



FUNDAMENTALS SESSION PLAN

FOR COACHES OF U6-U8 FEMALES AND U6-U9 FEMALES

FUNdamentals practice plans

The Player Development 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.

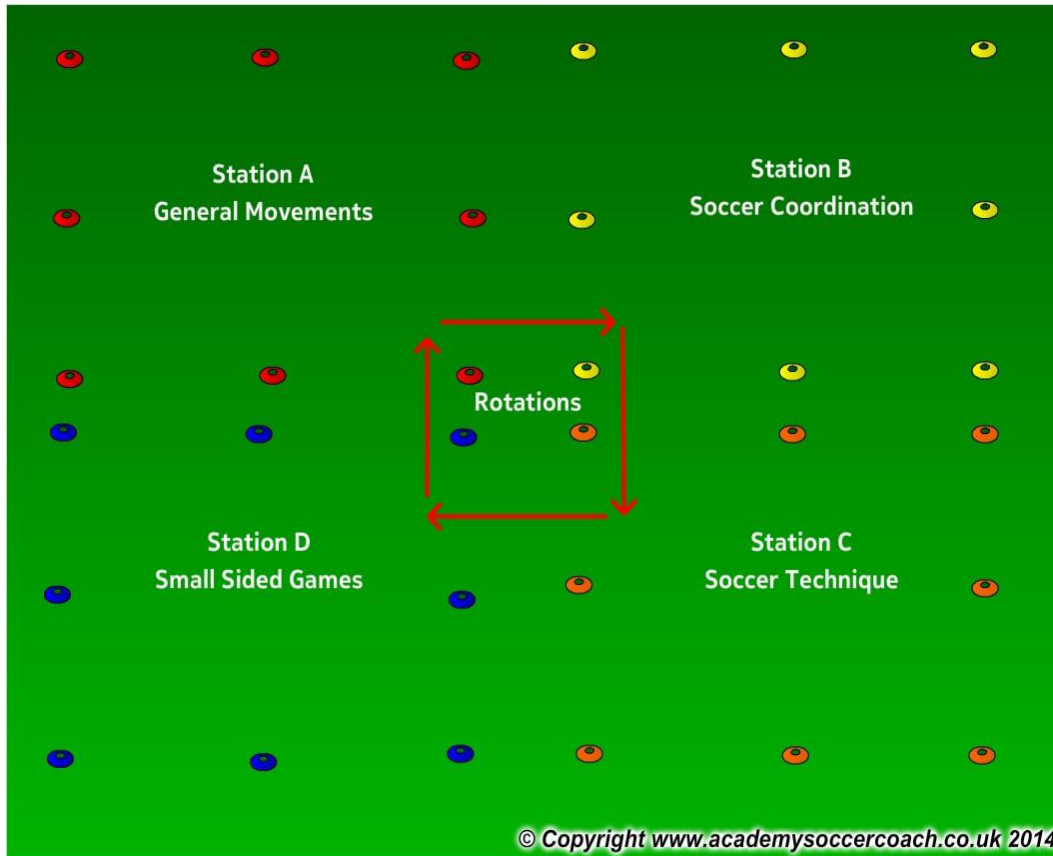
In the following activities players will travel through 4 stations. In these examples one station focuses on general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a small sided soccer game of 2v2, 3v3, 4v4 or 5v5.

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 minutes as per the Recreational and Development Matrix

FUNdamentals practice plans

How the Player Development 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.

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General Movement: %20

Coordination: %20

Soccer technique: %20

Small sided game: %40

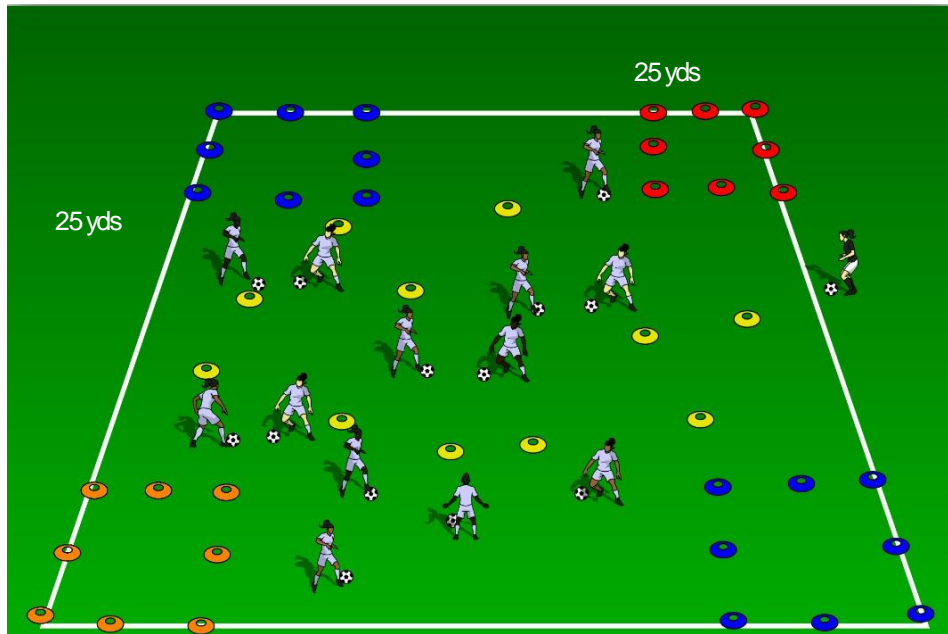
FUNDamentals practice plan
Station A
General Movements – Zoo Keeper



Time frame. 8-10 minutes

Emphasis:

Agility, Balance, Coordination, Speed
 Changing Direction
 FUN!



Organisation

-Twelve players dribble the ball round in a 25x25 area. Players are told that animals have escaped from the zoo!

Procedure

Players drive the zoo buggy (dribble the ball) Listen to coaches command. Each animal found is a different soccer or physical literacy movement. Players can make the noise of each animal. Once they find an animal, they must perform each move 3 times in order to capture the animal. They then transport it back to an enclosure

(coloured square) and repeat the same move to get it to go into the square.
 Kangaroo - Toe Taps, Penguin - Boxes/tic, Bear - Crawl, Snake - roll over, Flamingo - hop on one leg, Tree Frog - jump, Reverse buggy - Drag back, Monkeys - collect the scattered cones. Ask players what they have found or what they can see.

Progression:

Players then dribble round with a ball and perform all the moves when the name of the animal is called out. e.g "Kangaroo, bear, frog"

Player Development

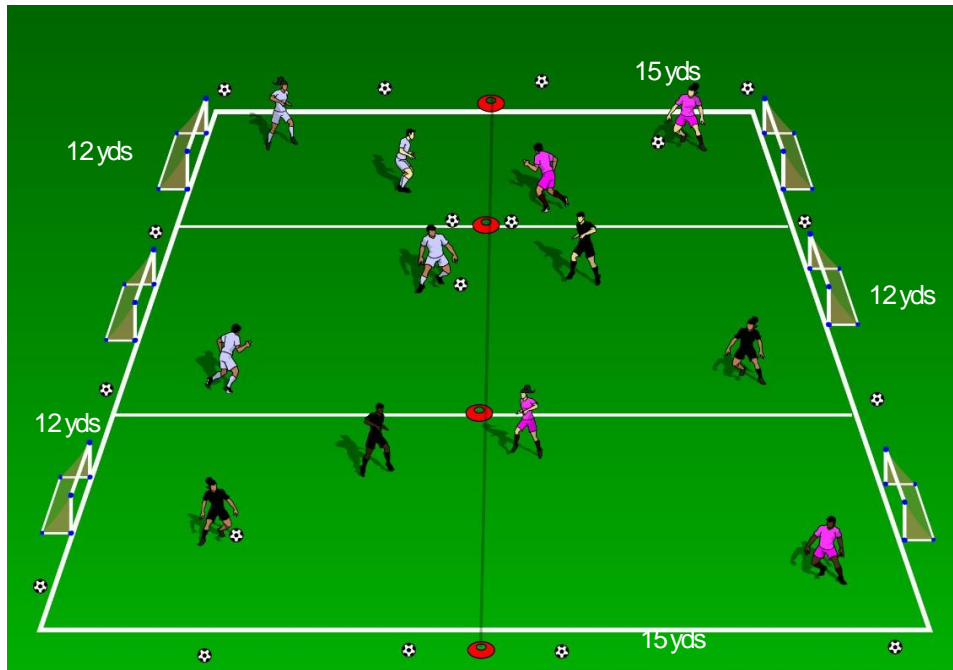
<u>Psychological</u> Confidence Creativity Imagination Being safe	<u>Technical</u> Running with the ball
<u>Physical</u> Agility, Balance Change of Direction Speed	<u>Social</u> Listening Problem Solving Teamwork



FUNdamentals practice plan

Station B

Small sided game – 2v2 – with retreat line



Time frame. 8-10 minutes

Emphasis:

FREE PLAY!

FUN!

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

Organisation

-Create three mini fields, 12x15 yards. Balls around the perimeter.

Procedure

Players play 2v2 in smaller fields. After 2 minutes. Rotate the teams. Can do a competition ladder and rock paper scissors if a tie.

Include celebrations with team mates, high 5's, come up with their own etc.

Player Development



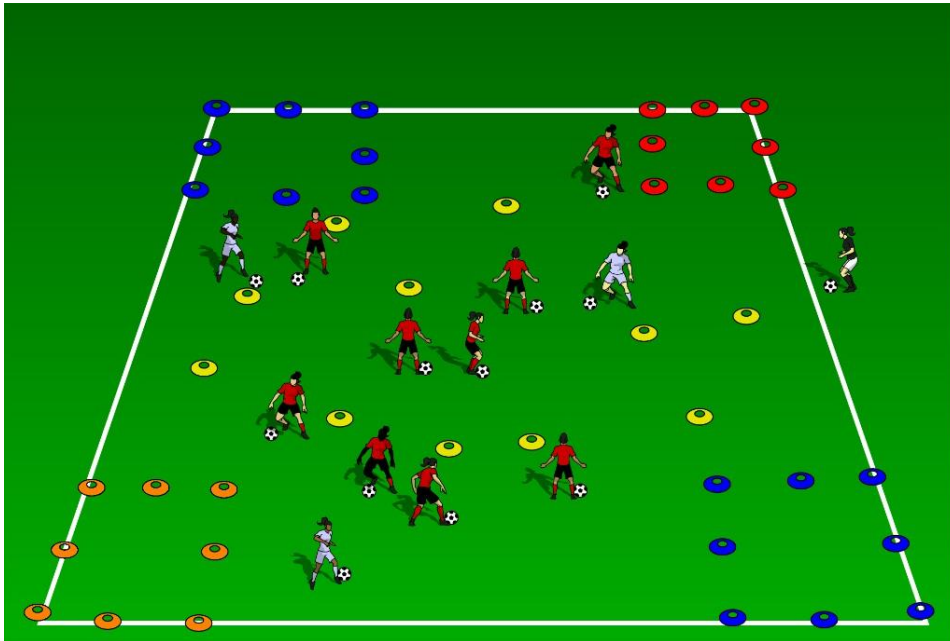
FUNDamentals practice plan
Station C
Technical work “Zootopia”



Time frame. 8-10 minutes

Emphasis:

Running with the ball
 Problem solving
 Support.



<u>Psychologic</u> <u>al</u> Confidence Imagination Creativity	<u>Technical</u> Running with the ball
<u>Physical</u> A,B,C's Change of Direction Acceleration	<u>Social</u> Listening Communicating FUN

Organisation

-Twelve players dribble the ball round in a 25x25 area. 3 players are “Jess the Cop” and are in a colour or bib.

Procedure: Half the group runs around pretending to be their favourite animal. If they are tagged, they are ‘caught’ and must go to an enclosure, they can be ‘freed’ by a high 5. Play for 2 mins and swap roles.

Progression:

When players are in the enclosure, they can practice a skill move of their choice before coming back in rather than waiting for a high 5.

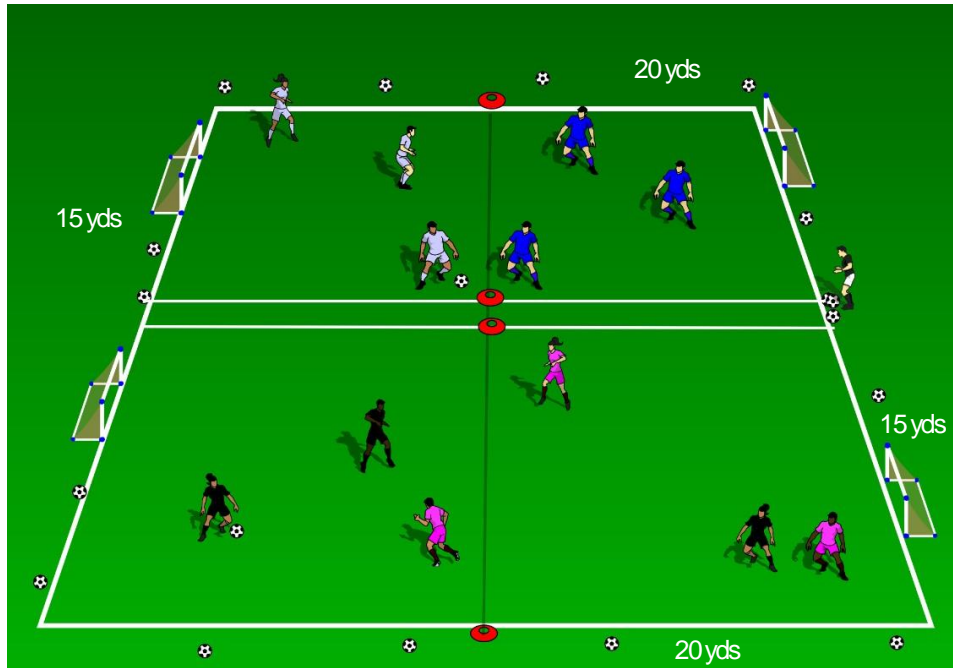
Player Development



FUNdamentals practice plan

Station D

Small sided game – 3v3 – with retreat line



Time frame. 8-10 minutes

Emphasis:

FREE PLAY!
FUN!

Organisation

-Create three mini fields, 12x15 yards. Balls around the perimeter.

Procedure

Players play 2v2 in smaller fields. After 2 minutes. Rotate the teams. Can do a competition ladder and rock paper scissors if a tie.

Include celebrations with team mates, high 5's, come up with their own etc.

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

Player Development



FUNdamentals practice plans

The Player Development Model – The Station concept

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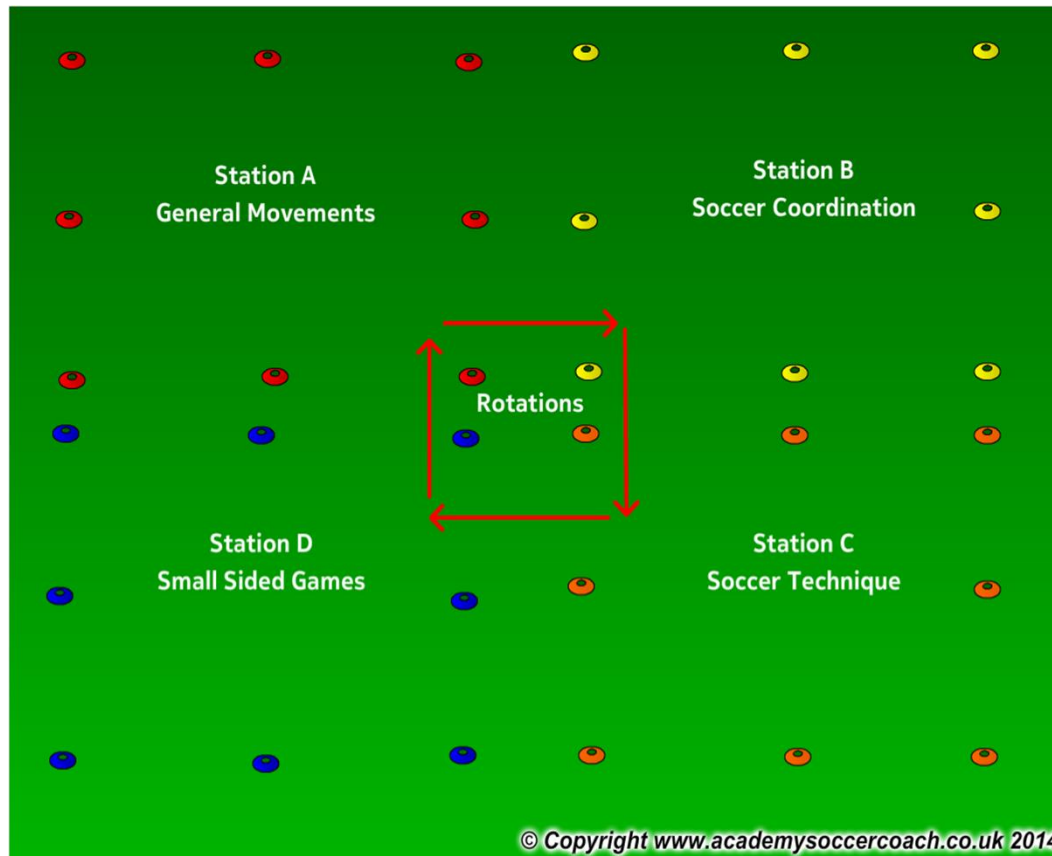
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FUNdamentals practice plans How the Player Development Model works



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General Movement: %20

Coordination: %20

Soccer technique: %20

Small sided game: %40

Player Development

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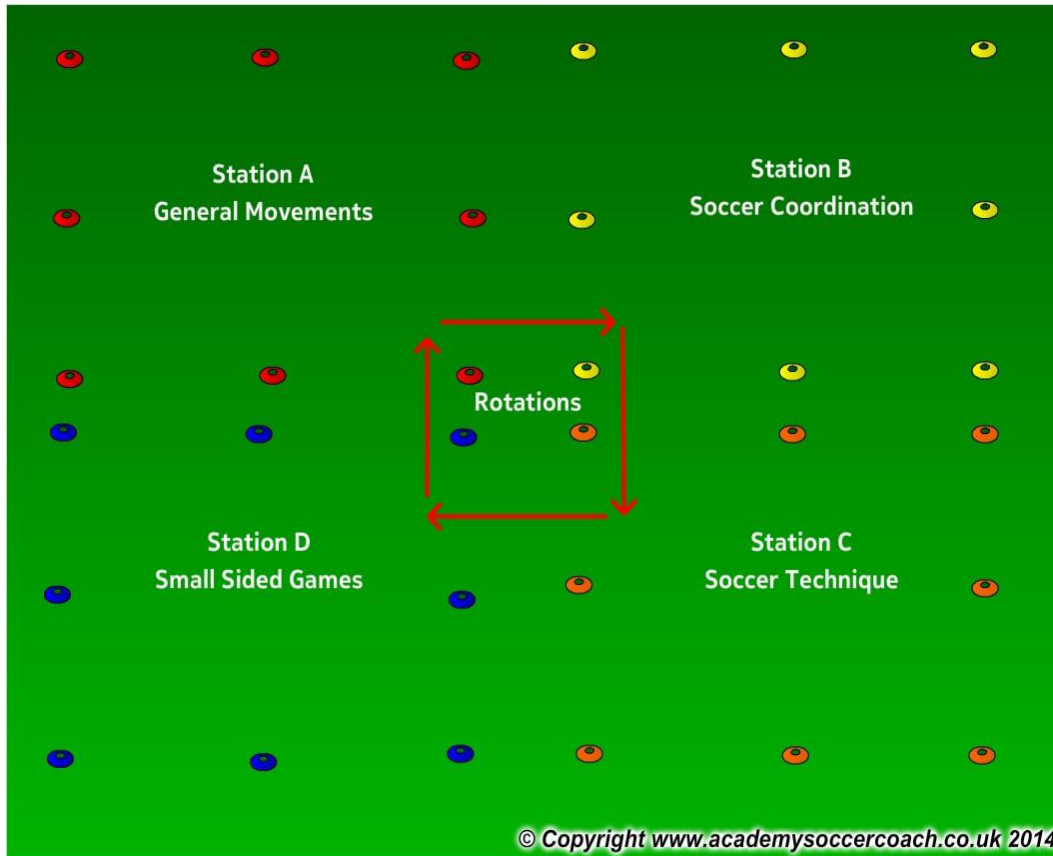
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Coordination: %20

Soccer technique: %20

Small sided game: %40

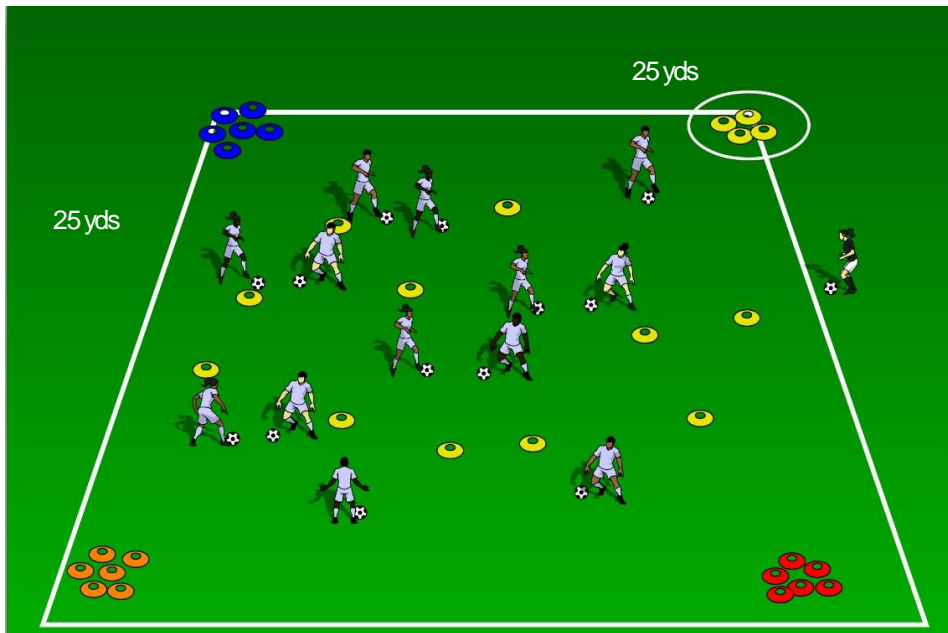
FUNDamentals practice plan
Station A
General Movements – Spaceships



Time frame. 8-10 minutes

Emphasis:

Agility, Balance, Coordination, Speed
 Changing Direction
 FUN!



Organisation

-Twelve players dribble the ball round in a 25x25 area.

Procedure

Players fly around using their ball (space rocket)

Avoid the astroids (cones)

Listen to coaches command,

Blue - Earth, Yellow - Saturn, Red - Mars,

Orange - Jupiter. If white Cones - the moon.

Blast off at each planet - count down and use toe taps.

Boxes for - turbulence

Drag backs to go the other way.

Toe taps to climb off the rocket

Hopping or moon walk when off the space ship.

Alien - Players crawl or roll round to avoid detection.

Ask players what they have found or what they can see.

Count down to get back to the spaceship (ball)

Progression:

Coach could be the alien and try and touch the ball - players have to shield

Player Development

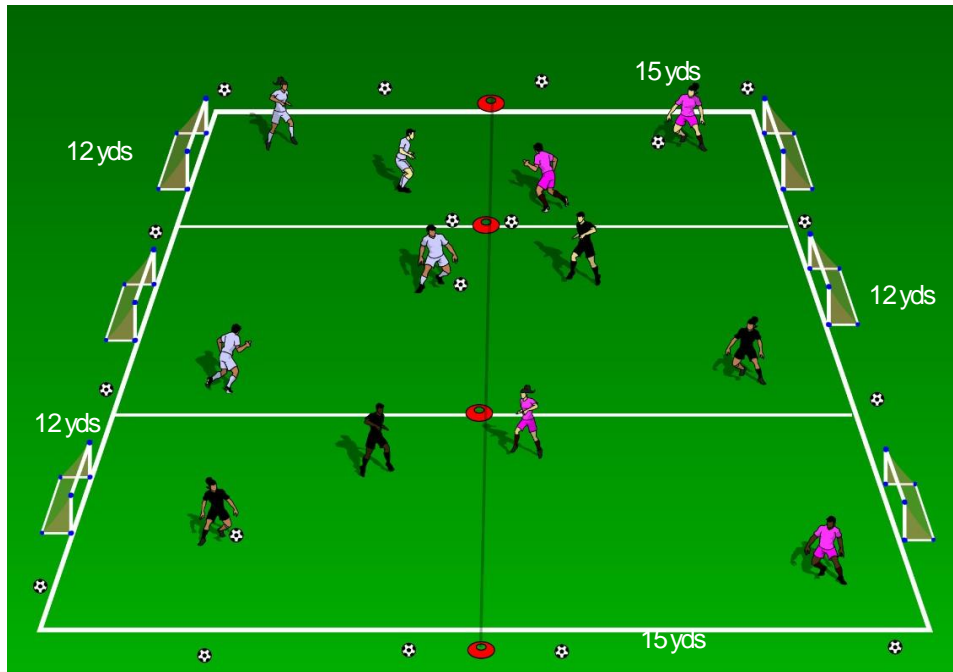
<p><u>Psychological</u> Confidence Creativity Imagination Being safe</p>	<p><u>Technical</u> Dribbling Shielding</p>
<p><u>Physical</u> Agility, Balance Change of Direction Speed</p>	<p><u>Social</u> Listening Problem Solving Teamwork</p>



FUNdamentals practice plan

Station D

Small sided game – 2v2 – with retreat line



Time frame. 8-10 minutes

Emphasis:

FREE PLAY!

FUN!

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

Organisation

-Create three mini fields, 12x15 yards. Balls around the perimeter.

Procedure

Players play 2v2 in smaller fields. After 2 minutes. Rotate the teams. Can do a competition ladder and rock paper scissors if a tie.

Include celebrations with team mates, high 5's, come up with their own etc.

Player Development



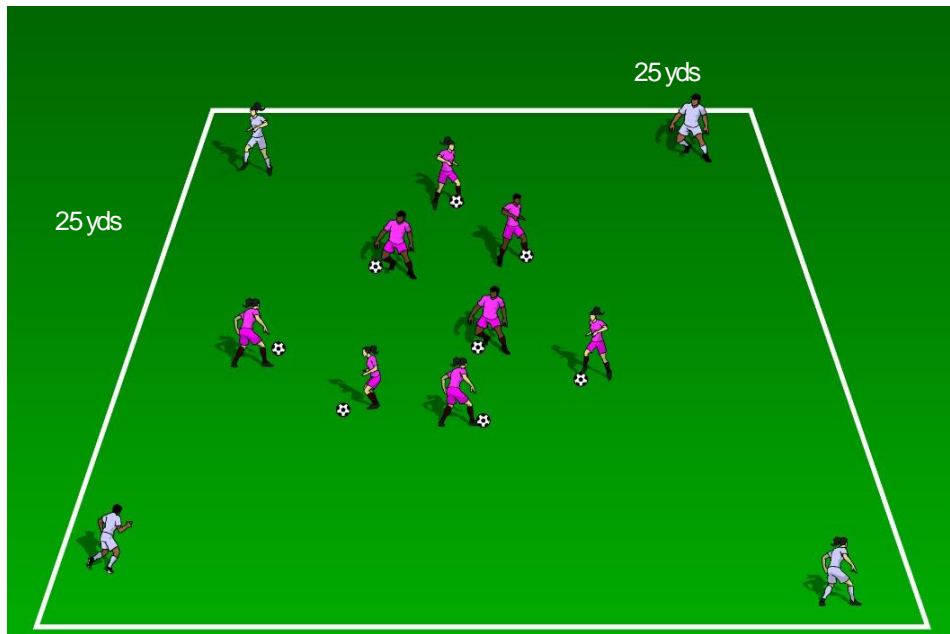
FUNDamentals practice plan
Station C
Technical “Bruce the Shark”



Time frame. 8-10 minutes

Emphasis:

Passing & Receiving
 Problem solving
 Support.



<u>Psychologic</u> al Confidence Being safe Creativity	<u>Technical</u> Shielding the ball Running with the ball
<u>Physical</u> A,B,C's Change of Direction Acceleration	<u>Social</u> Listening Communicating FUN

Organisation

-Eight players dribble the ball round in a 25x25 area.

Procedure

On Coaches command, three of four ‘Sharks’ (without a ball) enter the area and try to get soccer balls by putting their foot on top of the ball. The soccer players or fishes try to protect their ball by moving in to space and shielding. Every time the shark touches a ball, the players, stand and call for a high 5 to be freed and back in to the game. Rotate sharks after 2 minutes.

Progression: If players are tagged, they must move round the area by hopping, until they get a high 5 from their team mate.

OR Players crawl or skip behind the ball as they approach.

Alternative Progression:
 Sharks have balls to dribble too.
 Increase the amount of sharks to 5 or 6.

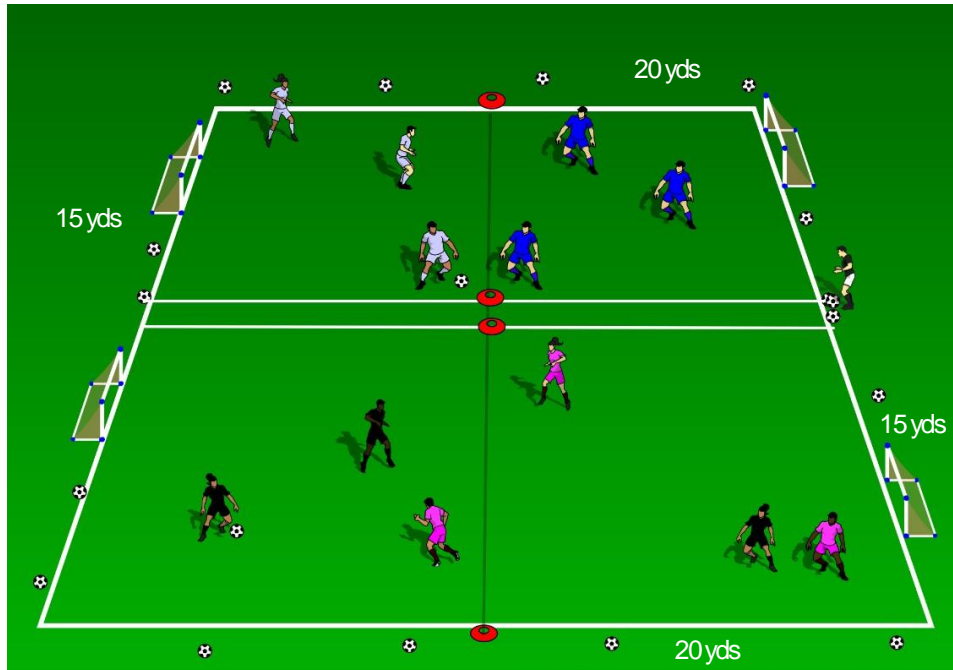
Player Development



FUNdamentals practice plan

Station D

Small sided game – 2v2 – with retreat line



Time frame. 8-10 minutes

Emphasis:

FREE PLAY!
FUN!

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

Organisation

-Create three mini fields, 12x15 yards. Balls around the perimeter.

Procedure

Players play 2v2 in smaller fields. After 2 minutes. Rotate the teams. Can do a competition ladder and rock paper scissors if a tie.

Include celebrations with team mates, high 5's, come up with their own etc.

Player Development



FUNdamentals practice plans

The Player Development Model - The Station concept

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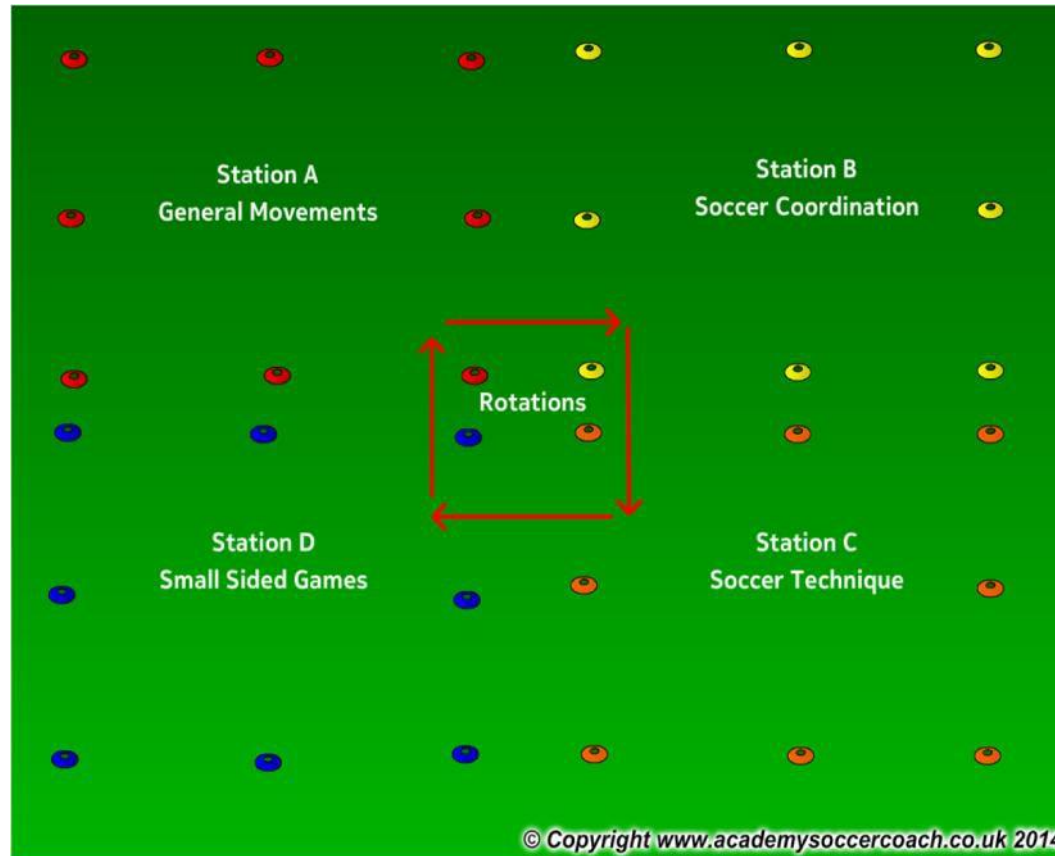
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How the Player Development Model works



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General Movement: %20

Coordination: %20

Soccer technique:%20

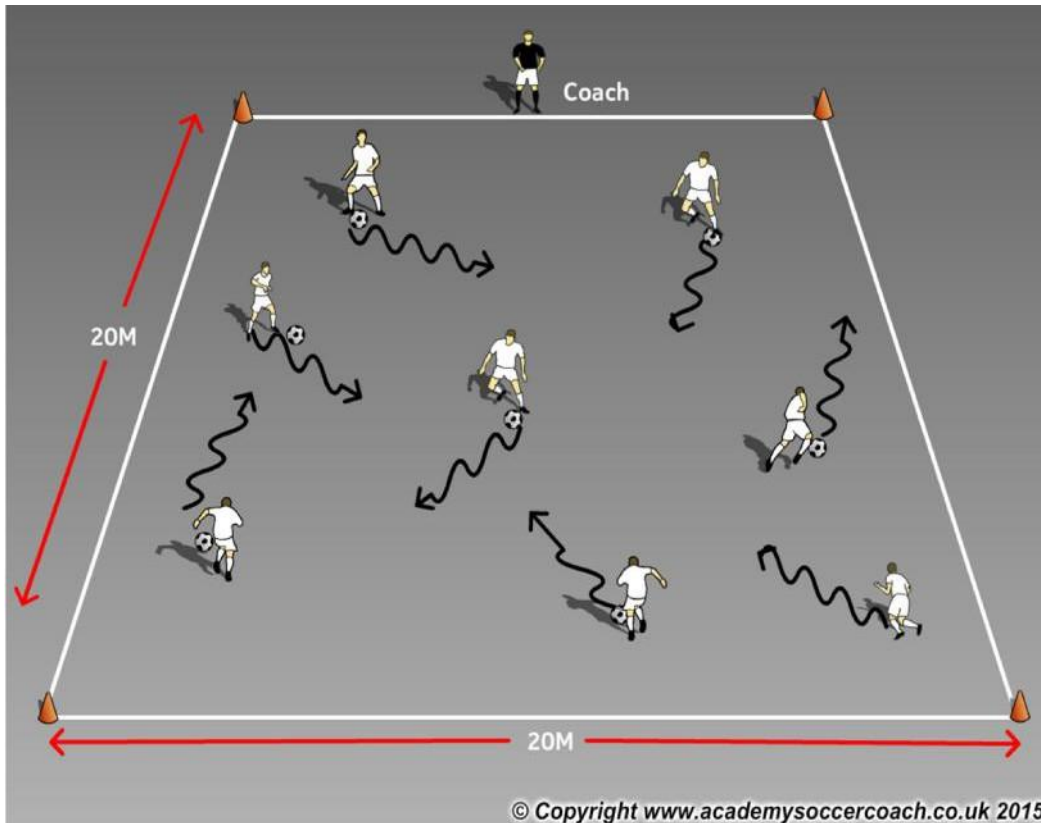
Small sided game:%40



FUNdamentals practice plan - Week 14

Station A

General Movements - Body breaks



Organization: 20m x 20m area. Each player has a soccer ball.
Procedure: Players dribble inside the area. The coach calls out a body part and the player must stop the ball and place the correct body part on the ball. The coach calls go for the players to dribble again.

Time frame. 8-10 minutes

Emphasis:

Changing direction
Agility, Balance, Coordination
Dribbling
FUN!

Psychological

Positive reinforcement
Confidence
Being safe

Technical

Dribbling

Physical

Agility, Balance
Change of Direction
Speed

Social

Listening
Communicating
Celebrating

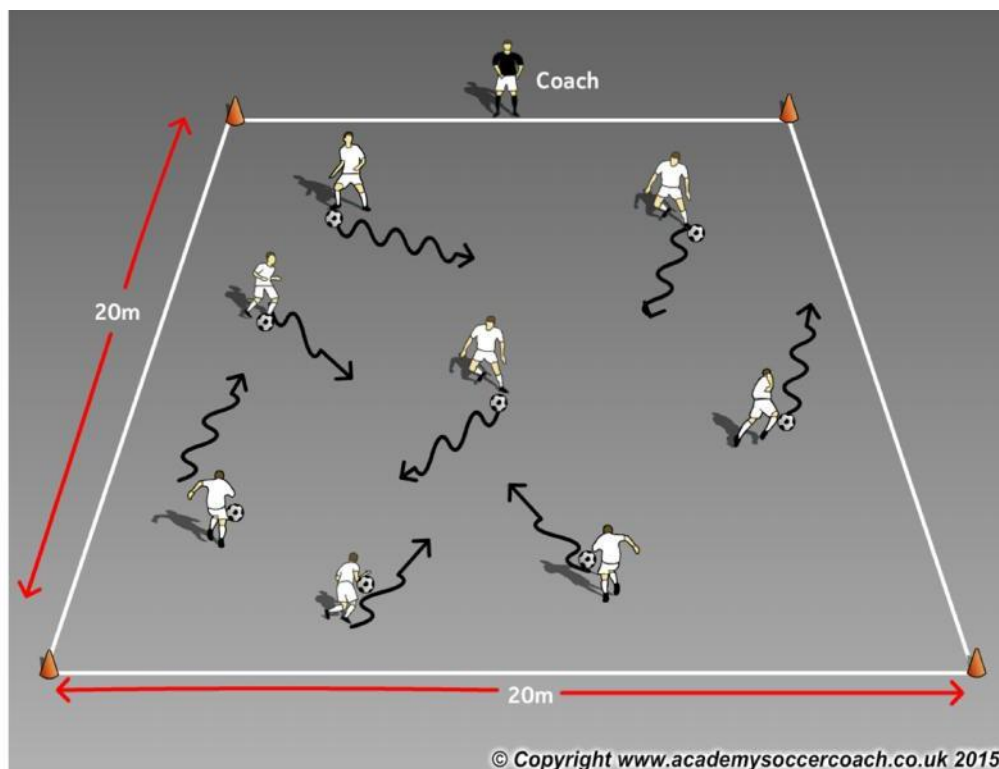
Player Development



FUNdamentals practice plan - Week 14

Station B

Soccer Coordination - TagTails



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Organization: Inside a 20m x 20m area each player tucks a pinnie down the back of their shorts which becomes the player's tail; each player also has a soccer ball.

Procedure: On the coach's command, all players move around the grid and try to grab as many "tails" as they can from other players. If your tail is taken you do 3 jumping jacks, place your tail back in your shorts and continue to play.

Time frame. 8-10 minutes

Emphasis:

Dribbling
Control
Balance
A,B,C'S
FUN!

Psychological
Confidence
Being safe
Individual Goals

Technical
Juggling
Control

Physical
A,B,C's
Change of Direction

Social
Listening
Communicating
Interacting with friends

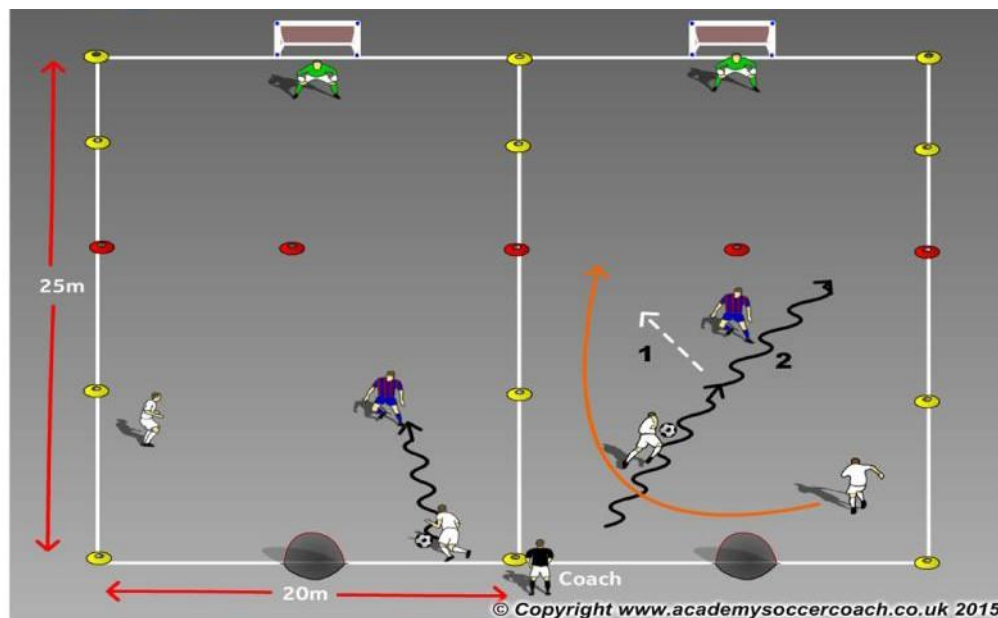
Player Development



FUNdamentals practice plan - Week 14

Station C

Soccer technique - 2v1 to goal



Organization: Players are placed into groups of 4 and set up as shown above in a 20m x 20m channel.

Procedure: The 2 attackers start with the ball with the objective to beat the defender and then score past the goalkeeper. The Defender can only defend in the area in front of the red cones. Once the attackers are passed the cones they are 2v1 with the goalkeeper. If the defender wins possession of the ball they attempt to score in the pug net below.

Ask the players to figure different ways out to beat the defender. In the example above we see the attacker running at the defender with the supporting player overlapping. The player in possession of the ball now has two options, dribble or pass.

Rotate the defender after each completion.

Time frame. 8-10 minutes

Emphasis:

Dribbling

Passing

Shooting

Decision making

FUN!

Psychological

Positive reinforcement
Confidence
Decision making
Fun

Technical

Dribbling
Passing
Shooting
Defending

Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Interaction with peers

Player Development



FUNdamentals practice plan - Week 14
Station D
Small sided game - 3v3 to neutral players

Time frame. 8-10 minutes

Emphasis:

1v1

Possession

Changing direction/Speed

Imagination

FUN!



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Organization: Players are organized into 2 teams of 3 with 2 neutral players inside a 30m x 20m playing area.
Procedure: Players play 3v3 with the aim of getting the ball to a neutral player. Once they have the ball to one neutral player for them to score another goal they attempt the ball to the other neutral player. As the coach allow the players to play with minimal stoppages. Change neutral players every few minutes.

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

Player Development



FUNdamentals practice plans

The Player Development Model – The Station concept

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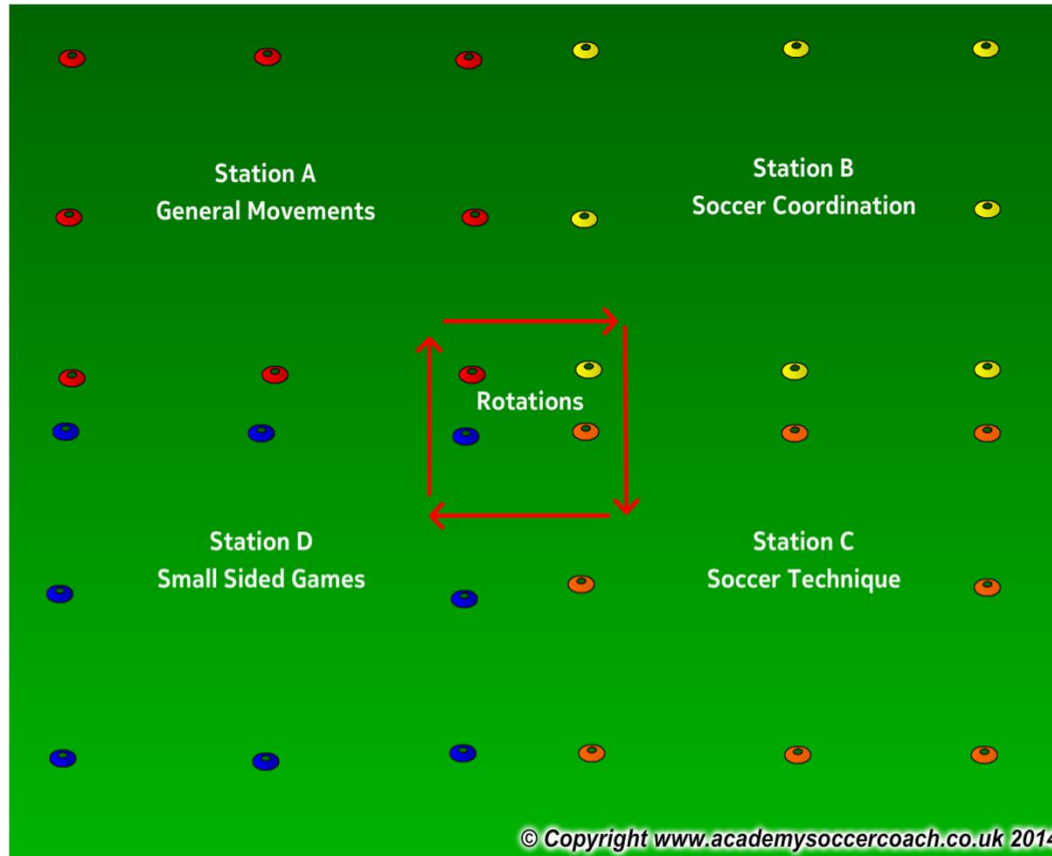
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All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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FUNdamentals practice plans How the Player Development Model works



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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.

General Movement: %20

Coordination: %20

Soccer technique: %20

Small sided game: %40

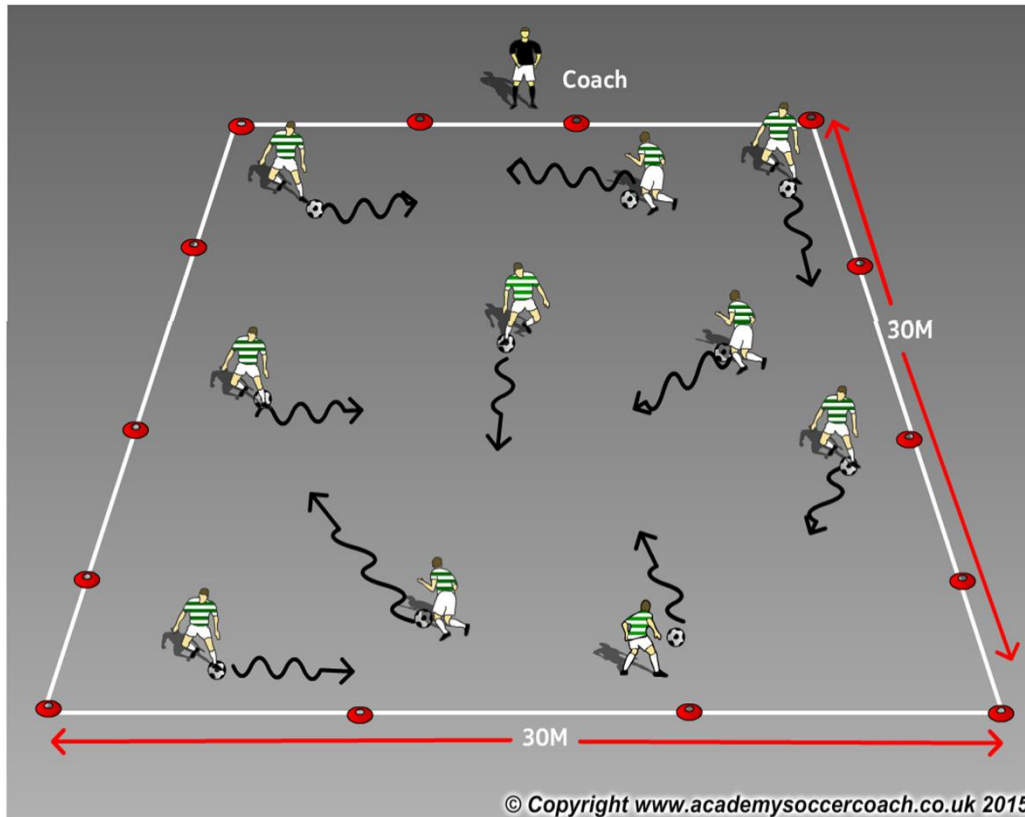


FUNdamentals practice plan – Week 16
Station A
General Movements – Ball familiarity

Time frame. 8-10 minutes

Emphasis:

Dribbling
Changing direction
Agility, Balance, Coordination
FUN!



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Organization: Players dribble freely inside 30m x 30m area.
Procedure: Players are asked to express them self's and be creative by attacking space and showing different moves. On coaches command players will perform different touches on the ball, for example Toe Taps.

