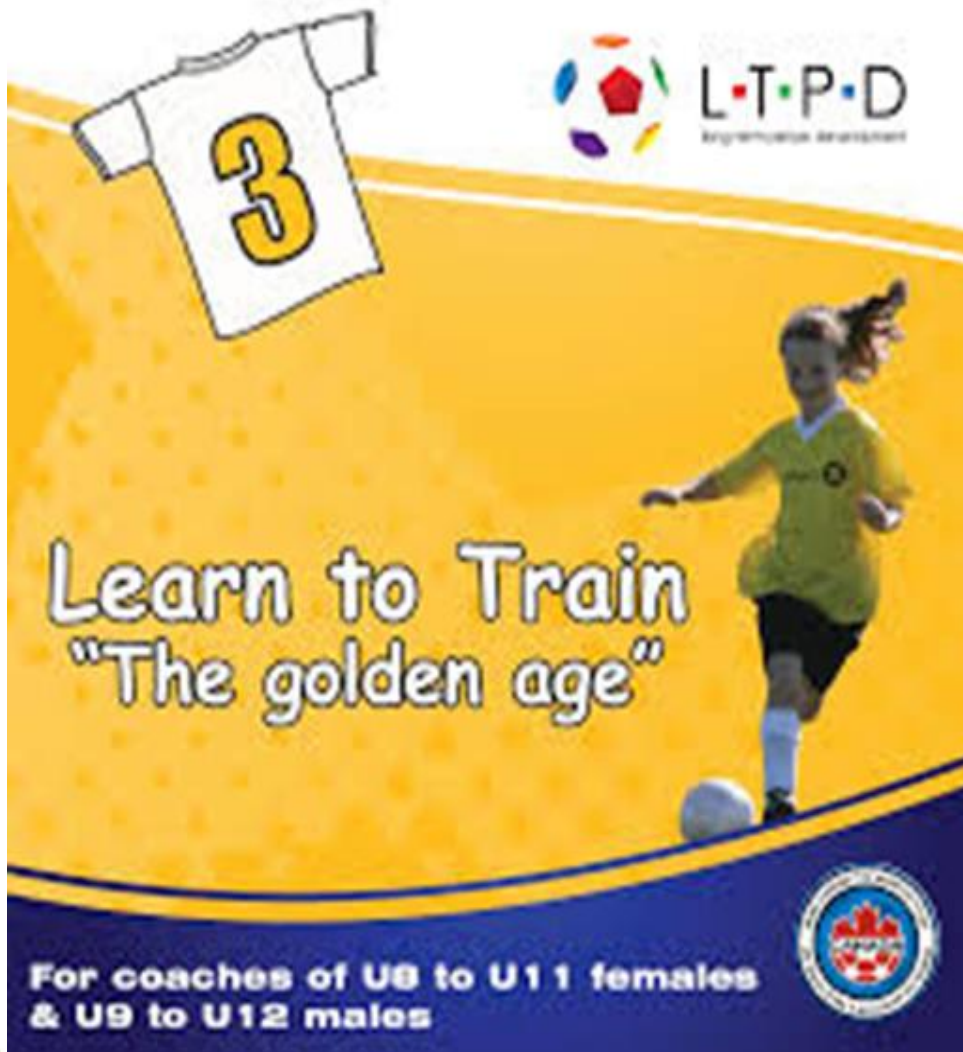


GRASSROOTS WORKBOOK & PRACTICE PLANS





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.

