



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.

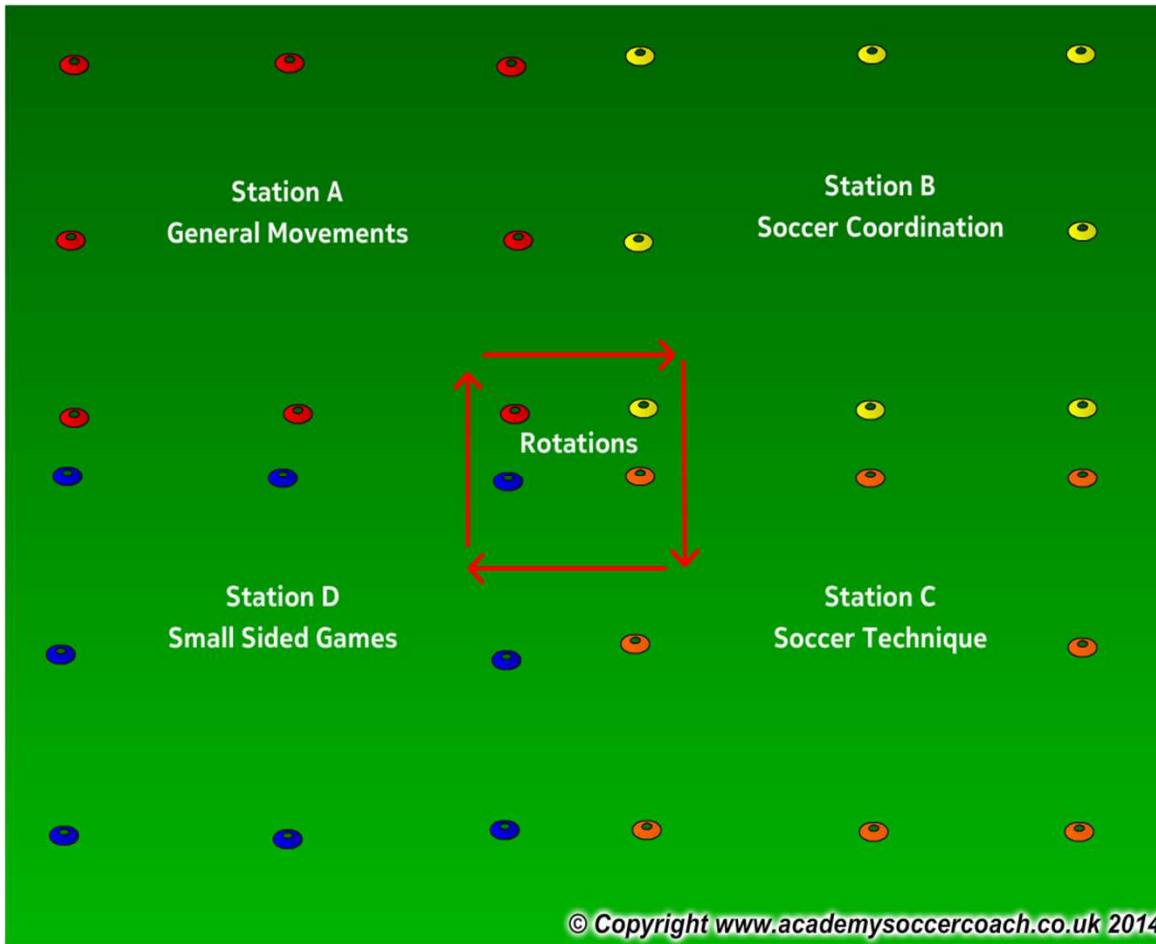
In the following activities players will travel through 4 stations. In these examples one station focuses on general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a small sided soccer game 3v3, 4v4 or 5v5 which includes the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

Station A General Movements



Organization: 20 mx20 m field as shown. 4 different stations.
 Procedure:
 Station 1: Hop on one leg
 Station 2: Bunny Hops
 Station 3: Skip backward
 Station 4: Players decide
 Progression: A soccer ball can be added.

Time frame. 8-10 minutes

Emphasis:

Changing direction
 Agility, Balance, Coordination
 Awareness
 FUN!

<p><u>Psychological</u> Positive reinforcement Confidence Being safe</p>	<p><u>Technical</u> N/A</p>
<p><u>Physical</u> Eye-foot coordination Agility, Balance Change of Direction</p>	<p><u>Social</u> Listening Communicating Celebrating</p>



FUNdamentals practice plan – Week 5
Station B
Soccer Coordination



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Organization: 20 mx20 m field as shown. 10 players with ball each.
Procedure: Players move freely within the area. Players follow coach's direction:
 1- Salute captain: raise hand and balance on one leg.
 2- Scrub the decks: imitate washing the floor with the ball
 3- Raise the sails: Move around with ball and swing your arms
 4- Row the lifeboat: Move the ball backwards.
 2-3 minutes for each activity.