<u>Psychological</u> Positive reinforcement Confidence Being safe	<u>Technical</u> Dribbling
<u>Physical</u> Agility, Balance Change of Direction Speed	<u>Social</u> Listening Communicating Celebrating

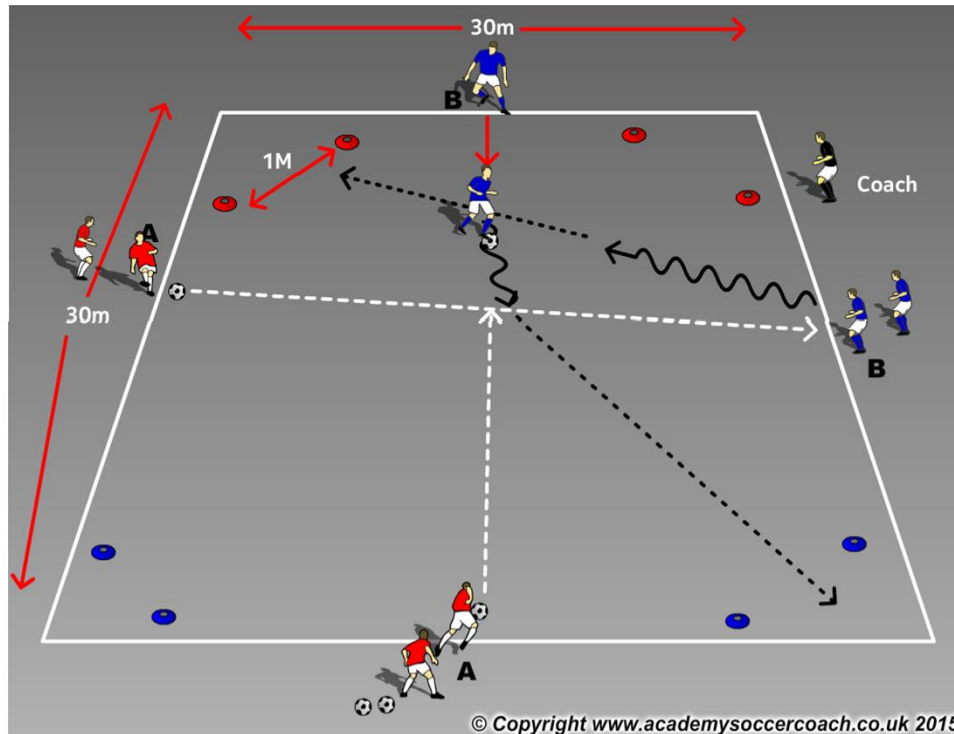
Player Development



FUNdamentals practice plan – Week 16

Station B

1v1 to goals – 2 games at once



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Organization: Area is 30m x 30m with 1 goal in each corner, 1m in width.

Procedure: Player A's plays the pass to player B's on the opposite side of the area. Player B attempts to dribble past player A and dribble through one of the goals. If player A takes the ball away from play B he/she then tries to dribble the ball through any of the goals. Keep rotating the service so that all players are attackers. 2 1v1 games are happening at the same time

Progression: Players progress to play 2v2 if success is being achieved.

Time frame. 8-10 minutes

Emphasis:

Passing
Receiving
Balance
A,B,C'S
FUN!

Psychological

Confidence
Being safe
Individual Goals

Technical

Passing
Receiving

Physical

A,B,C's
Change of Direction

Social

Listening
Communicating
Interacting with
friends

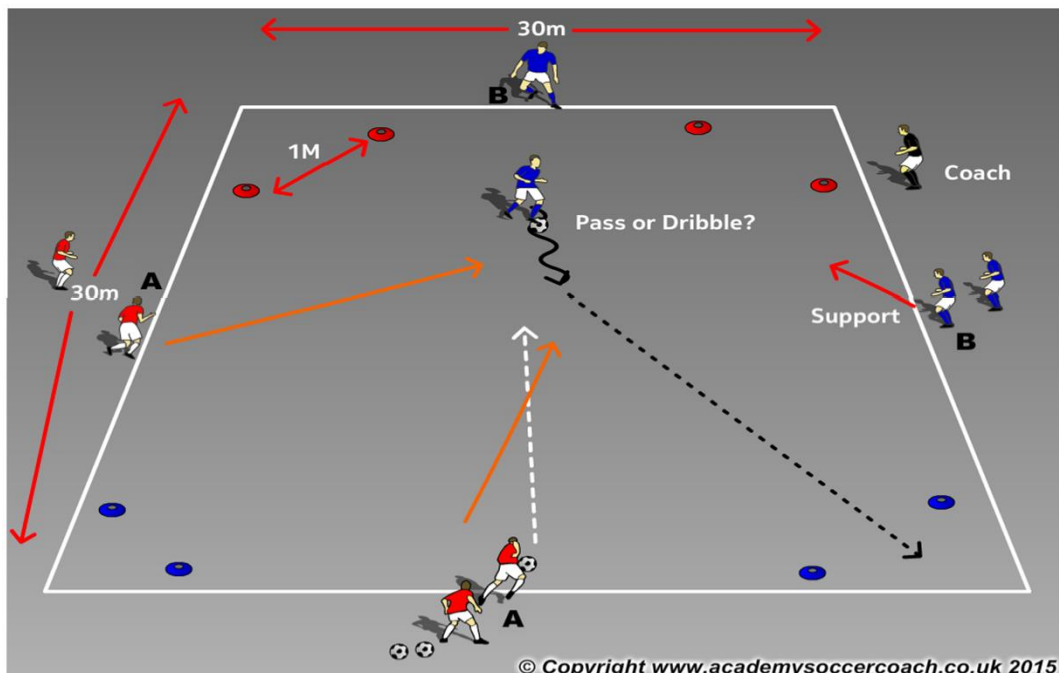
Player Development



FUNdamentals practice plan – Week 16

Station C

Soccer technique – 2v2



Organization: Area is 30m x 30m with 1 goal in each corner, 1m in width.
Procedure: Player A plays the pass to player B on the opposite side of the area. Player B on the side now comes in as support and the second Player A now comes in as another defender. Players now play 2v2. Player B attempts to dribble past player A and dribble through the blue goals. If player A takes the ball away from play B he/she then tries to dribble the ball through the red goals. Keep rotating the service so that all players are attackers. Players are now asked to make decisions - Do I dribble or pass?

Time frame. 8-10 minutes

Emphasis:

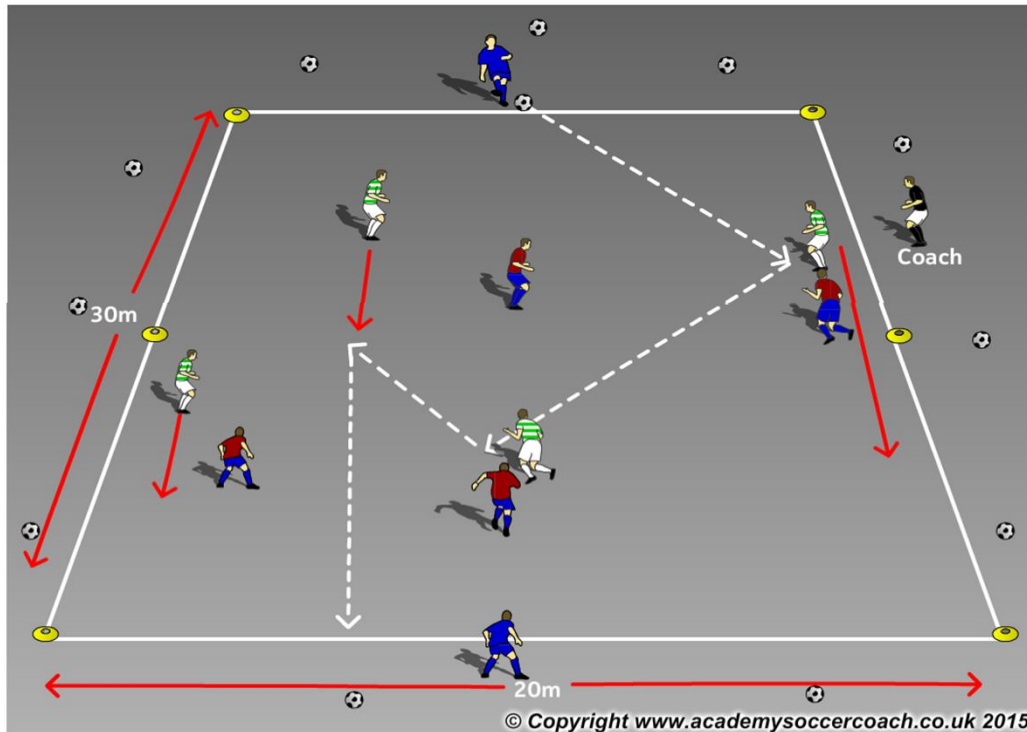
- Dribbling
- Passing
- Decision making
- FUN!

<p><u>Psychological</u> Positive reinforcement Confidence Decision making Fun</p>	<p><u>Technical</u> Dribbling Passing Defending</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Interaction with peers</p>

Player Development



FUNdamentals practice plan – Week 16
Station D
Small sided game – 4v4 to Target players



Organization: Players are organized into 2 teams of 4 with 2 neutral players inside a 30m x 20m playing area.
Procedure: Players play 4v4 with the aim of getting the ball to a neutral player. Once they have the ball to one neutral player for them to score another goal they attempt the ball to the other neutral player. As the coach allow the players to play with minimal stoppages. Change neutral players every few minutes.

Time frame. 8-10 minutes

Emphasis:

- Passing
- Receiving
- Attacking/ Defending
- Decision making
- FUN!

<u>Psychological</u> Fun Confidence Being safe Decision making	<u>Technical</u> Passing Receiving Attacking/Defending
<u>Physical</u> Speed A,B,C's Change of Direction	<u>Social</u> Listening Communicating Celebrating

Player Development



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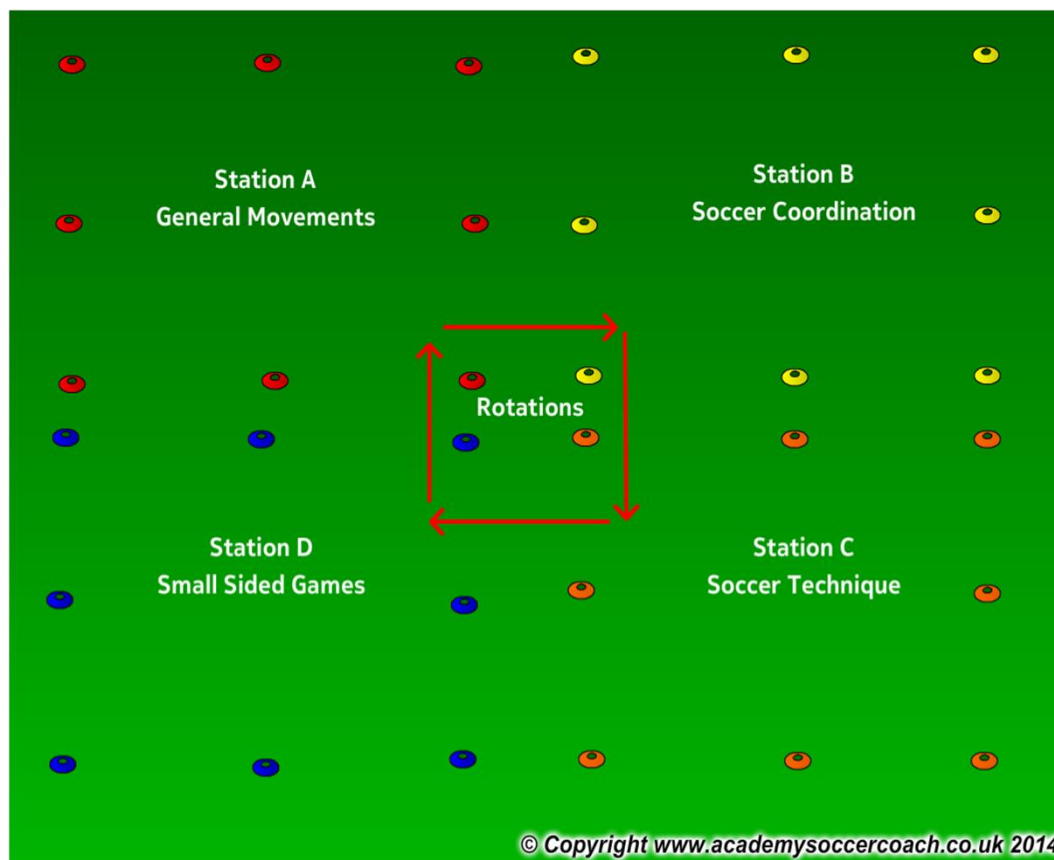
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How the Player Development Model works



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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.

General Movement: %20

Coordination: %20

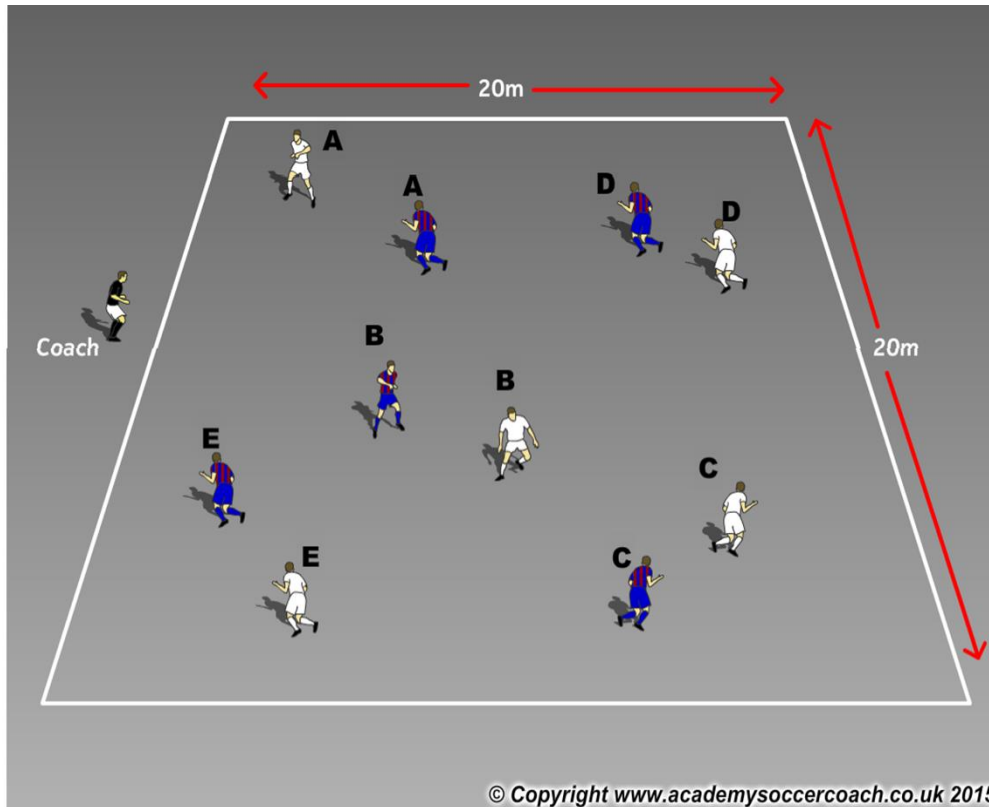
Soccer technique: %20

Small sided game: %40

Player Development



FUNdamentals practice plan – Week 17
Station A
General Movements – Individual Tag



Organization: Players are placed inside a 20m x 20m in pairs.
Procedure: Players play tag with their own partner. Once you are tagged you are it. Play for 60 seconds or the first person to 5 points wins. Alternate the players to ensure they get appropriate competition.
Progression: Play the same game but with all players having a soccer ball.

Time frame. 8-10 minutes

Emphasis:

Agility, Balance, Coordination, Speed
 Changing Direction
 FUN!

<p><u>Psychological</u> Can I get away/catch my partner? Confidence Being safe</p>	<p><u>Technical</u> N/a</p>
<p><u>Physical</u> Agility, Balance Change of Direction Speed</p>	<p><u>Social</u> Listening Problem Solving Celebrating</p>

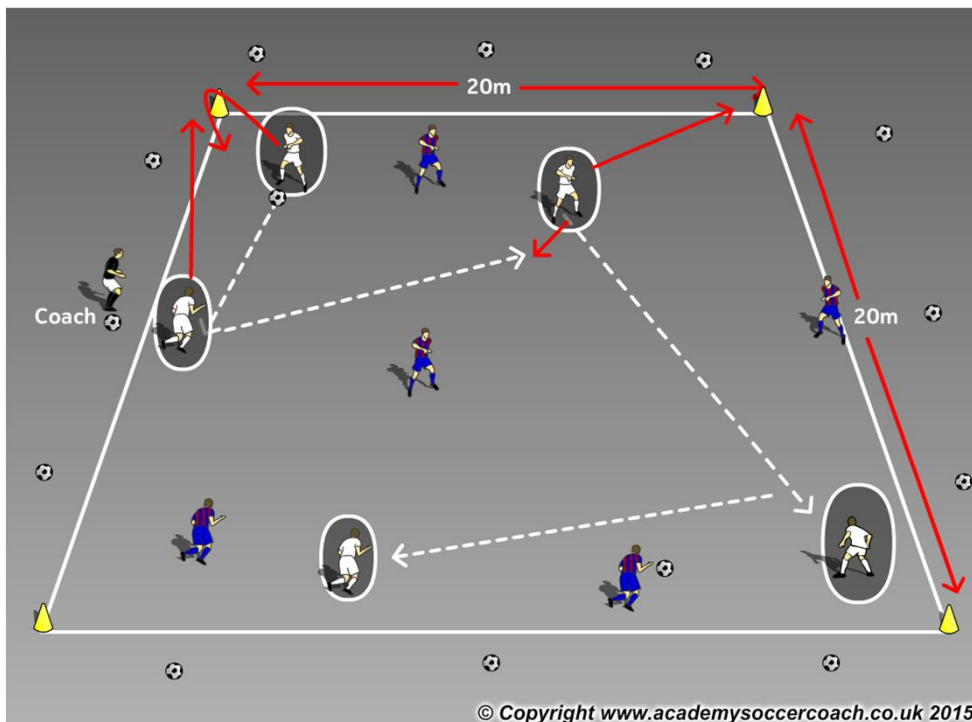
Player Development



FUNDamentals practice plan – Week 17

Station B

Passing and Receiving in 4s or 5s



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Organization: Players are placed inside a 20m x 20m in two teams of 4 or 5.
Procedure: Each team has 1 soccer ball and the players pass and move within the area, looking to keep possession of the ball. Once a player plays a pass they must sprint/explode around 1 of the yellow cones and then rejoin the group. Players can play to any player on their team.
Progression: Create a competition where the first team to make 25 consecutive passes (without the ball going out) wins the game

Time frame. 8-10 minutes

Emphasis:

Ask your players questions rather than providing all the answers.

Guide your players to make better decisions.

Psychological

Confidence
Being safe
Self Control

Technical

Passing
Receiving

Physical

A,B,C's
Change of Direction
Acceleration

Social

Listening
Communicating
How can I help my team mate?

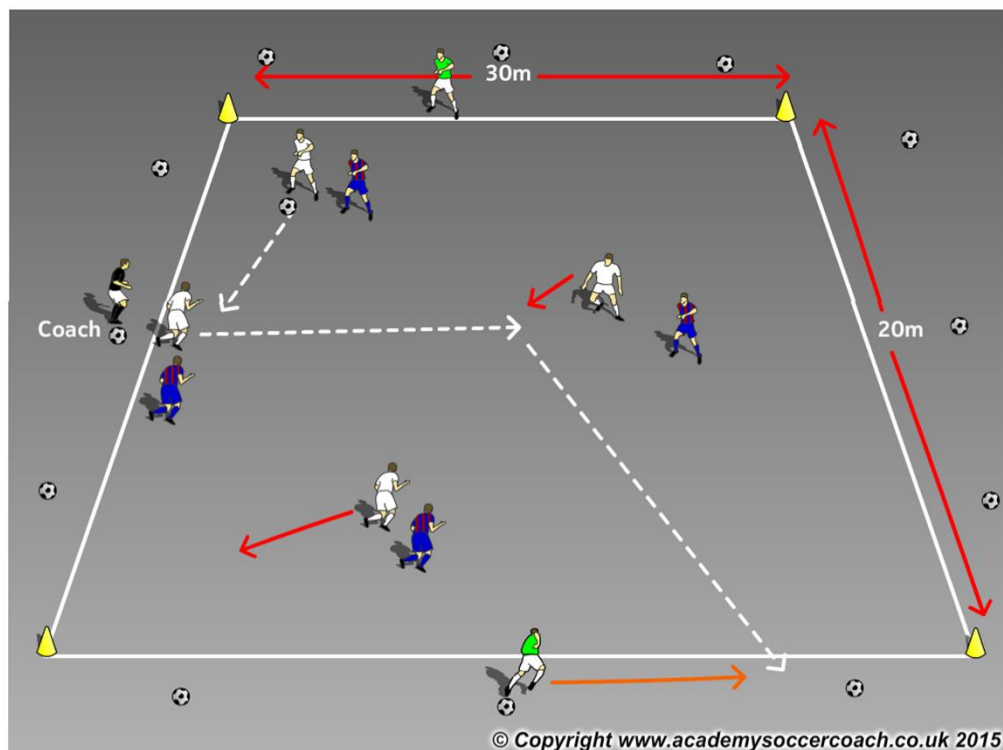
Player Development



FUNdamentals practice plan – Week 17

Station C

4v4 to target players



Organization: Players play 4v4 to 2 target players inside a 30m x 30m area.
Procedure: To score a point the team in possession of the ball has to complete a pass to a target player in green. The target player then keeps possession of the ball by playing to the team of the same colour. Rotate the Target players every 2 minutes.

Time frame. 8-10 minutes

Emphasis:

Ask your players questions rather than providing all the answers.

Guide your players to make better decisions.

<u>Psychological</u> Positive reinforcement Confidence Decision making Fun	<u>Technical</u> Passing Receiving Possession
<u>Physical</u> Speed A,B,C's Change of Direction	<u>Social</u> Listening Communicating How can we help each other?

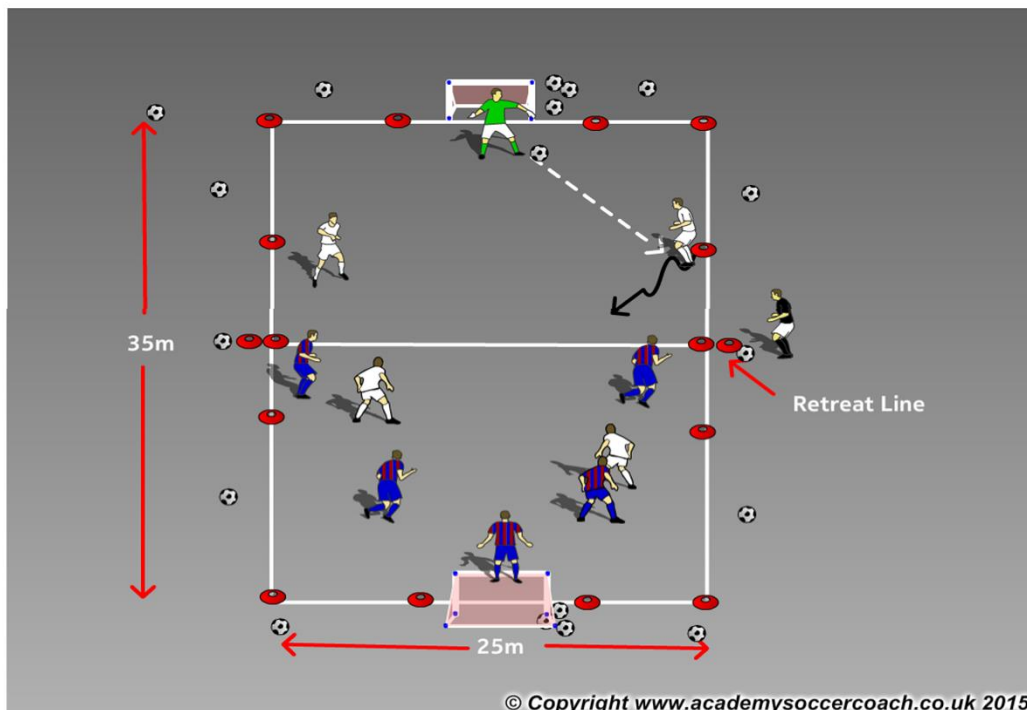
Player Development



FUNdamentals practice plan – Week 17

Station D

Small sided game – 5v5 with the Retreat line



Organization: Players play 5v5 on a 35m x 25m field. The Retreat line is located at the half way line.

Procedure: Once the ball goes out for a goal kick or the goalkeeper has control of the ball the opposition must retreat behind the retreat line. Once the player receives the pass from the goalkeeper the game is live.

If you have odd numbers you can have the extra player become a neutral player in the game.

Time frame. 8-10 minutes

Emphasis:

FREEPLAY!

FUN!

Psychological

Fun
Confidence
Being safe
Decision making

Technical

Passing
Receiving
Attacking/Defending

Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating
Helping each other

Player Development



FUNdamentals practice plans

The Player Development 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.

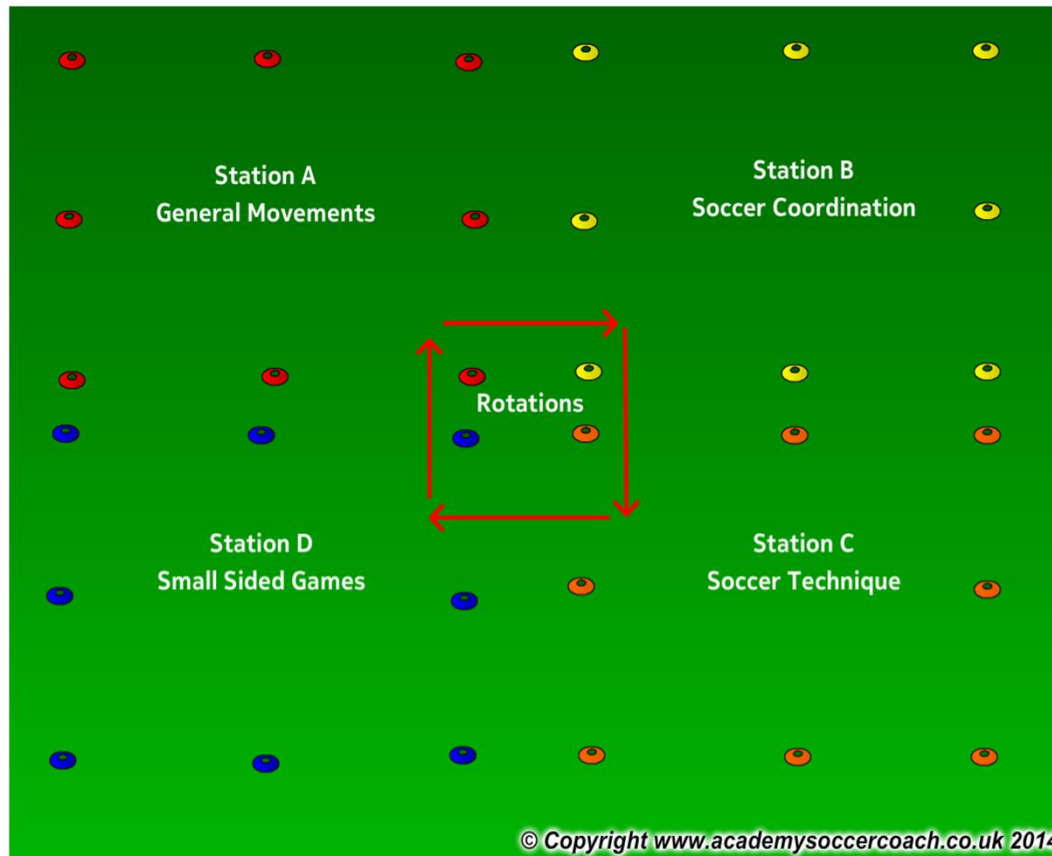
In the following activities players will travel through 4 stations. In these examples one station focuses on general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a small sided soccer game of 2v2, 3v3, 4v4 or 5v5.

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 minutes as per the Recreational and Development Matrix



FUNdamentals practice plans How the Player Development 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.

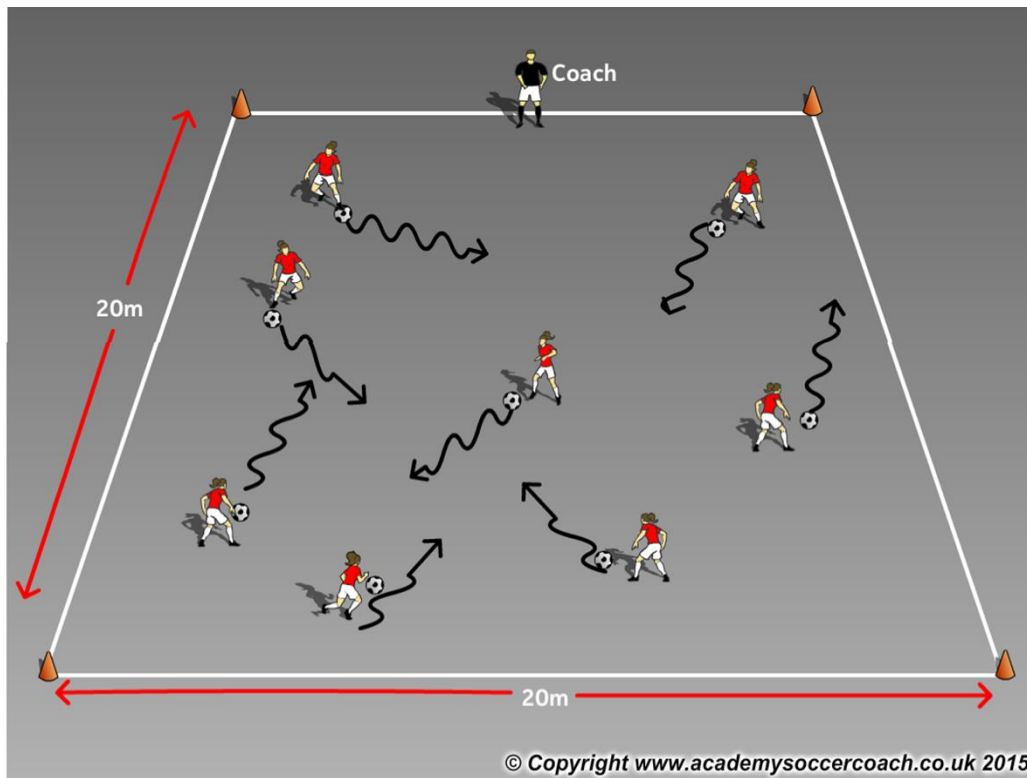
If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



FUNdamentals practice plan – Week 20

Station A

General Movements – Tag Tails



Organization: Inside a 20m x 20m area each player tucks a pinnie down the back of their shorts which becomes the player's tail; each player also has a soccer ball.

Procedure: On the coach's command, all players move around the grid and try to grab as many "tails" as they can from other players. If your tail is taken you do 3 jumping jacks, place your tail back in your shorts and continue to play.

Time frame. 8-10 minutes

Emphasis:

Agility, Balance, Coordination, Speed
Changing Direction
Dribbling
FUN!

<u>Psychological</u> Can I pull a players tail out? Confidence Being safe	<u>Technical</u> Dribbling Shielding
<u>Physical</u> Agility, Balance Change of Direction Speed	<u>Social</u> Listening Problem Solving Celebrating

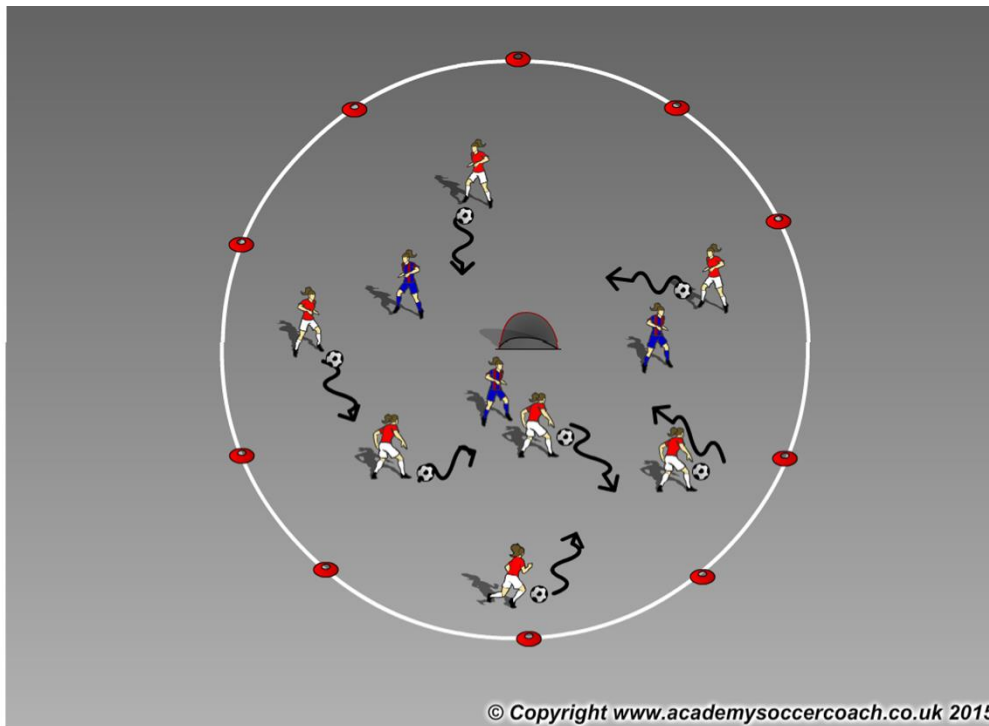
Player Development



FUNdamentals practice plan – Week 20

Station B

Technique work – Pirates of the pug



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Organization: Players are placed inside a circle with a pug net in the centre. 7 players have a soccer ball and 3 players are without a ball. The 3 players without the ball are the "Pirates".

Procedure: Instruct the "Pirates" without the ball to defend the players with the balls. Once the Pirate wins the ball, they attempt to score on the Pug Goal in the middle of the circle. If the Pirate scores the goal, that player too becomes a Pirate. Play continues until the last player with the ball wins. If the pirates have a hard time getting started, the coach can help the pirates at first.

Time frame. 8-10 minutes

Emphasis:

Dribbling
Basic defending
Spatial Awareness

Psychological

Confidence
Being safe
Self Control

Technical

Dribbling
Shooting
Basic defending

Physical

A,B,C's
Change of Direction
Acceleration

Social

Listening
Communicating
Celebrating

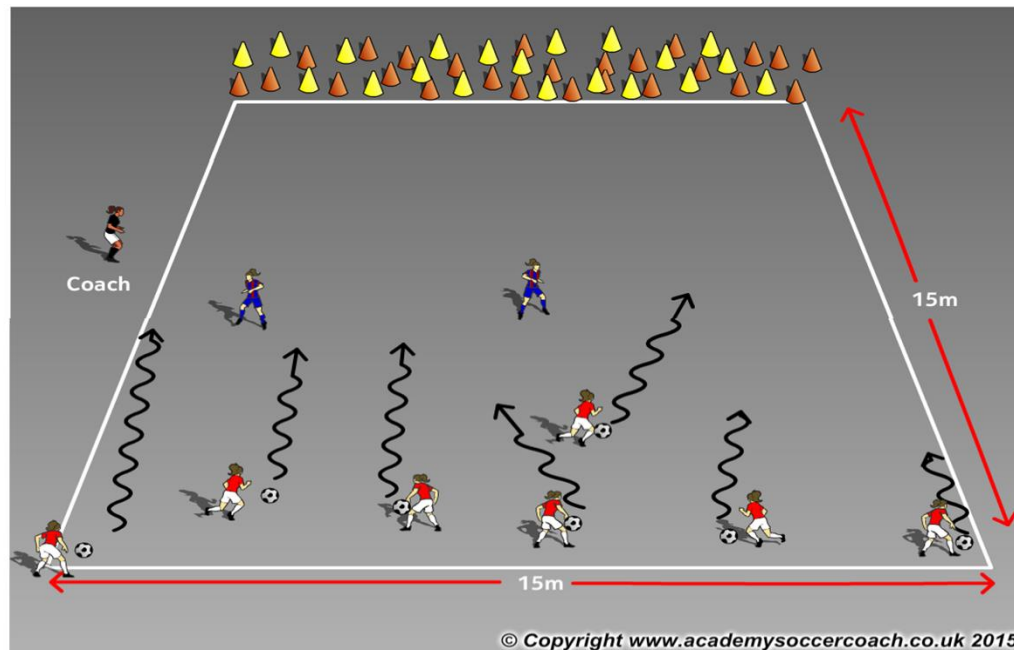
Player Development



FUNdamentals practice plan – Week 20

Station C

Treasure collection



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Organization: 15m x 15m area with 7 players with a soccer ball (Pirates) and 2 players (defenders) without a soccer ball.

Procedure: On the coach's command, the pirates attempt to dribble past the defenders in attempt to take the treasure. To take the treasure the players must knock down the cone with the ball. Once they have knocked down the cone they must pick up the cone and take it back to their starting point while dribbling the ball. If the pirates lose the ball to the defenders, they must complete 10 toe taps and start back over at the original starting point. The Pirate to collect the most treasure once it has all been collected wins the game. Repeat the game by changing the defenders.

Time frame. 8-10 minutes

Emphasis:

Guide players to make the correct decisions.

Create a shooting mentality within the players.

<p><u>Psychological</u> Competition Confidence Decision making Shooting Mentality</p>	<p><u>Technical</u> Receiving Shooting Goalkeeping</p>
<p><u>Physical</u> Speed Transition Change of Direction</p>	<p><u>Social</u> Listening Communicating Fun</p>

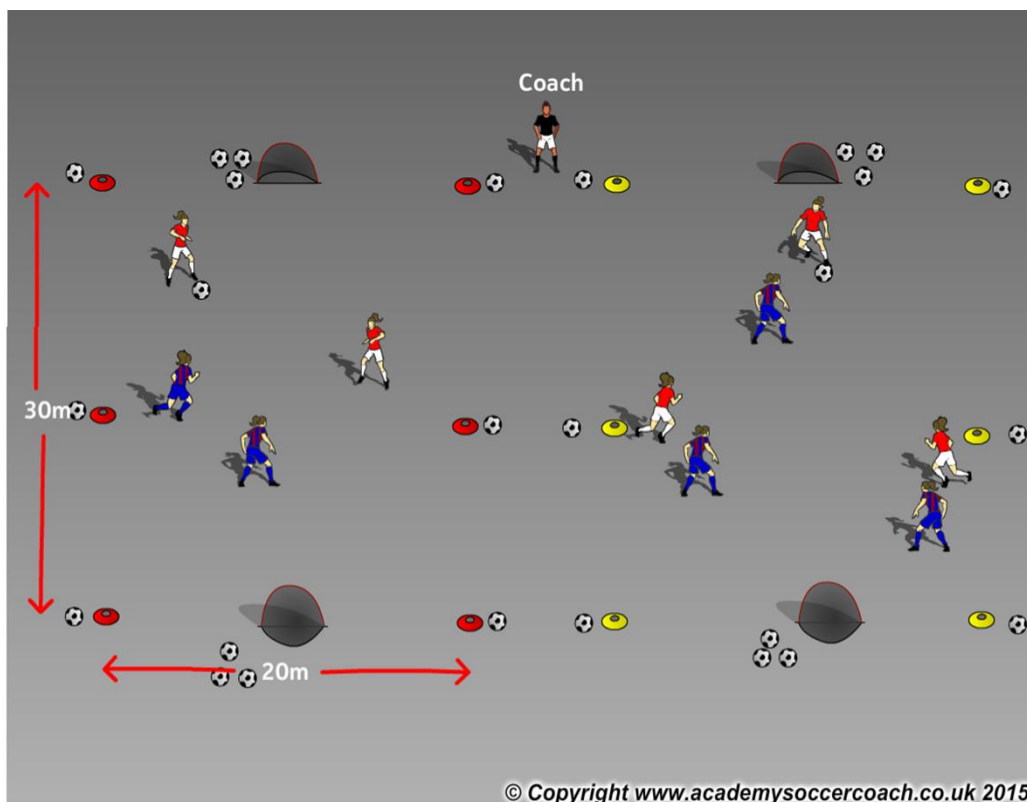
Player Development



FUNdamentals practice plan – Week 20

Station D

Small sided game – 2v2 or 3v3



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Organization: 2 fields of 20m x 30m are set up. Organize players into either 2v2 or 3v3 games.

Procedure: Children are allowed "free play" to express them selves and make decisions within the game situation. Coach should just observe the players.

Time frame. 8-10 minutes

Emphasis:

FREEPLAY!

FUN!

<u>Psychological</u> Fun Confidence Being safe Decision making	<u>Technical</u> Receiving Shooting Attacking/Defending
<u>Physical</u> Speed A,B,C's Change of Direction	<u>Social</u> Listening Communicating Celebrating Helping each other

Player Development

FUNdamentals practice plans

The Player Development 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.

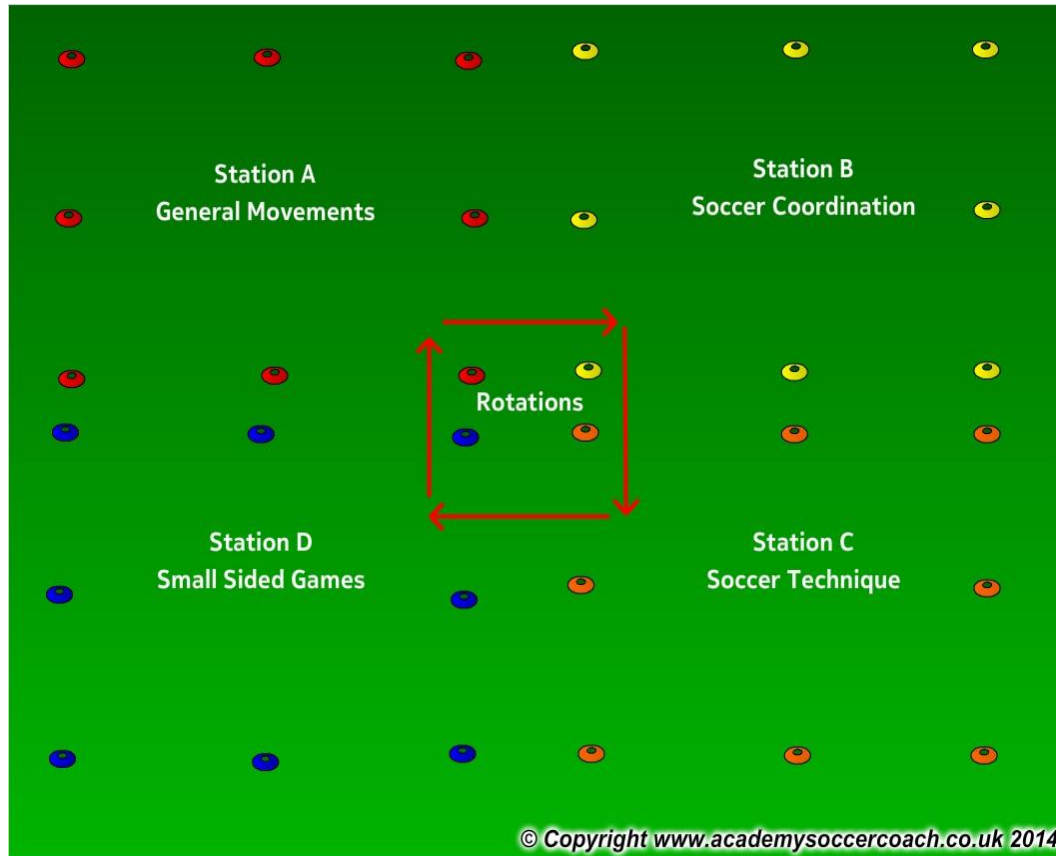
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All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

Total Practice time 45 minutes as per the Recreational and Development Matrix

FUNdamentals practice plans

How the Player Development 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.

General Movement: %20

Coordination: %20

Soccer technique: %20

Small sided game: %40

Player Development

FUNdamentals practice plan – Week 21

Station A

General Movements – King of the Ring



Organization: All players have a ball each and are placed in a circle, approx 15 yards in diameter.

Procedure: Players dribble their ball ensuring that the ball is always moving. On coach command all players keep their own ball under control while attempting to kick other players balls out of the circle.

If a players ball is kicked from the circle they must retrieve it and perform a task to re-enter play. example: 10 toe-taps, 1 lap of the circle dribbling their ball.

Player Development

Time frame. 8-10 minutes

Emphasis:

Agility, Balance, Coordination, Speed

Changing Direction

Dribbling

FUN!

Psychological

Decision Making
Confidence
Being safe
Spatial Awareness

Technical

Dribbling
Shielding

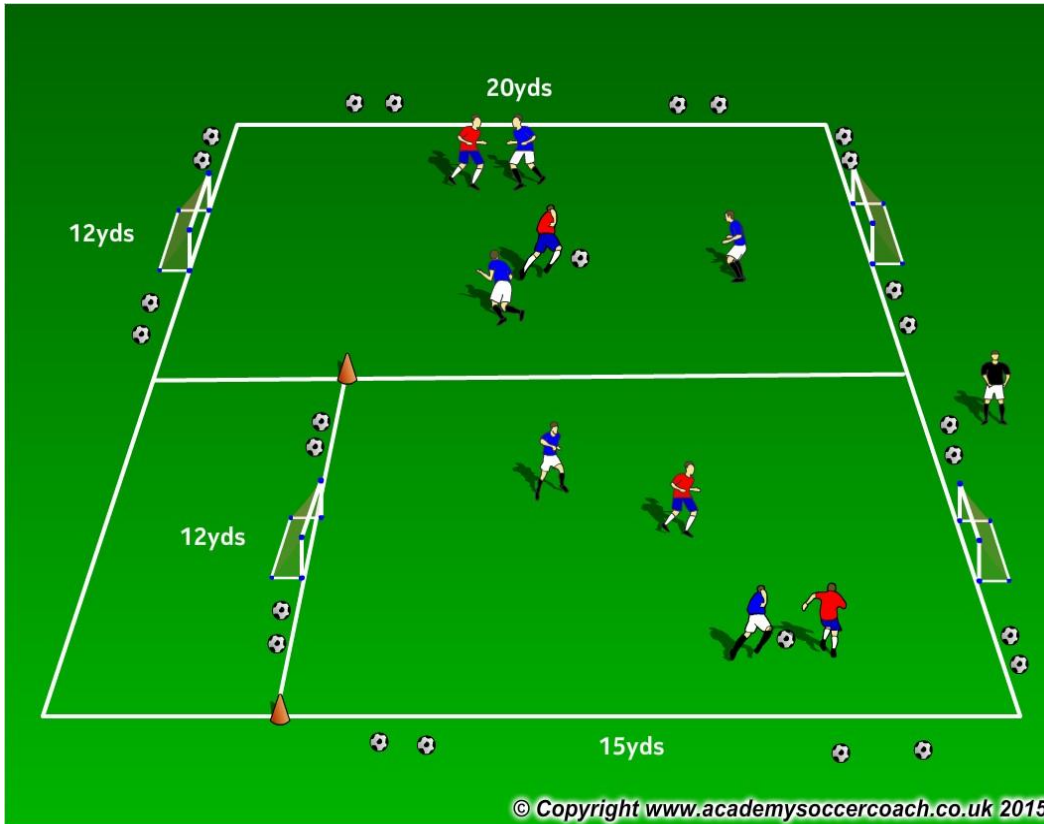
Physical

Agility, Balance
Change of Direction
Speed

Social

Listening
Problem Solving
Celebrating

FUNdamentals practice plan – Week 21
Station B
Technique work – 2v2/3v3 Mini games



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Organization: Create two mini fields, one 12 x 15yards & the other 12 x 20 yards.
Balls around perimeter
Procedure: Players play 3v3 in larger field & 2v2 in smaller field

Player Development

Time frame. 8-10 minutes

Emphasis:

Opportunities to Dribble

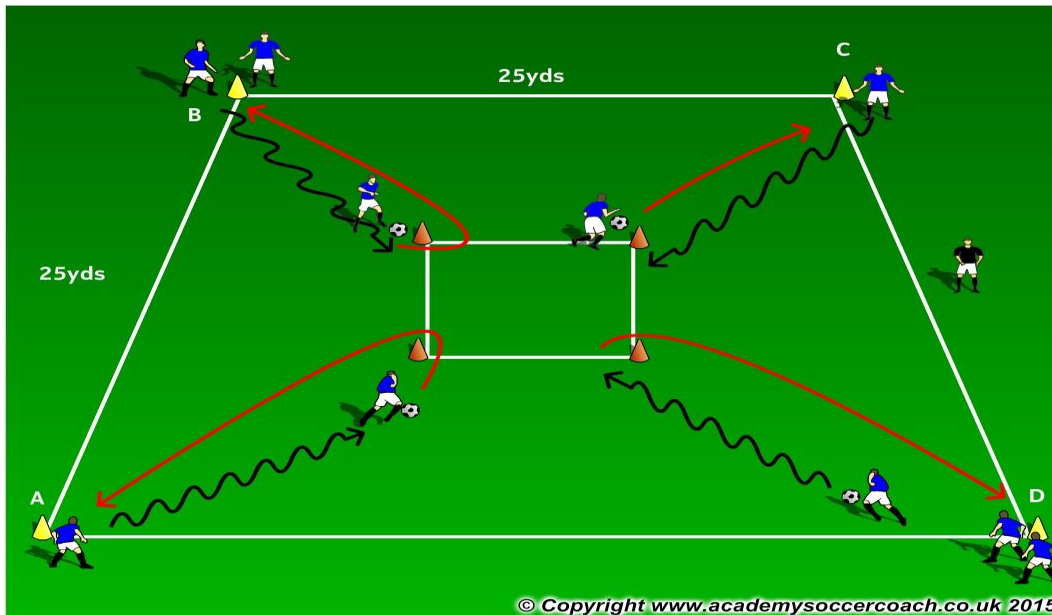
Allow players to be creative.