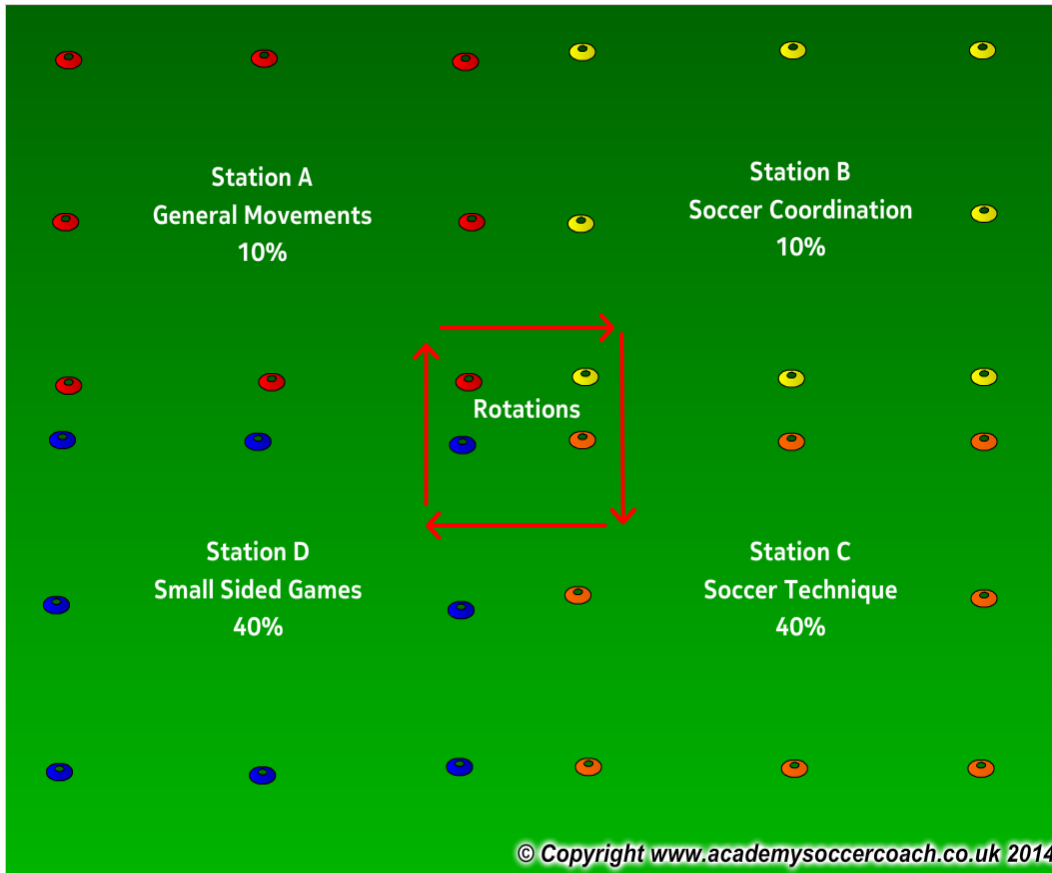
In the following activities players will travel through 4 stations. In these examples one station focuses on general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a small sided soccer game 3v3, 4v4 and 5v5

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



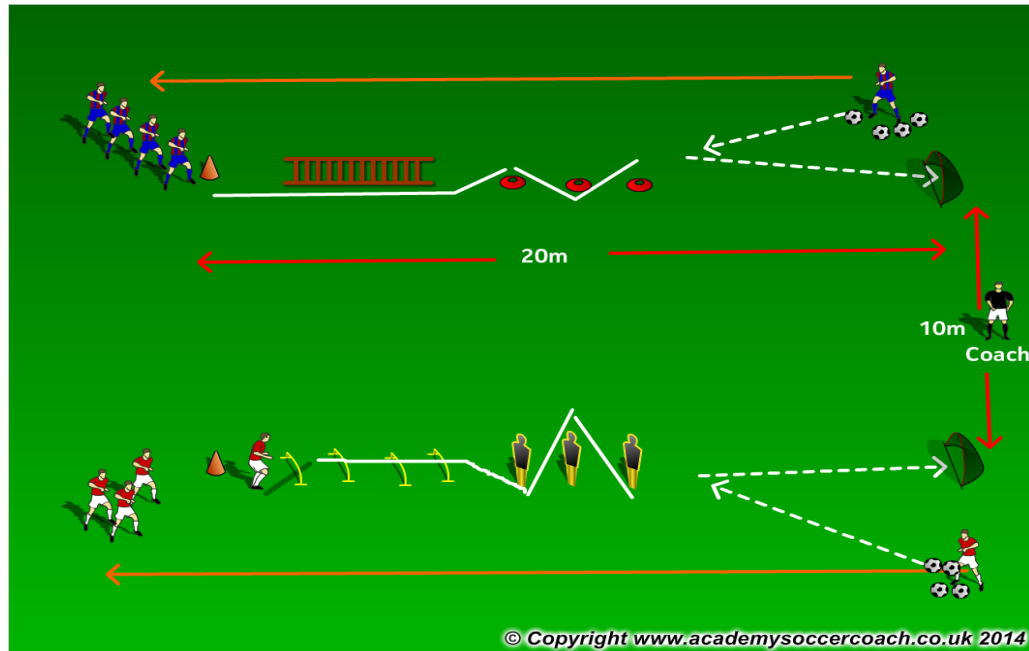
Learn to Train practice plan How the 4 stations work



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 Station A General Movement



Organization: 2 mini goals 10 m from each other, 2 starting cones 20m from the goals. Have 2 supporting players beside each goal with a few balls in their feet. Each side have different obstacle to work with (Ladder, hurdle, cones, mannequin, or pole).

Procedure: On coach's call first 2 player from each group go through the obstacle, and then receive the ball from the support players to shoot on net. Immediately after the shot, player who shoot, replace the support player, and support player run to the end of the line.

Progression: Use bigger net, and goalie.

Time frame. 12-15 minutes

Emphasis:

Changing direction
Heads up
Speed
FUN!