Time frame. 8-10 minutes

Emphasis:

Changing direction
 Eye-foot Coordination
 Balance
 FUN!

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



FUNDamentals practice plan – Week 5
Station C
Soccer technique – Feint to beat a player



Time frame. 8-10 minutes

Emphasis:

Changing direction
 Change of speed
 Agility, Balance, Coordination
FUN!



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Organization: 20 mx20 m field as shown. 10 players with ball each. Number of cones within the area.

Procedure: Players move freely within the area stopping the ball at each cone and doing a fake before dribbling farther.

Progression: Players do a fake as they moving between the cones.

<p><u>Psychological</u> Positive reinforcement Confidence Being safe Fun</p>	<p><u>Technical</u> Dribbling Part of the foot Part of the ball Using both feet</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Interaction with peers</p>



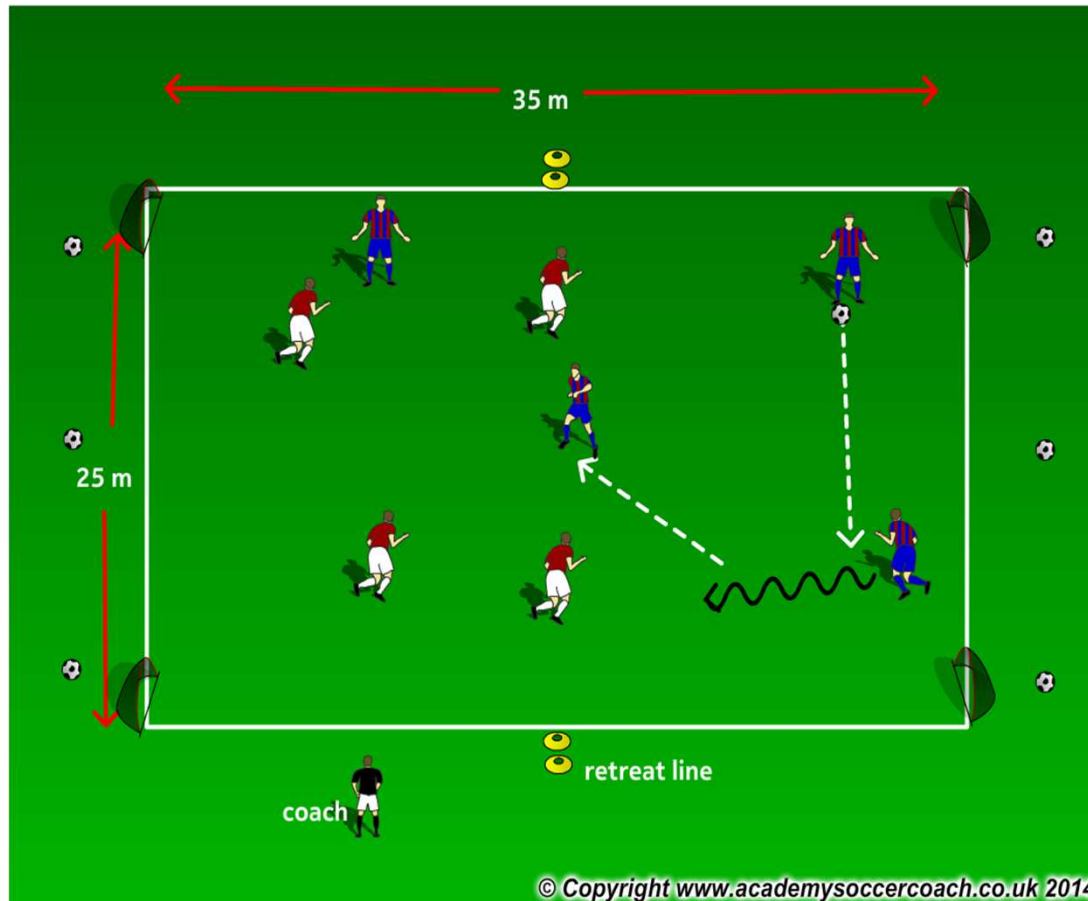
FUNDamentals practice plan – Week 5
Station D
Small sided game with retreat line



Time frame. 8-10 minutes

Emphasis:

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



Organization: 35 mx25 m field as shown. Two team of 4 , four goals to score on.
Retreat line on half.

<u>Psychological</u> Fun Confidence Being safe Decision making	<u>Technical</u> passing Dribbling Shooting
<u>Physical</u> Speed A,B,C's Change of Direction	<u>Social</u> Listening Communicating Celebrating