<p><u>Psychological</u> Confidence Being safe Self Control Decision Making</p>	<p><u>Technical</u> Dribbling Keeping the ball close Cuts & Turns</p>
<p><u>Physical</u> A,B,C's Change of Direction Acceleration</p>	<p><u>Social</u> Listening Communicating Celebrating</p>

FUNdamentals practice plan – Week 21

Station C

Dribbling: Coerver Square



Organization: Set up large grid 25x25 yds with a smaller 8x8yds area in the centre. Position large pylon at each corner of the smaller grid. Players are divided evenly and positioned at a corner of the large grid (A,B,C,D) with no more than 3 per corner. 1 ball with each group of players

Procedure: Players will dribble to the centre pylon using different ball manipulation (inside/outside foot, sole, laces etc). Once at the centre cone they turn staying as close to the pylon as possible before running the ball at speed back to next player in line.

Progression 1: When players turn at the centre pylons they return to a different line (eg. If everyone is moving clockwise: start at A dribble to pylon, turn and run ball back to B)

Progression 2: Players dribble at the same time through central grid and join opposite line (A dribbles through centre box and joins C)

Player Development

Time frame. 8-10 minutes

Emphasis:

- Ball control on the move
- Ball manipulation
- Change of speeds/directions

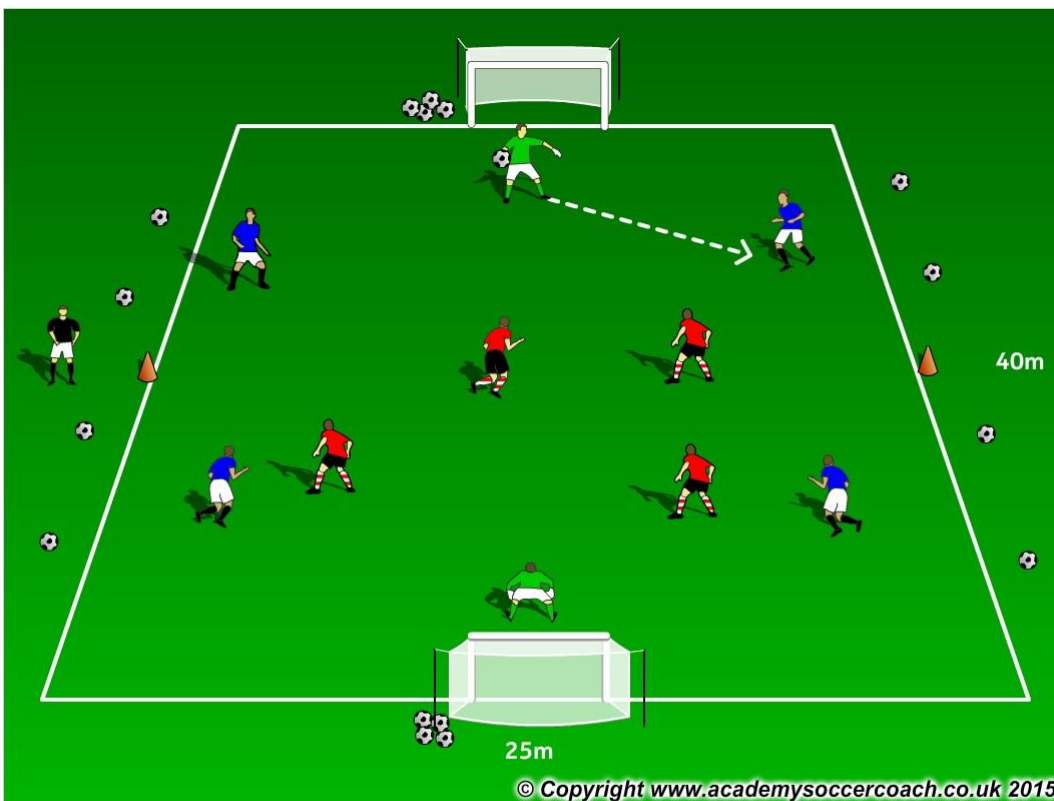
Psychological
Confidence
Decision making
Spatial awareness

Technical
Different dribbling skills
Ball control
Turning

Physical
Speed
Change of Direction
A,B,C's

Social
Listening
Communicating
Fun

FUNdamentals practice plan – Week 21
Station D
Small sided game – 5v5 with the Retreat line



Organization: Players play 5v5 in a 40x25m area (6v6/7v7 = increase area accordingly). Balls stationed along outside of field. Retreat Line marked at half way line for 5v5.

Procedure: Encourage players to penetrate with forward passes, however passes should not be forced. Look for efficient movement to support player in possession and find space.

Player Development

Time frame, 8-10 minutes

Emphasis:

FREEPLAY!

FUN!

<p><u>Psychological</u> Fun Confidence Being safe Decision making</p>	<p><u>Technical</u> Receiving Dribbling Attacking</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Celebrating Helping each other</p>

FUNdamentals practice plans

The Player Development 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.

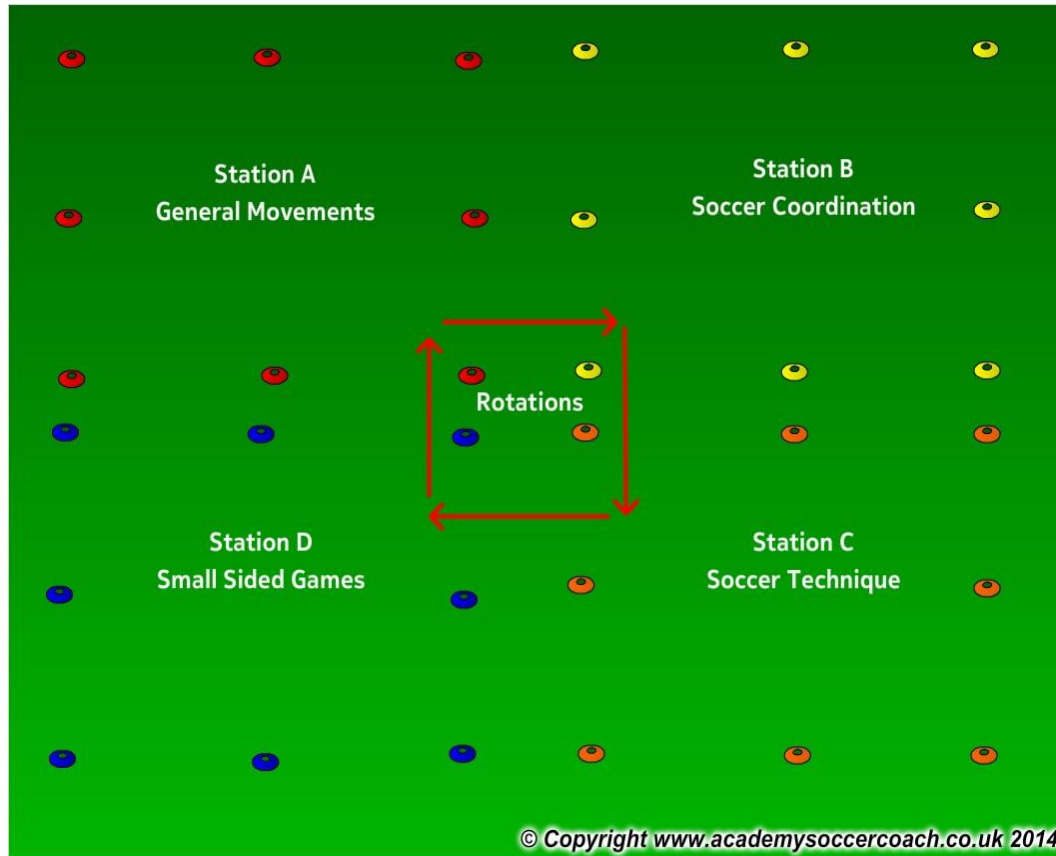
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All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

Total Practice time 45 minutes as per the Recreational and Development Matrix

FUNdamentals practice plans

How the Player Development 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.

General Movement: %20

Coordination: %20

Soccer technique: %20

Small sided game: %40

Player Development

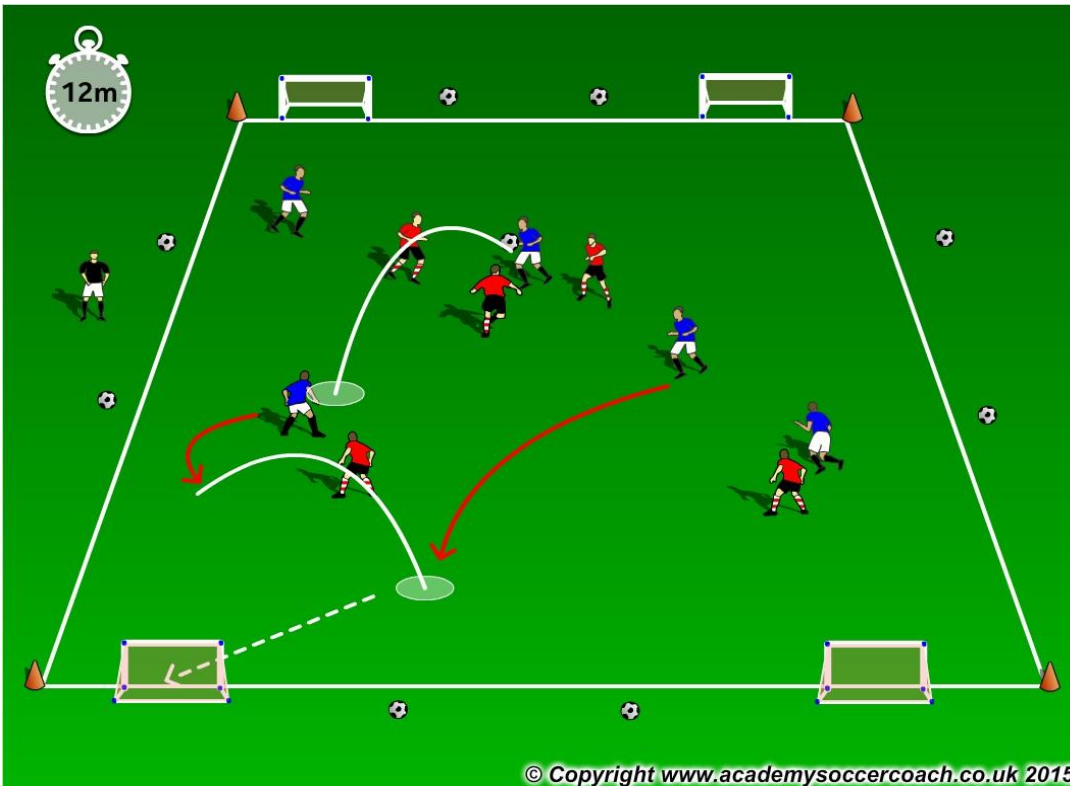
FUNdamentals practice plan – Week 22
Station A
General Movements – 2 Goal Handball Game



Time frame. 8-10 minutes

Emphasis:

Agility, Balance, Coordination, Speed
 Changing Direction
 FUN!



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Organization: Players are placed in 20x20 area with 2 nets positioned at each end as shown above.

Procedure: Players play handball and attempt to score by throwing the ball into either net. Players cannot move more than 3 steps when in possession. Defending team win possession by intercepting passes

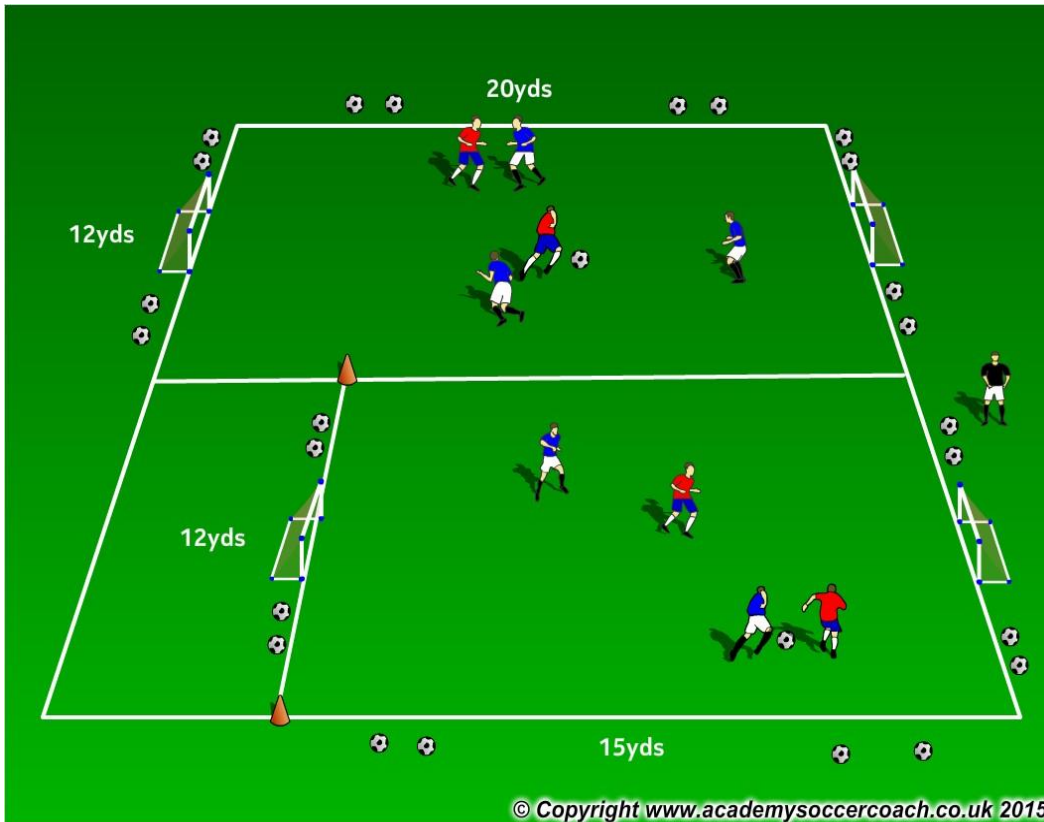
<p><u>Psychological</u> Decision Making Confidence Being safe Spatial Awareness</p>	<p><u>Technical</u> Different types of pass</p>
<p><u>Physical</u> Agility, Balance, Coordination Speed Power</p>	<p><u>Social</u> Listening Problem Solving Fun</p>

Player Development

FUNdamentals practice plan – Week 22

Station B

Technique work – 2v2/3v3 Mini games



Organization: Create two mini fields, one 12 x 15yards & the other 12 x 20 yards.

Balls around perimeter

Procedure: Players play 3v3 in larger field & 2v2 in smaller field

Player Development

Time frame. 8-10 minutes

Emphasis:

Opportunities to Dribble

Allow players to be creative.

Psychologi cal

Confidence
Being safe
Self Control
Decision Making

Technical

Dribbling
Keeping the ball close
Cuts & Turns

Physical

A,B,C's
Change of Direction
Acceleration

Social

Listening
Communicating
Celebrating

FUNdamentals practice plan – Week 22

Station C

Dribbling: 1v1 Attacking



Time frame. 8-10 minutes

Emphasis:

- Ball control on the move
- Ball manipulation
- Change of speeds/directions



Organization: 12x25 yard area with 2 nets placed at each end. Players are divided evenly into 2 teams; attackers and defenders. Defenders are positioned on sideline while attackers are positioned on the opposite side of the field. The coach will act as server and be stationed opposite attackers with ball. After 4-5 minutes switch attackers and defenders.

Procedure: Coach serves ball to attacker who receives the ball and attacks the goal. As coach serves the ball, the first defender comes to engage the attacker. **Scoring:** 1 point for attacker if they can score on the goal. If defender wins the ball they can score on the opposite net.

Player Development

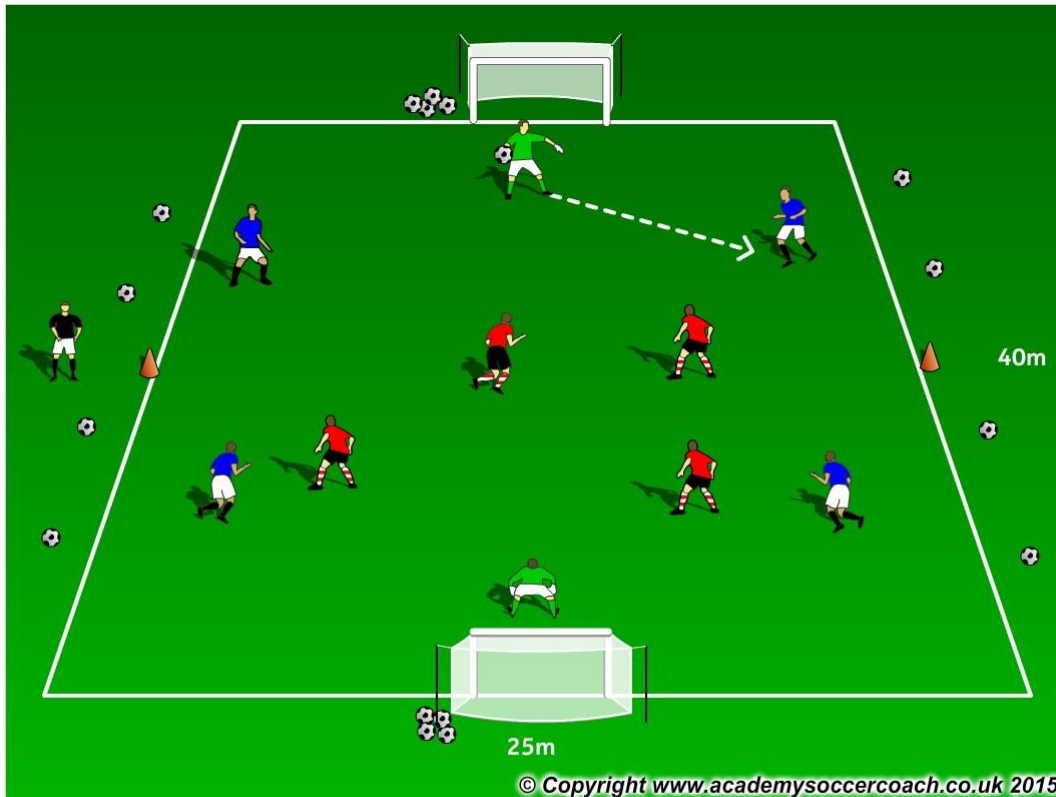
Psychological
Confidence
Decision making
Spatial awareness

Technical
Different dribbling skills
Ball control
Receiving skills

Physical
Speed
Change of Direction
A,B,C's

Social
Listening
Communicating
Fun

FUNdamentals practice plan – Week 22
Station D
Small sided game – 5v5 with the Retreat line



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Organization: Players play 5v5 in a 40x25m area (6v6/7v7 = increase area accordingly). Balls stationed along outside of field. Retreat Line marked at half way line for 5v5.
Procedure: Encourage players to penetrate with forward passes, however passes should not be forced. Look for efficient movement to support player in possession and find space.

Player Development

Time frame. 8-10 minutes

Emphasis:

FREEPLAY!

FUN!

<p><u>Psychological</u> Fun Confidence Being safe Decision making</p>	<p><u>Technical</u> Receiving Dribbling Attacking</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Celebrating Helping each other</p>



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.

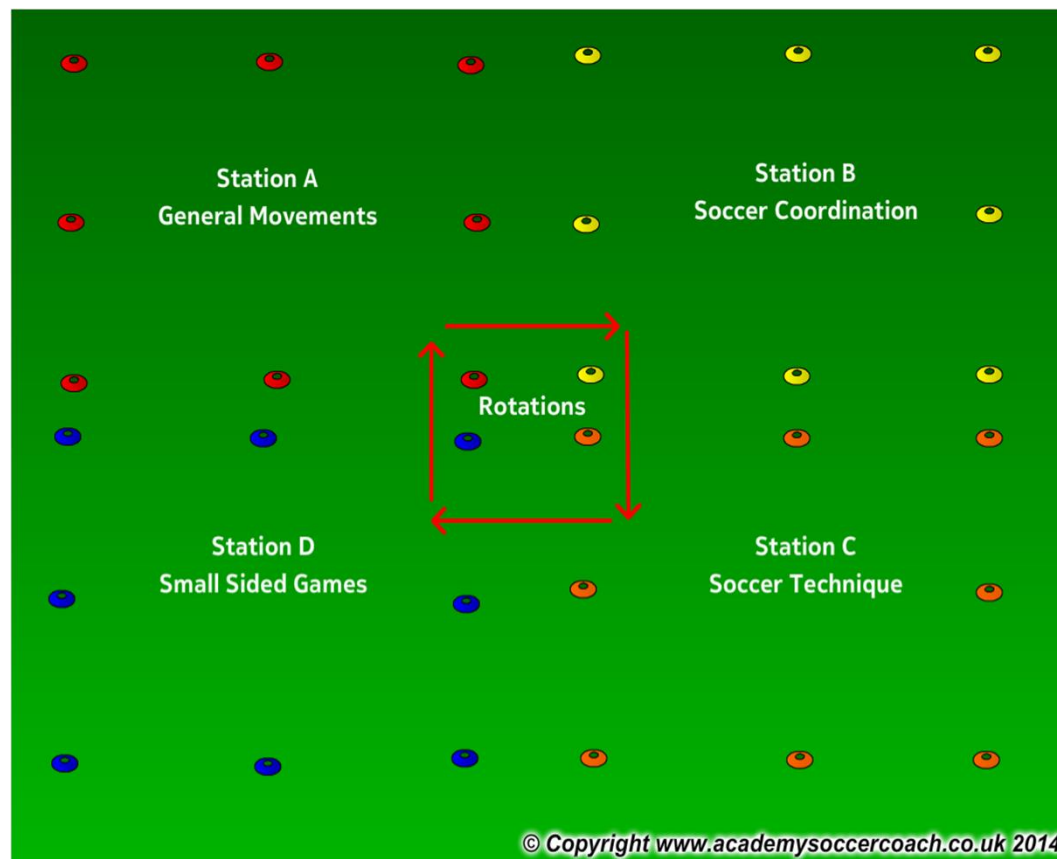
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

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.

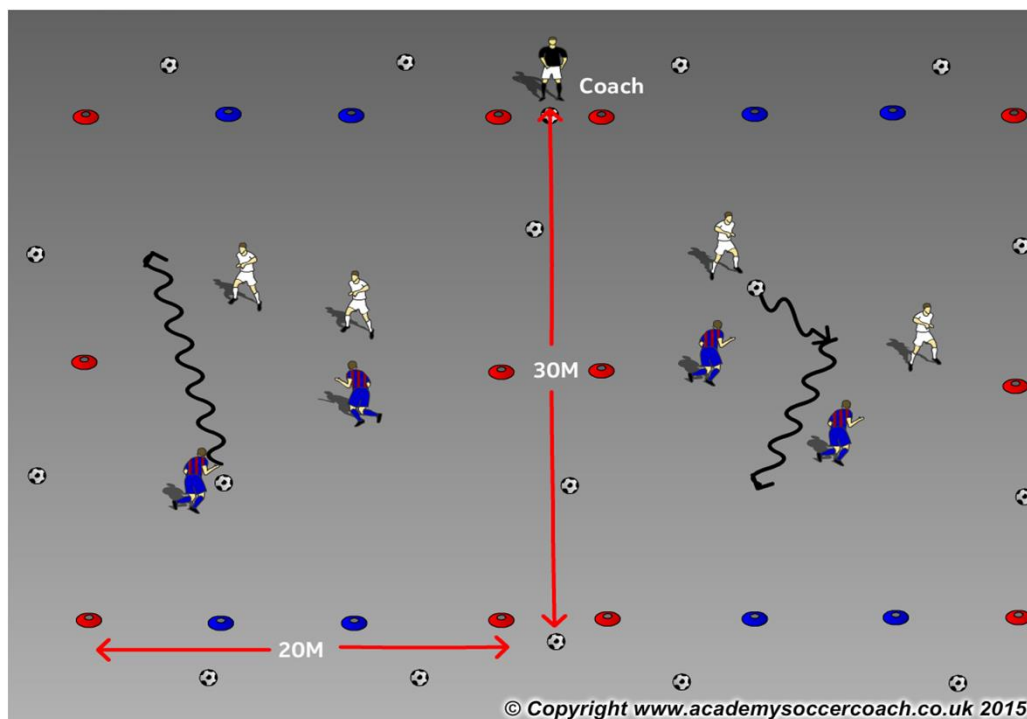
If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



FUNdamentals practice plan – Week 24

Station A

2v2 Small Sided Game Running with the ball



Organization: 2, 30m x 20m fields are set up. 4 teams of 2 are created and players play 2v2 on each field.

Procedure: Players play 2v2; to score they must run the ball through the goal. Once a team scores they keep possession of the ball and attempt to attack the opposite goal. If the ball goes out of play they can either pass the ball in or dribble in.

Time frame. 8-10 minutes

Emphasis:

Running with the ball
Decision making
FUN!

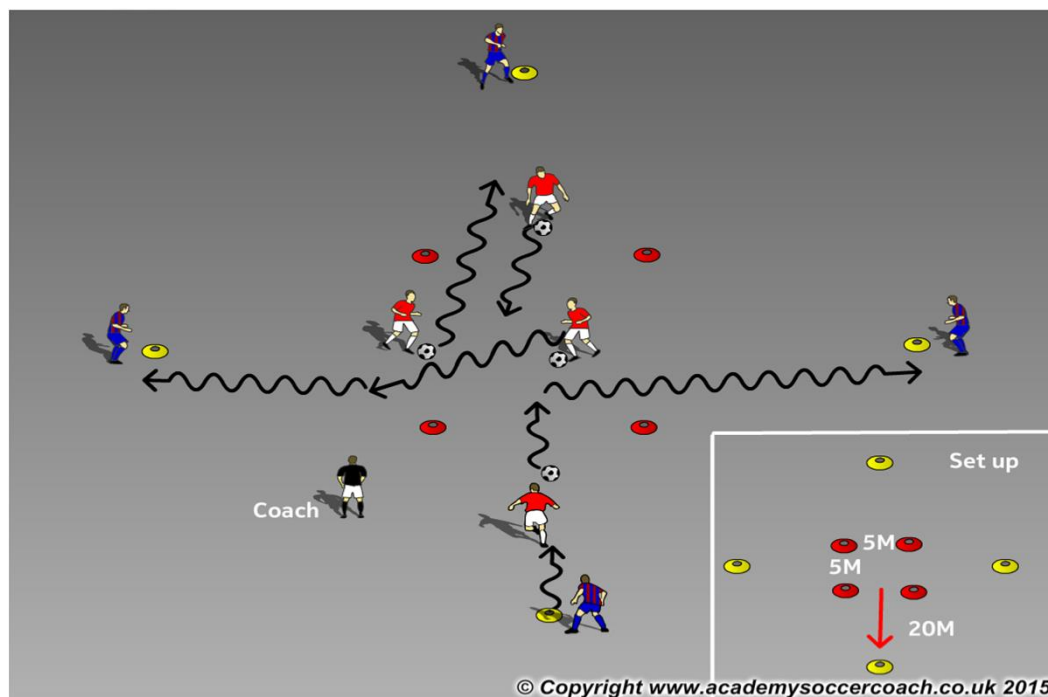
<u>Psychological</u> Confidence Being safe Decision making	<u>Technical</u> Running with the ball
<u>Physical</u> A,B,C's Change of Direction Speed	<u>Social</u> Listening Communicating Celebrating



FUNdamentals practice plan – Week 24

Station B

Running with the ball



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Organization: Players are placed into pairs as shown. Set up your area as shown in the set up diagram.

Procedure: Players have to run with the ball towards the middle square. Once they get to the middle square they must make a decision and run out of a different side to score a point. The player in waiting takes over the ball and continues.

Progression: Make it a competition for the players. They have 60 seconds to score as many points as possible. While 4 players work the remaining 4 players each keep track of how many points their partner scores.

Time frame. 8-10 minutes

Emphasis:

Running with the ball

Changing direction

Decision making

Change of speed

FUN!

Psychological

Confidence

chaotic

Decision making

Technical

Running with the ball

Physical

A,B,C's

Change of Direction

Speed

Social

Listening

Communicating

Celebrating

Grassroots Development



FUNdamentals practice plan – Week 24

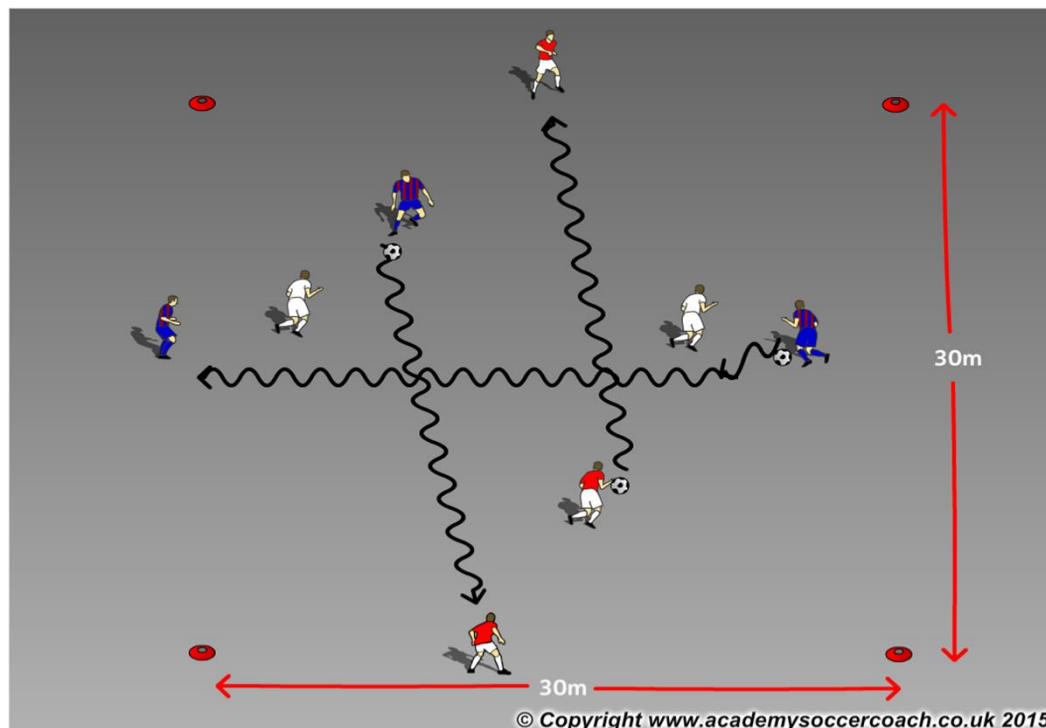
Station C

Running with the ball to target players

Time frame 8- 10 minutes

Emphasis:

- Running with the ball
- Decision making
- Chaotic situations
- Agility, Balance, Coordination
- Imagination
- FUN!



Organization: 6 players are spread out on the outside of the 30m x 30m area. 3 players have a soccer ball. 2 players are placed in the square with a pinnie in their hand, these players start as defenders.

Procedure: Players on the outside with a ball must run with the ball to a player on a different side of the square to score a point. If the defender is able to tackle the dribbler they switch roles instantly. Players running with the ball must make decisions on which space to attack based on what the defenders are doing. Go for 90 seconds each game.

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



FUNdamentals practice plan – Week 24

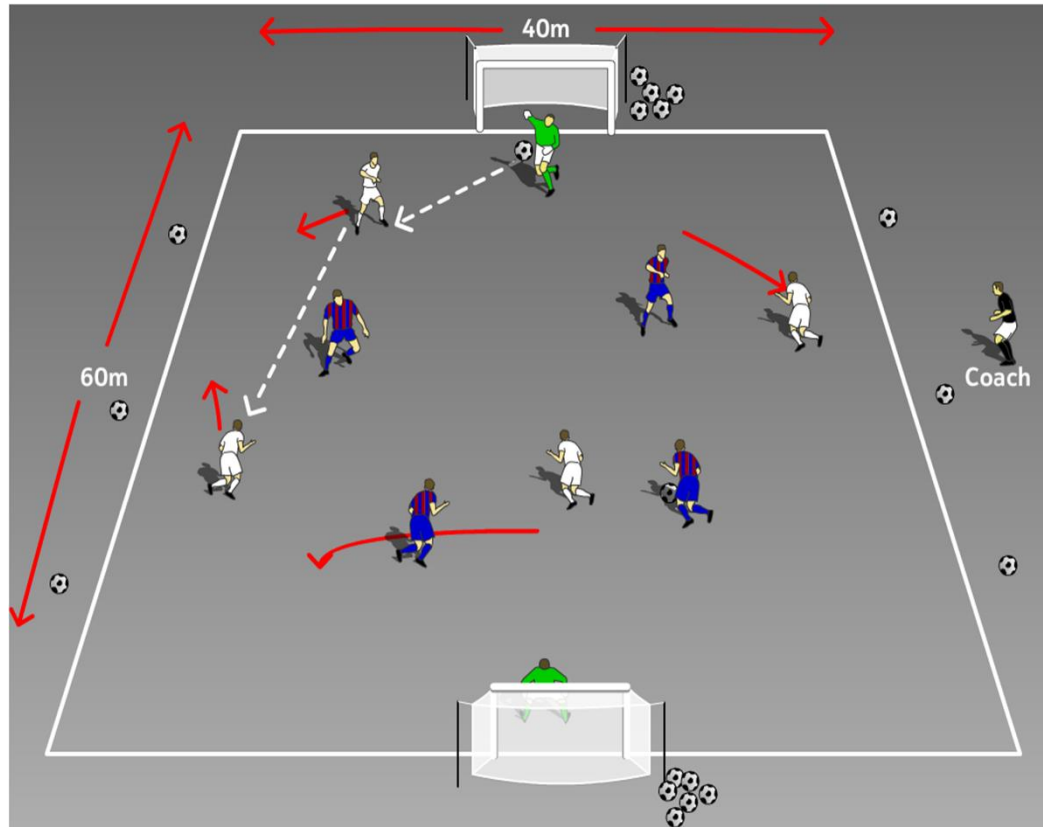
Station D

Small Sided Game – 5v5

Time frame. 8-10 minutes

Emphasis:

Free Play
Decision making
FUN!



Organization: 5v5 in a 60m x 40m field. No conditions. Encourage players to be positive, run with the ball and penetrate space when they have the opportunity. Look for good movement to provide support and find space.

Psychological

Confidence
Being safe
Decision making

Technical

Running with the ball

Physical

A,B,C's
Change of Direction
Speed

Social

Listening
Communicating
Celebrating

FUNdamentals practice plans

The Player Development 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.

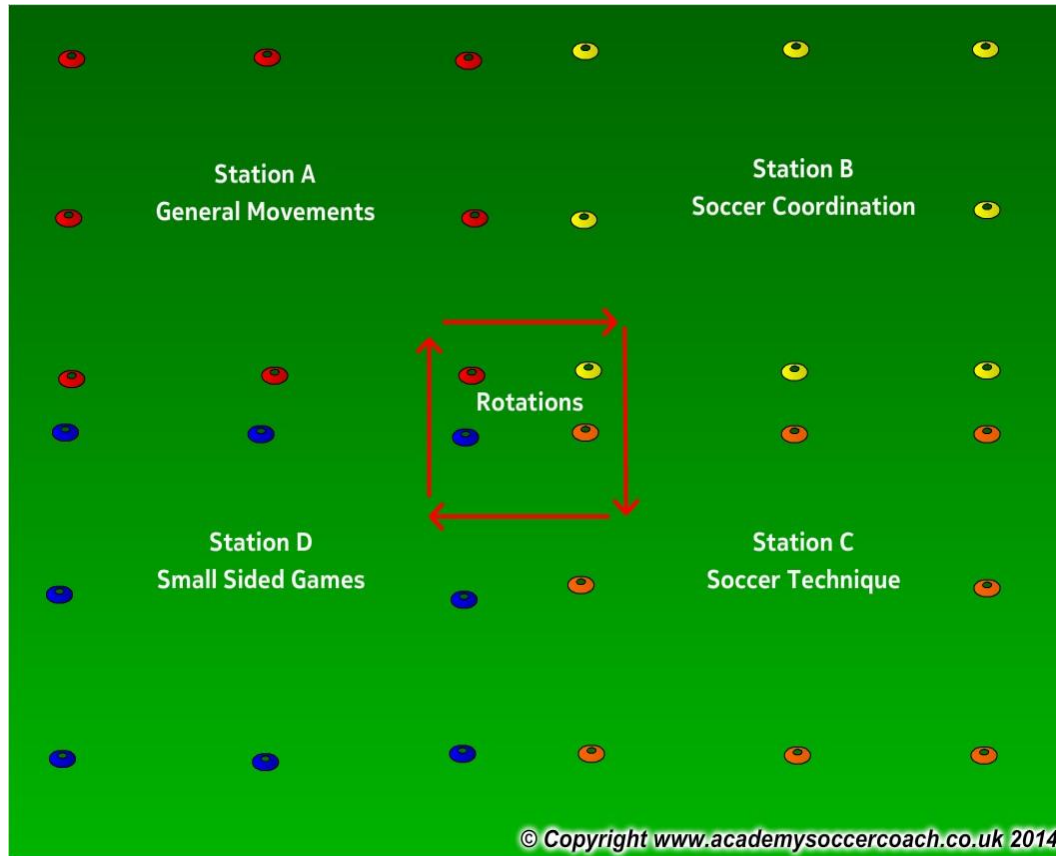
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All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

Total Practice time 45 minutes as per the Recreational and Development Matrix

FUNdamentals practice plans

How the Player Development 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.

General Movement: %20

Coordination: %20

Soccer technique: %20

Small sided game: %40

Player Development

FUNdamentals practice plan – Week 26

Station A

General Movements – King of the Ring



Organization: All players have a ball each and are placed in a circle, approx 15 yards in diameter.

Procedure: Players dribble their ball ensuring that the ball is always moving. On coach command all players keep their own ball under control while attempting to kick other players balls out of the circle.

If a players ball is kicked from the circle they must retrieve it and perform a task to re-enter play. example: 10 toe-taps, 1 lap of the circle dribbling their ball.

Player Development

Time frame. 8-10 minutes

Emphasis:

Agility, Balance, Coordination, Speed
Changing Direction
Dribbling
FUN!

<u>Psychological</u> Decision Making Confidence Being safe Spatial Awareness	<u>Technical</u> Dribbling Shielding
<u>Physical</u> Agility, Balance Change of Direction Speed	<u>Social</u> Listening Problem Solving Celebrating

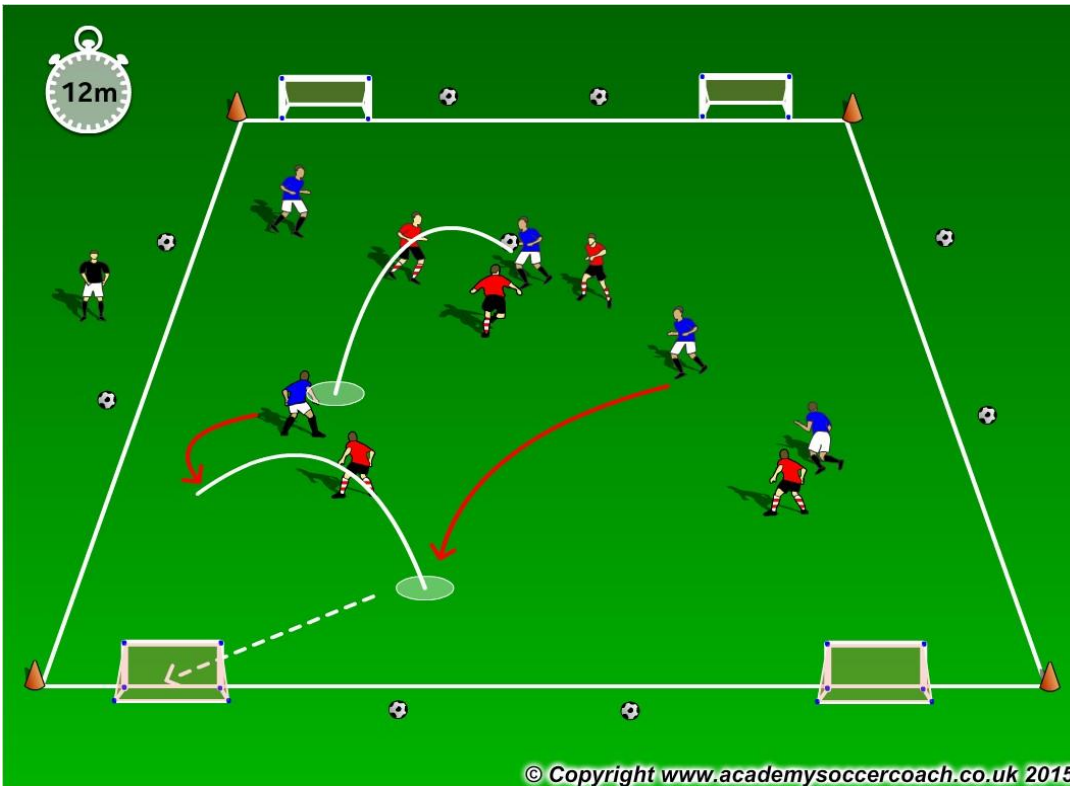
FUNdamentals practice plan – Week 26
Station B
General Movements – 2 Goal Handball Game



Time frame. 8-10 minutes

Emphasis:

Agility, Balance, Coordination, Speed
 Changing Direction
 FUN!



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Organization: Players are placed in 20x20 area with 2 nets positioned at each end as shown above.

Procedure: Players play handball and attempt to score by throwing the ball into either net. Players cannot move more than 3 steps when in possession. Defending team win possession by intercepting passes

<p><u>Psychological</u> Decision Making Confidence Being safe Spatial Awareness</p>	<p><u>Technical</u> Different types of pass</p>
<p><u>Physical</u> Agility, Balance, Coordination Speed Power</p>	<p><u>Social</u> Listening Problem Solving Fun</p>

Player Development

FUNdamentals practice plan – Week 26

Station C

5v5 shooting – King Louie



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Organization: Players play 5v5 in 20x15 yard area. 1 net positioned on either end with a supply of balls. Pylons are used to mark the half-way line.
Procedure: Players must stay within their own half of the field. Players must look to receive the ball and get a shot on goal. If the ball goes out of bounds the ball will restart with the defending teams GK.
Progression: 1 player from each team will play within opponents half to apply pressure on the attacking team.

Time frame. 8-10 minutes

Emphasis:

Guide players to make the correct decisions.
Create a shooting mentality within the players.

<u>Psychological</u> Competition Confidence Decision making Shooting Mentality	<u>Technical</u> Receiving Shooting Goalkeeping
<u>Physical</u> Speed Transition Change of Direction	<u>Social</u> Listening Communicating Fun

Player Development

FUNdamentals practice plan – Week 26
Station D
Small sided game – 5v5 with the Retreat line

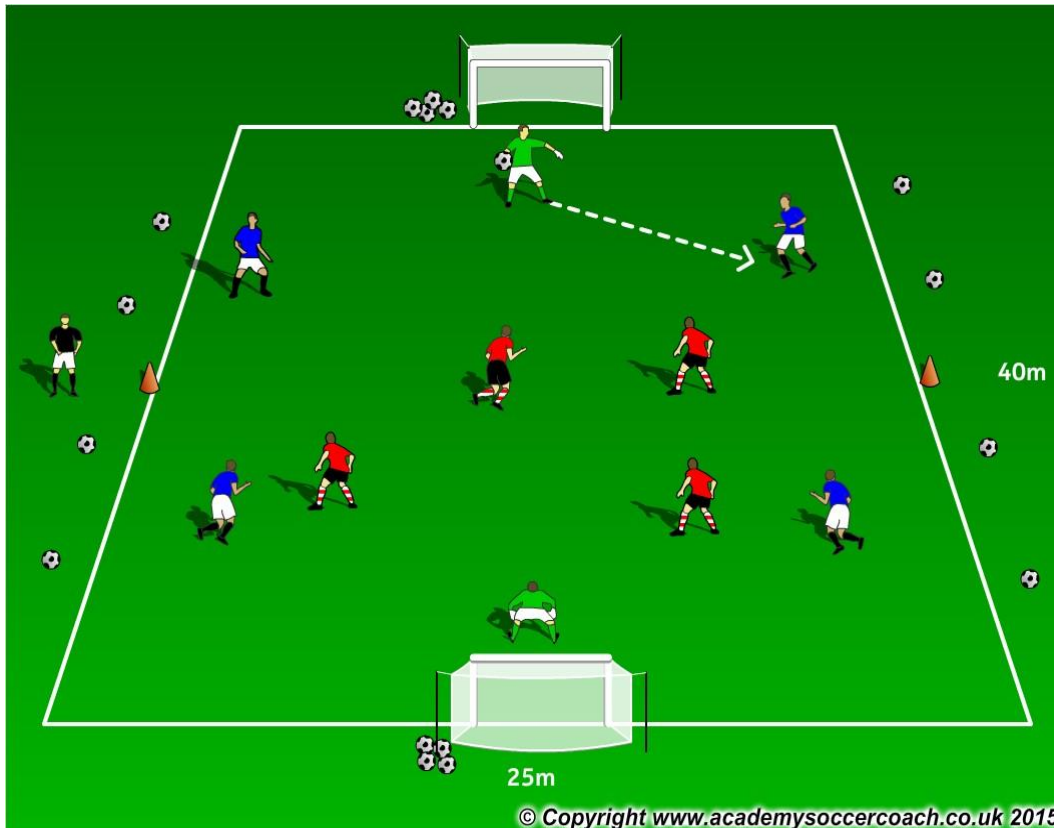


Time frame. 8-10 minutes

Emphasis:

FREEPLAY!

FUN!



Organization: Players play 5v5 in a 40x25m area (6v6/7v7 = increase area accordingly). Balls stationed along outside of field. Retreat Line marked at half way line for 5v5.

<p><u>Psychologi</u> <u>cal</u> Fun Confidence Being safe Decision making</p>	<p><u>Technical</u> Receivin g Shooting Finishing Attacking</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Celebrating Helping each other</p>

Player Development



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.

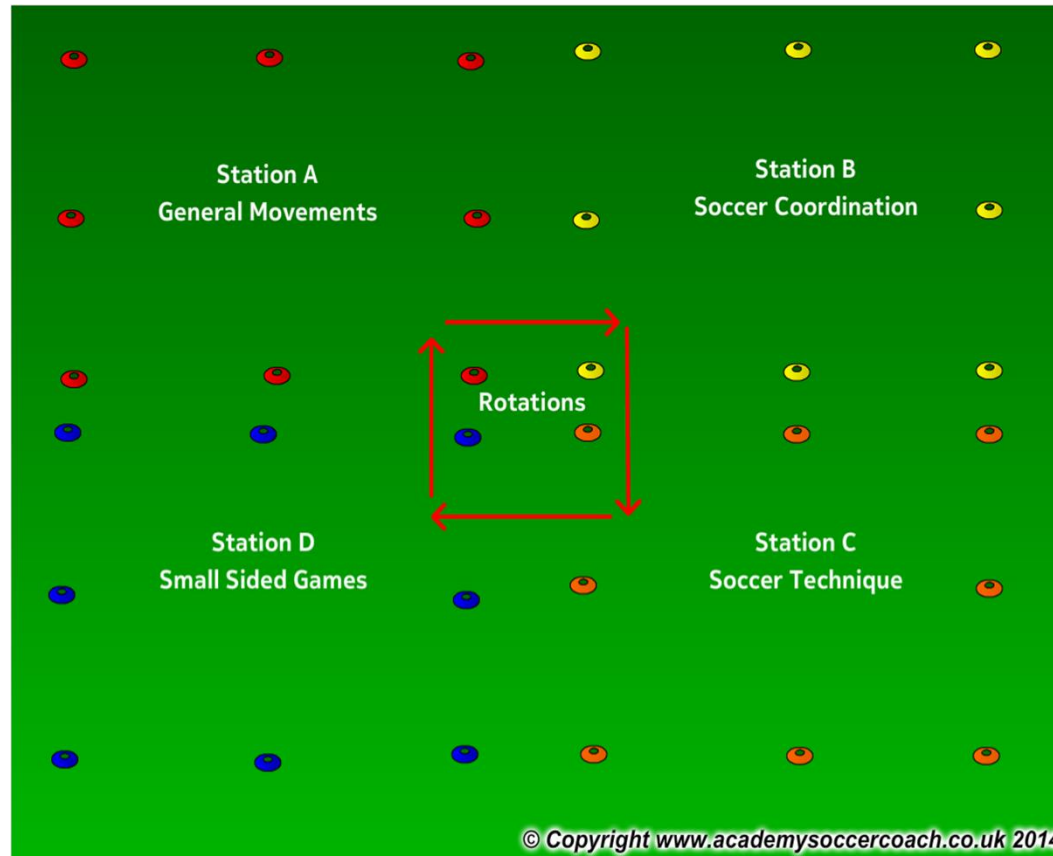
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

Total Practice time 45 minutes as per the Recreational and Development Matrix



FUNdamentals practice plans

How the preferred training model works



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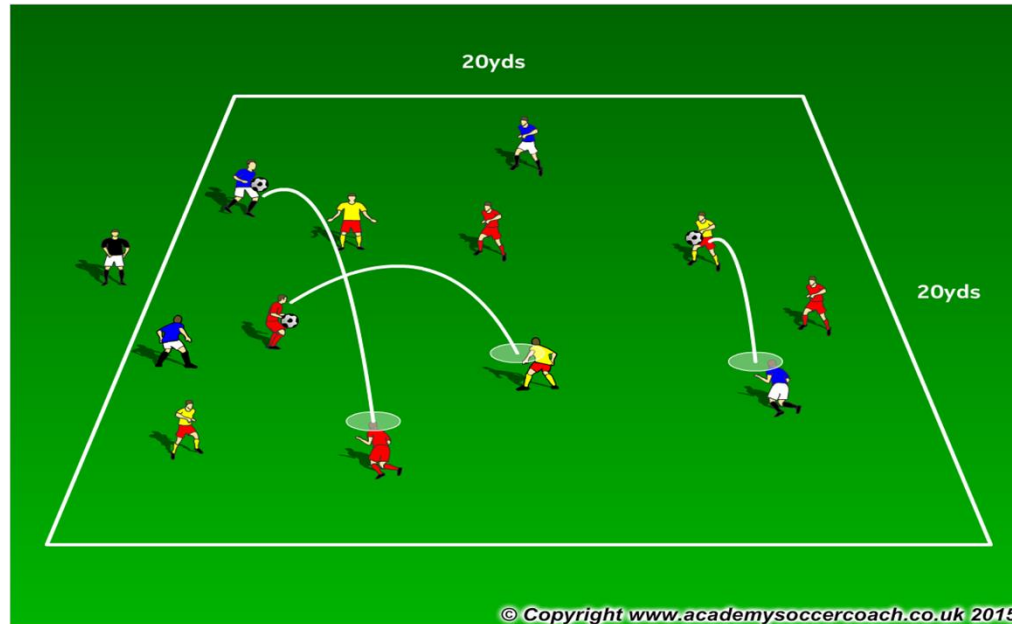
If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



FUNdamentals practice plan – Week 27

Station A

Physical Literacy



Organization: Players are divided into 3 or 4 groups and placed in a 20x20 yard area. 1 ball per group.