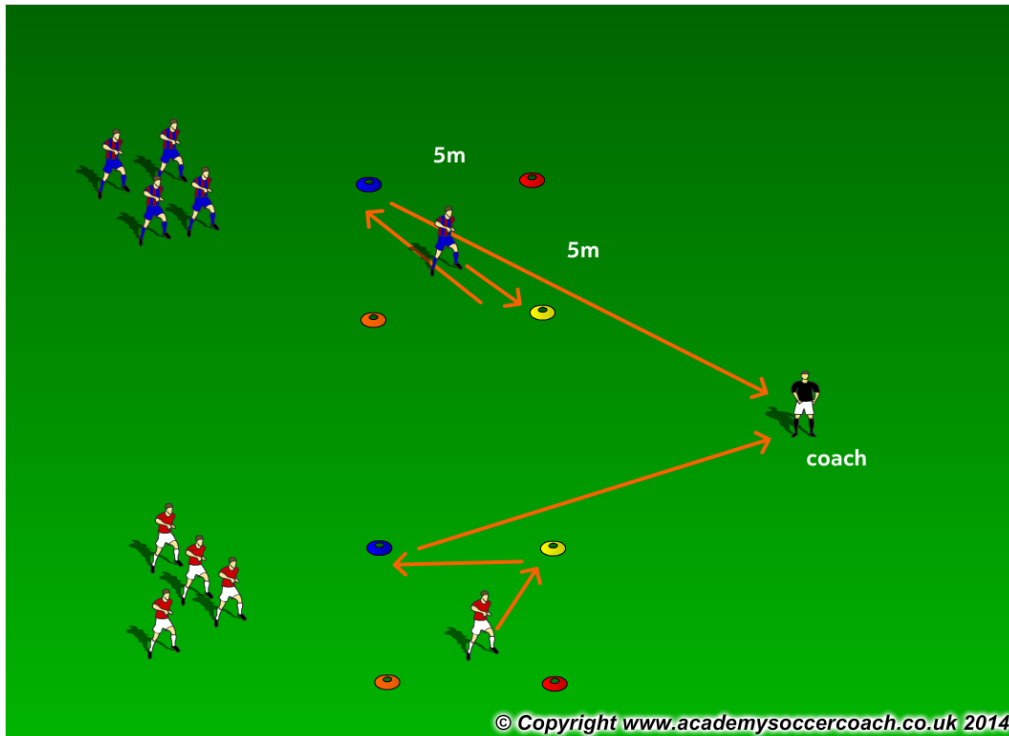
<p><u>Psychological</u> Decision making Confidence Being safe</p>	<p><u>Technical</u> Accuracy Part of the foot Part of the ball</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Communicating Peer interaction</p>



Learn to Train practice plan

Station B

Soccer Coordination



Organization: 2 square 5mx5m. 2 group of 5 players at each side coach in the middle. One player stand inside the square, and the rest of the players line up outside.

Procedure: Coach calls 2 different colours; Player inside the square must touch the two cones and sprint toward the coach. The first player tag the coach wins.

Time frame. 12-15 minutes

Emphasis:

Changing direction
Eye-foot Coordination
Eye-hand Coordination
Concentration
FUN!

<u>Psychological</u> Positive reinforcement Confidence Being safe	<u>Technical</u>
<u>Physical</u> Agility, Balance Change of Direction Coordination	<u>Social</u> Listening Communicating Peer interaction /fun



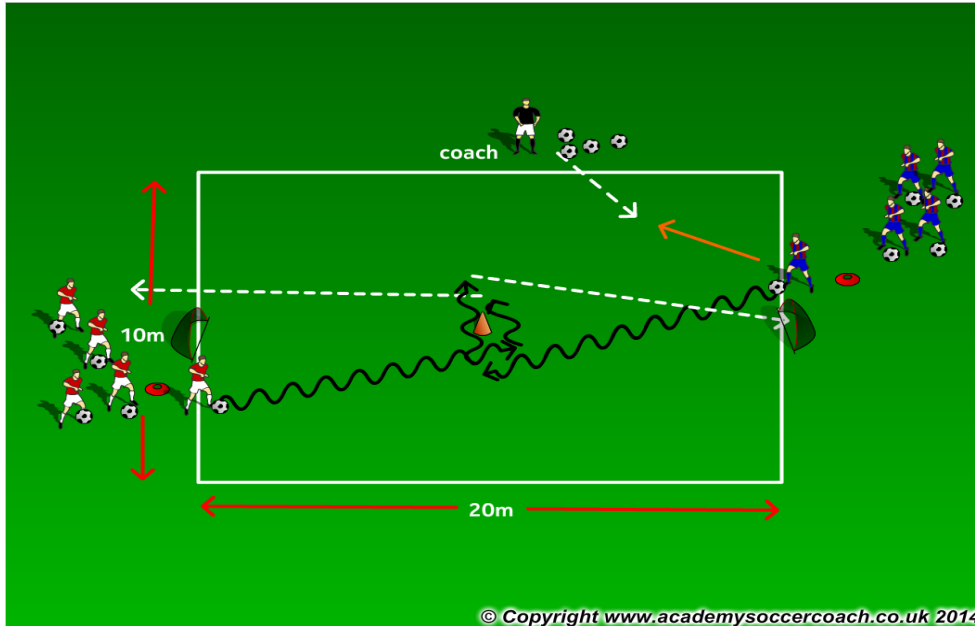
Learn to Train practice plan Station C Soccer Technique – Dribbling



