Week 3
Station C
Soccer Technique – 1v1 to a goal with GKs



Organisation. Players are organized into 2 teams. Each player is given a number. Field is 30x25 with a goal at each end.
Procedure. The coach calls a specific number and that number runs into the field. These 2 players now play 1v1 to goal.
Progression. The coach can call out more than one number to create a 2v2 or 3v3

Time frame. 10 minutes

Emphasis:

- Running with the ball
- Dribbling
- 1v1 attacking/defending
- Shooting
- Changing direction
- Agility, Balance, Coordination
- Imagination
- FUN!**

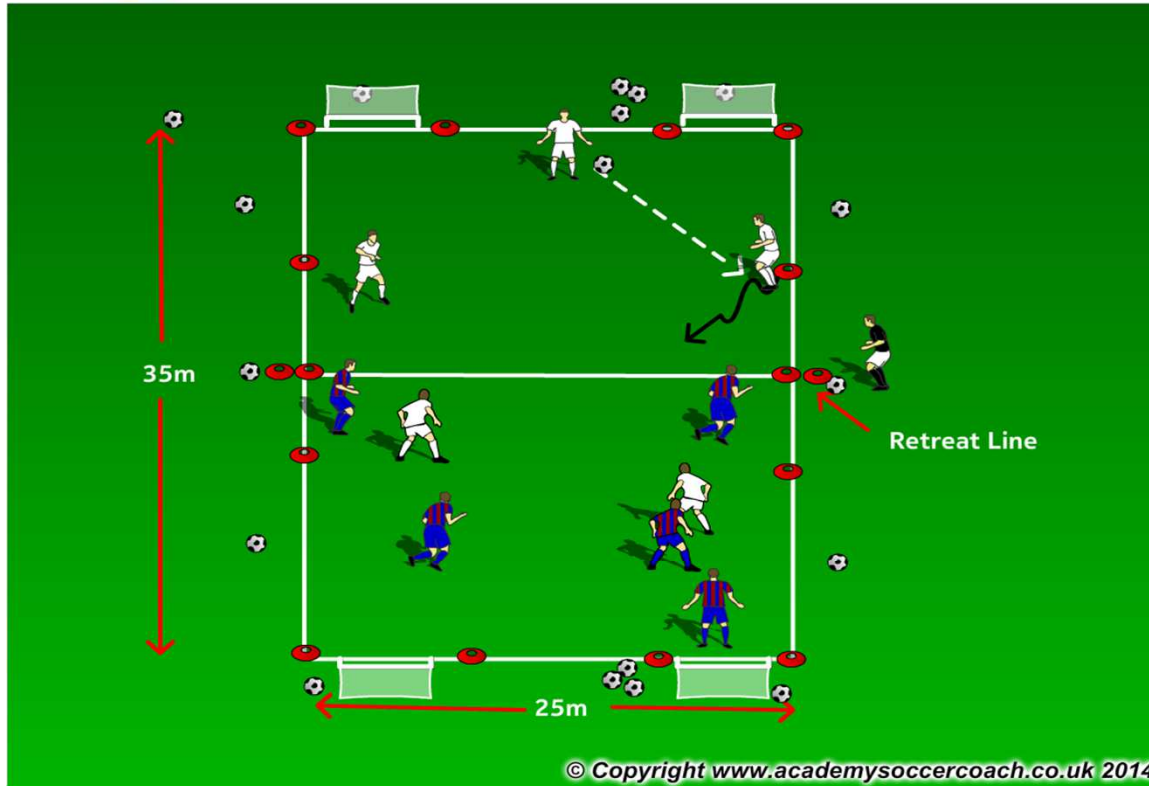
<p><u>Psychological</u> Confidence Being safe Imagination</p>	<p><u>Technical</u> Dribbling Running with the ball Shooting</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Celebrating</p>



FUNDamentals practice plan – Week 3

Station D

Small Sided Game – 5v5 with Retreat line



5V5 with the Retreat line.
Organisation. Players play 5v5 on a 35mx25m field. the Retreat line is located at the half way line. 2 goals are located at each end
Procedure. Once the ball goes out for a goalkick or the goalkeeper has control of the ball the oppersition must retreat behind the retreat line. Once the player receives the pass from the goalkeeper the game is live.
When scoring a goal team in possession has two goals to score on.
If you have odd numbers you can have the extra player become a neutral player in the game who plays for the team in possession.

Time frame.8-10 minutes

Emphasis:

- Listening
- Running with the ball
- Passing
- Shooting
- Dribbling
- Team work
- Changing direction
- Agility, Balance, Coordination
- Imagination
- FUN!**

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