Procedure: Players move around the area using type of movement dictated by coach: running, backwards running, hopping, skipping etc. Players throw the ball to each other using a variety of techniques: overhead throw, under-arm throw, chest/bounce pass, 1 hand throw under opposite leg, American football “snap”.

Progressions: Players can only play to players in same team (red only pass to red), Players must pass to a different team each time (Red must play blue or yellow).

Time frame. 8-10 minutes

Emphasis:

Multi direction movement
Coordination
Balance

<p><u>Psychological</u> Confidence Being safe Decision making FUN</p>	<p><u>Technical</u> N/A</p>
<p><u>Physical</u> Multi direction moves Coordination Balance Speed</p>	<p><u>Social</u> Listening Communicating FUN</p>



FUNdamentals practice plan – Week 27

Station B

3v3 to 2 target players

Time frame. 8-10 minutes

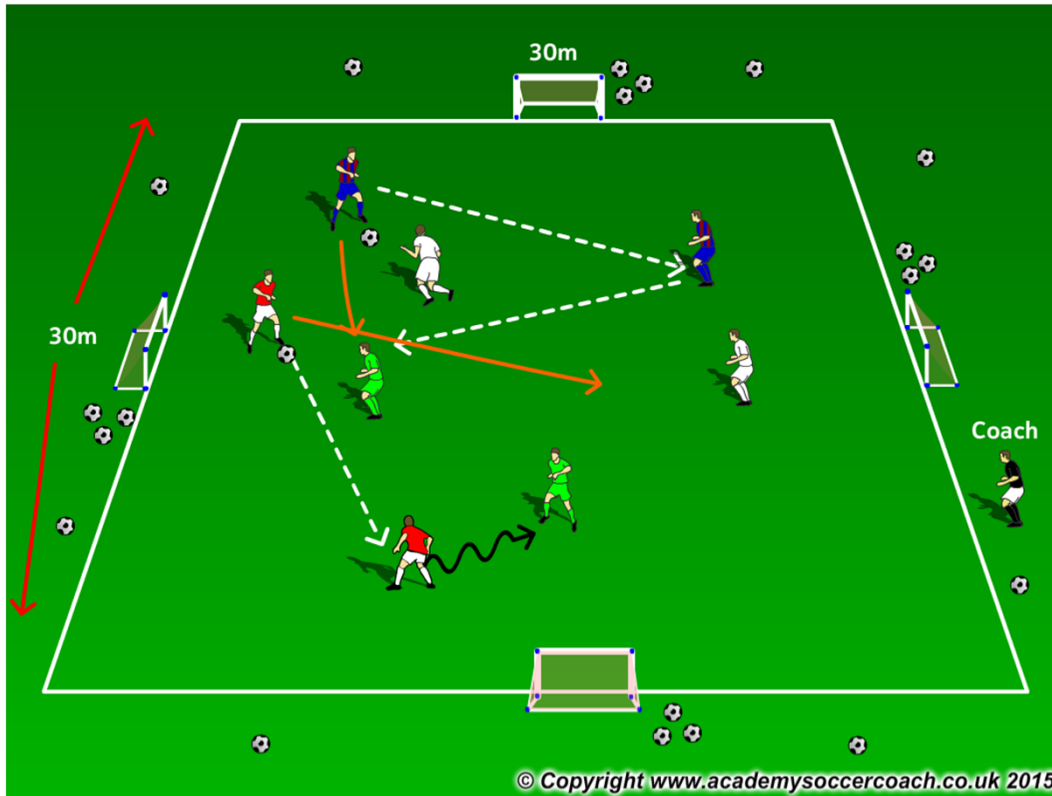
Emphasis:

1v1 attacking/defending

Decision making

Team work

FUN!



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Organization: 4 teams of 2 players are placed on to a field 30mx30m.
Procedure: Players play two games of 2v2 with one game being played in one direction and the other game being played in the oppisite direction. Players are now placed in to a game situation that will enable them to make decisions based on what is happening around them.

Psychological

Confidence
Decision making
FUN

Technical

1v1
attacking/defending
Passing
Receiving

Physical

Movement
Timing
Acceleration

Social

Listening
Communicating
Celebrating

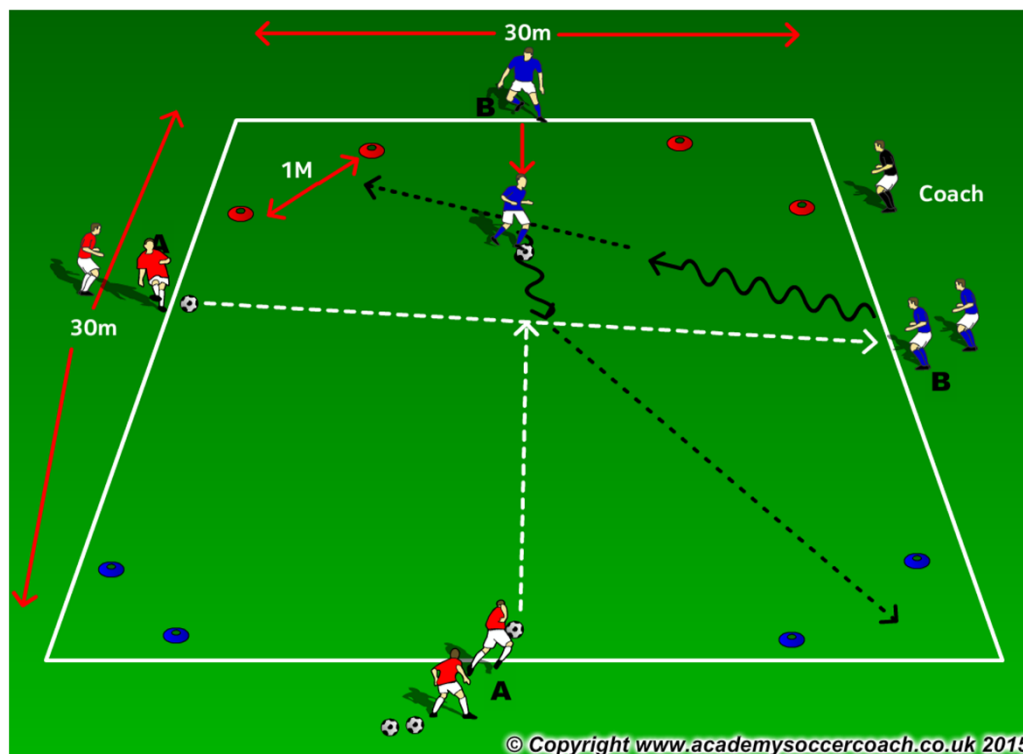
Grassroots Development



FUNdamentals practice plan – Week 27

Station C

1v1 Chaos – Show your skills



Organization: Area is 30m x 30m with 1 goal in each corner, 1m in width.
Procedure: Player A's plays the pass to player B's on the opposite side of the area. Player B attempts to dribble past player A and dribble through one of the goals. If player A takes the ball away from play B he/she then tries to dribble the ball through any of the goals. Keep rotating the service so that all players are attackers. 2 1v1 games are happening at the same time
Progression: Players progress to play 2v2 if success is being achieved.

Time frame.8- 10 minutes

Emphasis:

1v1 situations
Decision making
Chaotic situations
FUN!

Psychological

Confidence
Being safe
Decision making

Technical

1v1 attacking and
defending

Physical

A,B,C's
Change of Direction
Speed/Acceleration

Social

Listening
Communicating
Competition



FUNdamentals practice plan – Week 27
Station D
Small Sided Game – 5v5 with retreat line



Organization: Players play 5v5 in a 40x25m area (6v6/7v7 = increase area accordingly). Balls stationed along outside of field. Retreat Line marked at half way line for 5v5.

Time frame. 8-10 minutes

Emphasis:

Free Play

Express yourself

Decision making

FUN!

Psychological

Confidence
Being safe
Decision making
FUN

Technical

Free Play
Express yourself

Physical

A,B,C's
Change of Direction
Speed

Social

Listening
Communicating
Celebrating
Interaction

FUNdamentals practice plans

The Player Development 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.

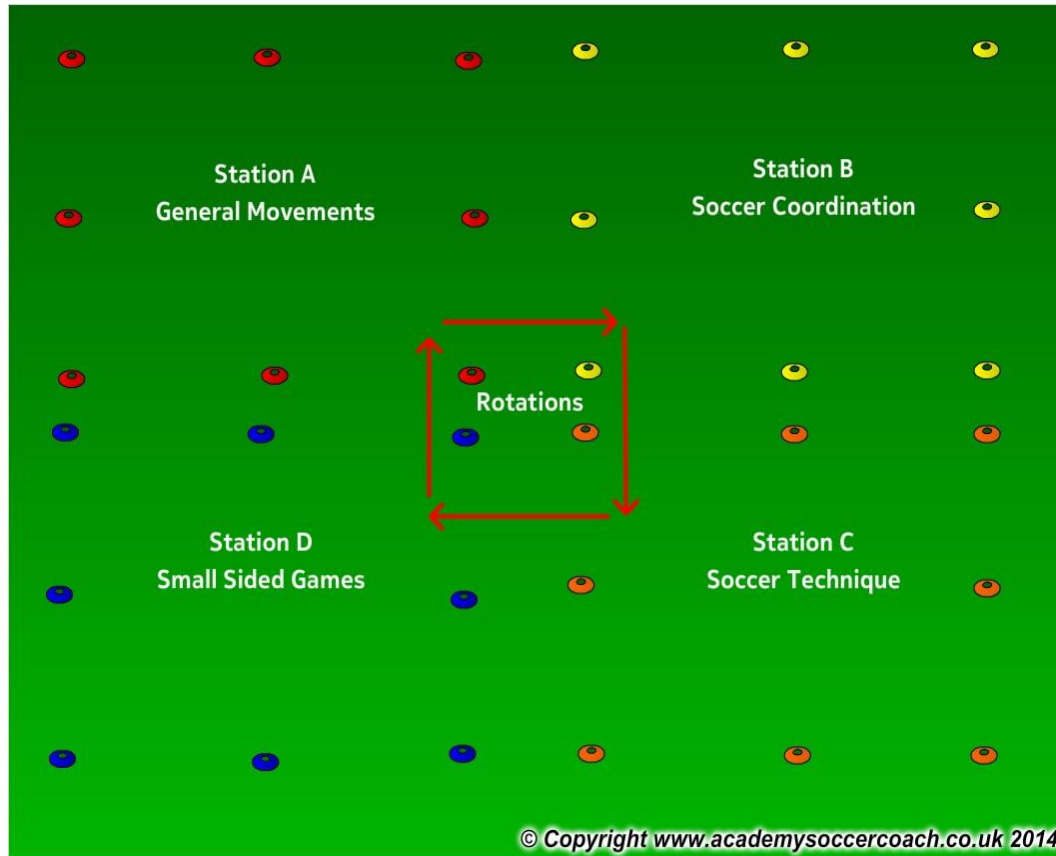
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Total Practice time 45 minutes as per the Recreational and Development Matrix

FUNdamentals practice plans

How the Player Development 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.

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General Movement: %20

Coordination: %20

Soccer technique: %20

Small sided game: %40

Player Development

FUNdamentals practice plan – Week 28

Station A

General Movements – Olympic Relay



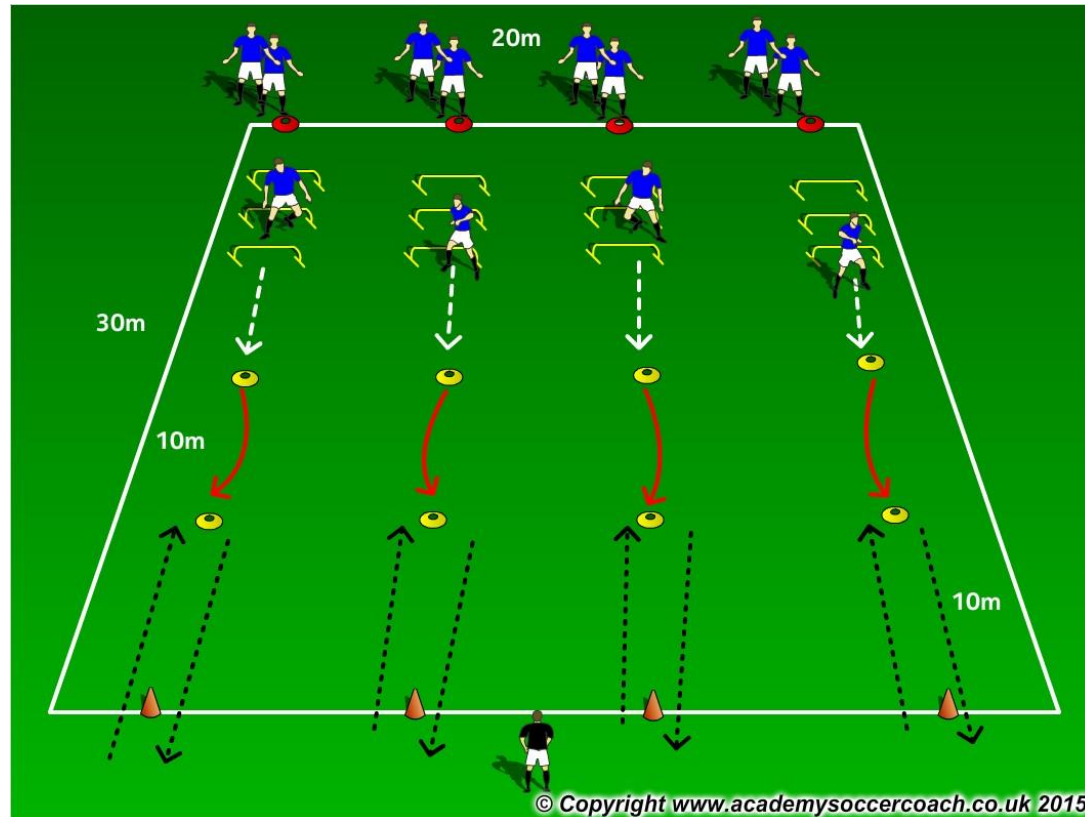
Time frame. 8-10 minutes

Emphasis:

Agility, Balance, Coordination, Speed

Changing Direction

FUN!



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Organization: Players split into 4 groups of 3 (or 3 groups of 4)
Procedure: Players race through 4 stages of the obstacle course performing a variety of fundamental movement skills eg. forward/backwards running, skipping, hopping, bear-crawls, frog jumps, lateral shuffles etc.

Player Development

Psychologi cal

Confidence
Being safe
Competition
Spatial Awareness

Technical

Can incorporate ball

Physical

Agility, Balance
Change of Direction
Speed

Social

Listening
Problem Solving
Celebrating
Teamwork

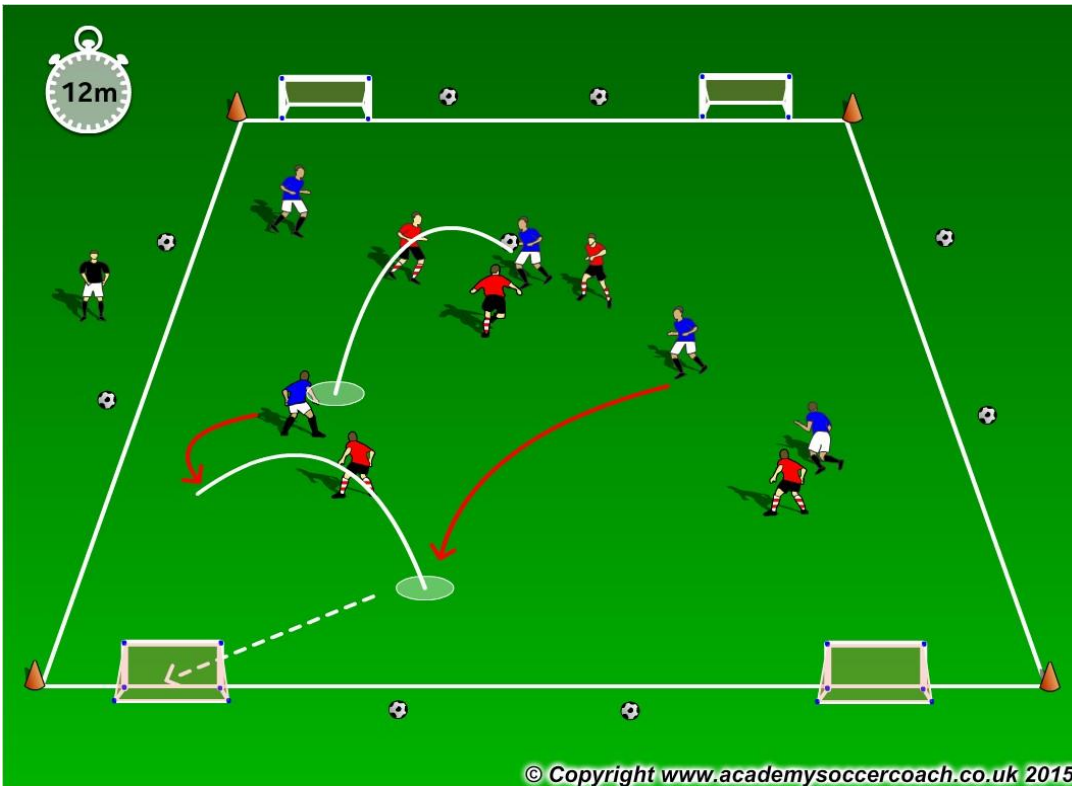
FUNdamentals practice plan – Week 28
Station B
General Movements – 2 Goal Handball Game



Time frame. 8-10 minutes

Emphasis:

Agility, Balance, Coordination, Speed
 Changing Direction
 FUN!



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Organization: Players are placed in 20x20 area with 2 nets positioned at each end as shown above.

Procedure: Players play handball and attempt to score by throwing the ball into either net. Players cannot move more that 3 steps when in possession. Defending team win possession by intercepting passes

<p><u>Psychological</u> Decision Making Confidence Being safe Spatial Awareness</p>	<p><u>Technical</u> Different types of pass</p>
<p><u>Physical</u> Agility, Balance, Coordination Speed Power</p>	<p><u>Social</u> Listening Problem Solving Fun</p>

Player Development

FUNdamentals practice plan – Week 28

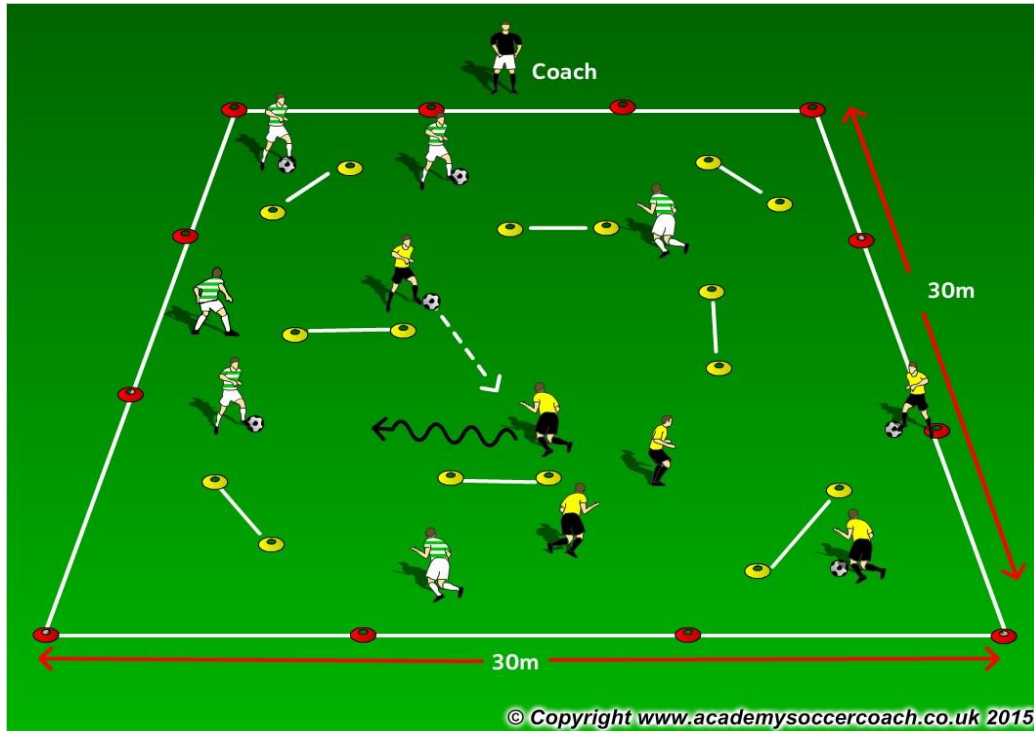
Station C Passing Gates



Time frame. 8-10 minutes

Emphasis:

Passing & Receiving
Touch Direction
Awareness



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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.
Progression. To make it fun/competitive for the players add gates into the area and on the command of "Shopping" players look to pass the ball through the gates. each gate =1point, after 60 seconds pair with the most points wins the competition. Repeat game several times.

Player Development

Psychological Competition Confidence Decision making	Technical Passing Receiving – touch direction Dribbling
Physical A,B,C'S Change of Direction	Social Listening Communicating Fun Teamwork

FUNdamentals practice plan – Week 28
Station D
Small sided game – 5v5 with the Retreat line

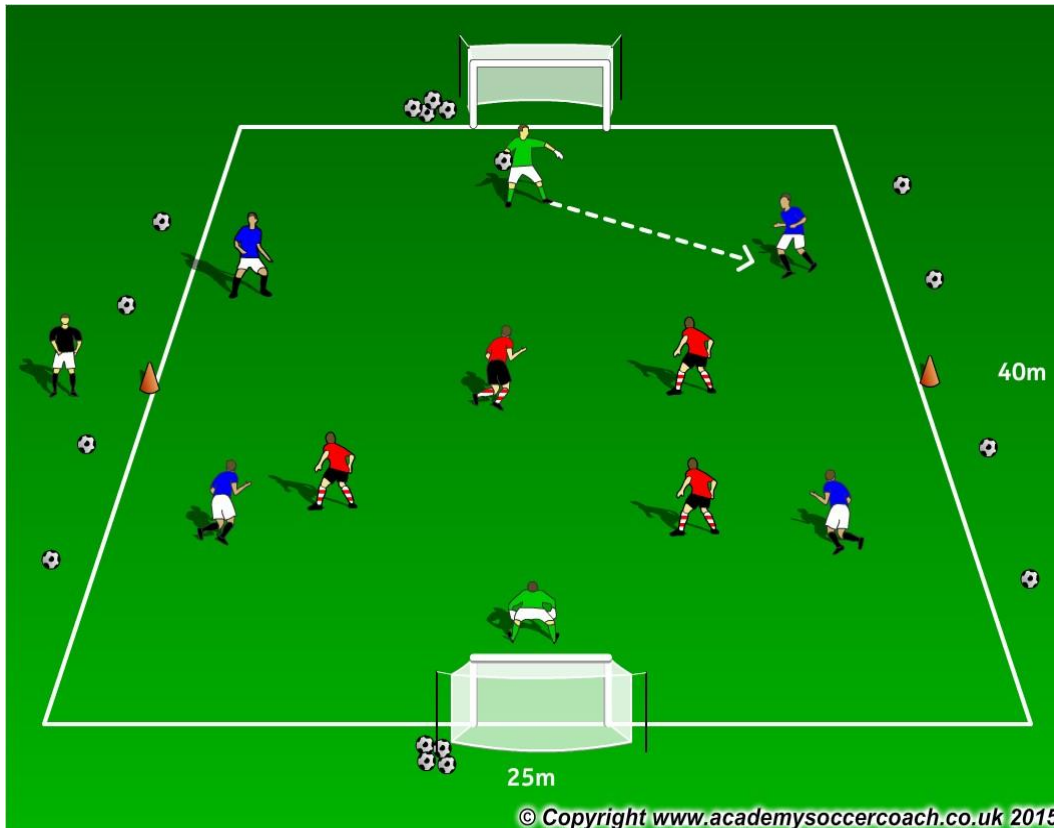


Time frame. 8-10 minutes

Emphasis:

FREEPLAY!

FUN!



Organization: Players play 5v5 in a 40x25m area (6v6/7v7 = increase area accordingly). Balls stationed along outside of field. Retreat Line marked at half way line for 5v5.

<p><u>Psychologi</u> <u>cal</u> Fun Confidence Being safe Decision making</p>	<p><u>Technic</u> <u>al</u> Passing Receivin g Support</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Celebrating Teamwork</p>

Player Development



FUNdamentals practice plans

Preferred method of training – The Station concept

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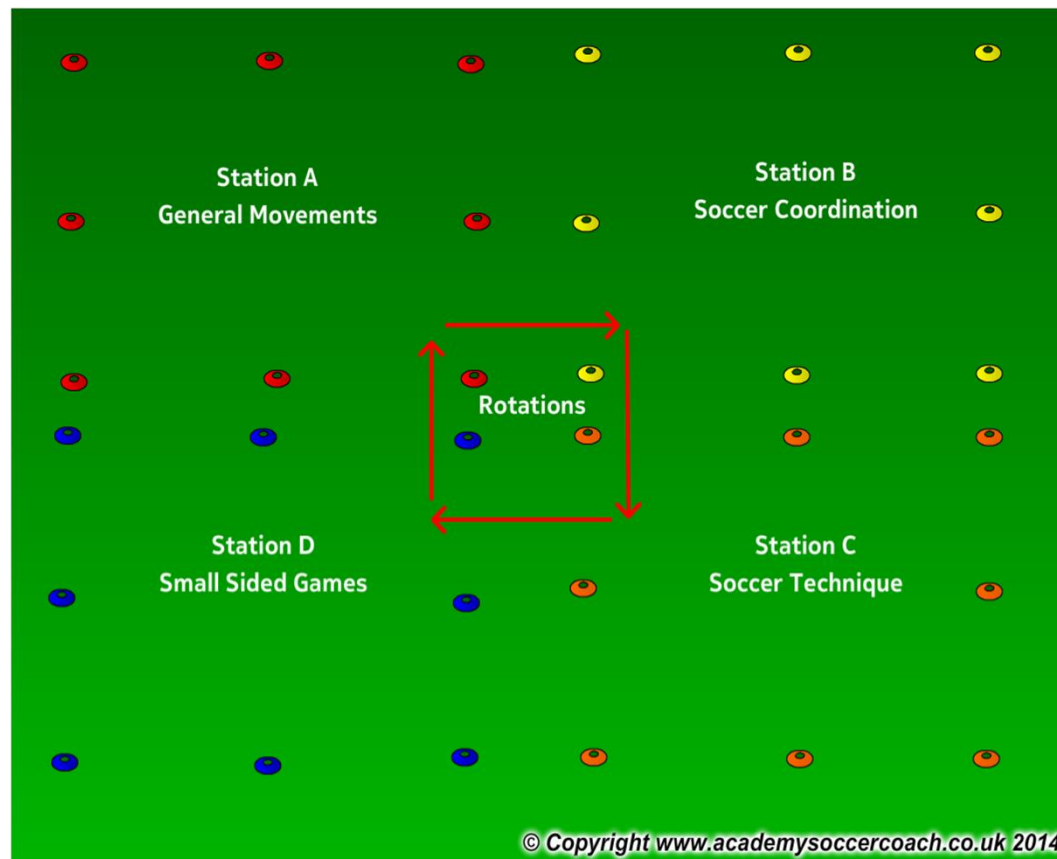
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Total Practice time 45 minutes as per the Recreational and Development Matrix



FUNdamentals practice plans

How the preferred training model works



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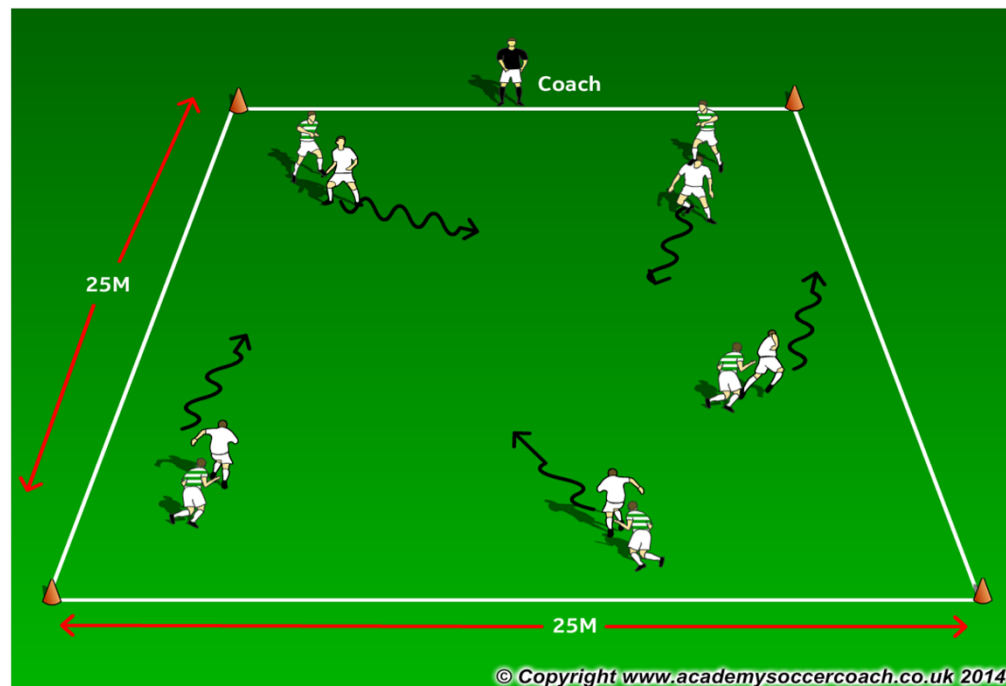
If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



FUNdamentals practice plan – Week 29

Station A

General Movements



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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

Changing direction

Agility, Balance, Coordination

FUN!

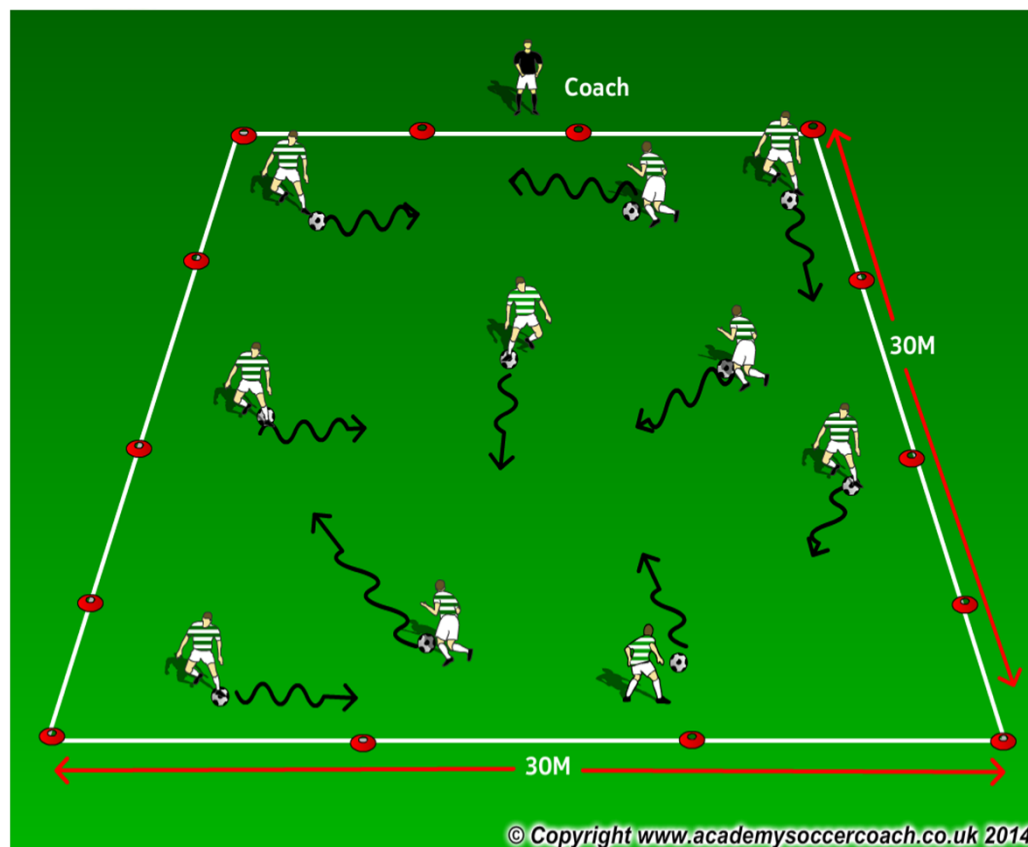
<u>Psychological</u> Confidence Being safe	<u>Technical</u> N/A
<u>Physical</u> Running A,B,C's Change of Direction	<u>Social</u> Listening Communicating Celebrating



FUNDamentals practice plan – Week 29

Station B

Soccer Coordination – Ball Familiarity



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Organisation. Players dribble freely inside 30mx30m area.
Procedure. Players are asked to express them self's and be creative by attacking space and showing different moves. On coaches command players will perform different touches on the ball, for example Toe Taps.

Time frame. 8-10 minutes

Emphasis:

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

Psychological

Confidence
Being safe

Technical

Dribbling
Running with the ball

Physical

A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating



FUNdamentals practice plan – Week 29

Station C

Soccer Technique – Numbers Game



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. 8-10 minutes

Emphasis:

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

<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>Dribbling Running with the ball Shooting 1v1</p>
<p><u>Physical</u></p> <p>A,B,C's Change of Direction</p>	<p><u>Social</u></p> <p>Listening Communicating Celebrating</p>

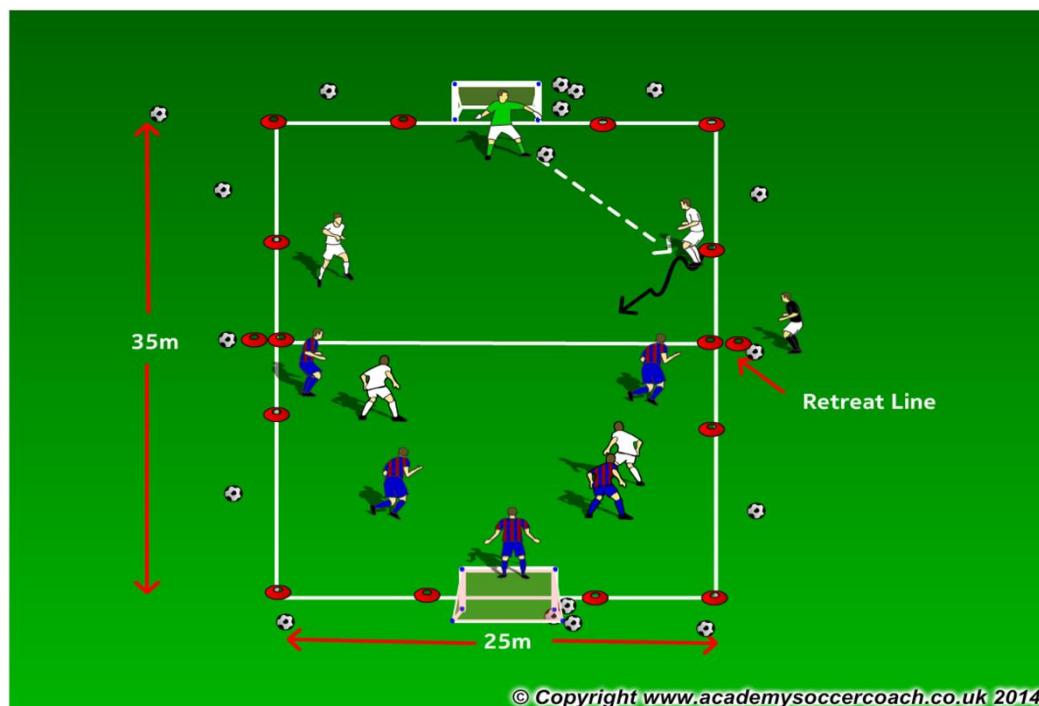


FUNdamentals practice plan – Week 29
Station D
Small Sided Game – 5v5 with Retreat line

Time frame. 8-10 minutes

Emphasis:

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



5V5 with the Retreat line.
Organisation. Players play 5v5 on a 35mx25m field. the Retreat line is located at the half way line.
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.
If you have odd numbers you can have the extra player become a neutral player in the game.

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

FUNdamentals practice plans

The Player Development Model – The Station concept



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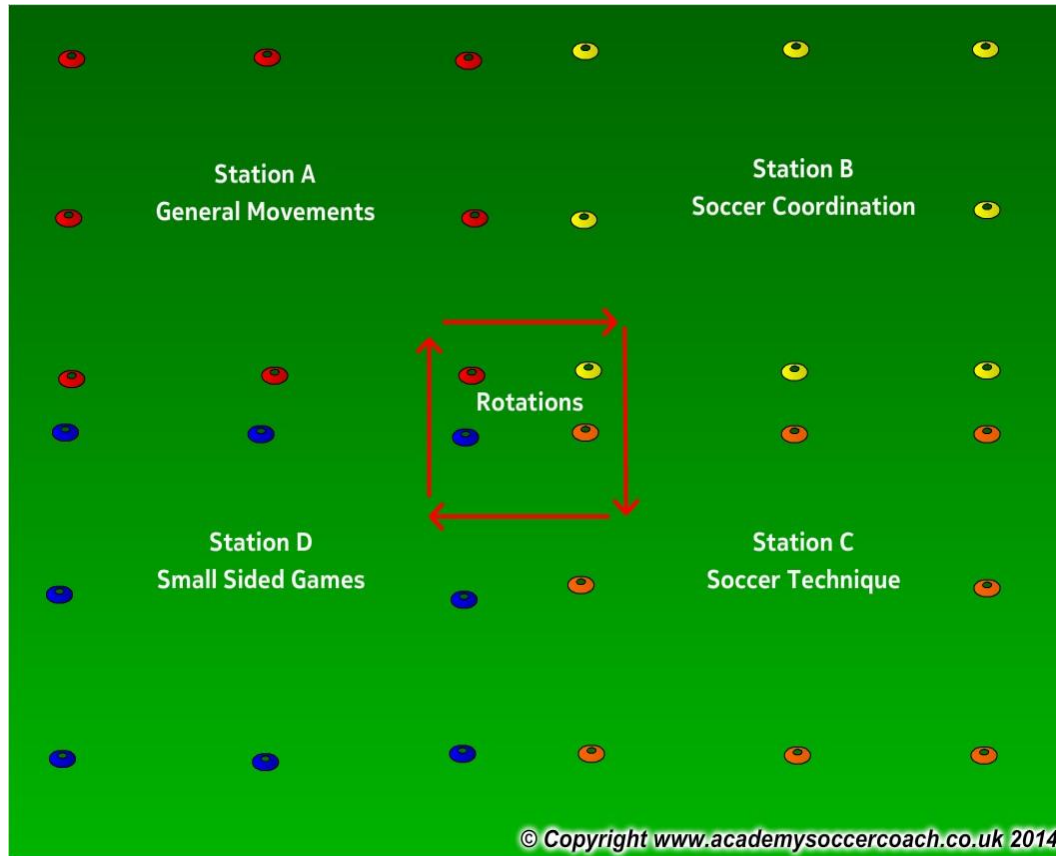
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Total Practice time 45 minutes as per the Recreational and Development Matrix

FUNdamentals practice plans

How the Player Development Model works



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General Movement: %20

Coordination: %20

Soccer technique:%20

Small sided game:%40

Player Development

FUNdamentals practice plan – Week 30

Station A

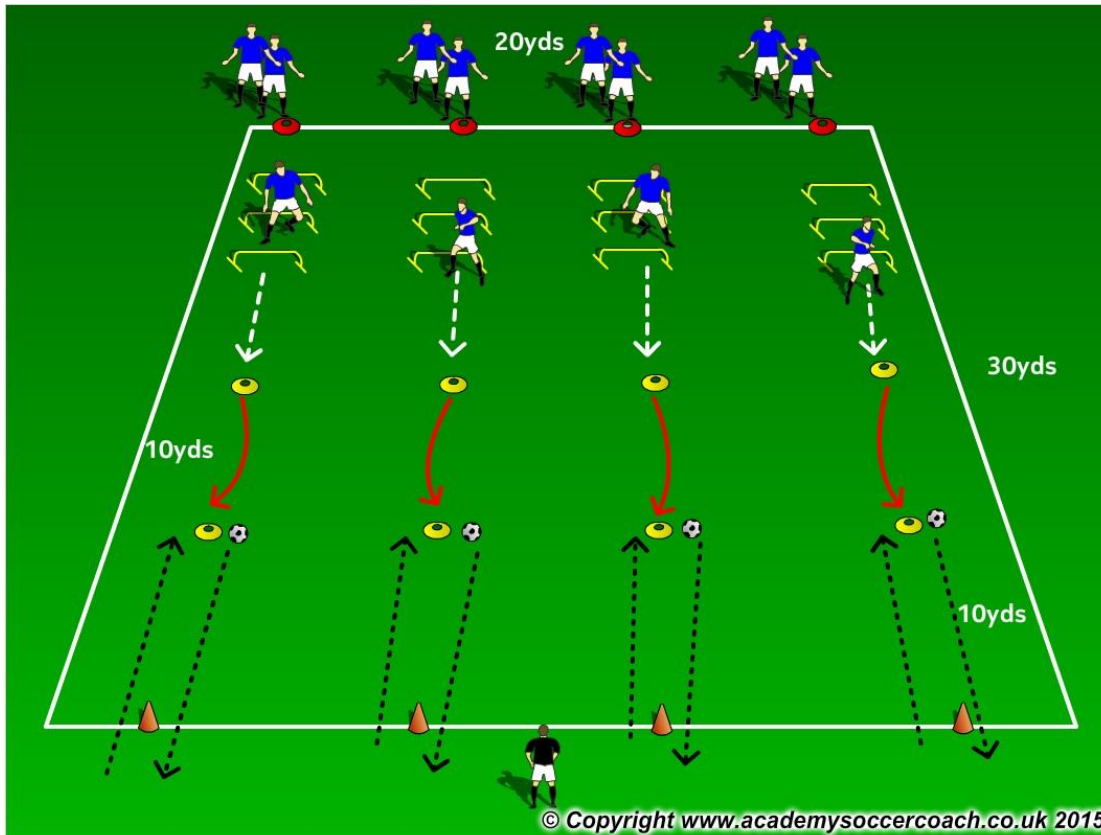
Obstacle Course – Olympic Relay



Time frame. 8-10 minutes

Emphasis:

Agility, Balance, Coordination, Speed
Changing Direction
Running with the ball
FUN!



Organization: Players split into 4 groups of 3 (or 3 groups of 4)
Procedure: Players race through 4 stages of the obstacle course performing a variety of fundamental movement skills eg. forward/backwards running, skipping, hopping, bear-crawls, frog jumps, lateral shuffles etc.

<u>Psychological</u> Decision Making Confidence Being safe Spatial Awareness	<u>Technical</u> Running with the ball
<u>Physical</u> Agility, Balance, Coordination Speed	<u>Social</u> Listening Teamwork Celebrating

Player Development

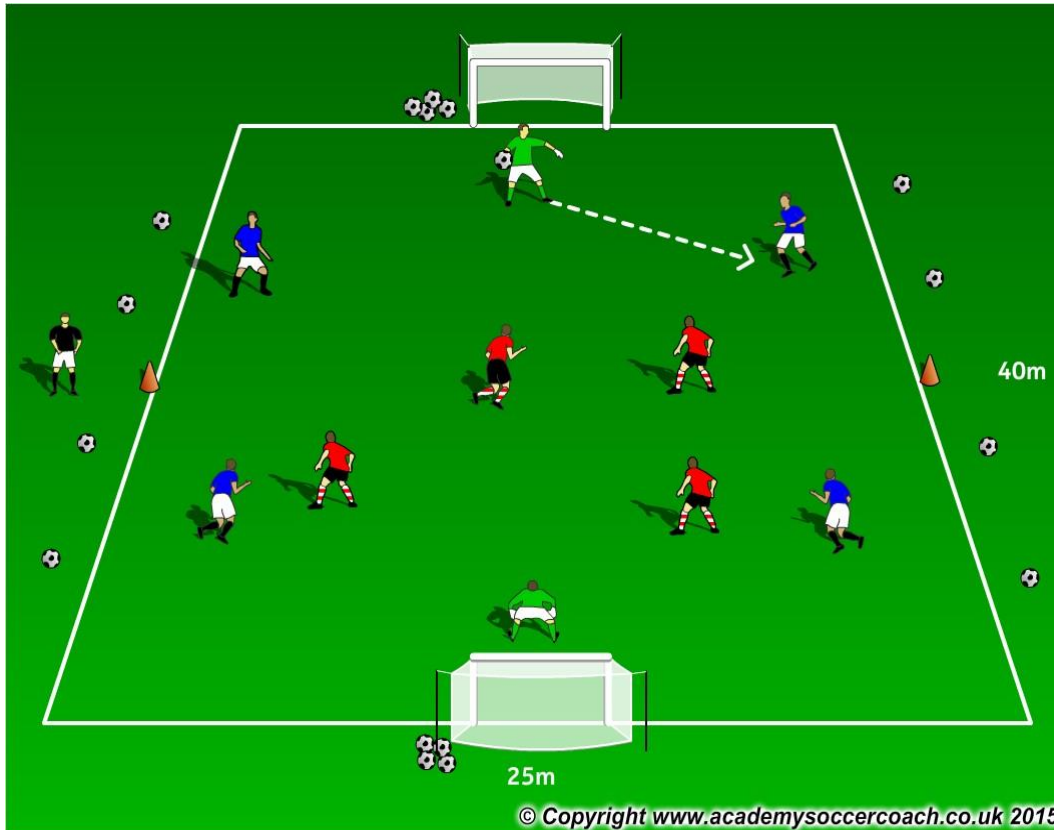
FUNdamentals practice plan – Week 30
Station B
Small sided game – 5v5 with the Retreat line



Time frame. 8-10 minutes

Emphasis:

Running with the ball
 Dribbling
 FUN!

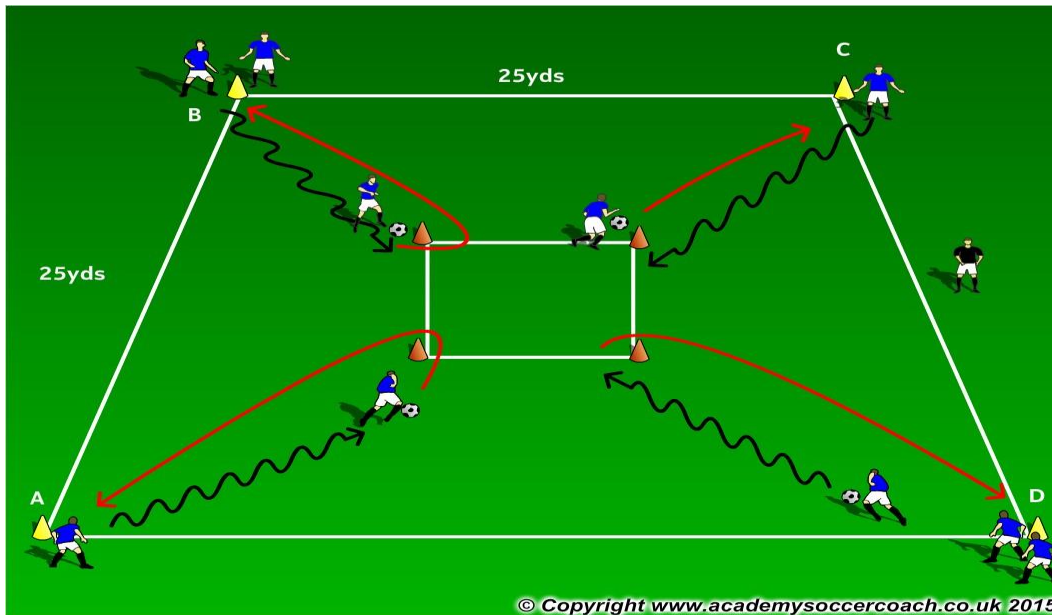


Organization: Players play 5v5 in a 40x25m area (6v6/7v7 = increase area accordingly). Balls stationed along outside of field. Retreat Line marked at half way line for 5v5.

<p><u>Psychologi</u> <u>cal</u> Fun Confidence Being safe Decision making</p>	<p><u>Technical</u> Running with the ball Dribbling</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Celebrating Teamwork</p>

Player Development

FUNdamentals practice plan – Week 30
Station C
Running with the Ball: Dribbling Square



Organization: Set up large grid 25x25 yds with a smaller 8x8yds area in the centre. Position large pylon at each corner of the smaller grid. Players are divided evenly and positioned at a corner of the large grid (A,B,C,D) with no more than 3 per corner. 1 ball with each group of players

Procedure: Players will dribble to the centre pylon using different ball manipulation (inside/outside foot, sole, laces etc). Once at the centre cone they turn staying as close to the pylon as possible before running the ball at speed back to next player in line.