Time frame. 12-15 minutes

Emphasis:

Change of direction
Change of speed
Surprise



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Organization: A 20mx10m field with 2 mini goals at the each end, one cone in the middle, and 2 teams of same size at both end behind the start cone. Coach will stand in the middle of the field with a few balls in his/her feet.

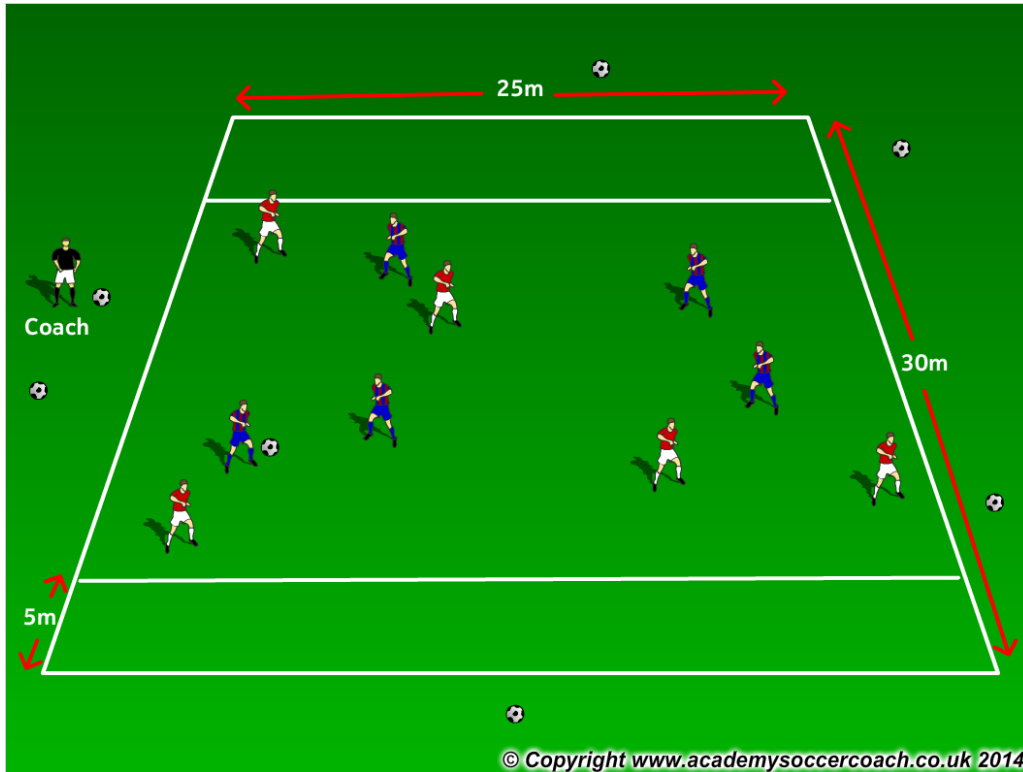
Procedure: Each player has a ball. The first two players dribble into the field, dribble to the cone in the middle and shoot at the goal. The first one to score will receive a ball from the coach and play 1v1 attack. (if both players miss or score, the coach will play a natural ball). The 1v1 game last until one score, or ball goes out.

Progression: Put 2 cones in the middle, and play 2v2

<p><u>Psychological</u> Fun Confidence Decision Making</p>	<p><u>Technical</u> Change of speed Different movement Change of direction</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Fun with friends</p>



Learn to Train practice plan
Station D
Small sided game – End zone



Organization: A field of 25mx30m with 2 end zones.
Procedure: 5v5 game with end zone, the team in possession can score by passing the ball into end zone to their teammate whom running into the zone. Player can't stand in the zone to receive the ball.

Time frame. 12-15 minutes

Emphasis:

Passing
Receiving
Possession
Dribbling

<u>Psychological</u> Fun Confidence Being safe	<u>Technical</u> Dribbling 1v1 Passing
<u>Physical</u> Speed A,B,C's Change of Direction	<u>Social</u> Listening Communicating Fun with friends