Progression 1: When players turn at the centre pylons they return to a different line (eg. If everyone is moving clockwise: start at A dribble to pylon, turn and run ball back to B)

Progression 2: Players dribble at the same time through central grid and join opposite line (A dribbles through centre box and joins C)

Player Development

Time frame. 8-10 minutes

Emphasis:

- Ball control on the move
- Ball manipulation
- Change of speeds/directions

<p><u>Psychological</u> Confidence Decision making Spatial awareness</p>	<p><u>Technical</u> Different dribbling skills Running with the ball Ball control Turning</p>
<p><u>Physical</u> Speed Change of Direction A,B,C's</p>	<p><u>Social</u> Listening Communicating Fun</p>

FUNdamentals practice plan – Week 30
Station D
Small sided game – 5v5 with the Retreat line

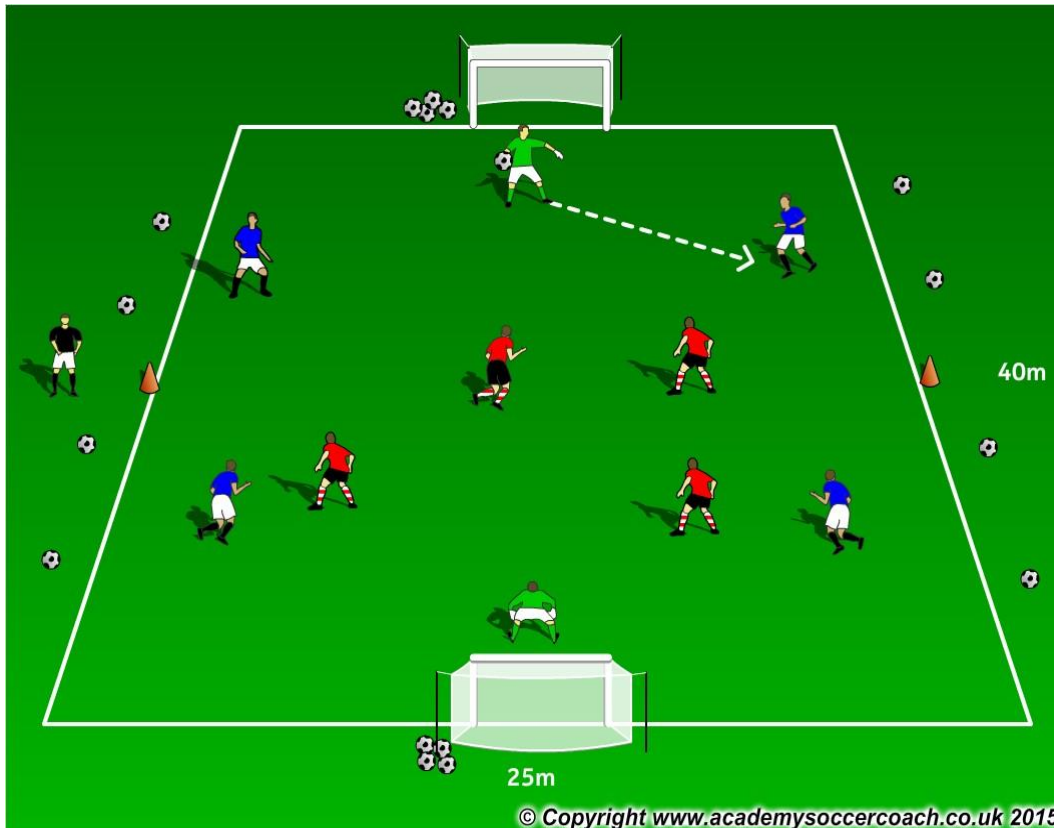


Time frame. 8-10 minutes

Emphasis:

FREEPLAY!

FUN!



Organization: Players play 5v5 in a 40x25m area (6v6/7v7 = increase area accordingly). Balls stationed along outside of field. Retreat Line marked at half way line for 5v5.

<p><u>Psychologi</u> <u>cal</u> Fun Confidence Being safe Decision making</p>	<p><u>Technical</u> Receivin g Shooting Finishing Attacking</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Celebrating Helping each other</p>

Player Development

FUNdamentals practice plans

The Player Development Model – The Station concept



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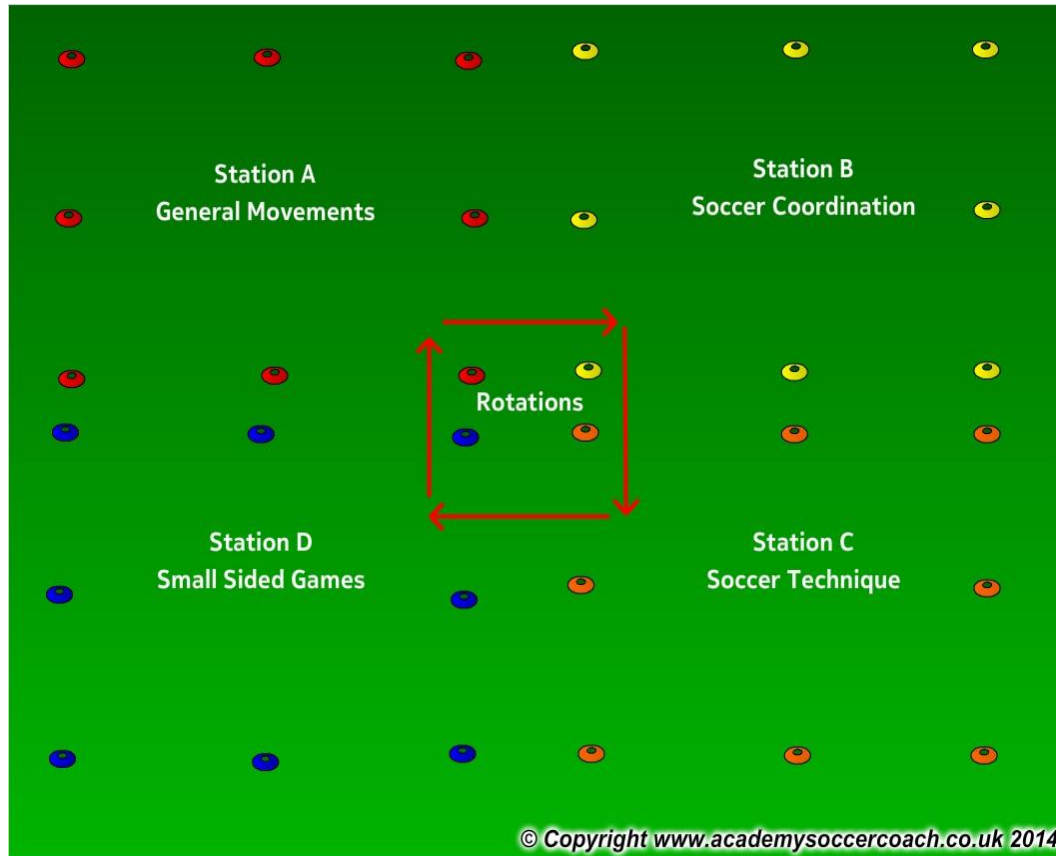
In the following activities players will travel through 4 stations. In these examples one station focuses on general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a small sided soccer game of 2v2, 3v3, 4v4 or 5v5.

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 minutes as per the Recreational and Development Matrix

FUNdamentals practice plans

How the Player Development 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.

General Movement: %20

Coordination: %20

Soccer technique: %20

Small sided game: %40

Player Development

FUNdamentals practice plan – Week 31

Station A

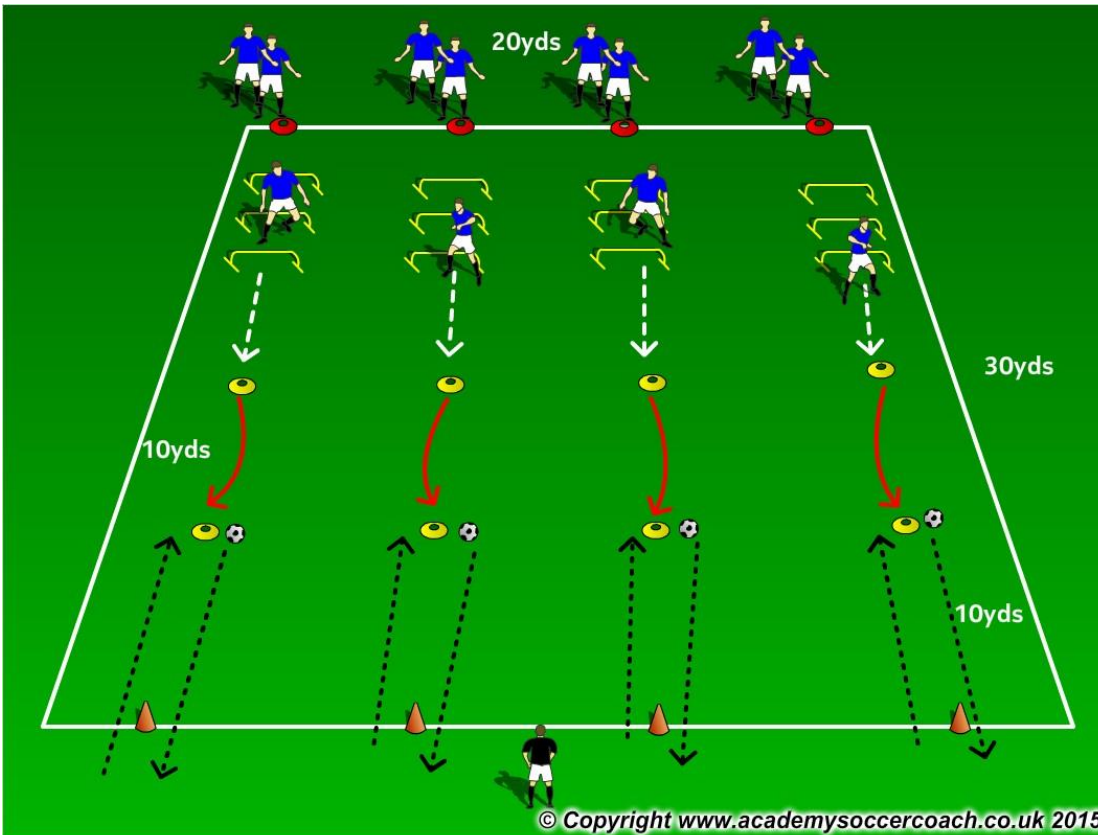
Obstacle Course – Olympic Relay



Time frame. 8-10 minutes

Emphasis:

Agility, Balance, Coordination, Speed
Changing Direction
Running with the ball
FUN!



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Organization: Players split into 4 groups of 3 (or 3 groups of 4)
Procedure: Players race through 4 stages of the obstacle course performing a variety of fundamental movement skills eg. forward/backwards running, skipping, hopping, bear-crawls, frog jumps, lateral shuffles etc.

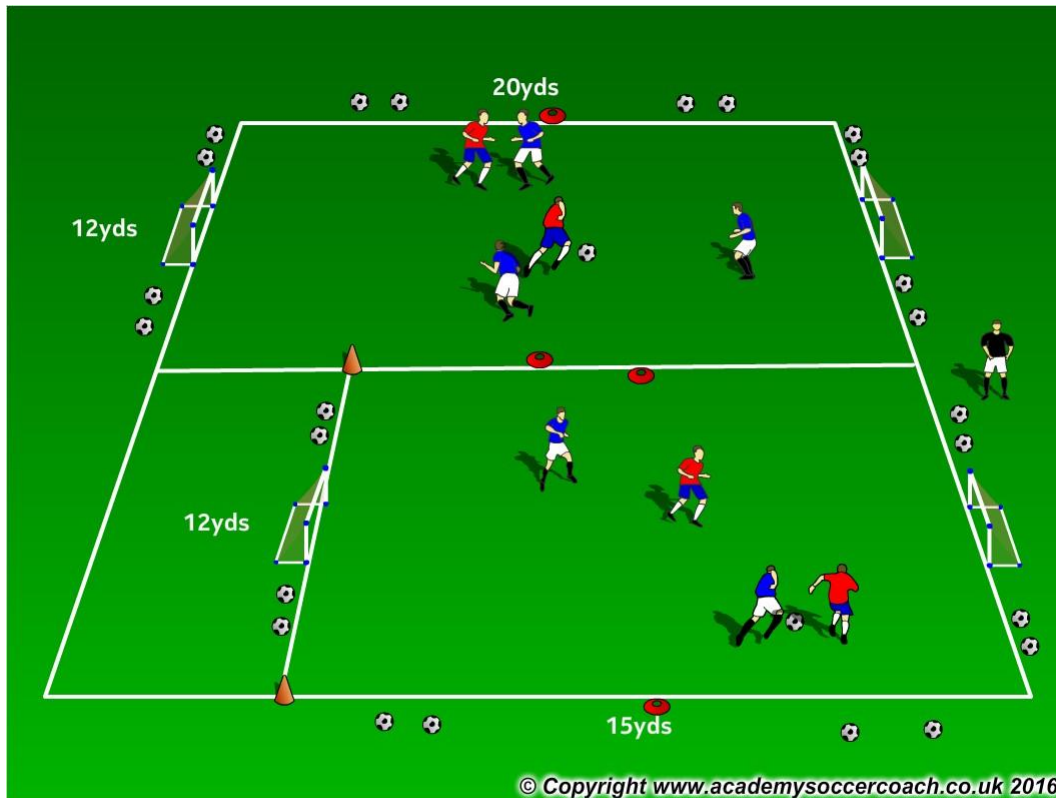
<u>Psychological</u> Decision Making Confidence Being safe Spatial Awareness	<u>Technical</u> Running with the ball
<u>Physical</u> Agility, Balance, Coordination Speed	<u>Social</u> Listening Teamwork Celebrating

Player Development

FUNdamentals practice plan – Week 31

Station B

Small sided game – 2v2/3v3's with the Retreat line



Organization: Create two mini fields, one 12 x 15yards & the other 12 x 20 yards.

Balls around perimeter

Procedure: Players play 3v3 in larger field & 2v2 in smaller field

Time frame, 8-10 minutes

Emphasis:

Creativity
FUN!

Psychological
Fun
Confidence
Being safe
Decision making

Technical
Passing & Receiving

Physical
Speed
A,B,C's
Change of Direction

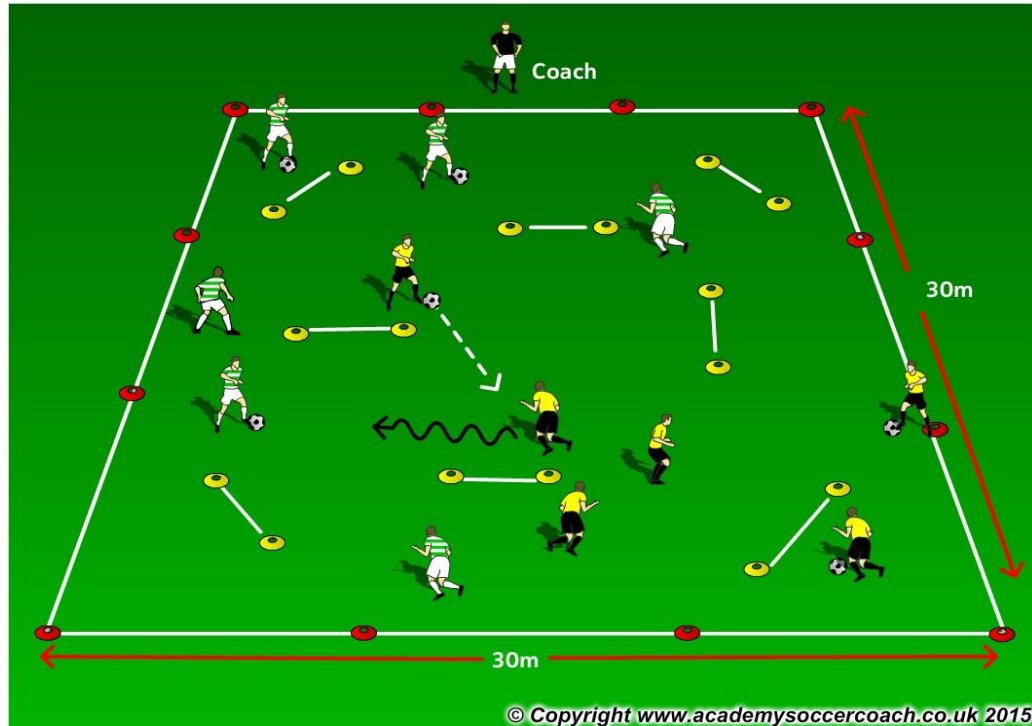
Social
Listening
Communicating
Celebrating
Teamwork

Player Development

FUNdamentals practice plan – Week 31

Station C

Passing Gates: Passing and Receiving



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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.
Progression. To make it fun/competitive for the players add gates into the area and on the command of "Shopping" players look to pass the ball through the gates. each gate =1point, after 60 seconds pair with the most points wins the competition. Repeat game several times.

Player Development

Time frame. 8-10 minutes

Emphasis:

- Ball control on the move
- Ball manipulation
- Change of speeds/directions

Psychological

Confidence
Decision making
Spatial awareness

Technical

Different dribbling skills
Running with the ball
Ball control
Turning

Physical

Speed
Change of Direction
A,B,C's

Social

Listening
Communicating
Fun

FUNdamentals practice plan – Week 31
Station D
Small sided game – 5v5 with the Retreat line

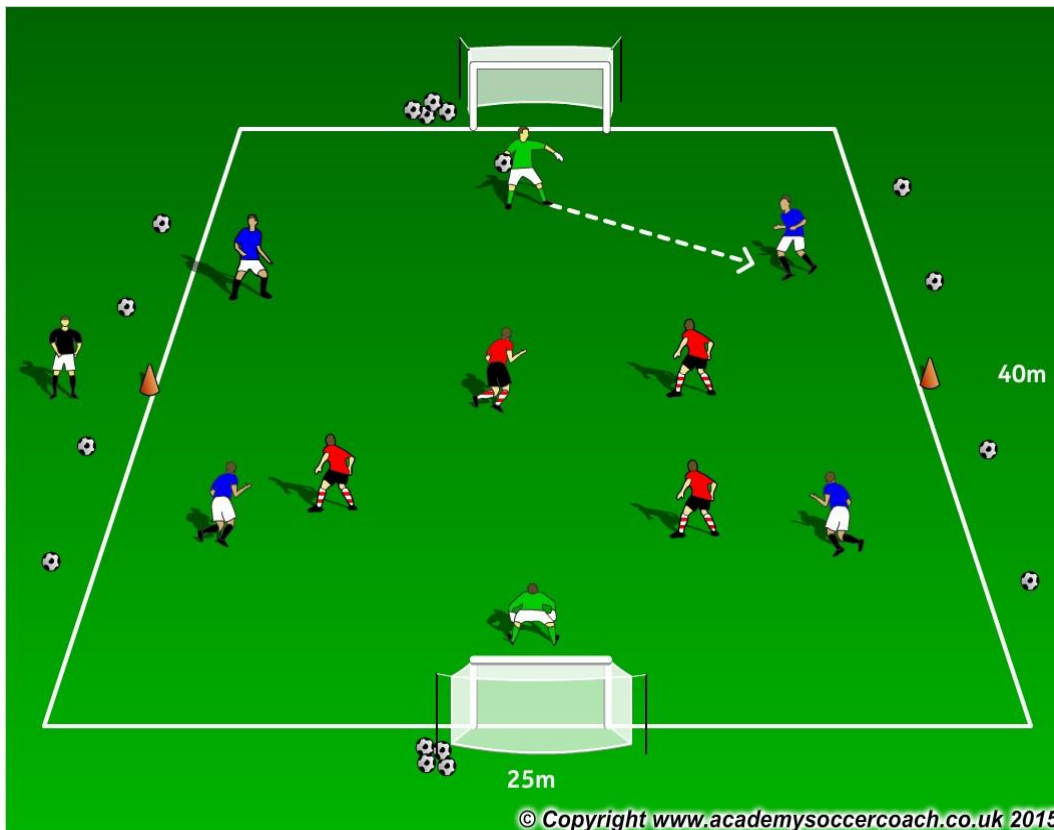


Time frame. 8-10 minutes

Emphasis:

FREEPLAY!

FUN!



Organization: Players play 5v5 in a 40x25m area (6v6/7v7 = increase area accordingly). Balls stationed along outside of field. Retreat Line marked at half way line for 5v5.

<p><u>Psychologi</u> <u>cal</u> Fun Confidence Being safe Decision making</p>	<p><u>Technic</u> <u>al</u> Passing Receivin g</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Celebrating Helping each other</p>

Player Development



FUNdamentals practice plans

The Player Development 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.

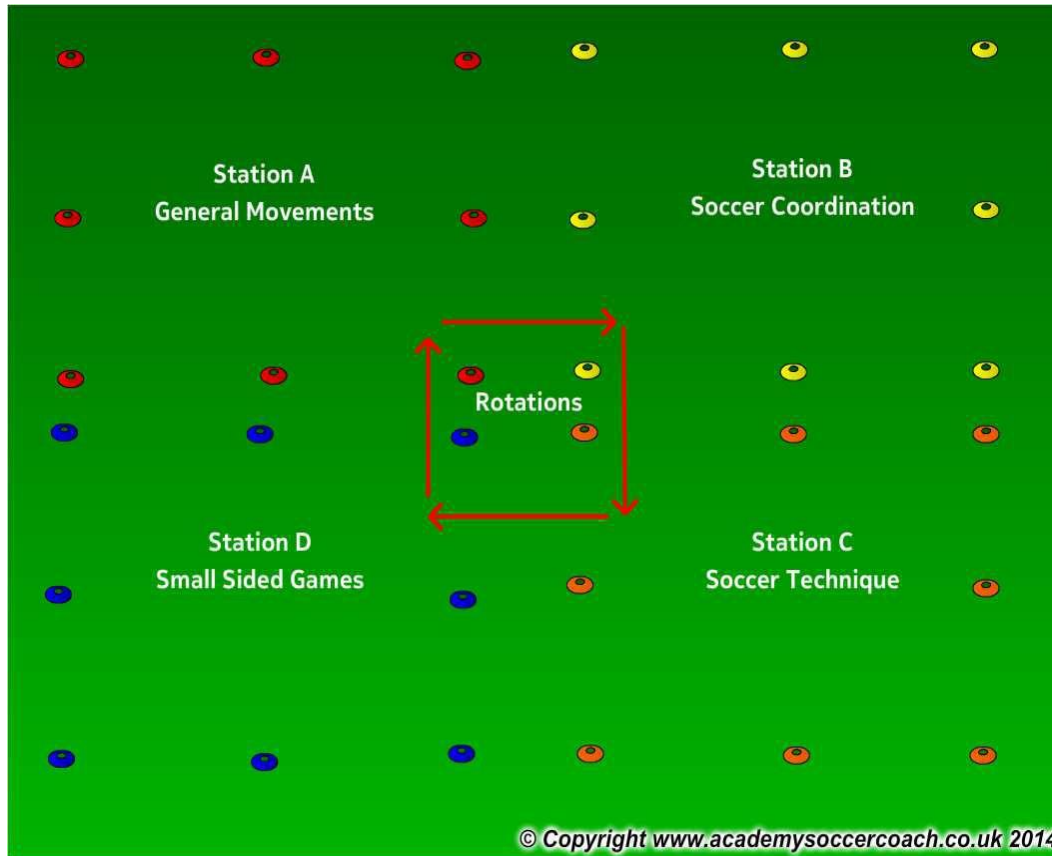
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All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

Total Practice time 45 minutes as per the Recreational and Development Matrix



FUNdamentals practice plans How the Player Development 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.

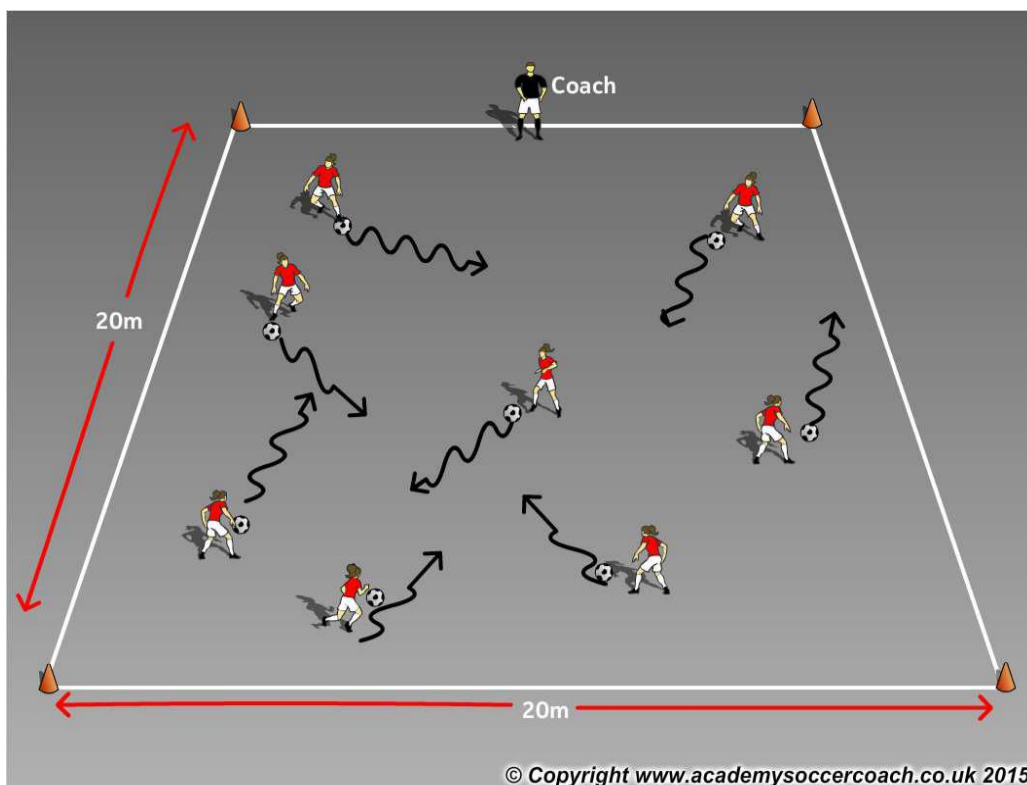
If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



FUNdamentals practice plan – Week 32

Station A

General Movements – Tag Tails



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Organization: Inside a 20m x 20m area each player tucks a pinnie down the back of their shorts which becomes the player's tail; each player also has a soccer ball.

Procedure: On the coach's command, all players move around the grid and try to grab as many "tails" as they can from other players. If your tail is taken you do 3 jumping jacks, place your tail back in your shorts and continue to play.

Time frame. 8-10 minutes

Emphasis:

Agility, Balance, Coordination, Speed
Changing Direction
Dribbling
FUN!

Psychological

Can I pull a players
tail out?
Confidence
Being safe

Technical

Dribbling
Shielding

Physical

Agility, Balance
Change of Direction
Speed

Social

Listening
Problem Solving
Celebrating

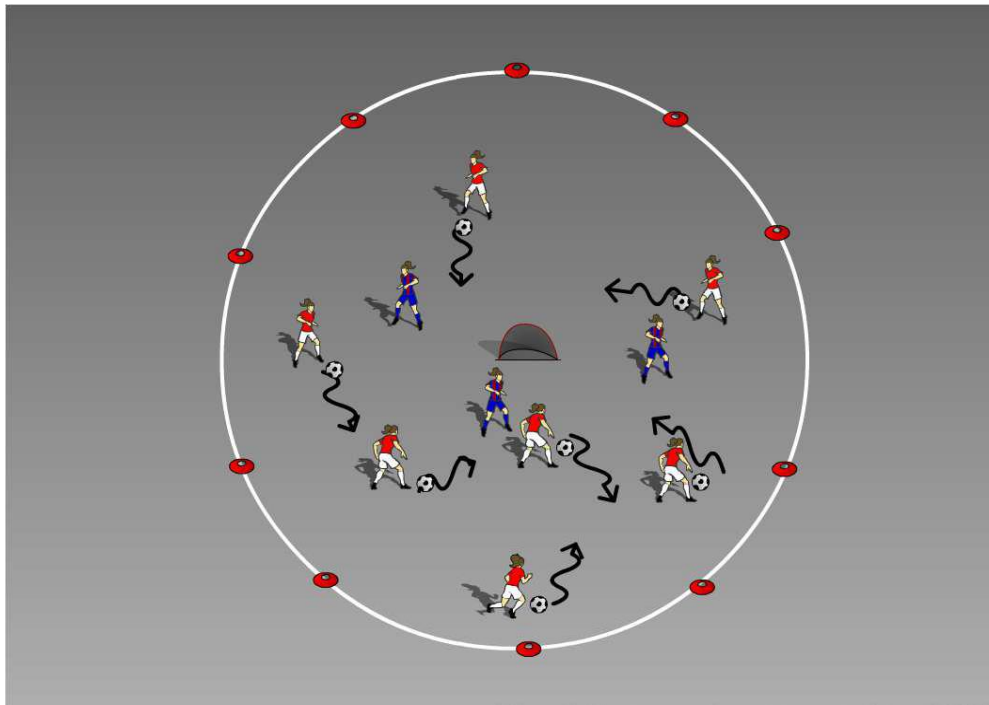
Player Development



FUNdamentals practice plan – Week 32

Station B

Technique work – Pirates of the pug



Organization: Players are placed inside a circle with a pug net in the centre. 7 players have a soccer ball and 3 players are without a ball. The 3 players without the ball are the "Pirates".

Procedure: Instruct the "Pirates" without the ball to defend the players with the balls. Once the Pirate wins the ball, they attempt to score on the Pug Goal in the middle of the circle. If the Pirate scores the goal, that player too becomes a Pirate. Play continues until the last player with the ball wins. If the pirates have a hard time getting started, the coach can help the pirates at first.

Time frame. 8-10 minutes

Emphasis:

Dribbling
Basic defending
Spatial Awareness

Psychological

Confidence
Being safe
Self Control

Technical

Dribbling
Shooting
Basic defending

Physical

A,B,C's
Change of Direction
Acceleration

Social

Listening
Communicating
Celebrating

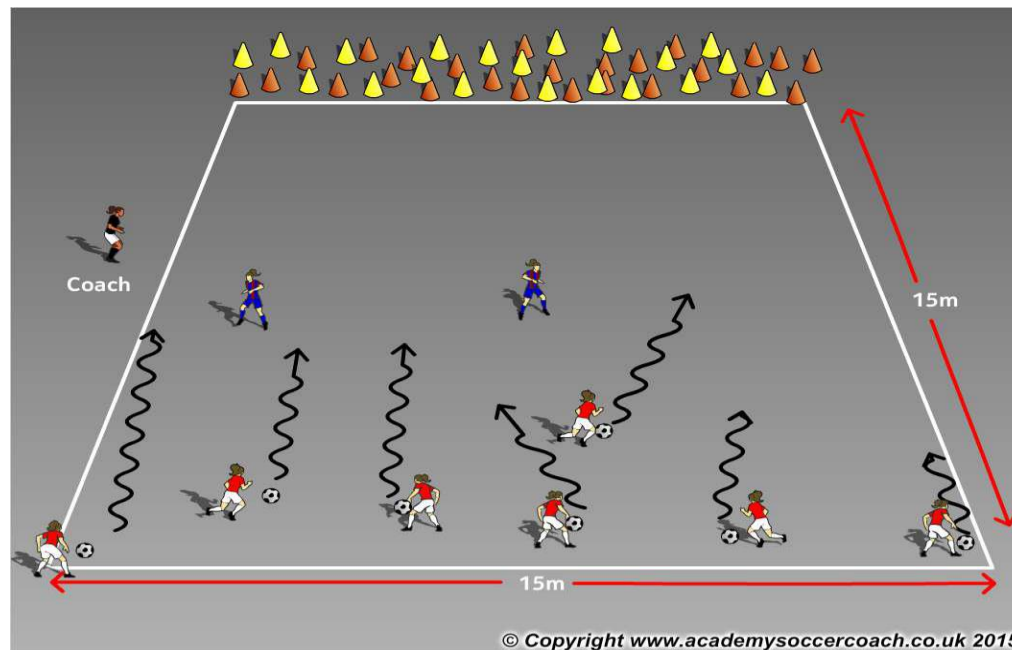
Player Development



FUNdamentals practice plan – Week 32

Station C

Treasure collection



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Organization: 15m x 15m area with 7 players with a soccer ball (Pirates) and 2 players (defenders) without a soccer ball.

Procedure: On the coach's command, the pirates attempt to dribble past the defenders in attempt to take the treasure. To take the treasure the players must knock down the cone with the ball. Once they have knocked down the cone they must pick up the cone and take it back to their starting point while dribbling the ball. If the pirates lose the ball to the defenders, they must complete 10 toe taps and start back over at the original starting point. The Pirate to collect the most treasure once it has all been collected wins the game. Repeat the game by changing the defenders.

Time frame. 8-10 minutes

Emphasis:

Guide players to make the correct decisions.

Create a shooting mentality within the players.

<p><u>Psychological</u> Competition Confidence Decision making Shooting Mentality</p>	<p><u>Technical</u> Receiving Shooting Goalkeeping</p>
<p><u>Physical</u> Speed Transition Change of Direction</p>	<p><u>Social</u> Listening Communicating Fun</p>

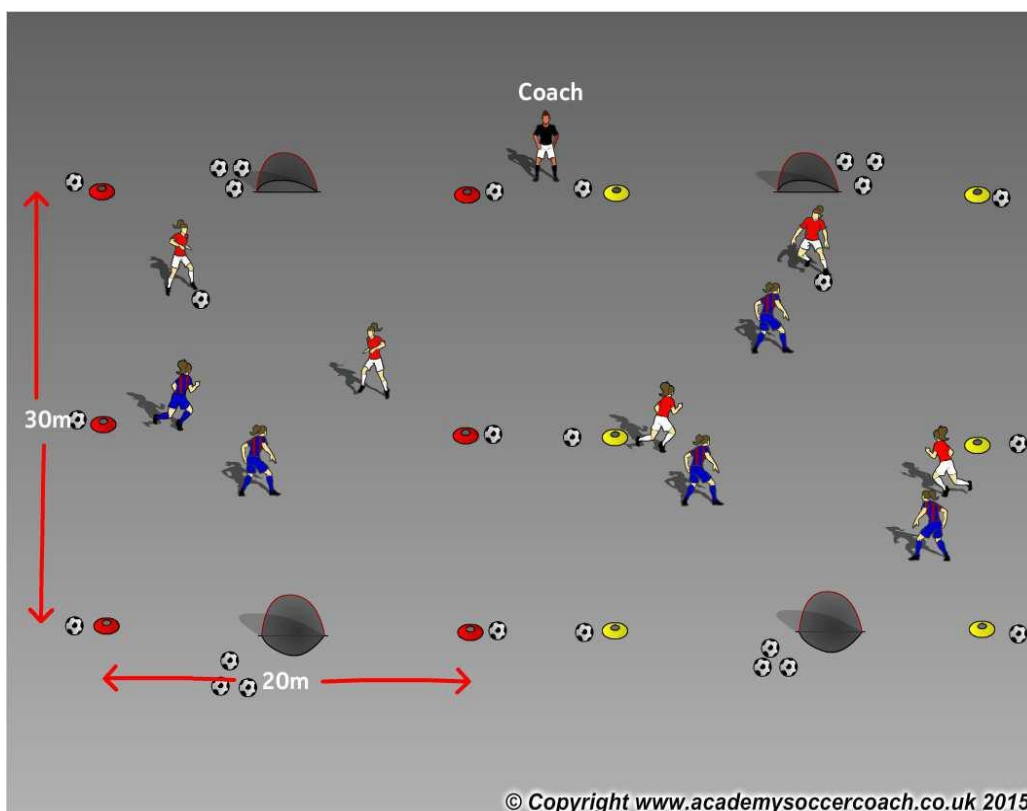
Player Development



FUNdamentals practice plan – Week 32

Station D

Small sided game – 2v2 or 3v3



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Organization: 2 fields of 20m x 30m are set up. Organize players into either 2v2 or 3v3 games.

Procedure: Children are allowed "free play" to express them selves and make decisions within the game situation. Coach should just observe the players.

Time frame. 8-10 minutes

Emphasis:

FREEPLAY!

FUN!

<u>Psychological</u> Fun Confidence Being safe Decision making	<u>Technical</u> Receiving Shooting Attacking/Defending
<u>Physical</u> Speed A,B,C's Change of Direction	<u>Social</u> Listening Communicating Celebrating Helping each other

Player Development



FUNdamentals practice plans

The Player Development 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 of 2v2, 3v3, 4v4 or 5v5.

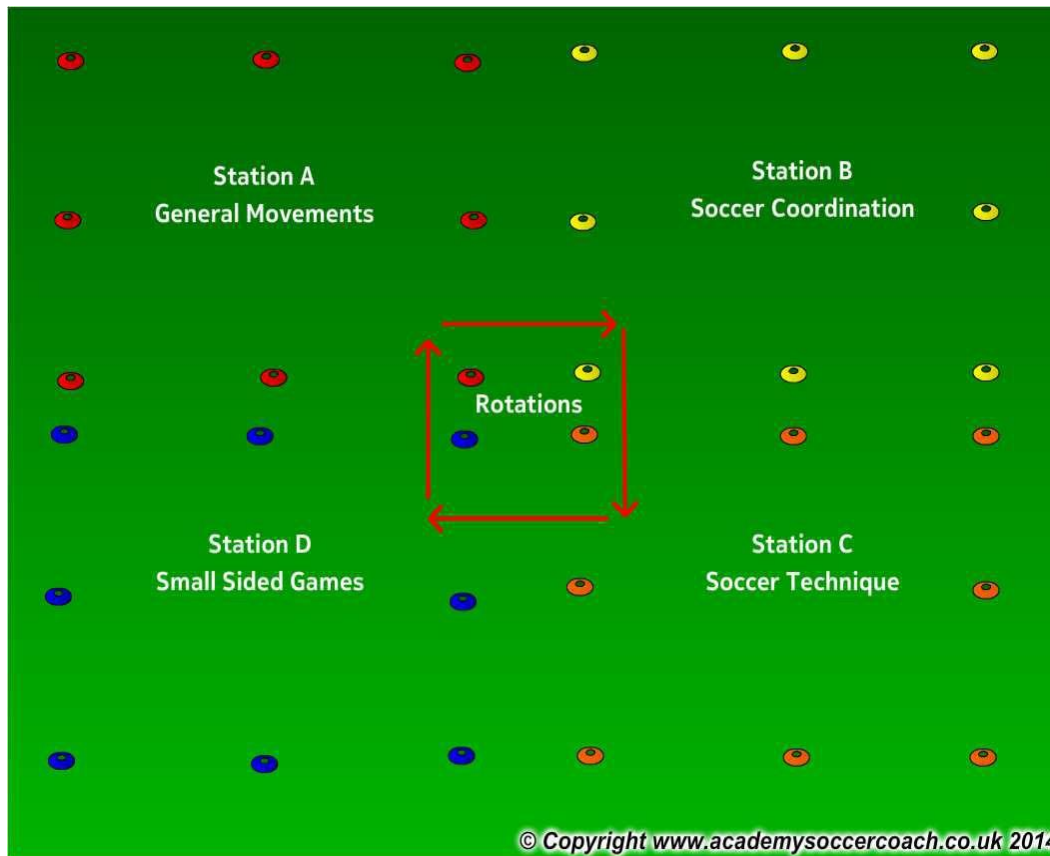
All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

Total Practice time 45 minutes as per the Recreational and Development Matrix



FUNdamentals practice plans

How the Player Development 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.

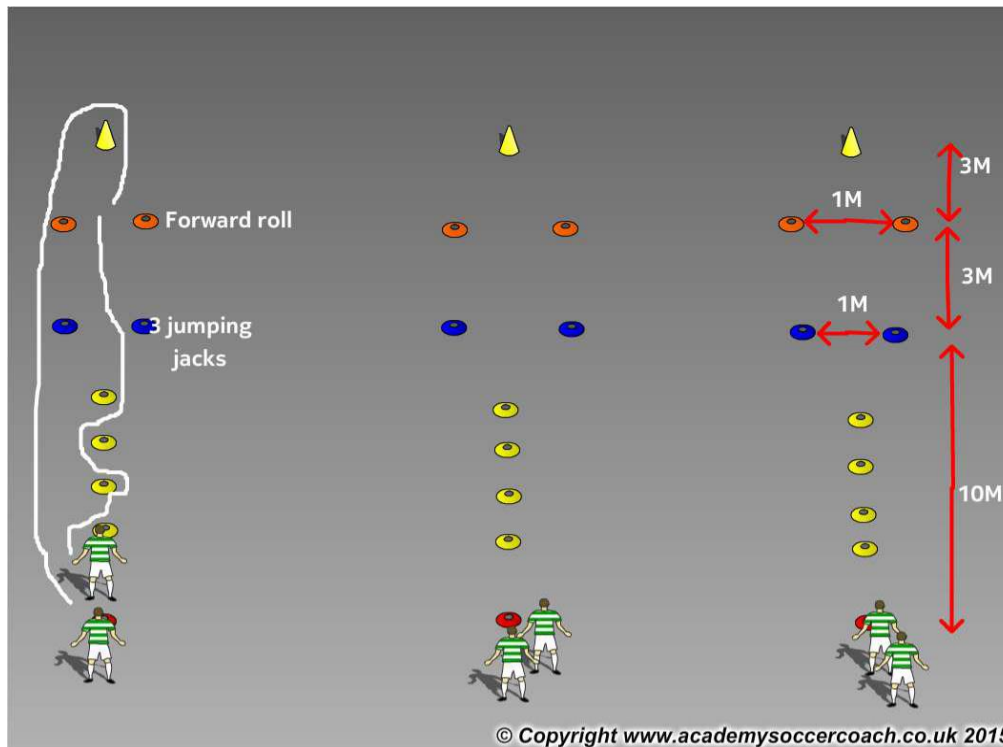
If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



FUNdamentals practice plan – Week 33

Station A

General Movements – Relay Race



Organization: Players are placed into 2 or 3s.
Procedure: The 1st player runs in and out of the yellow cones and then sprints to the blue gate. The player performs 3 jumping jacks and then runs backwards to the orange cones where they perform a forward roll. They then run around the end yellow cone and sprint straight back to the start, give their partner a high 5 and then the next player goes. Players waiting perform jumping jacks.

Time frame. 8-10 minutes

Emphasis:

Agility, Balance, Coordination, Speed
 Changing Direction
 Movement Preparation
 FUN!

<p><u>Psychological</u> Confidence Being safe FUN</p>	<p><u>Technical</u> N/A</p>
<p><u>Physical</u> Agility, Balance Change of Direction Fundamental Movements</p>	<p><u>Social</u> Listening Working as a team Celebrating</p>

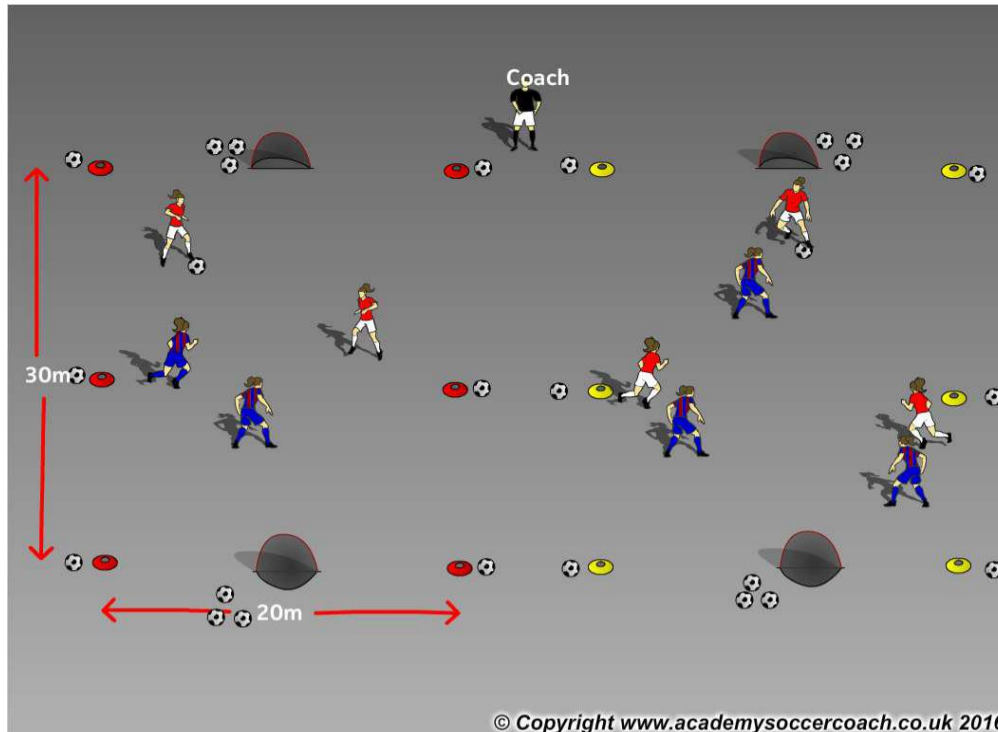
Player Development



FUNdamentals practice plan – Week 33

Station B

2v2/3v3 small sided games



Organization: 2 fields of 20m x 30m are set up. Organize players into either 2v2 or 3v3 games.

Procedure: Children play 2v2. The emphasis for the coach should be on how the children play and receive the ball as well as the decisions that the players make within the game situation. Coach should ask questions of the players, such as "how can you help your team mate" or "What other decision could you have made, and why?"

Time frame. 8-10 minutes

Emphasis:

Passing/Receiving
Players working together
Decision making of the players

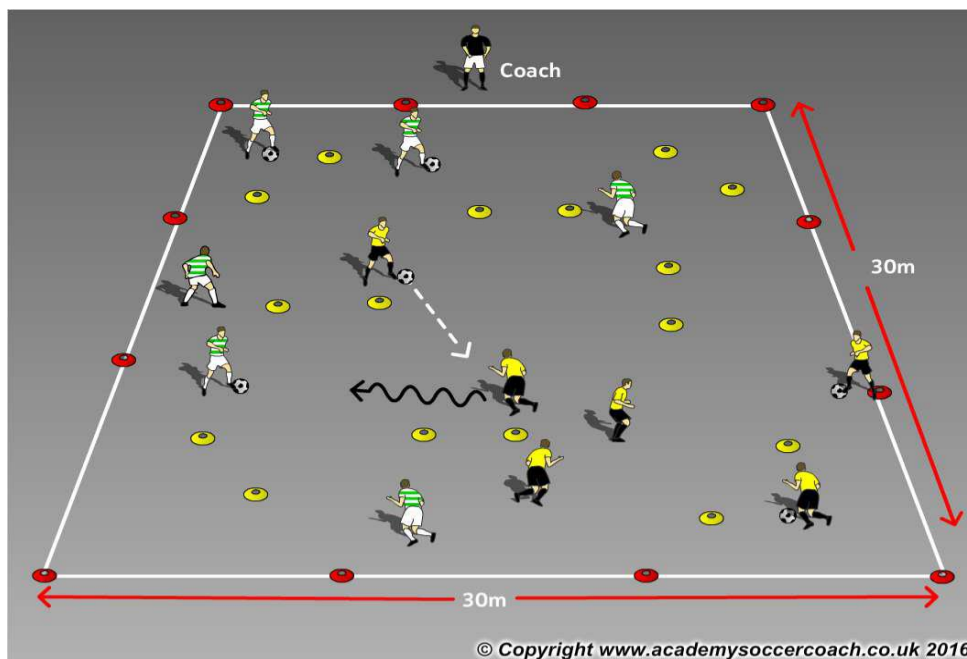
<u>Psychological</u> Confidence Being safe Decision making	<u>Technical</u> Passing Receiving
<u>Physical</u> Movement Body position Acceleration	<u>Social</u> Listening Communicating FUN

Player Development



FUNdamentals practice plan – Week 33

Station C Passing Gates



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Organization. Players are placed into 2s inside 30mx30m area. Gates are created using cones. The size of each gate should vary to challenge each individual.

Procedure. Players pass and move inside area. Focus should be on how the player passes and receives the ball.

Progression. To make it fun/competetive for the players add gates into the area and on the command of "Shopping" players look to pass the ball through the gates. each gate =1point, after 60 seconds pair with the most points wins the competition. Repeat game several times.

Time frame. 8-10 minutes

Emphasis:

Guide players to make the correct decisions.

Offer advice through questions

<p><u>Psychological</u> Competition Confidence Decision making FUN</p>	<p><u>Technical</u> Passing Receiving</p>
<p><u>Physical</u> Speed Movement Change of Direction</p>	<p><u>Social</u> Listening Communicating Interaction</p>

Player Development



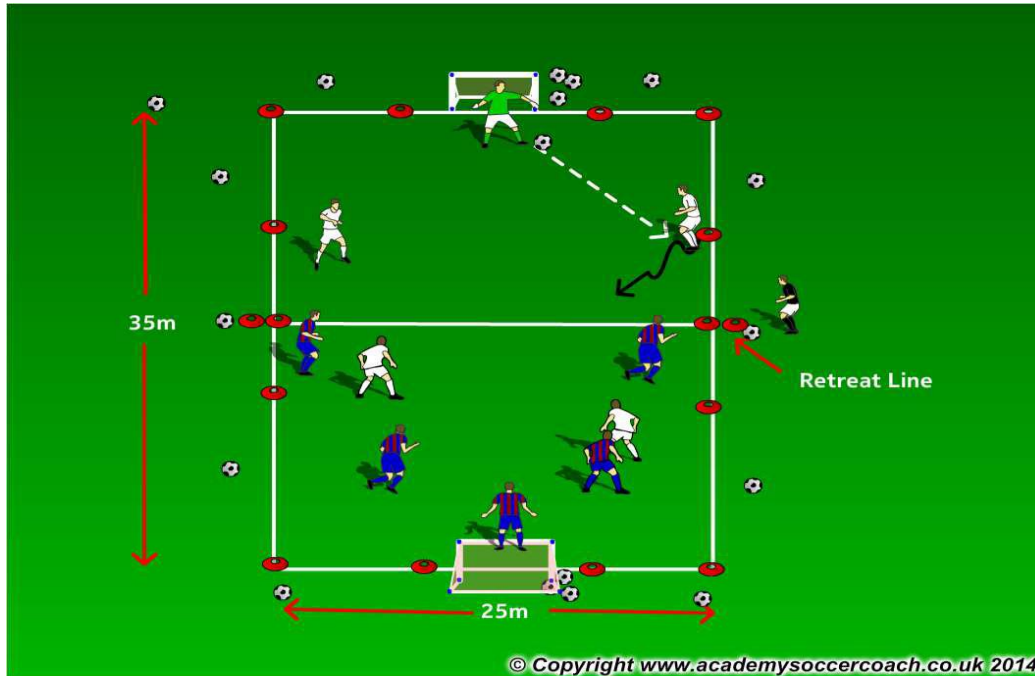
FUNdamentals practice plan – Week 33

Station D Small sided game

Time frame. 8-10 minutes

Emphasis:

FREEPLAY!
FUN!



5V5 with the Retreat line.

Organisation. Players play 5v5 on a 35mx25m field. the Retreat line is located at the half way line.

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.

If you have odd numbers you can have the extra player become a neutral player in the game.

<p><u>Psychological</u> Fun Confidence Being safe Decision making</p>	<p><u>Technical</u> Passing Receiving Shooting Attacking/Defending</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Celebrating Helping each other</p>

Player Development



FUNdamentals practice plans

The OSA Player Development 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.

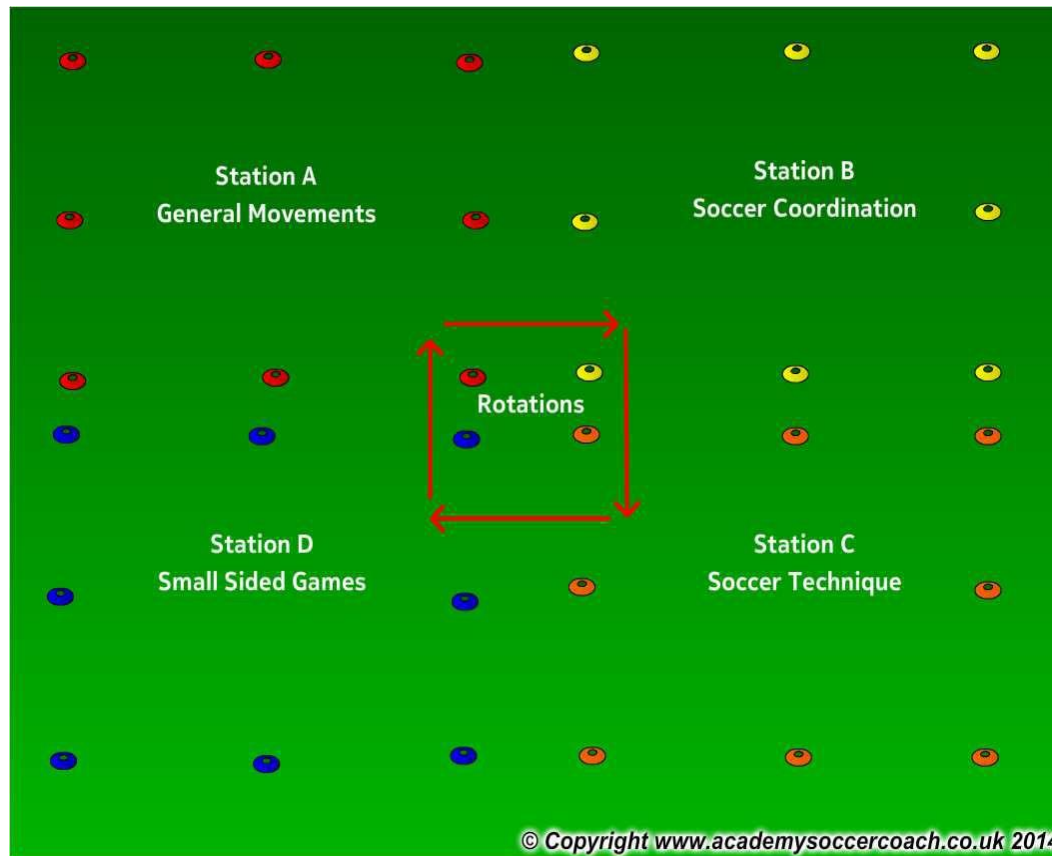
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All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

Total Practice time 45 minutes as per the Recreational and Development Matrix



FUNdamentals practice plans How the Player Development 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.

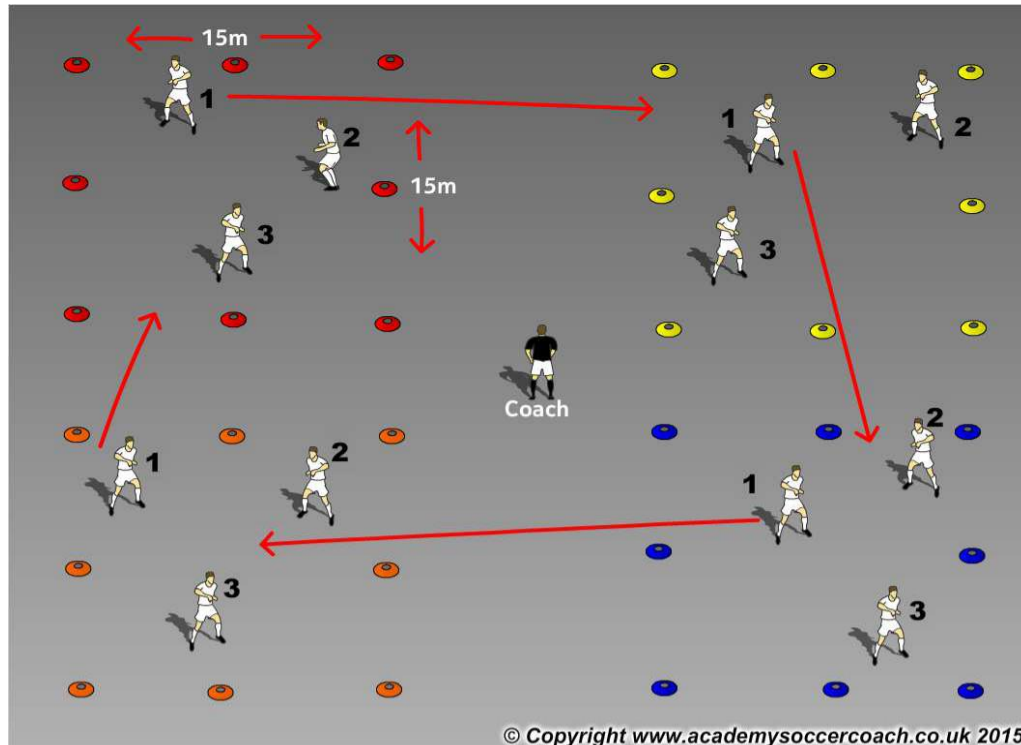
If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



FUNdamentals practice plan – Week 34

Station A

General Movement squares



Organization: 3 players are placed inside each 15m x 15m area.
Procedure: Players are asked to move around in different directions within their own area. The coach should also ask players to perform different movements. I.e. skipping, hopping, moving sideways, backwards etc.
When the coach calls out a number, that player sprints to the next square in the direction shown by the arrows.
Progression: Add a ball to each square and have players pass and move.

Time frame. 8-10 minutes

Emphasis:

Agility, Balance, Coordination, Speed
 Changing Direction
 Movement Preparation
 FUN!

<u>Psychological</u> Confidence Being safe FUN	<u>Technical</u> Passing Receiving
<u>Physical</u> Agility, Balance Change of Direction Fundamental Movements	<u>Social</u> Listening Working as a team

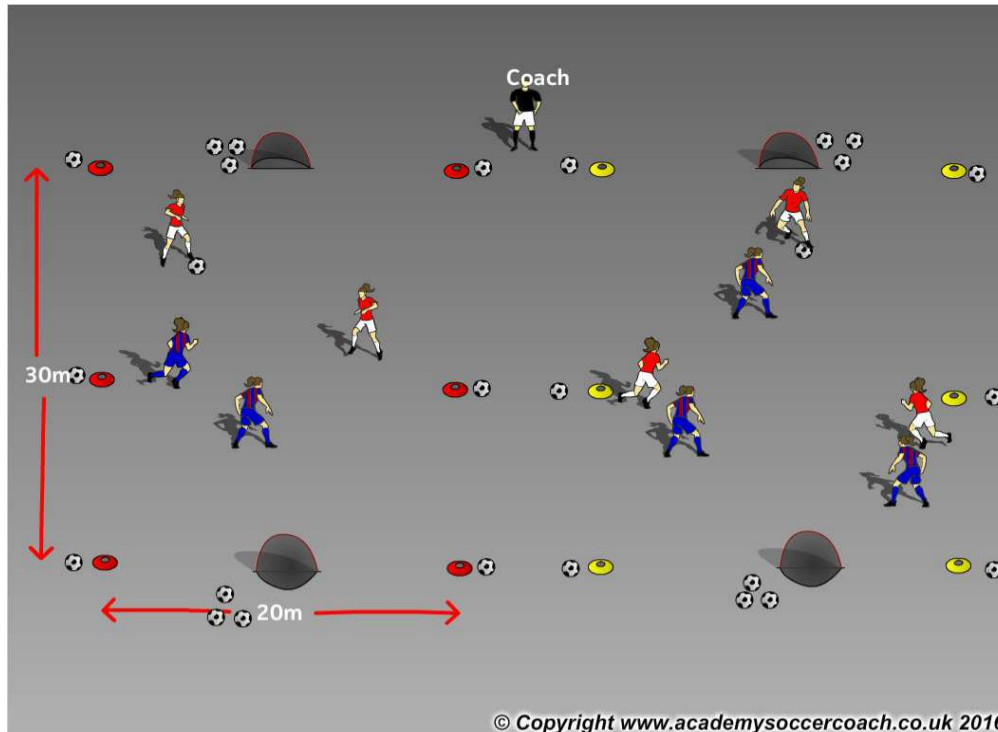
Player Development



FUNdamentals practice plan – Week 34

Station B

2v2/3v3 small sided games



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Organization: 2 fields of 20m x 30m are set up. Organize players into either 2v2 or 3v3 games.

Procedure: Children play 2v2. The emphasis for the coach should be on how the children play and receive the ball as well as the decisions that the players make within the game situation. Coach should ask questions of the players, such as "how can you help your team mate" or "What other decision could you have made, and why?"

Time frame. 8-10 minutes

Emphasis:

Passing/Receiving
Players working together
Decision making of the players

<u>Psychological</u> Confidence Being safe Decision making	<u>Technical</u> Passing Receiving
<u>Physical</u> Movement Body position Acceleration	<u>Social</u> Listening Communicating FUN

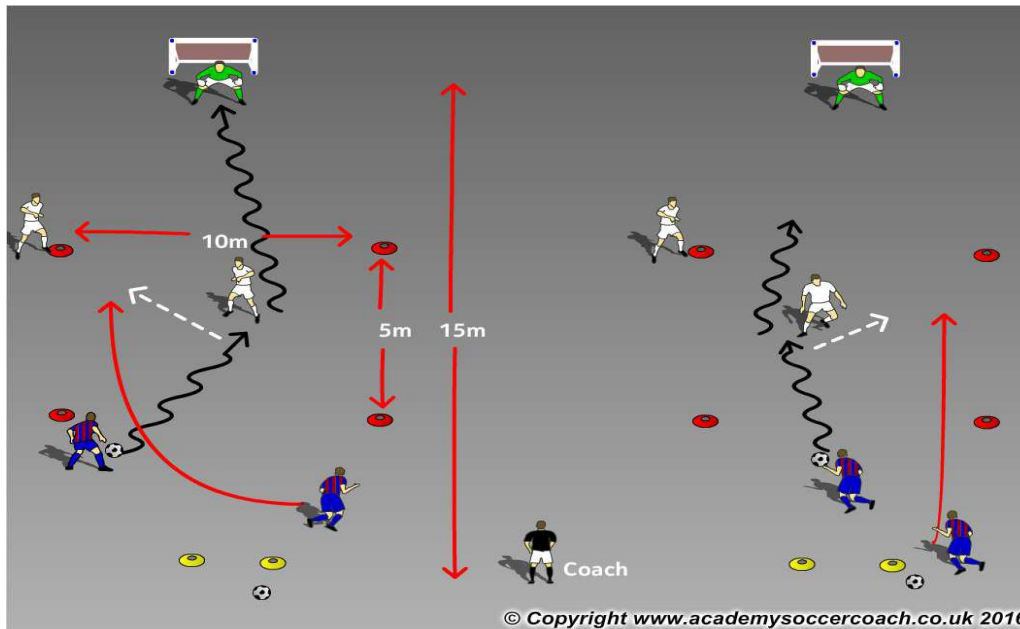
Player Development



FUNdamentals practice plan – Week 34

Station C

2v1 alley



Organization: Players are placed into groups of 5. 2 defenders and 2 attackers and 1 goalkeeper. Space is organised as above.

Procedure: A 2V1 situation is now created. Player in possession of the ball dribbles towards the defender to try to beat him/her. Defender must start in the square and can move anywhere in the area once the attacker dribbles in. The attacker now has a supporting team mate and can either make the decision to go 1v1 against the defender or pass to their team mate to create 2v1. If the attacker beats the defender they go and score in the main goal. If the defender wins possession they can score by dribbling through yellow goal. Players switch between attackers and defenders after each game. Players celebrate when they score and keep a track of how many goals they score.

Time frame. 8-10 minutes

Emphasis:

Guide players to make the correct decisions.

Offer advice through questions

<p><u>Psychological</u> Competition Confidence Decision making FUN</p>	<p><u>Technical</u> Passing Receiving 1v1</p>
<p><u>Physical</u> Speed Movement Change of Direction</p>	<p><u>Social</u> Listening Communicating Interaction</p>

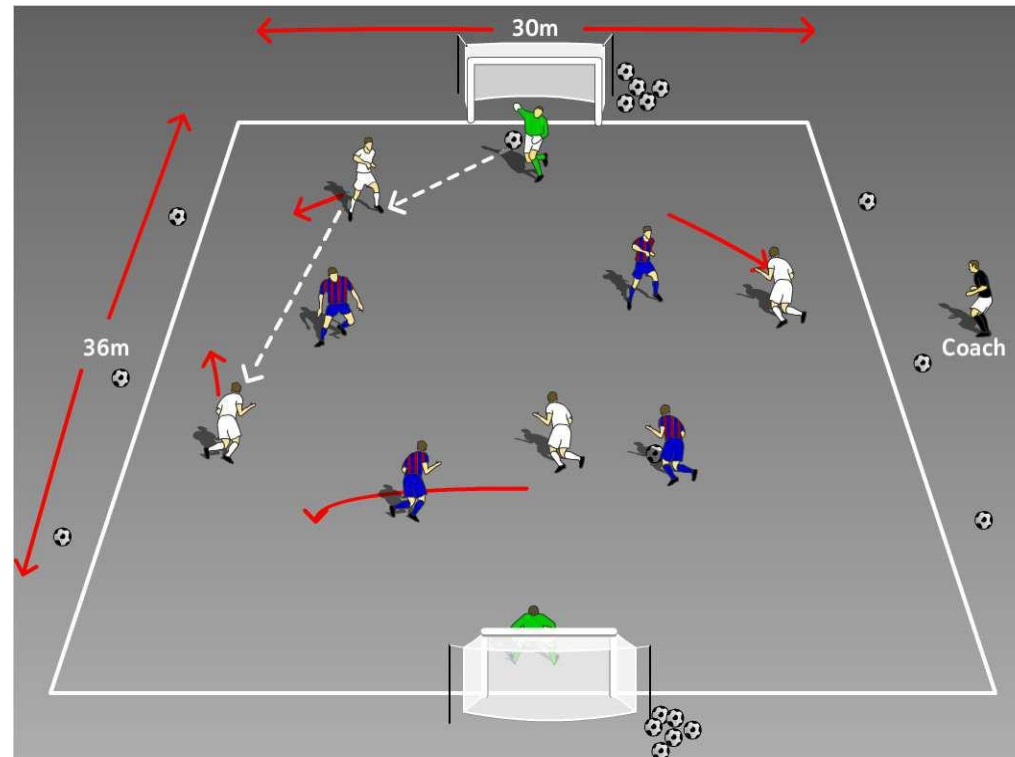
Player Development



FUNdamentals practice plan – Week 34

Station D

Small sided game – FREE PLAY



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Organization: 5v5 in a 30m x 36m field. No conditions. Encourage players to be positive, run with the ball and penetrate space when they have the opportunity. Allow for players to make decisions based on what they see. Look for good movement to provide support and find space.

Time frame. 8-10 minutes

Emphasis:

FREEPLAY!

FUN!

Psychological

Fun
Confidence
Being safe
Decision making

Technical

Passing
Receiving
Shooting
Attacking/Defending

Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating
Helping each other

Player Development

FUNdamentals practice plans

The Player Development Model – The Station concept



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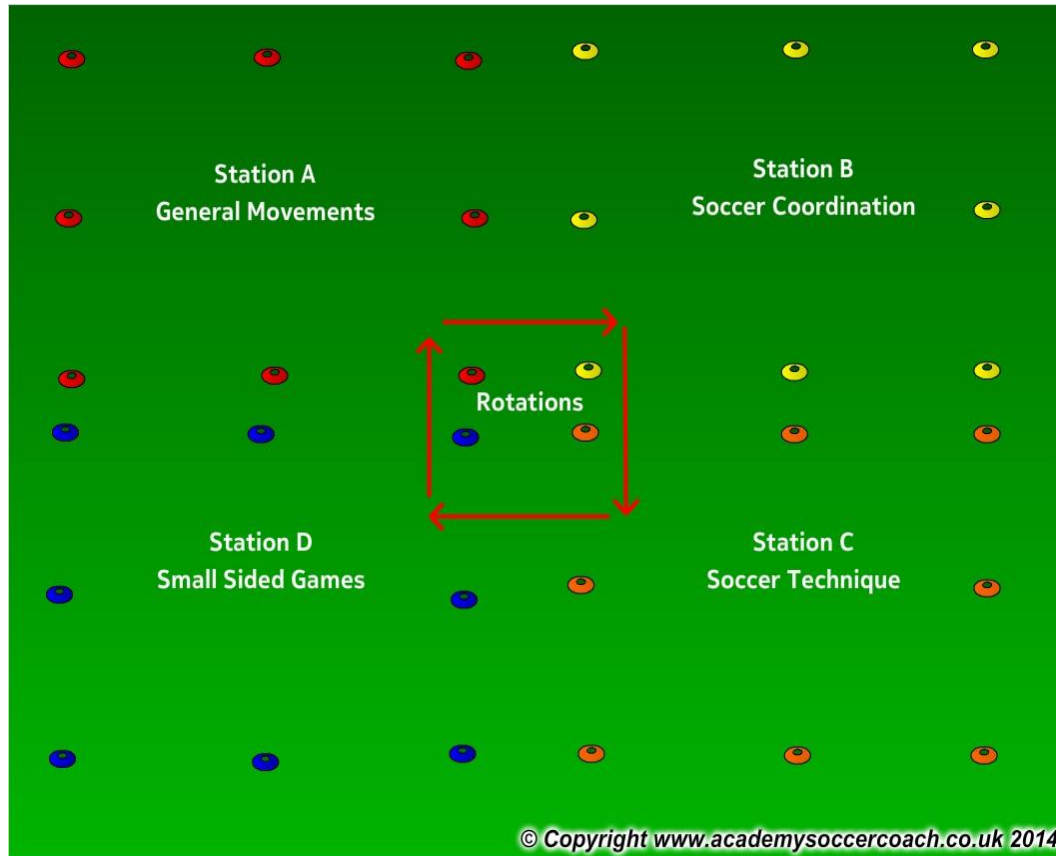
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All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

Total Practice time 45 minutes as per the Recreational and Development Matrix

FUNdamentals practice plans

How the Player Development 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.

General Movement: %20

Coordination: %20

Soccer technique: %20

Small sided game: %40

Player Development

FUNdamentals practice plan – Week 35

Station A

Handball– 3v3 + 3v3



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Organization: - Players placed in 20x30 yard area with 2 nets positioned on either endline. - Balls positioned around the outside of the playing area.
- Players are divided into 4 equal teams of 3
Procedure: - 2 handball games going on within the one playing area - Players can only take 2 steps when they are in possession. - Players score by putting the ball into their opponents net. - No GK's

Player Development

Time frame. 8-10 minutes

Emphasis:

Agility, Balance, Coordination, Speed
Changing Direction
Throwing & Catching
FUN!

Psychological

Decision Making
Confidence
Being safe
Spatial Awareness

Technic

al
Throwin
g
Catching

Physical

Agility, Balance,
Coordination
Speed

Social

Listening
Teamwork
Celebrating

FUNdamentals practice plan – Week 35

Station B

Small sided game – 2v2/3v3's with the Retreat line

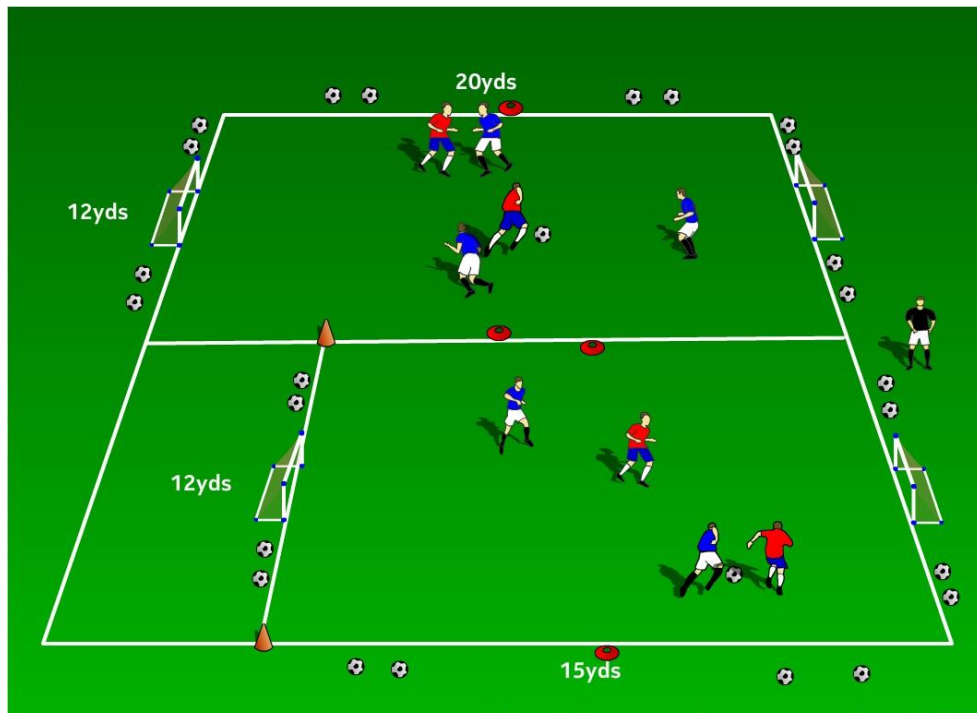


Time frame. 8-10 minutes

Emphasis:

Dribbling

FUN!



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Organization: Create two mini fields, one 12 x 15yards & the other 12 x 20 yards.

Balls around perimeter

Procedure: Players play 3v3 in larger field & 2v2 in smaller field

Psychologi

cal Fun
Confidence
Being safe
Decision making

Technical

Running with the ball
Dribbling

Physical

Speed
A,B,C's
Change of Direction

Social

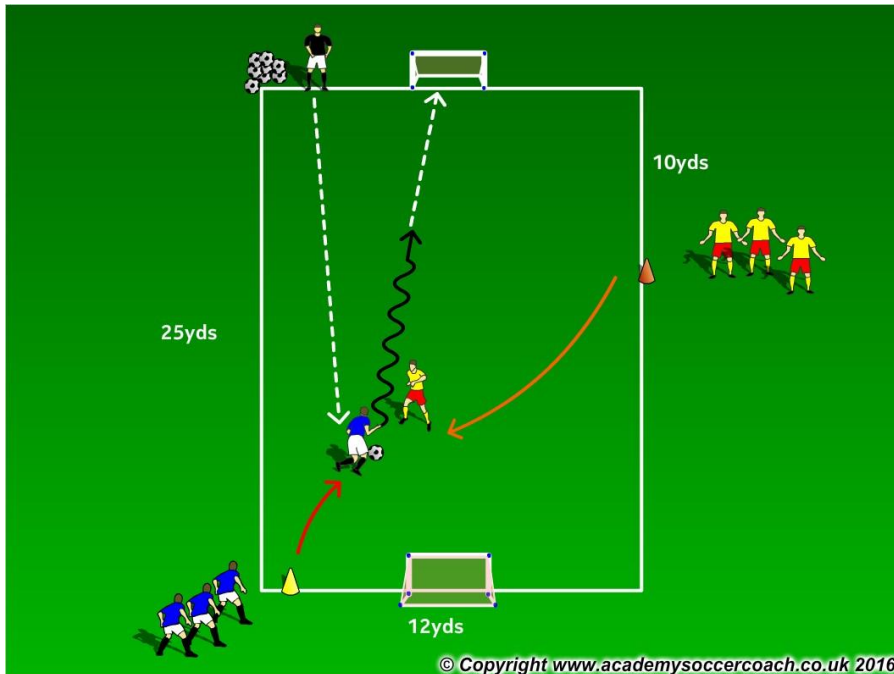
Listening
Communicating
Celebrating
Teamwork

Player Development

FUNdamentals practice plan – Week 35

Station C

1v1 Attacking: Creative alley



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Organization: 12x25 yard area with 2 nets placed at each end. Players are divided evenly into 2 teams; attackers and defenders. Defenders are positioned on sideline while attackers are positioned on the opposite side of the field. The coach will act as server and be stationed opposite attackers with ball. After 4-5 minutes switch attackers and defenders.

Procedure: Coach serves ball to attacker who receives the ball and attacks the goal. As coach serves the ball, the first defender comes to engage the attacker. Scoring: 1 point for attacker if they can score on the goal. If defender wins the ball they can score on the opposite net.

Time frame. 8-10 minutes

Emphasis:

- Ball control on the move
- Ball manipulation
- Change of speeds/directions

<u>Psychological</u> Confidence Decision making Spatial awareness	<u>Technical</u> Touch direction Running with the ball Dribbling
<u>Physical</u> Speed Change of Direction A,B,C's	<u>Social</u> Listening Communicating Fun

Player Development

FUNdamentals practice plan – Week 35

Station D

Small sided game – 2v2/3v3's with the Retreat line

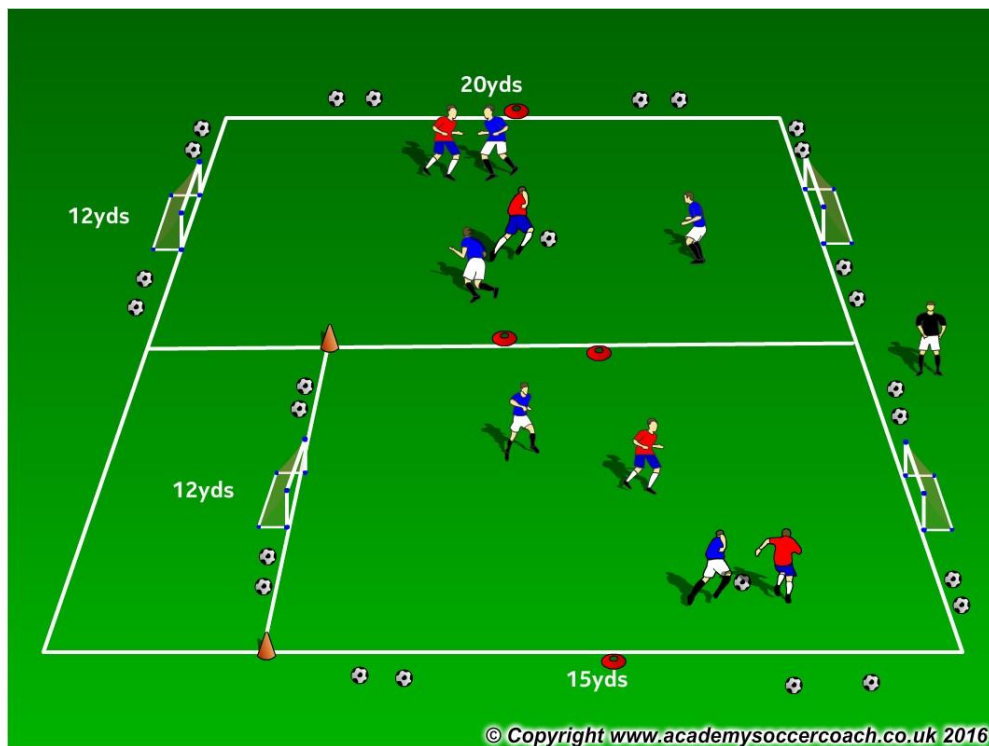


Time frame, 8-10 minutes

Emphasis:

FREEPLAY!

FUN!



Organization: Create two mini fields, one 12 x 15yards & the other 12 x 20 yards.

Balls around perimeter

Procedure: Players play 3v3 in larger field & 2v2 in smaller field

Psychologi

cal Fun

Confidence

Being safe

Decision making

Technical

Receivin
g

Shooting

Finishing

Attacking

Physical

Speed

A,B,C's

Change of Direction

Social

Listening

Communicating

Celebrating

Helping each other

Player Development

FUNdamentals practice plans

The Player Development 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.

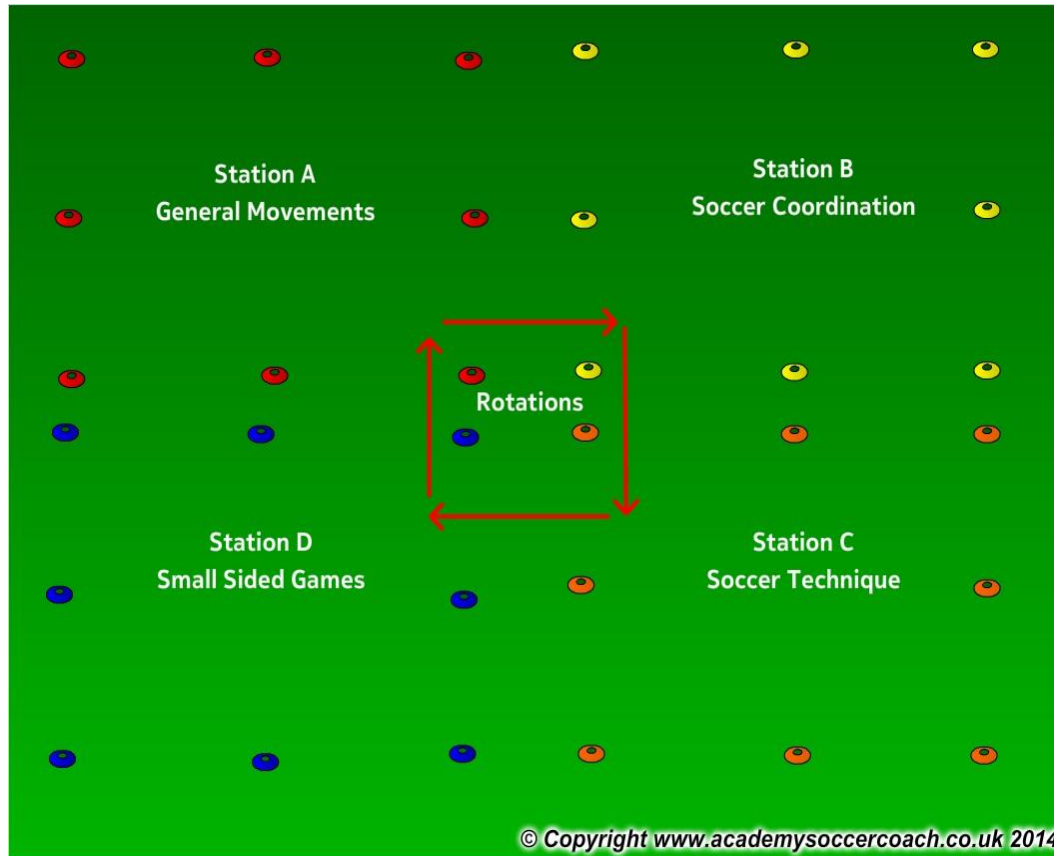
In the following activities players will travel through 4 stations. In these examples one station focuses on general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a small sided soccer game of 2v2, 3v3, 4v4 or 5v5.

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 minutes as per the Recreational and Development Matrix

FUNdamentals practice plans

How the Player Development 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.

General Movement: %20

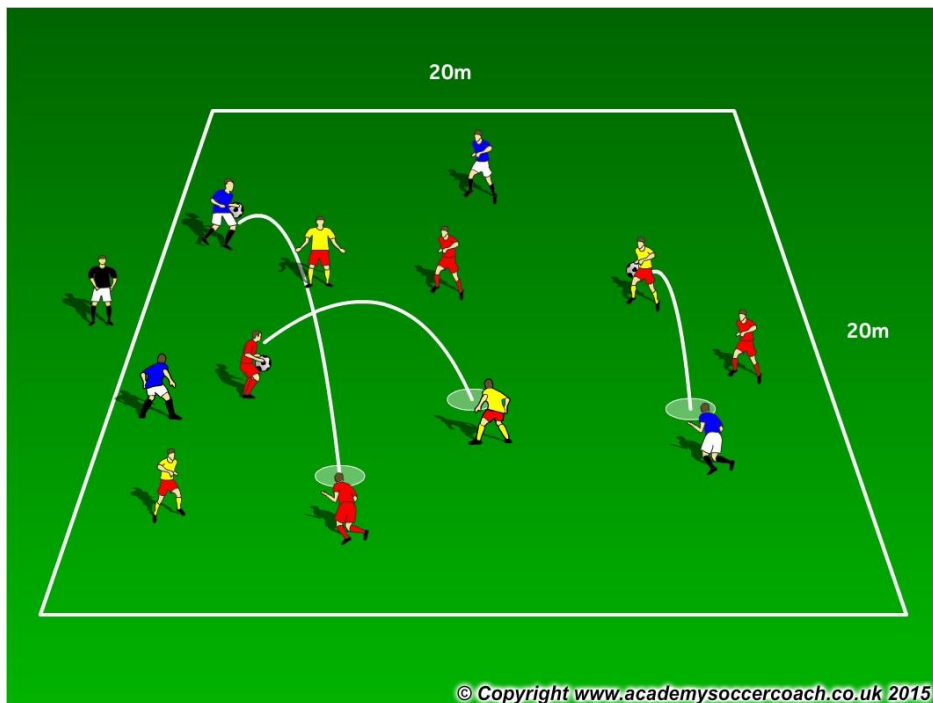
Coordination: %20

Soccer technique: %20

Small sided game: %40

Player Development

FUNdamentals practice plan – Week 36
Station A
General Movements – Continuous Movement



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Organization: Players are divided into 3 or 4 groups and placed in a 20x20m area. 1 ball per group.

Procedure: Players move around the area using type of movement dictated by coach: running, backwards running, hopping, skipping etc. Players throw the ball to each other using a variety of techniques: overhead throw, under-arm throw, chest/bounce pass, 1 hand throw under opposite leg, American football “snap”.

Progressions: Players can only play to players in same team (red only pass to red), Players must pass to a different team each time (Red must play blue or yellow).

Player Development

Time frame. 8-10 minutes

Emphasis:

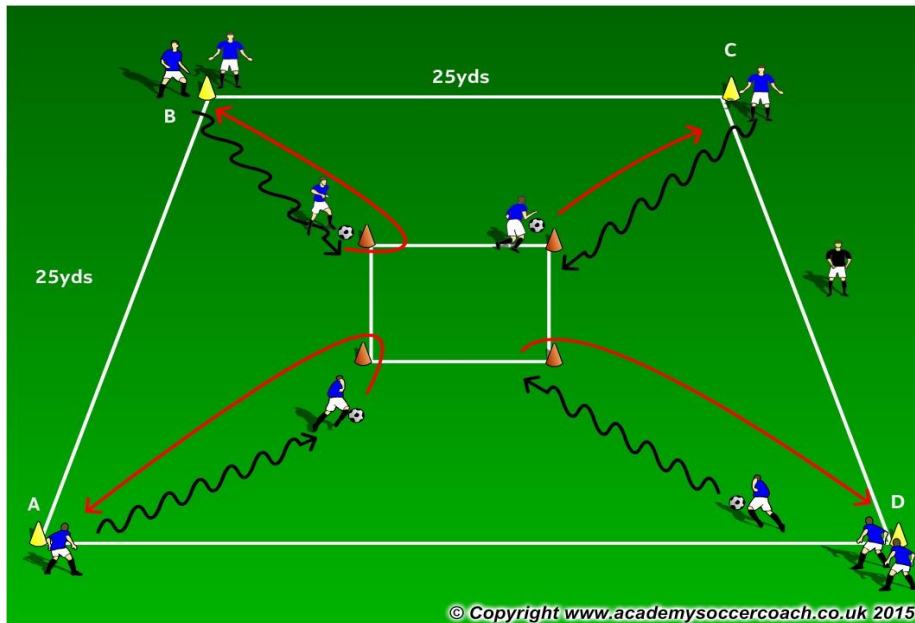
Agility, Balance, Coordination, Speed
 Changing Direction
 FUN!

<p><u>Psychological</u> Confidence Creativity Problem solving Being safe</p>	<p><u>Technic</u> <u>a</u> l Throwin g Catching Passing</p>
<p><u>Physical</u> Agility, Balance Change of Direction Speed</p>	<p><u>Social</u> Listening Problem Solving Teamwork</p>

FUNdamentals practice plan – Week 36

Station C

Technical work – Dribbling/Running with the Ball



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Organization: Set up large grid 25x25 yds with a smaller 8x8yds area in the centre. Position large pylon at each corner of the smaller grid. Players are divided evenly and positioned at a corner of the large grid (A,B,C,D) with no more than 3 per corner. 1 ball with each group of players
Procedure: Players will dribble to the centre pylon using different ball manipulation (inside/outside foot, sole, laces etc). Once at the centre cone they turn staying as close to the pylon as possible before running the ball at speed back to next player in line.
Progression 1: When players turn at the centre pylons they return to a different line (eg. If everyone is moving clockwise: start at A dribble to pylon, turn and run ball back to B)
Progression 2: Players dribble at the same time through central grid and join opposite line (A dribbles through centre box and joins C)

Time frame. 8-10 minutes

Emphasis:

Running with the ball
Dribbling
Problem solving

Allow players to be creative.

Psychologi
cal

Confidence
Being safe
Creativity

Technical

Dribbling
Running with the ball

Physical

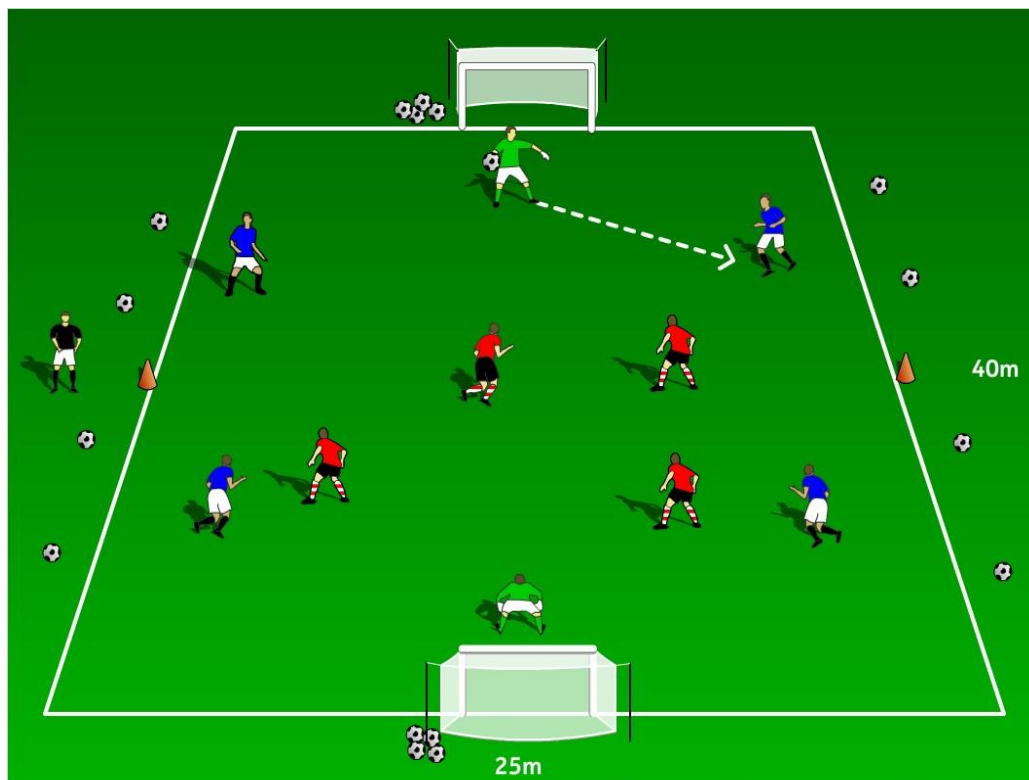
A,B,C's
Change of Direction
Acceleration

Social

Listening
Communicating
FUN

Player Development

FUNdamentals practice plan – Week 36
Station D
Small sided game – 5v5 – with retreat line



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Organization: Players play 5v5 in a 40x25m area (6v6/7v7 = increase area accordingly). Balls stationed along outside of field. Retreat Line marked at half way line for 5v5.

Time frame. 8-10 minutes

Emphasis:

FREEPLAY!

FUN!

Psychological
 Fun
 Confidence
 Being safe
 Decision making

Technical
 Receiving
 Dribbling
 Running with the ball

Physical
 Speed
 A,B,C's
 Change of Direction

Social
 Listening
 Communicating
 Celebrating
 Teamwork

Player Development

FUNdamentals practice plans

The Player Development 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.

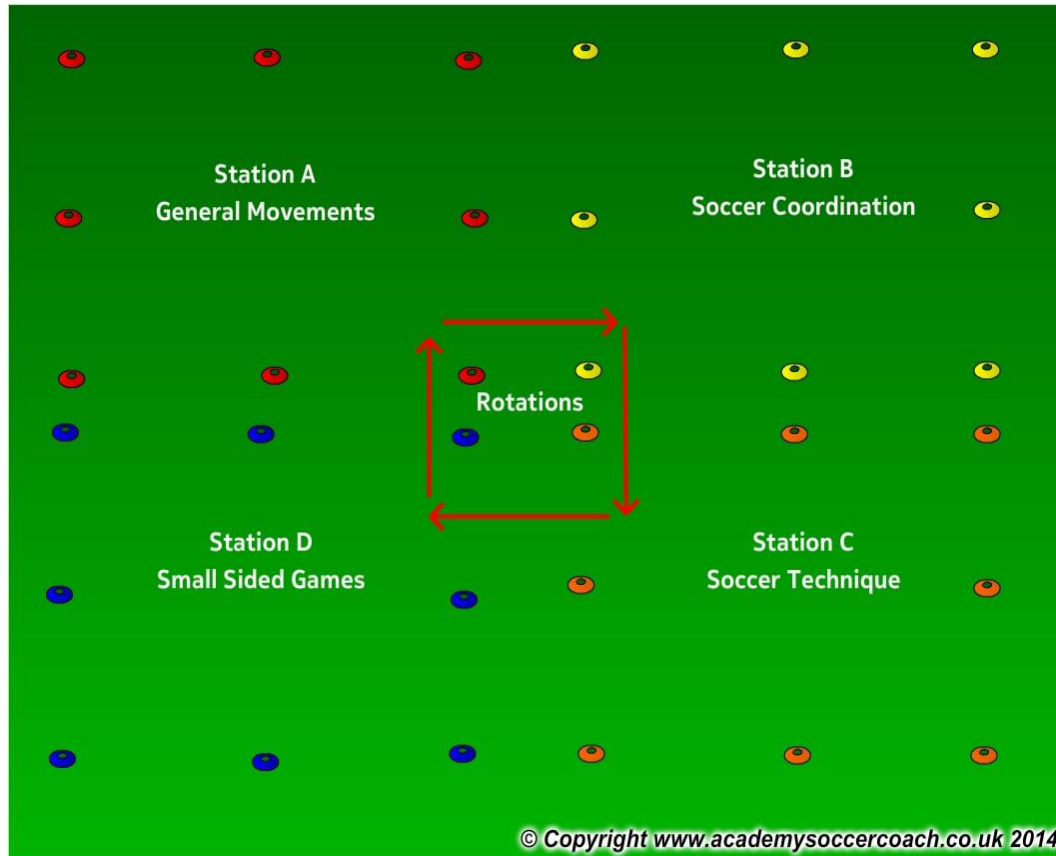
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All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

Total Practice time 45 minutes as per the Recreational and Development Matrix

FUNdamentals practice plans

How the Player Development 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.

General Movement: %20

Coordination: %20

Soccer technique: %20

Small sided game: %40

Player Development

FUNdamentals practice plan – Week 37
Station A
General Movements – 3v3 + 3v3 Handball



Organization: - Players placed in 20x30m area with 2 nets positioned on either endline. - Balls positioned around the outside of the playing area.
- Players are divided into 4 equal teams of 3
Procedure: - 2 handball games going on within the one playing area - Players can only take 2 steps when they are in possession. - Players score by putting the ball into their opponents net.- No GK's

Time frame. 8-10 minutes

Emphasis:

Agility, Balance, Coordination, Speed
 Changing Direction
 FUN!

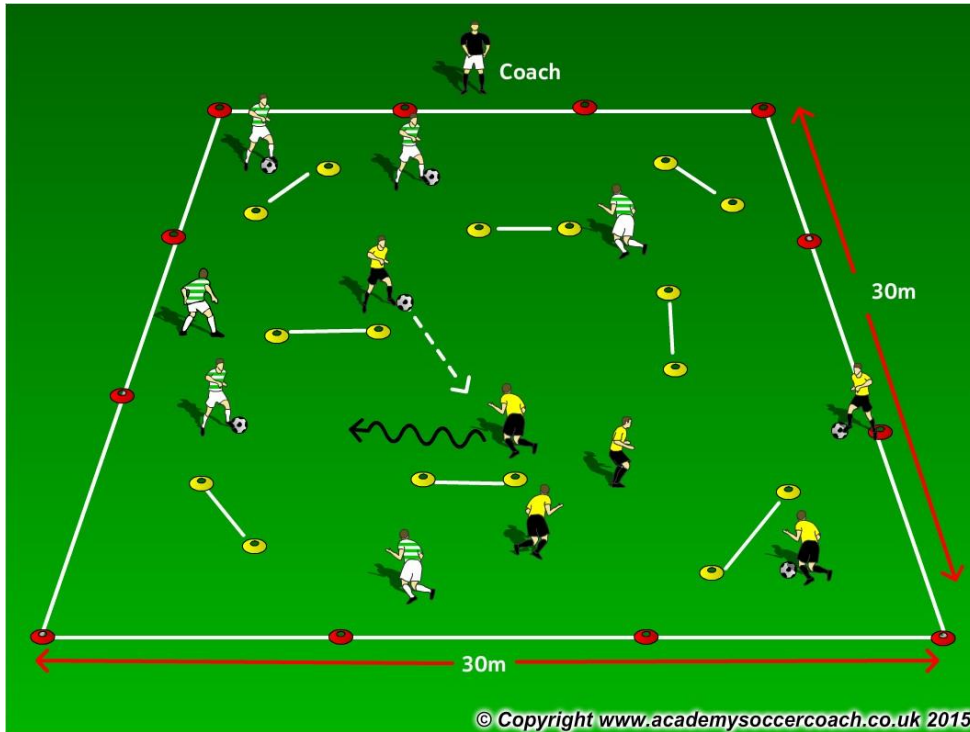
<p><u>Psychological</u> Confidence Creativity Problem solving Being safe</p>	<p><u>Technic</u> <u>al</u> Throwin g Catching Passing</p>
<p><u>Physical</u> Agility, Balance Change of Direction Speed</p>	<p><u>Social</u> Listening Problem Solving Teamwork</p>

Player Development

FUNdamentals practice plan – Week 37

Station C

Technical work – Passing Gates



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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.
Progression. To make it fun/competitive for the players add gates into the area and on the command of "Shopping" players look to pass the ball through the gates. each gate =1point, after 60 seconds pair with the most points wins the competition. Repeat game several times.

Time frame. 8-10 minutes

Emphasis:

Passing & Receiving
Problem solving
Support

Allow players to be creative.

Psychologi cal

Confidence
Being safe
Creativity

Technical

Dribbling
Running with the ball

Physical

A,B,C's
Change of Direction
Acceleration

Social

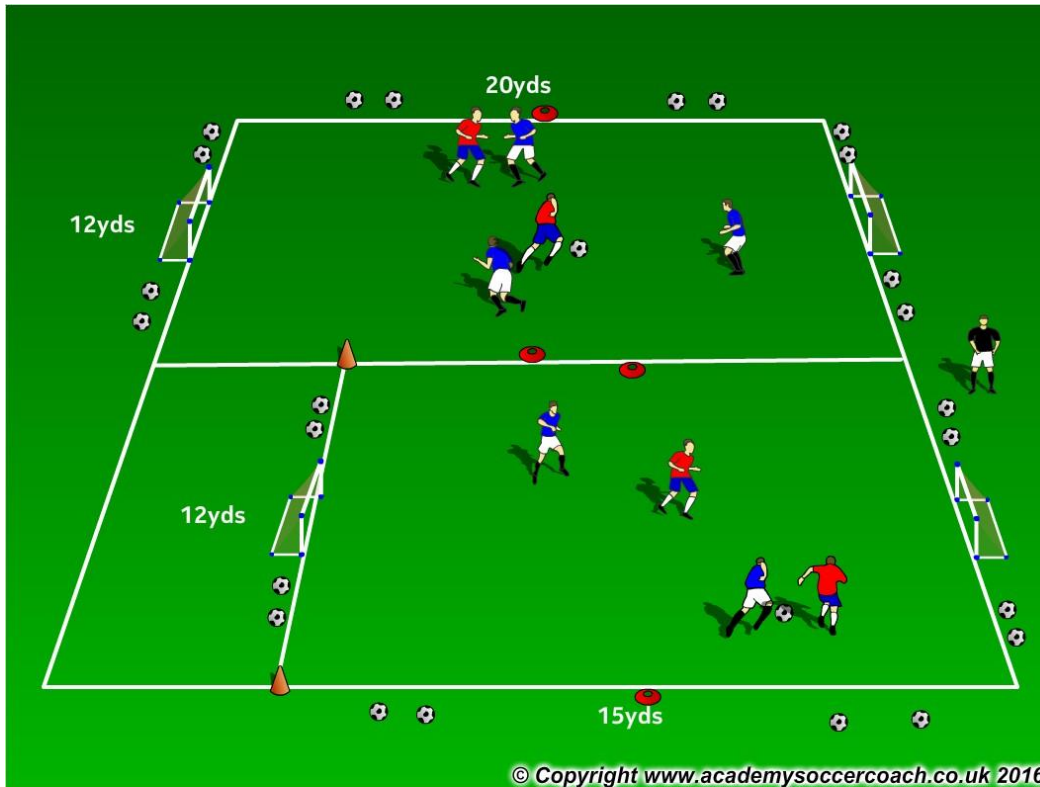
Listening
Communicating
FUN

Player Development

FUNdamentals practice plan – Week 37

Station D

Small sided game – 3v3/2v2 – with retreat line



Organization: Create two mini fields, one 12 x 15yards & the other 12 x 20 yards.

Balls around perimeter

Procedure: Players play 3v3 in larger field & 2v2 in smaller field

Time frame, 8-10 minutes

Emphasis:

FREEPLAY!

FUN!

Psychological
Fun
Confidence
Being safe
Decision making

Technical
Passing
Receiving

Physical
Speed
A,B,C's
Change of Direction

Social
Listening
Communicating
Celebrating
Teamwork

Player Development

FUNdamentals practice plans

The Player Development Model – The Station concept



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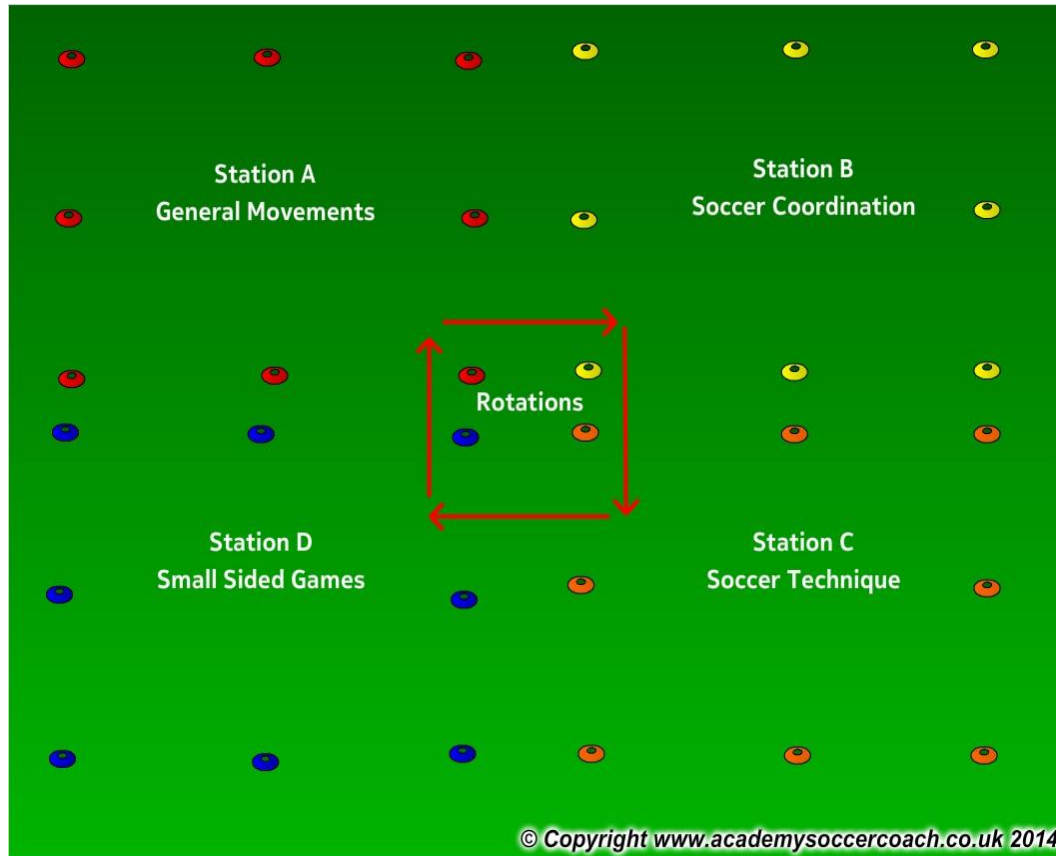
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Total Practice time 45 minutes as per the Recreational and Development Matrix

FUNdamentals practice plans

How the Player Development 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.

General Movement: %20

Coordination: %20

Soccer technique: %20

Small sided game: %40

Player Development

FUNdamentals practice plan – Week 38

Station A

General Movements – King of the Ring



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Organization: All players have a ball each and are placed in a circle, approx 15 yards in diameter.

Procedure: Players dribble their ball ensuring that the ball is always moving. On coach command all players keep their own ball under control while attempting to kick other players balls out of the circle.

If a players ball is kicked from the circle they must retrieve it and perform a task to re-enter play. example: 10 toe-taps, 1 lap of the circle dribbling their ball.

Player Development

Time frame. 8-10 minutes

Emphasis:

- ABC's
- Ball manipulation
 - Dribbling
- Change of speeds/directions
 - FUN

Psychological

Decision Making
Confidence
Being safe
Spatial Awareness

Technical

Dribbling
Ball mastery
Shielding

Physical

Agility, Balance
Change of Direction
Speed

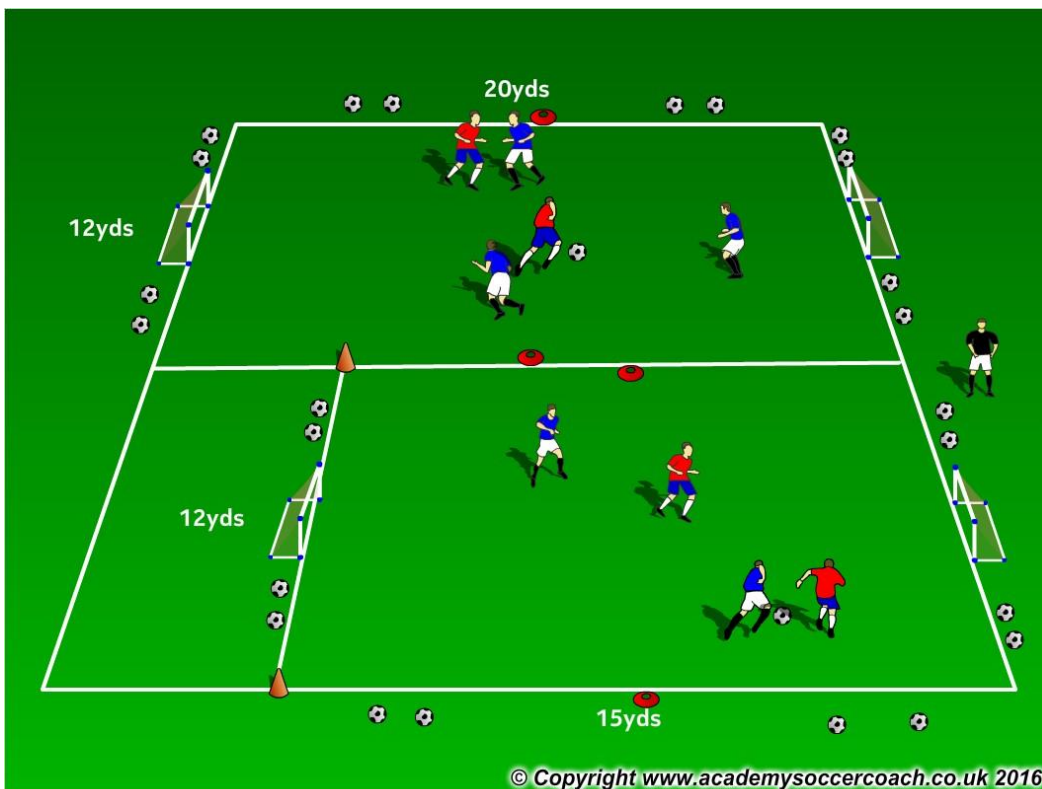
Social

Listening
Problem Solving
Celebrating

FUNdamentals practice plan – Week 38

Station B

Small sided game – 3v3/2v2 with the Retreat line



Organization: Create two mini fields, one 12 x 15yards & the other 12 x 20 yards.

Balls around perimeter

Procedure: Players play 3v3 in larger field & 2v2 in smaller field

Time frame. 8-10 minutes

Emphasis:

- Dribbling
- Ball mastery
- Creativity
- FUN

Psychologi

cal Fun
Confidence
Attacking mentality
Decision making

Technical

Ball mastery
Dribbling

Physical

Speed
A,B,C's
Change of Direction

Social

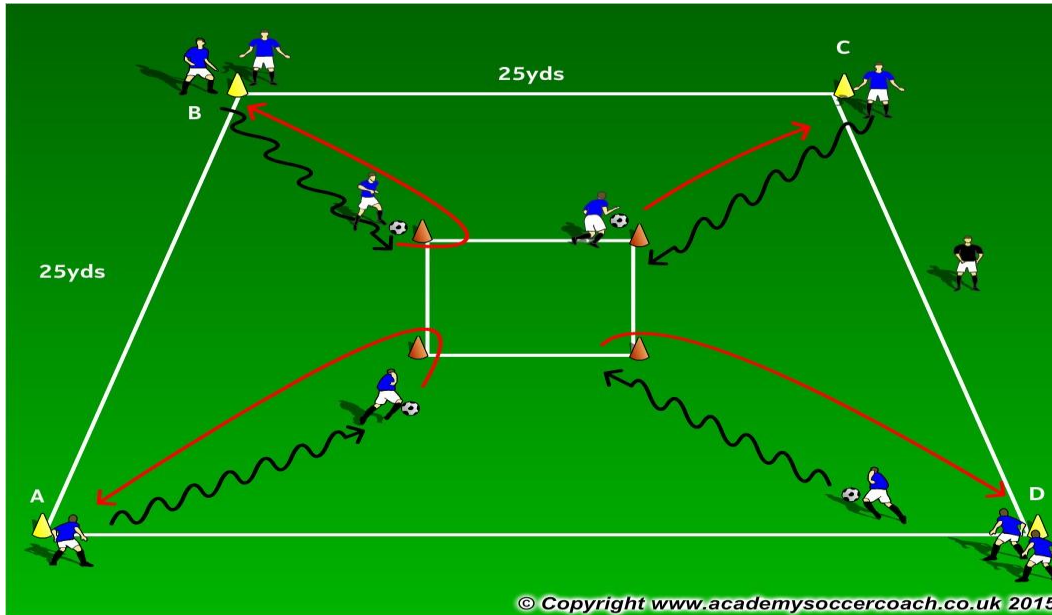
Listening
Communicating
Celebrating
Helping each other

Player Development

FUNdamentals practice plan – Week 38

Station C

Dribbling: Traffic on the Highway



Organization: Set up large grid 25x25 yds with a smaller 8x8yds area in the centre. Position large pylon at each corner of the smaller grid. Players are divided evenly and positioned at a corner of the large grid (A,B,C,D) with no more than 3 per corner. 1 ball with each group of players

Procedure: Players will dribble to the centre pylon using different ball manipulation (inside/outside foot, sole, laces etc). Once at the centre cone they turn staying as close to the pylon as possible before running the ball at speed back to next player in line.

Progression 1: When players turn at the centre pylons they return to a different line (eg. If everyone is moving clockwise: start at A dribble to pylon, turn and run ball back to B)

Progression 2: Players dribble at the same time through central grid and join opposite line (A dribbles through centre box and joins C)

Player Development

Time frame. 8-10 minutes

Emphasis:

- Ball manipulation
 - Dribbling
- Change of speeds/directions

Psychological
Confidence
Decision making
Spatial awareness

Technical
Different dribbling skills
Ball control
Turning

Physical
Speed
Change of Direction
A,B,C's

Social
Listening
Communicating
Fun

FUNdamentals practice plan – Week 38
Station D
Small sided game – 5v5 with the Retreat line

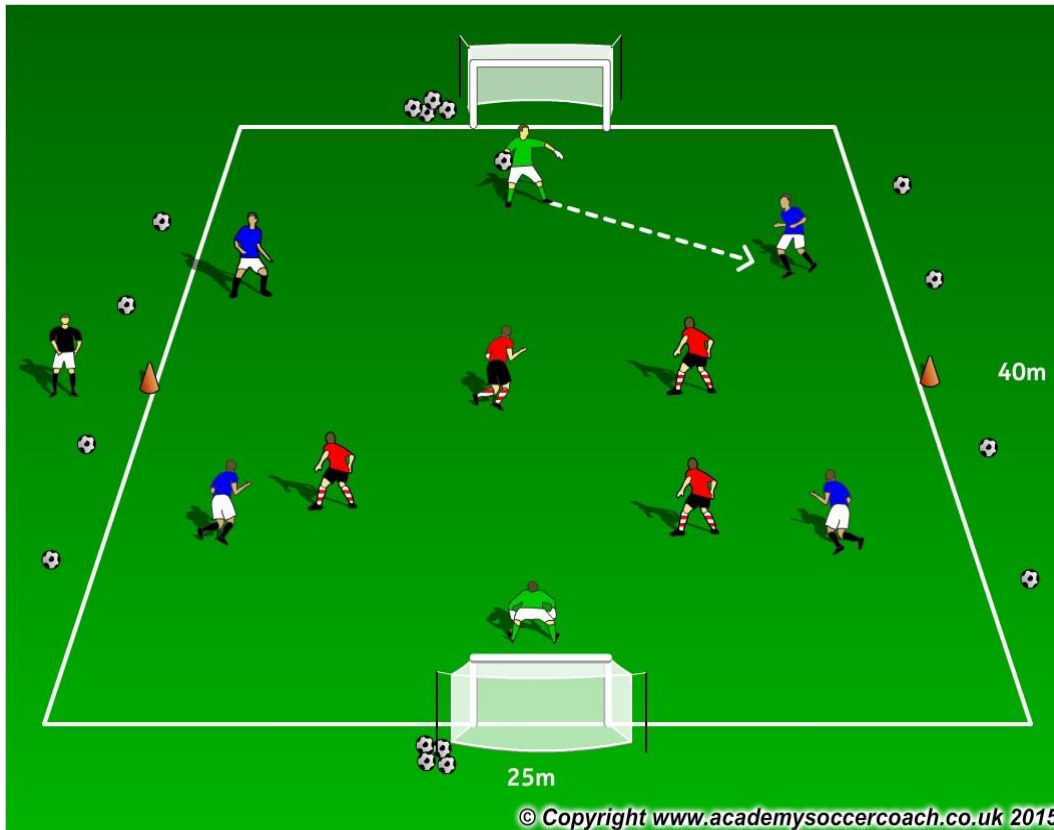


Time frame. 8-10 minutes

Emphasis:

FREEPLAY!

FUN!



Organization: Players play 5v5 in a 40x25m area (6v6/7v7 = increase area accordingly). Balls stationed along outside of field. Retreat Line marked at half way line for 5v5.

<p><u>Psychologi</u> <u>cal</u> Fun Confidence Attacking mentality Decision making</p>	<p><u>Technical</u> Receiving Dribbling Ball mastery</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Celebrating Helping each other</p>

Player Development

FUNdamentals practice plans

The Player Development Model – The Station concept



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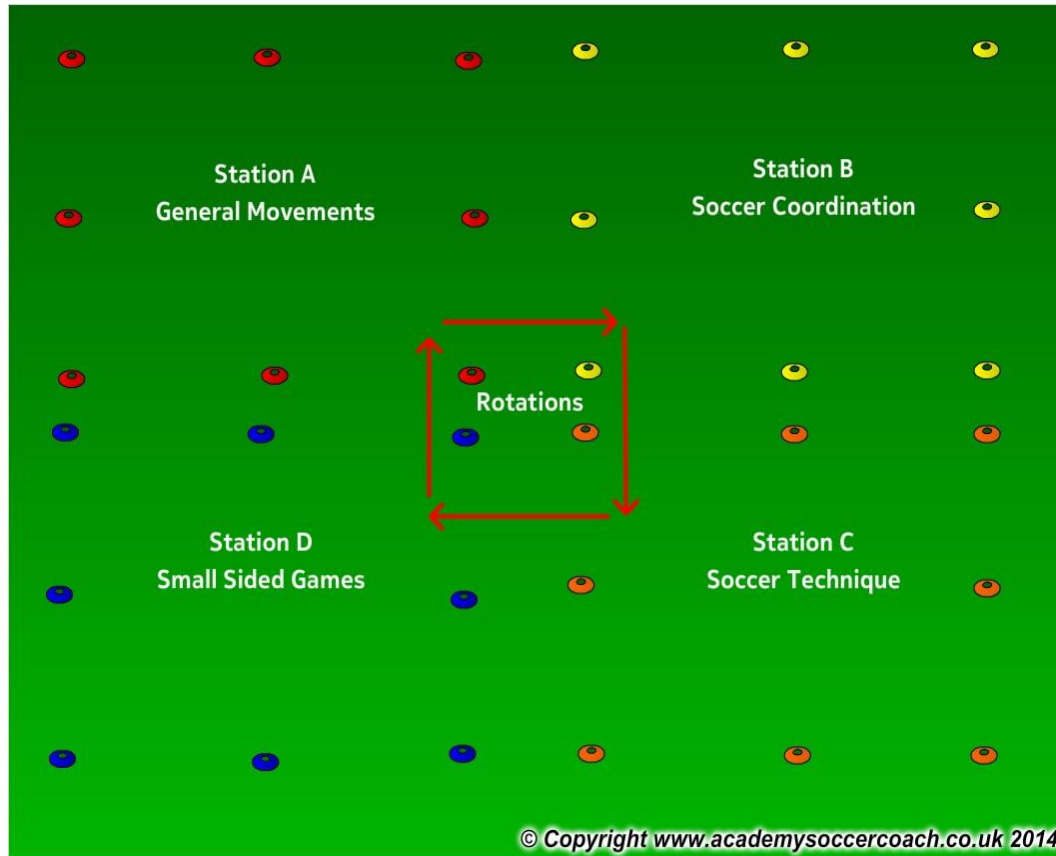
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All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

Total Practice time 45 minutes as per the Recreational and Development Matrix

FUNdamentals practice plans

How the Player Development 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.

General Movement: %20

Coordination: %20

Soccer technique: %20

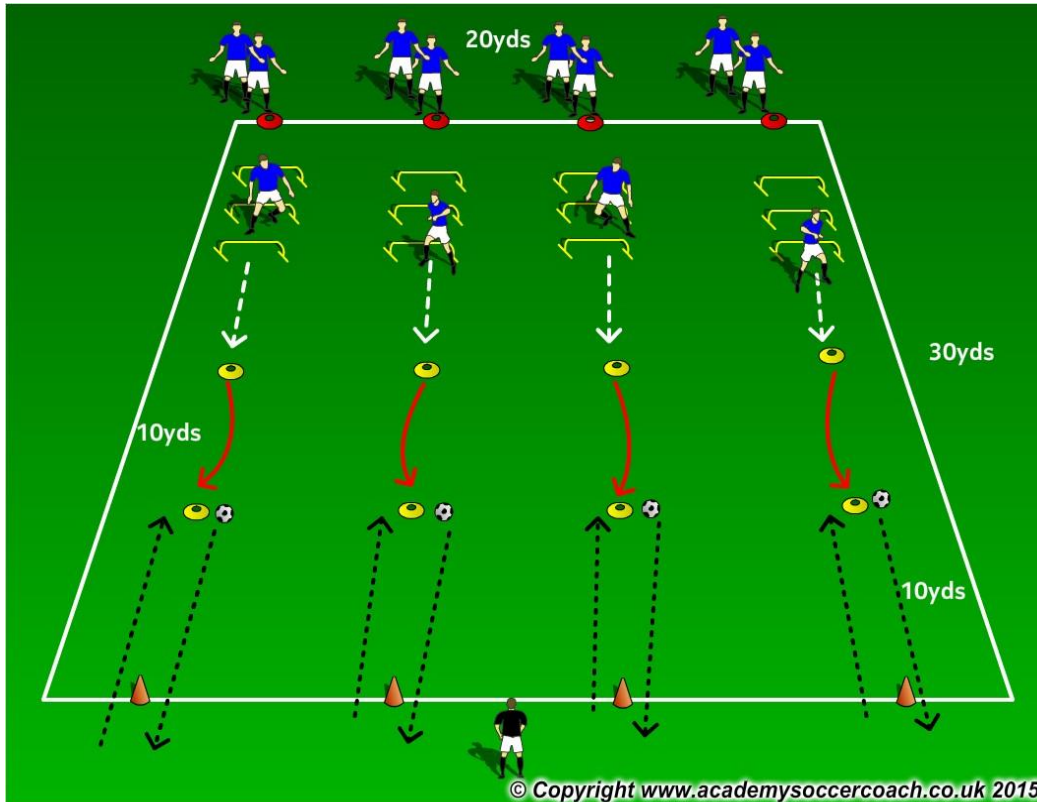
Small sided game: %40

Player Development

FUNdamentals practice plan – Week 39

Station A

General Movements – Olympic Relay



Organization: Players split into 4 groups of 3 (or 3 groups of 4)
Procedure: Players race through 4 stages of the obstacle course performing a variety of fundamental movement skills eg. forward/backwards running, skipping, hopping, bear-crawls, frog jumps, lateral shuffles etc.

Player Development

Time frame. 8-10 minutes

Emphasis:

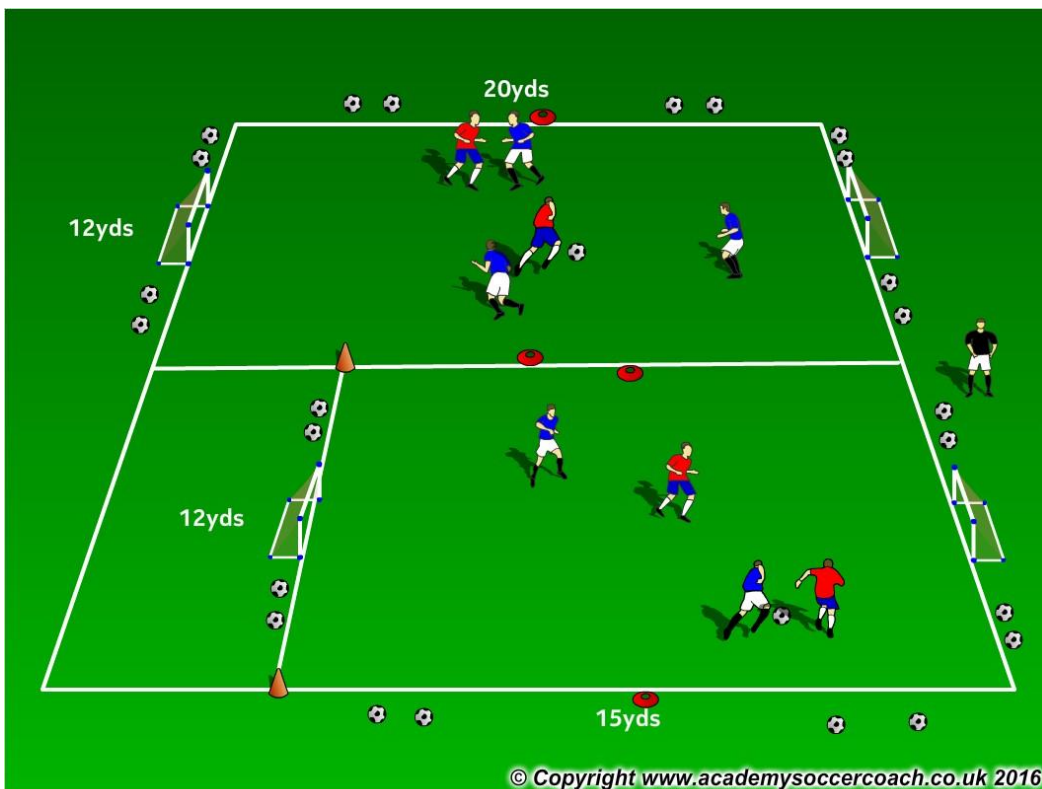
- Agility, Balance, Coordination, Speed
 - Changing Direction
 - FUN!

<u>Psychological</u> Confidence Being safe Competition Spatial Awareness	<u>Technical</u> Can incorporate ball
<u>Physical</u> Agility, Balance, Coordination Change of Direction Speed	<u>Social</u> Listening Celebrating Teamwork

FUNdamentals practice plan – Week 39

Station B

Small sided game – 3v3/2v2 with the Retreat line



Organization: Create two mini fields, one 12 x 15yards & the other 12 x 20 yards.

Balls around perimeter

Procedure: Players play 3v3 in larger field & 2v2 in smaller field

Time frame. 8-10 minutes

Emphasis:

- Dribbling
- Ball mastery
- Creativity
- FUN

Psychologi

cal Fun

Confidence

Attacking mentality

Decision making

Technical

Ball mastery

Dribbling

Physical

Speed

A,B,C's

Change of Direction

Social

Listening

Communicating

Celebrating

Helping each other

Player Development

FUNdamentals practice plan – Week 39

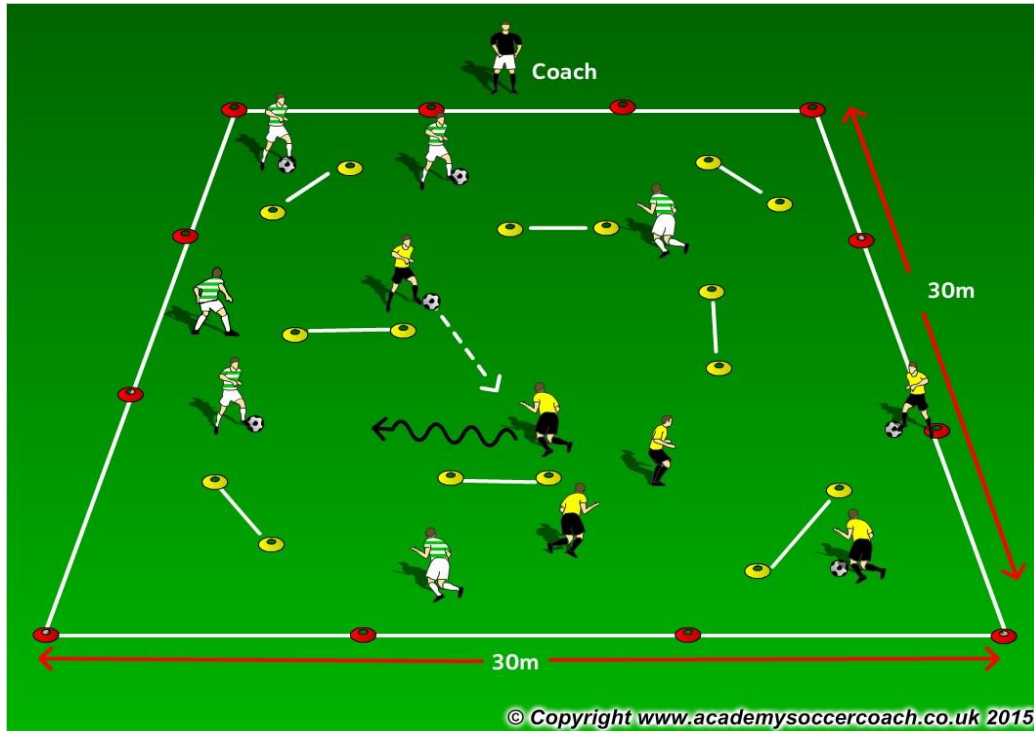
Station C Passing Gates



Time frame. 8-10 minutes

Emphasis:

- Passing & Receiving
- Touch Direction
- Awareness



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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.
Progression. To make it fun/competitive for the players add gates into the area and on the command of "Shopping" players look to pass the ball through the gates. each gate =1point, after 60 seconds pair with the most points wins the competition. Repeat game several times.

Player Development

Psychological
Competition
Confidence
Decision making

Technical
Passing
Receiving – touch
direction
Dribbling

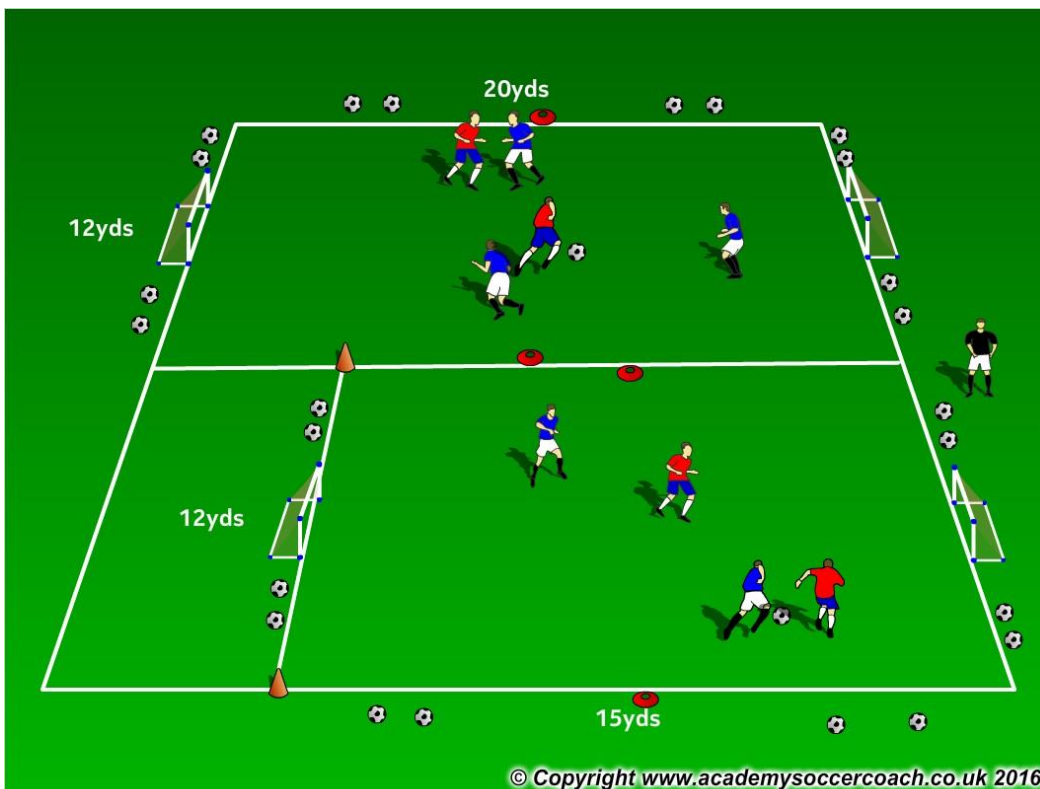
Physical
A,B,C'S
Change of Direction

Social
Listening
Communicating
Fun
Teamwork

FUNdamentals practice plan – Week 39

Station D

Small sided game – 3v3/2v2 with the Retreat line



Organization: Create two mini fields, one 12 x 15yards & the other 12 x 20 yards.

Balls around perimeter

Procedure: Players play 3v3 in larger field & 2v2 in smaller field

Time frame. 8-10 minutes

Emphasis:

- Dribbling
- Ball mastery
- Creativity
- FUN

Psychologi

cal Fun

Confidence

Attacking mentality

Decision making

Technical

Ball mastery

Dribbling

Physical

Speed

A,B,C's

Change of Direction

Social

Listening

Communicating

Celebrating

Helping each other

Player Development

FUNdamentals practice plans

The Player Development Model – The Station concept



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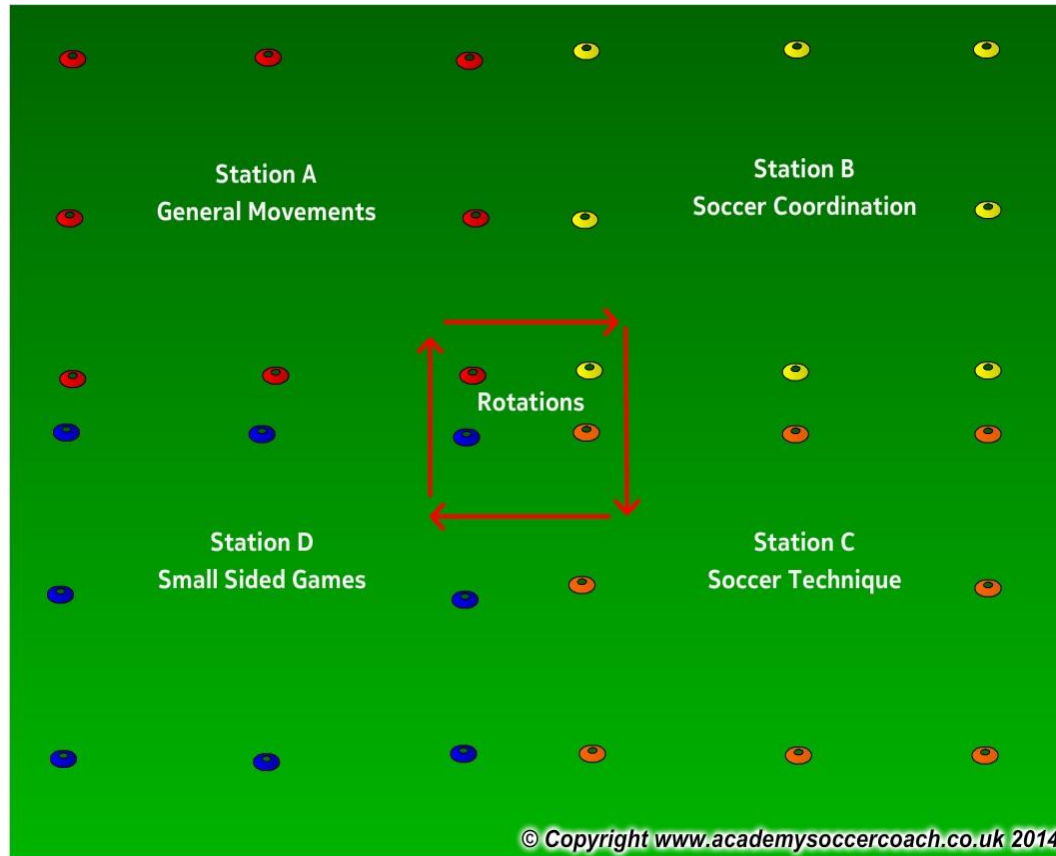
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All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

Total Practice time 45 minutes as per the Recreational and Development Matrix

FUNdamentals practice plans

How the Player Development 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.

General Movement: %20

Coordination: %20

Soccer technique:%20

Small sided game:%40

FUNdamentals practice plan – Week 40

Station A

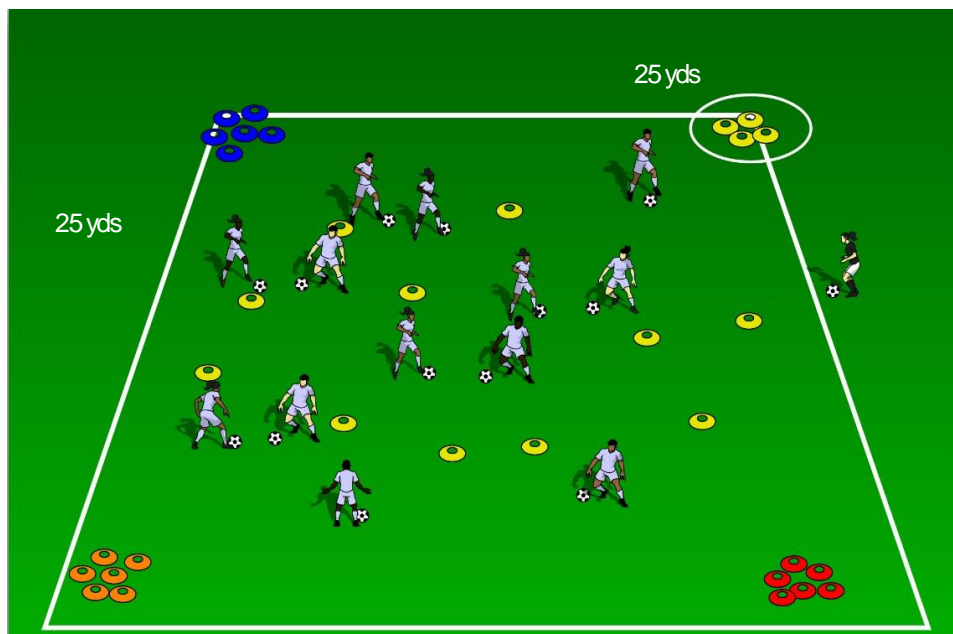
General Movements – Spaceships



Time frame. 8-10 minutes

Emphasis:

Agility, Balance, Coordination, Speed
Changing Direction
FUN!



Organisation

-Twelve players dribble the ball round in a 25x25 area.

Procedure

Players fly around using their ball (space rocket)

Avoid the asteroids (cones)

Listen to coaches command,

Blue - Earth, Yellow - Saturn, Red - Mars,

Orange - Jupiter. If white Cones - the moon.

Blast off at each planet - count down and use toe taps.

Boxes for - turbulence

Drag backs to go the other way.

Toe taps to climb off the rocket
Hopping or moon walk when off the space ship.

Alien - Players crawl or roll round to avoid detection.

Ask players what they have found or what they can see.

Count down to get back to the spaceship (ball)

Progression:

Coach could be the alien and try and touch the ball - players have to shield

<u>Psychological</u> Confidence Creativity Imagination Being safe	<u>Technical</u> Dribbling Shielding
<u>Physical</u> Agility, Balance Change of Direction Speed	<u>Social</u> Listening Problem Solving Teamwork

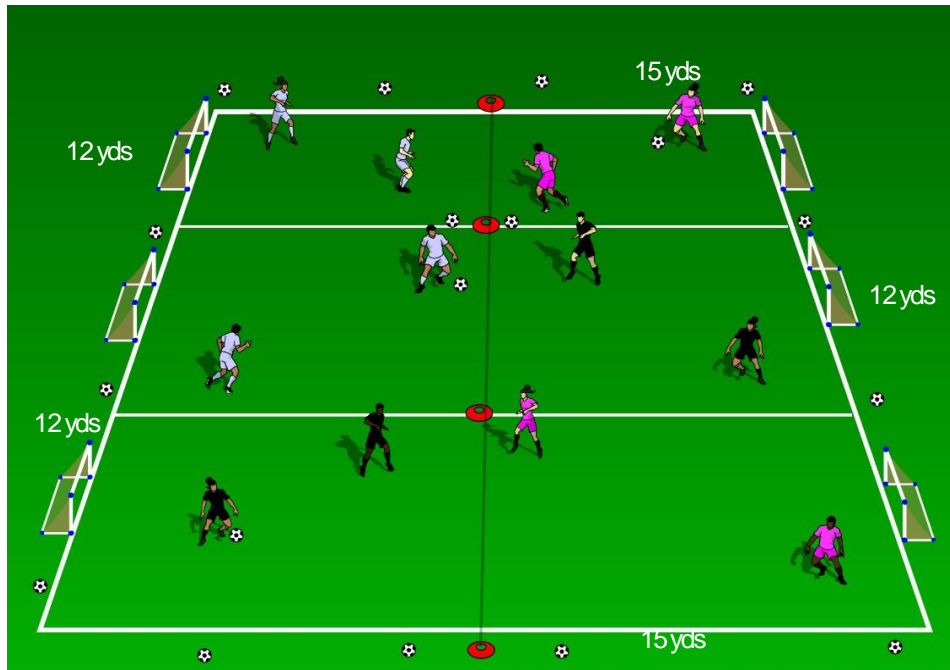
Player Development



FUNdamentals practice plan – Week 40

Station D

Small sided game – 2v2 – with retreat line



Time frame. 8-10 minutes

Emphasis:

FREE PLAY!

FUN!

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

Organisation

-Create three mini fields, 12x15 yards. Balls around the perimeter.

Procedure

Players play 2v2 in smaller fields. After 2 minutes. Rotate the teams. Can do a competition ladder and rock paper scissors if a tie.

Include celebrations with team mates, high 5's, come up with their own etc.

Player Development

FUNdamentals practice plan – Week 40

Station C

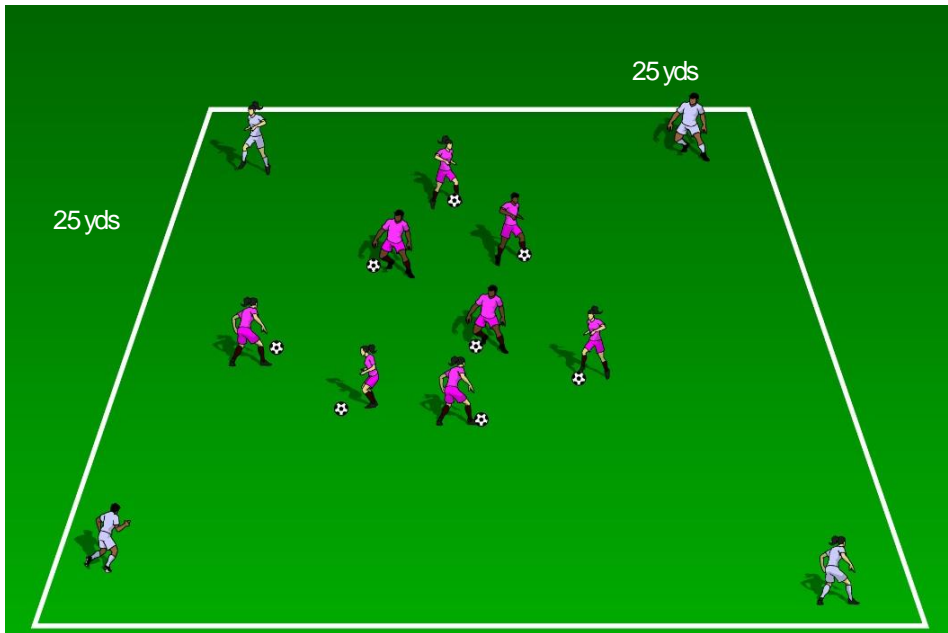
Technical work “Bruce the Shark”



Time frame. 8-10 minutes

Emphasis:

Passing & Receiving
Problem solving
Support.



<u>Psychologic</u> al Confidence Being safe Creativity	<u>Technical</u> Shielding the ball Running with the ball
<u>Physical</u> A,B,C's Change of Direction Acceleration	<u>Social</u> Listening Communicating FUN

Organisation

-Eight players dribble the ball round in a 25x25 area.

Procedure

On Coaches command, three of four ‘Sharks’ (without a ball) enter the area and try to get soccer balls by putting their foot on top of the ball. The soccer players or fishes try to protect their ball by moving in to space and shielding. Every time the shark touches a ball, the players, stand and call for a high 5 to be freed and back in to the game. Rotate sharks after 2 minutes.

Progression: If players are tagged, they must move round the area by hopping, until they get a high 5 from their team mate.

OR Players crawl or skip behind the ball as they approach.

Alternative Progression:

Sharks have balls to dribble too.
Increase the amount of sharks to 5 or 6.

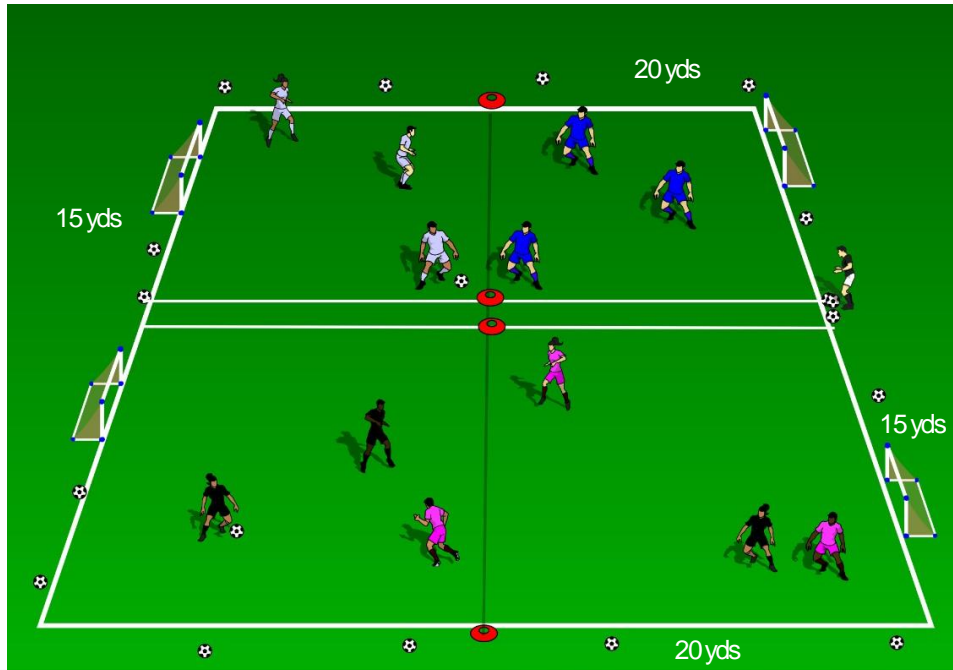
Player Development



FUNdamentals practice plan – Week 40

Station D

Small sided game – 2v2 – with retreat line



Time frame. 8-10 minutes

Emphasis:

FREE PLAY!

FUN!

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

Organisation

-Create three mini fields, 12x15 yards. Balls around the perimeter.

Procedure

Players play 2v2 in smaller fields. After 2 minutes. Rotate the teams. Can do a competition ladder and rock paper scissors if a tie.

Include celebrations with team mates, high 5's, come up with their own etc.

Player Development

FUNdamentals practice plans

The Player Development 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.

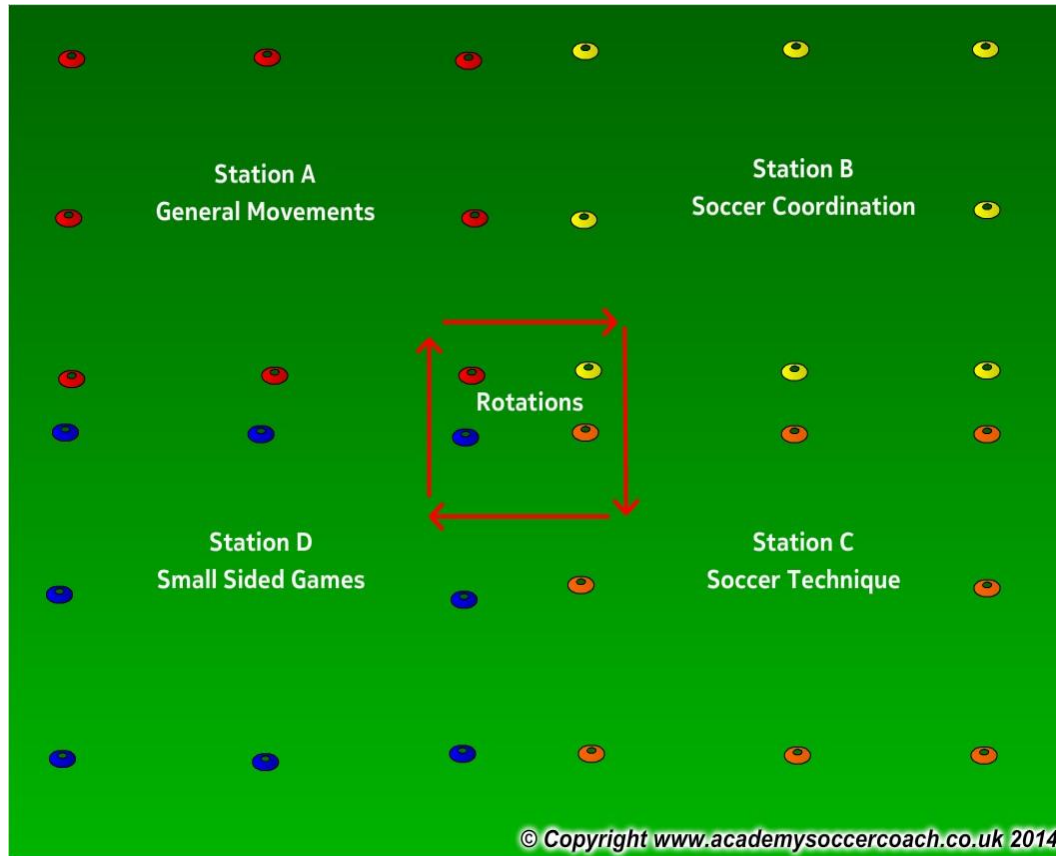
In the following activities players will travel through 4 stations. In these examples one station focuses on general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a small sided soccer game of 2v2, 3v3, 4v4 or 5v5.

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 minutes as per the Recreational and Development Matrix

FUNdamentals practice plans

How the Player Development 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.

General Movement: %20

Coordination: %20

Soccer technique: %20

Small sided game: %40

Player Development

FUNdamentals practice plan – Week 41

Station A

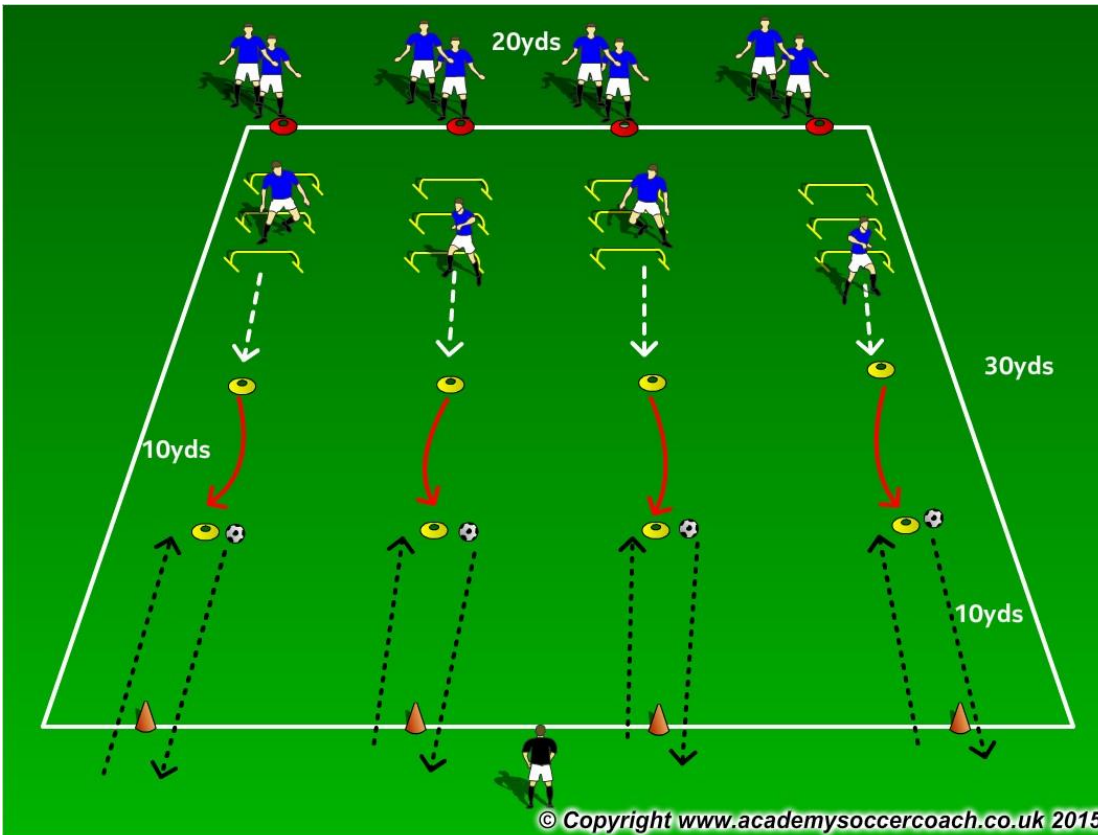
Obstacle Course – Olympic Relay



Time frame. 8-10 minutes

Emphasis:

- Agility, Balance, Coordination, Speed
 - Changing Direction
 - Running with the ball
 - FUN!



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Organization: Players split into 4 groups of 3 (or 3 groups of 4)
Procedure: Players race through 4 stages of the obstacle course performing a variety of fundamental movement skills eg. forward/backwards running, skipping, hopping, bear-crawls, frog jumps, lateral shuffles etc.

Psychological

Decision Making
Confidence
Being safe
Spatial Awareness

Technical

Running with the ball

Physical

Agility, Balance,
Coordination
Speed

Social

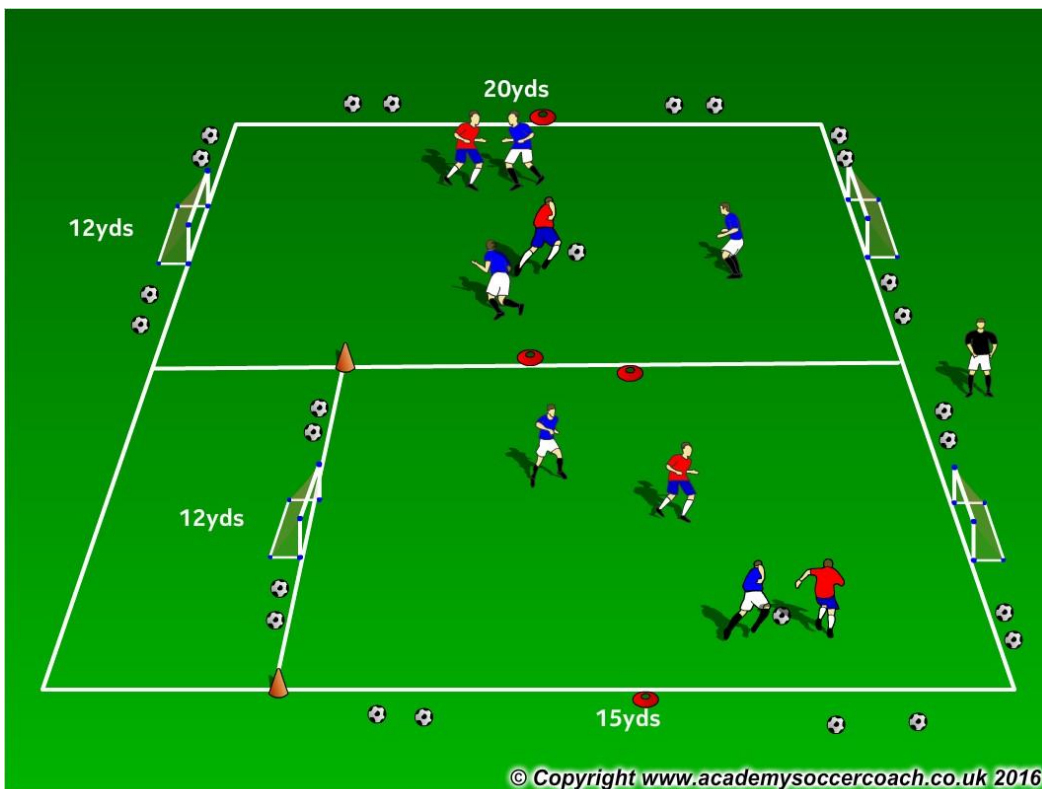
Listening
Teamwork
Celebrating

Player Development

FUNdamentals practice plan – Week 41

Station B

Small sided game – 3v3/2v2 with the Retreat line



Organization: Create two mini fields, one 12 x 15yards & the other 12 x 20 yards.

Balls around perimeter

Procedure: Players play 3v3 in larger field & 2v2 in smaller field

Time frame. 8-10 minutes

Emphasis:

- Dribbling
- Ball mastery
- Creativity
- FUN

Psychologi

cal Fun

Confidence

Attacking mentality

Decision making

Technical

Ball mastery

Dribbling

Physical

Speed

A,B,C's

Change of Direction

Social

Listening

Communicating

Celebrating

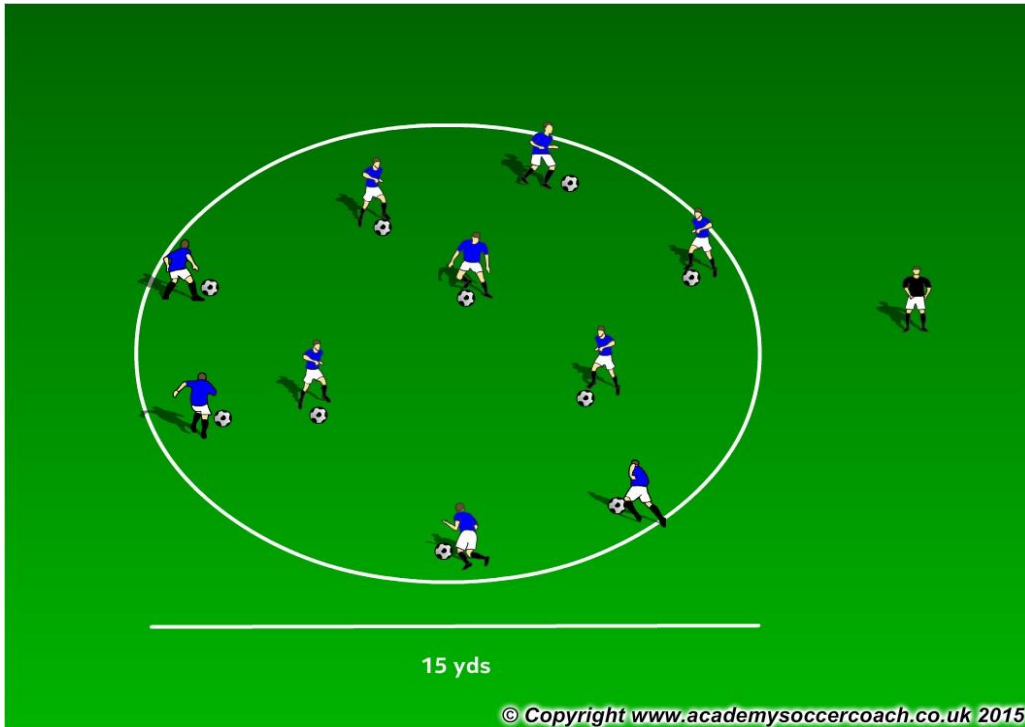
Helping each other

Player Development

FUNdamentals practice plan – Week 41

Station C

General Movements – King of the Ring



Organization: All players have a ball each and are placed in a circle, approx 15 yards in diameter.

Procedure: Players dribble their ball ensuring that the ball is always moving. On coach command all players keep their own ball under control while attempting to kick other players balls out of the circle.

If a players ball is kicked from the circle they must retrieve it and perform a task to re-enter play. example: 10 toe-taps, 1 lap of the circle dribbling their ball.

Player Development

Time frame. 8-10 minutes

Emphasis:

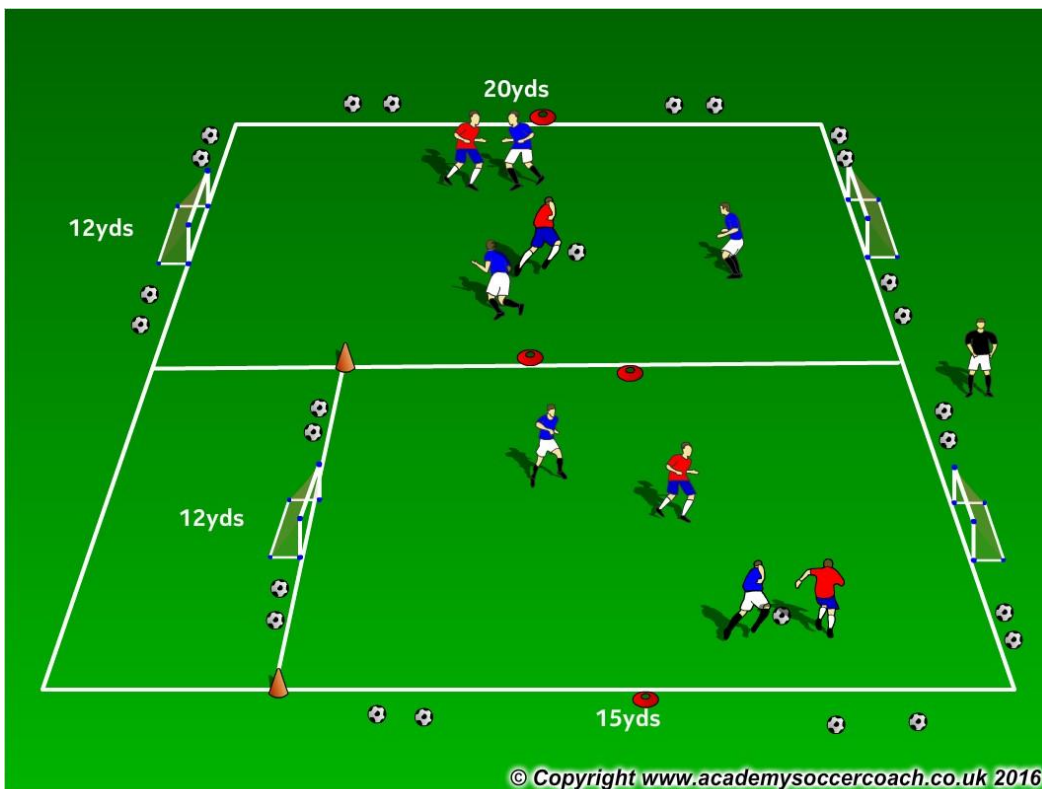
- Agility, Balance, Coordination, Speed
 - Changing Direction
 - Dribbling
 - FUN!

<u>Psychological</u> Decision Making Confidence Being safe Spatial Awareness	<u>Technical</u> Dribbling Shielding
<u>Physical</u> Agility, Balance Change of Direction Speed	<u>Social</u> Listening Problem Solving Celebrating

FUNdamentals practice plan – Week 41

Station D

Small sided game – 3v3/2v2 with the Retreat line



Organization: Create two mini fields, one 12 x 15yards & the other 12 x 20 yards.

Balls around perimeter

Procedure: Players play 3v3 in larger field & 2v2 in smaller field

Time frame. 8-10 minutes

Emphasis:

- Free Play

Psychologi

cal Fun
Confidence
Attacking mentality
Decision making

Technical

Ball mastery
Dribbling

Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating
Helping each other

Player Development

FUNdamentals practice plans

The Player Development 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.

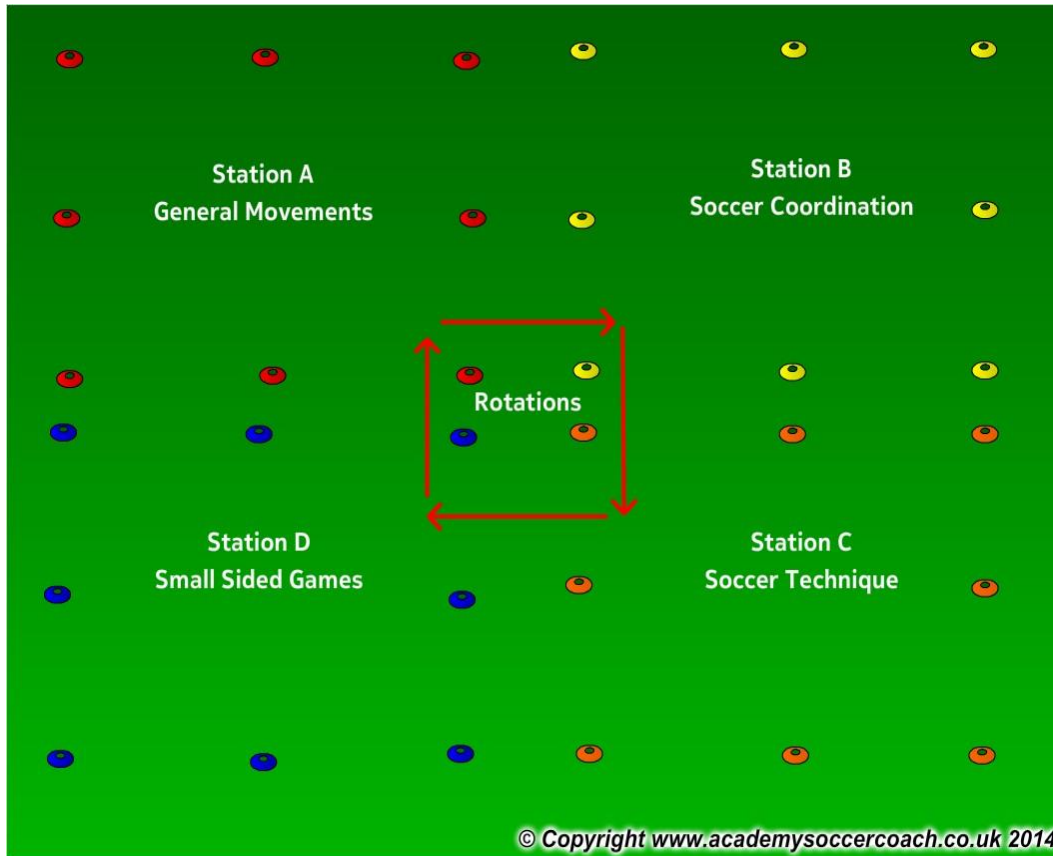
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Total Practice time 45 minutes as per the Recreational and Development Matrix

FUNdamentals practice plans

How the Player Development 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.

General Movement: %20

Coordination: %20

Soccer technique:%20

Small sided game:%40

FUNdamentals practice plan – Week 42

Station A

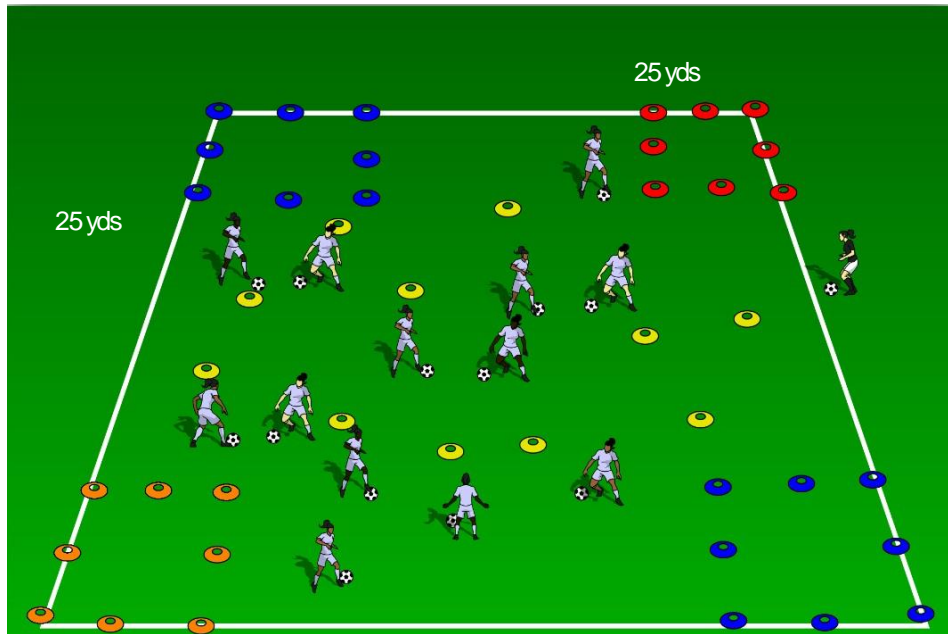
General Movements – Zoo Keeper



Time frame. 8-10 minutes

Emphasis:

Agility, Balance, Coordination, Speed
Changing Direction
FUN!



Organisation

-Twelve players dribble the ball round in a 25x25 area. Players are told that animals have escaped from the zoo!

Procedure

Players drive the zoo buggy (dribble the ball) Listen to coaches command. Each animal found is a different soccer or physical literacy movement. Players can make the noise of each animal. Once they find an animal, they must perform each move 3 times in order to capture the animal. They then transport it back to an enclosure

(coloured square) and repeat the same move to get it to go into the square.
Kangaroo - Toe Taps, Penguin - Boxes/tic, Bear - Crawl, Snake - roll over, Flamingo - hop on one leg, Tree Frog - jump, Reverse buggy - Drag back, Monkeys - collect the scattered cones. Ask players what they have found or what they can see.

Progression:

Players then dribble round with a ball and perform all the moves when the name of the animal is called out. e.g "Kangaroo, bear, frog"

Player Development

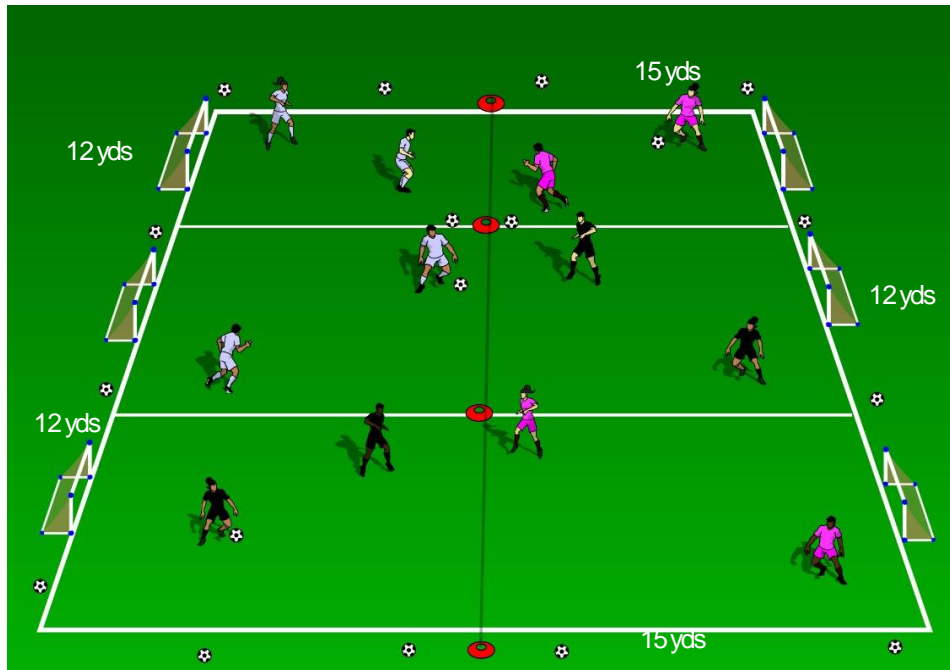
<u>Psychological</u> Confidence Creativity Imagination Being safe	<u>Technical</u> Running with the ball
<u>Physical</u> Agility, Balance Change of Direction Speed	<u>Social</u> Listening Problem Solving Teamwork



FUNdamentals practice plan – Week 42

Station B

Small sided game – 2v2 – with retreat line



Time frame. 8-10 minutes

Emphasis:

FREE PLAY!

FUN!

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

Organisation

-Create three mini fields, 12x15 yards. Balls around the perimeter.

Procedure

Players play 2v2 in smaller fields. After 2 minutes. Rotate the teams. Can do a competition ladder and rock paper scissors if a tie.

Include celebrations with team mates, high 5's, come up with their own etc.

Player Development

FUNdamentals practice plan – Week 42

Station C

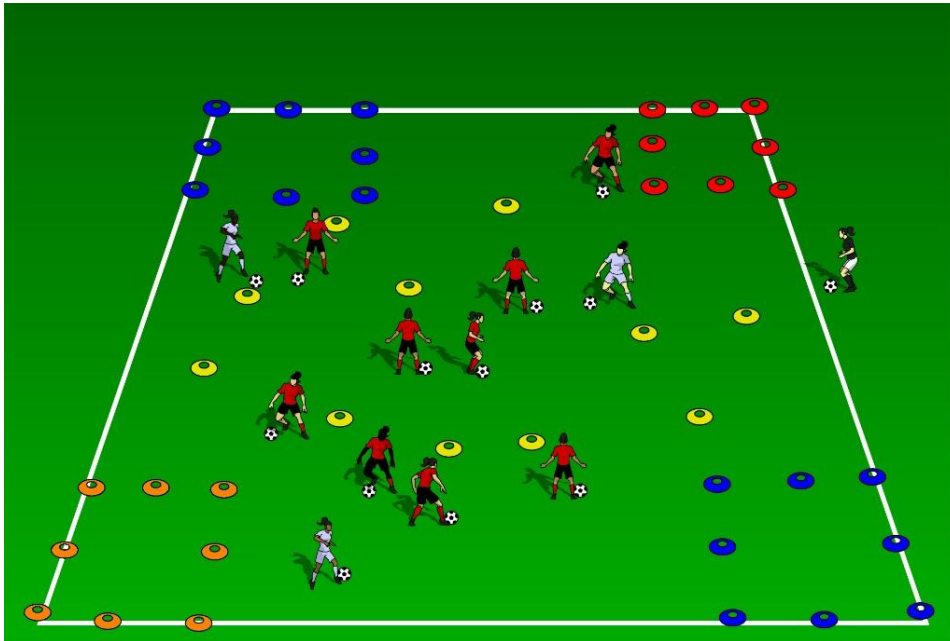
Technical work “Zootopia”



Time frame. 8-10 minutes

Emphasis:

Running with the ball
Problem solving
Support.



<u>Psychological</u> Confidence Imagination Creativity	<u>Technical</u> Running with the ball
<u>Physical</u> A,B,C's Change of Direction Acceleration	<u>Social</u> Listening Communicating FUN

Organisation

-Twelve players dribble the ball round in a 25x25 area. 3 players are “Jess the Cop” and are in a colour or bib.

Procedure: Half the group runs around pretending to be their favourite animal. If they are tagged, they are ‘caught’ and must go to an enclosure, they can be ‘freed’ by a high 5. Play for 2 mins and swap roles.

Progression:

When players are in the enclosure, they can practice a skill move of their choice before coming back in rather than waiting for a high 5.

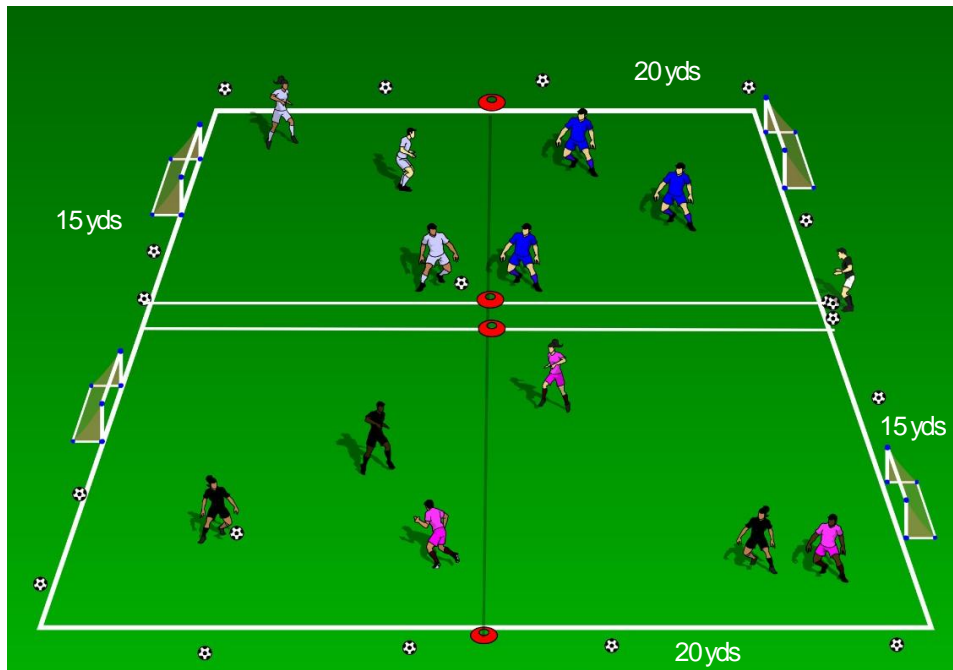
Player Development



FUNdamentals practice plan – Week 42

Station D

Small sided game – 3v3 – with retreat line



Time frame. 8-10 minutes

Emphasis:

FREE PLAY!

FUN!

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

Organisation

-Create three mini fields, 12x15 yards. Balls around the perimeter.

Procedure

Players play 2v2 in smaller fields. After 2 minutes. Rotate the teams. Can do a competition ladder and rock paper scissors if a tie.

Include celebrations with team mates, high 5's, come up with their own etc.

Player Development

FUNDamentals practice plans

The Player Development Model – The Station concept



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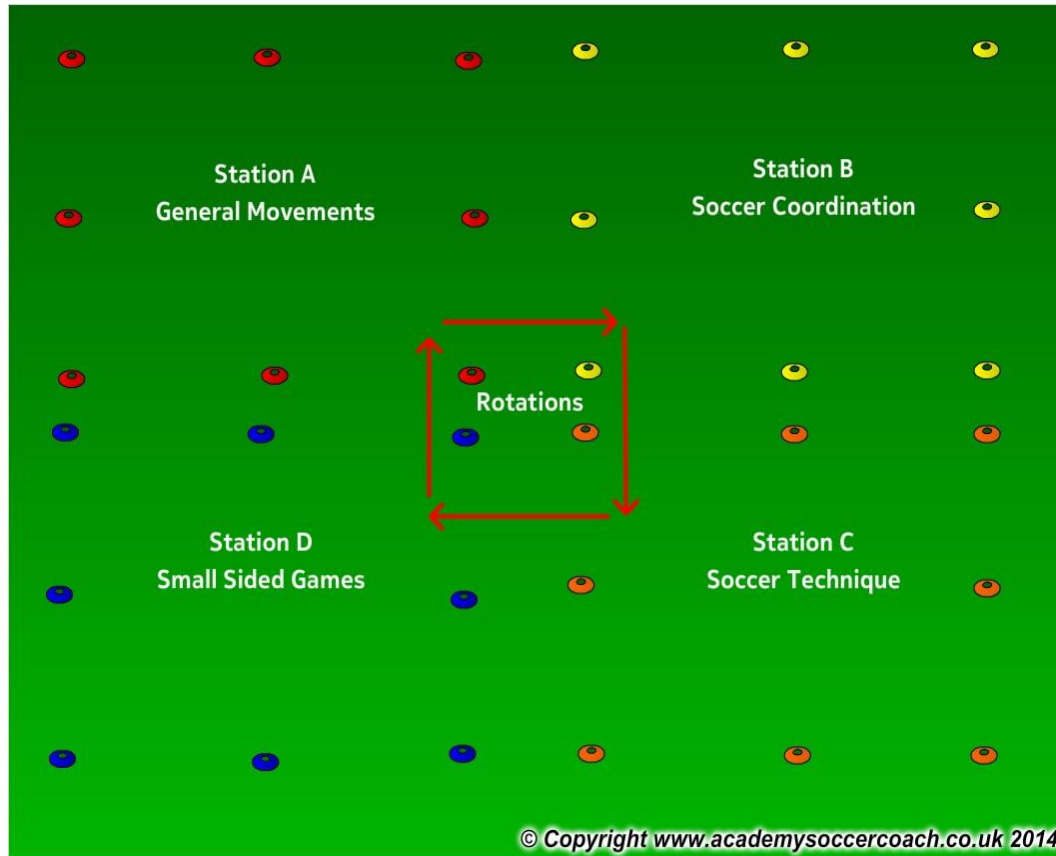
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Total Practice time 45 minutes as per the Recreational and Development Matrix

FUNdamentals practice plans

How the OSA Player Development Model works



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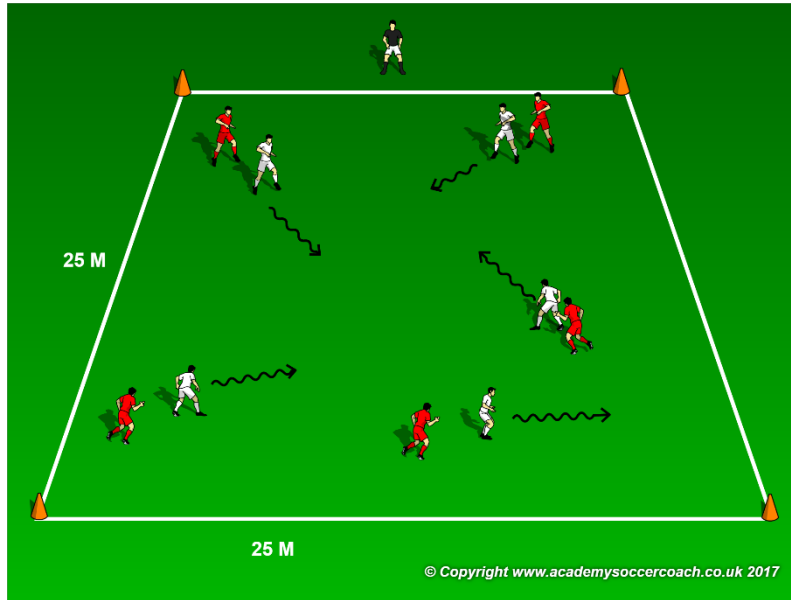
General Movement: %20

Coordination: %20

Soccer technique: %20

Small sided game: %40

FUNdamentals practice plan – Week 43
Station A
General Movements – Follow the Leader



Time frame. 8-10 minutes

Emphasis:

Different types of running/movements,
 A,B,C's
 Changing Direction
 FUN!

<u>Psychologic</u> <u>al</u> Confidence Creativity Imagination Being safe	<u>Technic</u> <u>al</u> Dribbling Running with the ball
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Listening Teamwor k

Organization:
 - Players pair up in a 25mx25m area.
Procedure:
 One player becomes the leader and partner becomes the follower. Coach encourages the players to use different movements such as walking, skipping, running, jumping, rolling, running backwards, sideways, hops. After 30 seconds, players switch.
Progression:
 Each player has a ball.

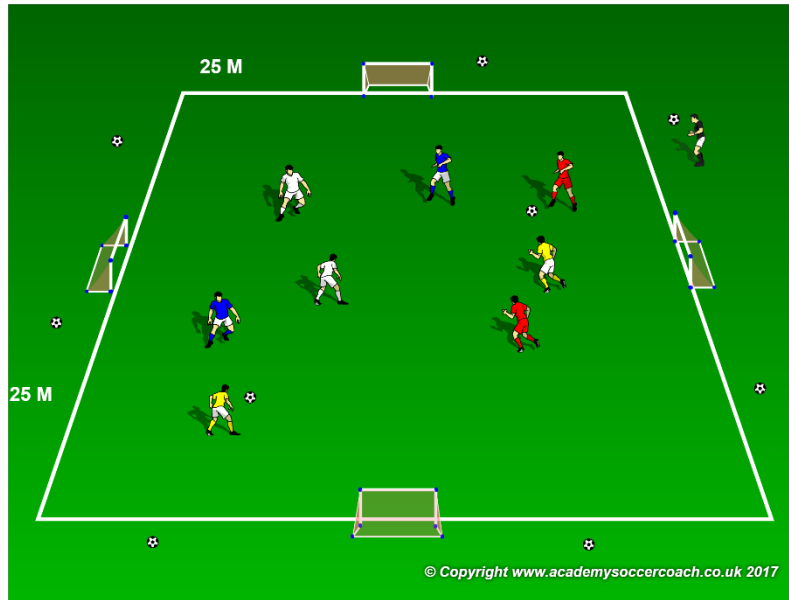
Player Development



FUNdamentals practice plan – Week 43

Station B

Small sided game – 2v2 + 2v2



Time frame. 8-10 minutes

Emphasis:

Creating 1v1, 2v2 situations, transition moments defending & attacking

Decision Making,

Fun

<u>Psychologic</u> <u>al Fun</u> Confidence Being safe Decision making	<u>Technic</u> <u>al</u> Dribbling Passing Receivin g
<u>Physical</u> Movement Change of Direction	<u>Social</u> Listening Communicating Teamwork

Organization:

-4 teams of 2 players with playing field 25mx25m. Balls placed outside playing field.

Procedure:

Red vs White will play 2v2 game going horizontal direction while yellow vs blue play 2v2 game in vertical direction. Have each team play each other once. Game times 3 minutes each.

Players are placed into a game situation that will enable them to make decisions based on what is happening around them

Player Development

FUNdamentals practice plan – Week 43

Station C

Technical work 1v1 + 1v1-Show your skills



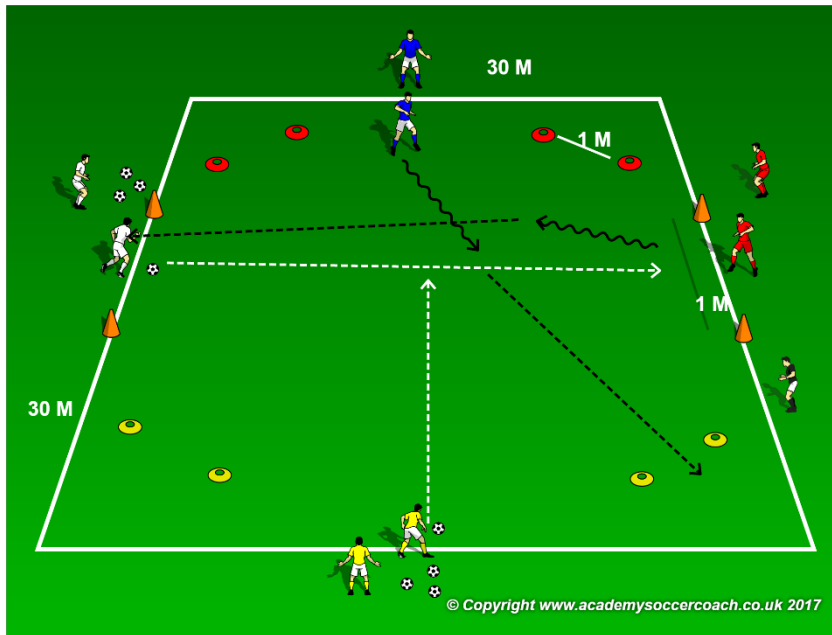
Time frame. 8-10 minutes

Emphasis:

1v1 situations, creativity

Decision making

Fun



Organization:

-4 teams of 2 players in playing field 30m x 30 m. 6 goals on field 1 M in width .

Procedure:

Yellow will play ball into blue, blue to dribble and make a move to beat yellow and look to score on either yellow goals by dribbling through the goals. If yellow wins possession, then yellow will look to transition and try to score in red goals. White will play ball into red, red will look to dribble to beat player through tall cone goal, if white wins ball back

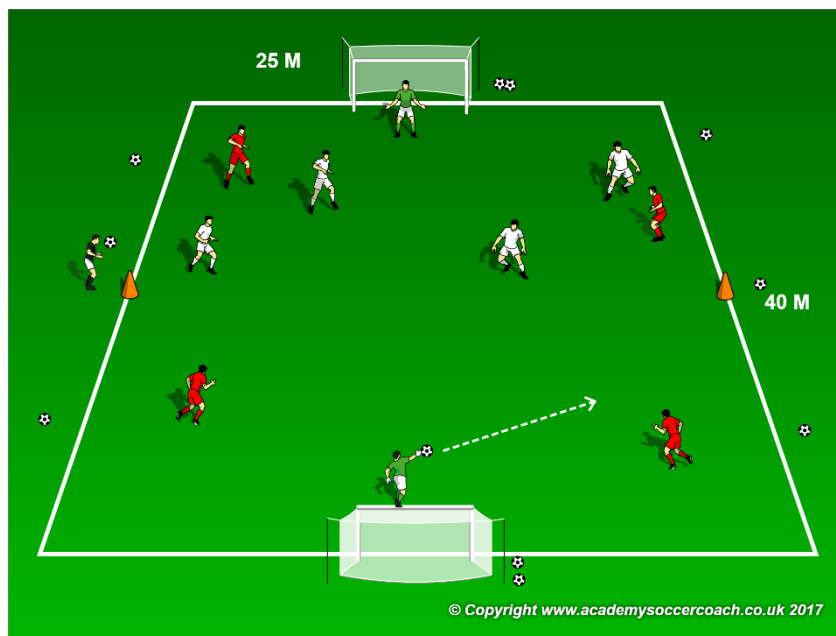
will look to transition. Keep rotating the service so that all players become attackers. After 4 minutes, have white and red to attack the two goals and blue and yellow to attack one.

<u>Psychological</u> Confidence Being safe Creativity Decision making	<u>Technic</u> <u>al</u> Dribbling , Running with the ball
<u>Physical</u> A,B,C's Change of Direction Acceleration	<u>Social</u> Listening Communicating FUN

Player Development



FUNDamentals practice plan – Week 43
Station D
Small sided game – 5v5 – with retreat line



Time frame. 8-10 minutes

Emphasis:

FREEPLAY!
FUN!

Organization:

-Players play 5v5 in 40mx25m area (increase playing field if you want to progress in numbers to 7v7). Balls stationed along outside playing field. Retreat Line marked at half-way for 5v5.

<p><u>Psychologic</u> <u>al Fun</u> Confidence Being safe Decision making</p>	<p><u>Technic</u> <u>al</u> Passing Receivin g Attackin g Finishing</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Celebrating Teamwork</p>

Player Development

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.

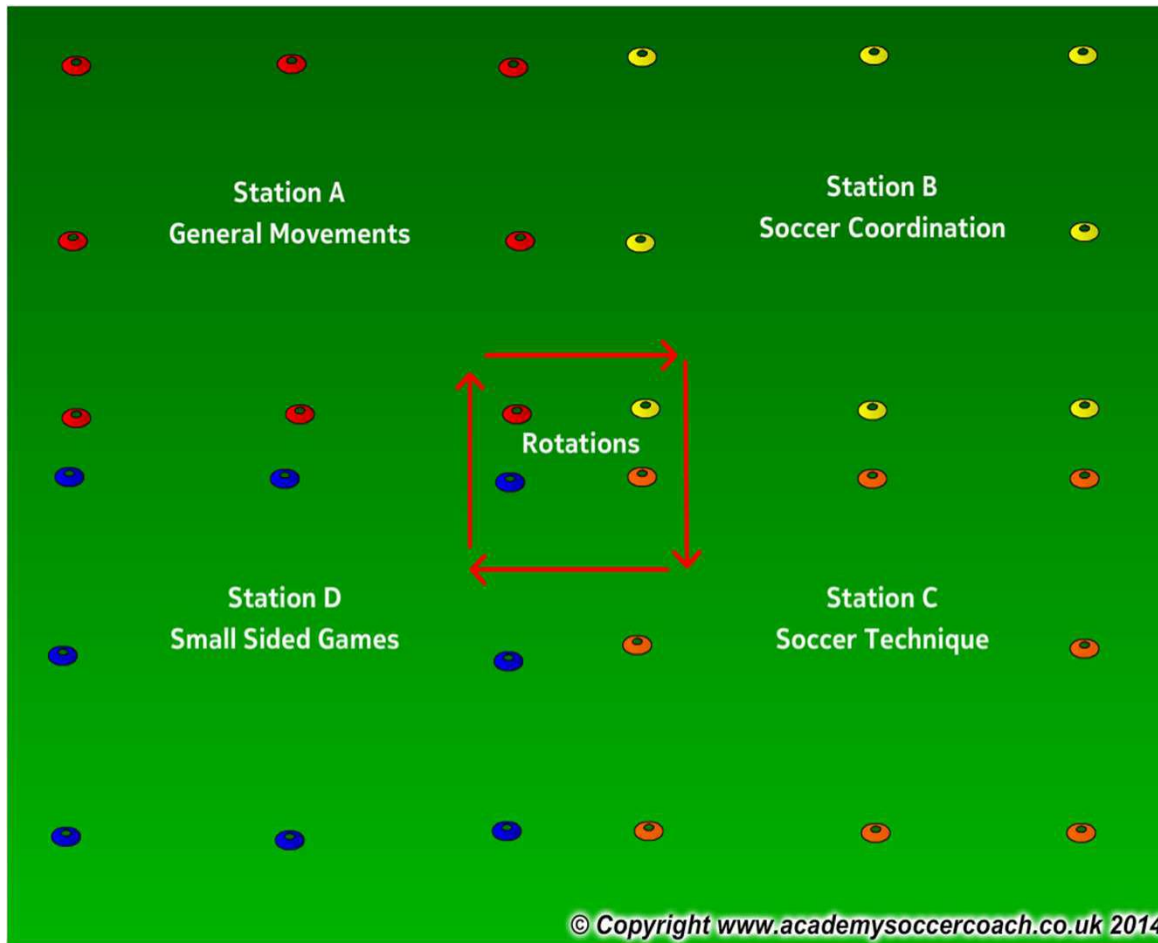
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Total Practice time 45 minutes as per the Recreational and Development Matrix



FUNdamentals practice plans

How the preferred training model works



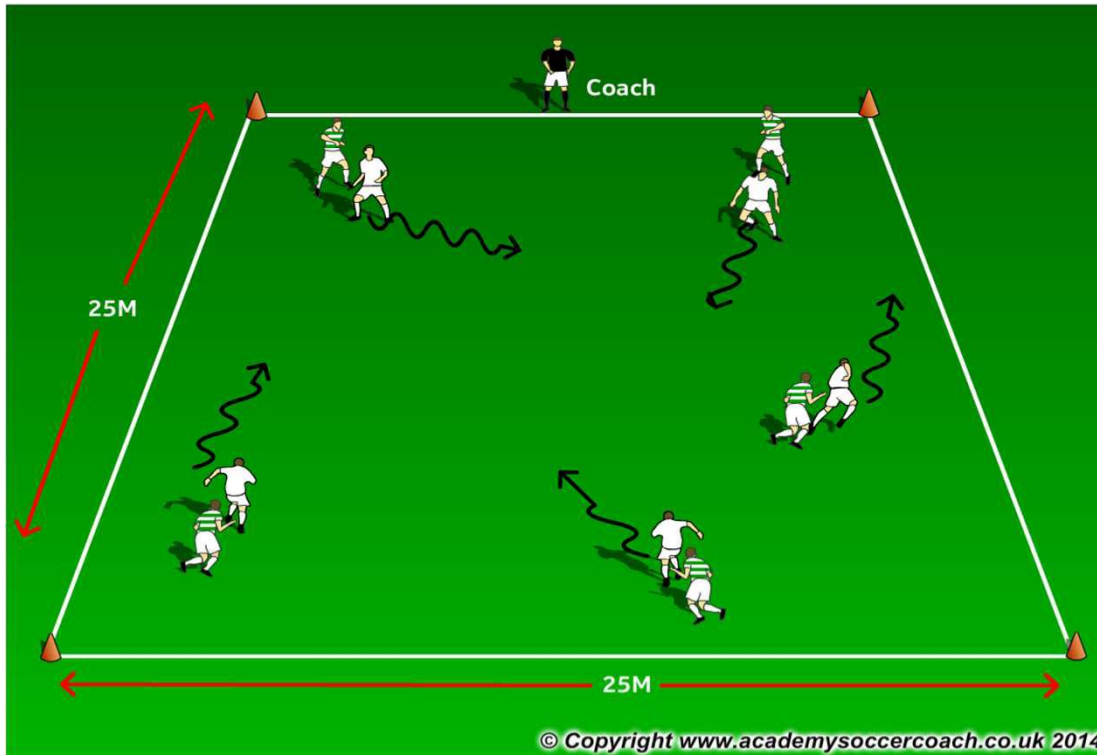
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FUNdamentals practice plan – Week 1

Station A

General Movements



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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.

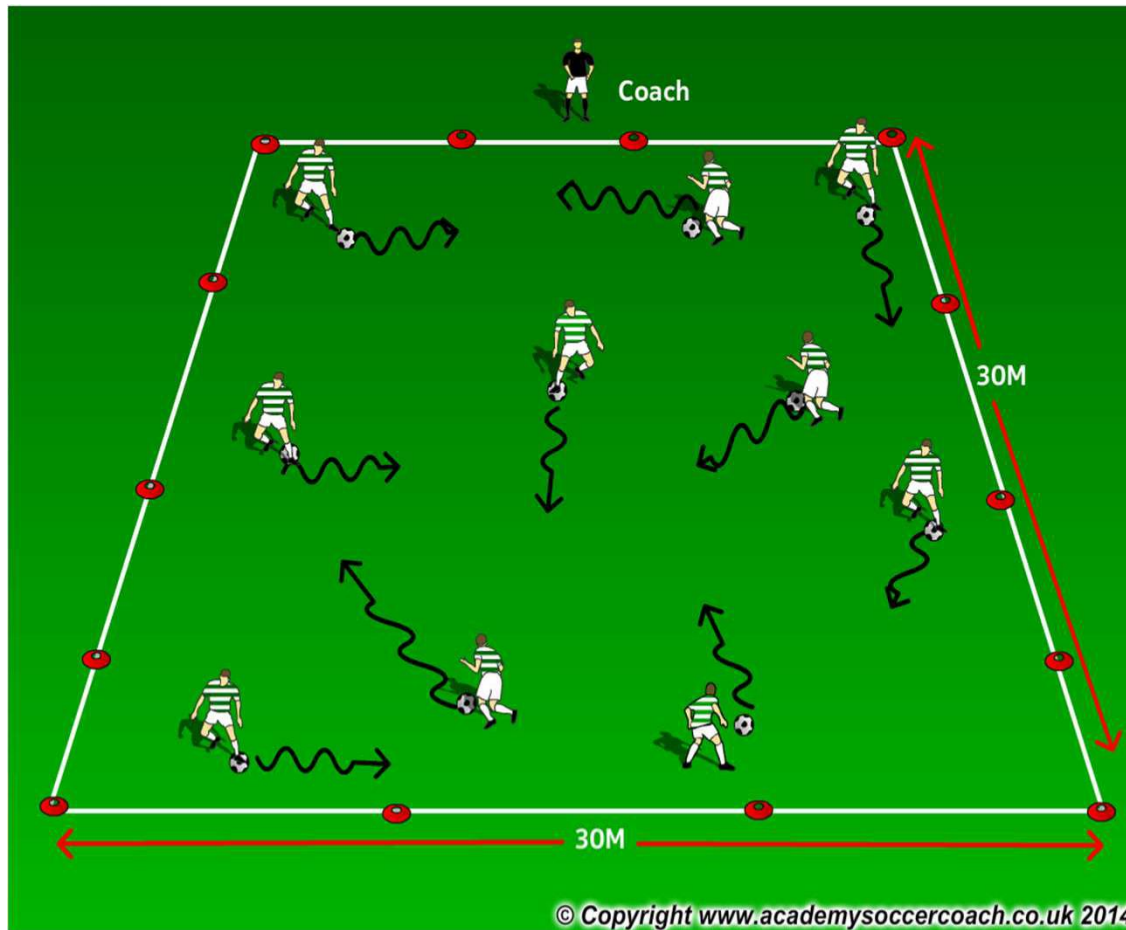
Time frame. 8-10 minutes

Emphasis:

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

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

FUNdamentals practice plan – Week 1
Station B
Soccer Coordination – Ball Familiarity



Organisation. Players dribble freely inside 30mx30m area.
Procedure. Players are asked to express them self's and be creative by attacking space and showing different moves. On coaches command players will perform different touches on the ball, for example Toe Taps.

Time frame. 8-10 minutes

Emphasis:

- Running with the ball
- Dribbling
- Changing direction
- Agility, Balance, Coordination
- Imagination
- Change of speed
- 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 Celebrating</p>

FUNdamentals practice plan – Week 1
Station C
Soccer Technique – Numbers Game



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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. 8-10 minutes

Emphasis:

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

<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>Dribbling Running with the ball Shooting 1v1</p>
<p><u>Physical</u></p> <p>A,B,C's Change of Direction</p>	<p><u>Social</u></p> <p>Listening Communicating Celebrating</p>

FUNdamentals practice plan – Week 1

Station D

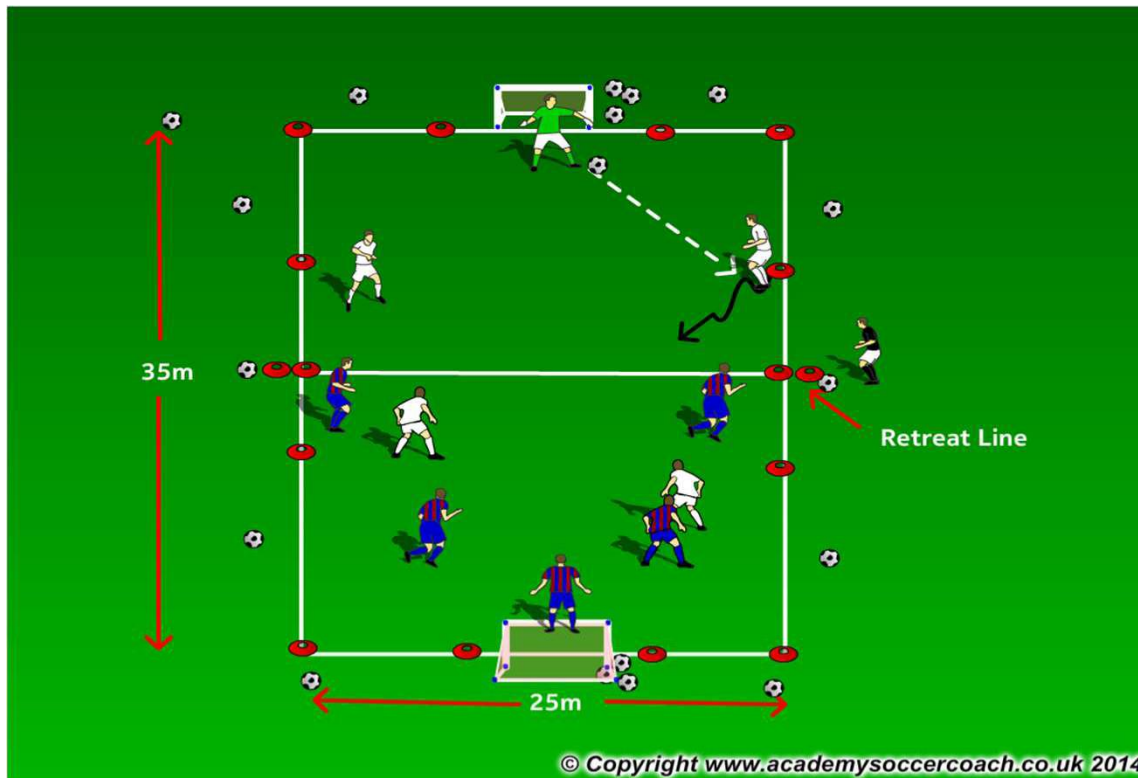
Small Sided Game – 5v5 with Retreat line



Time frame. 8-10 minutes

Emphasis:

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



5V5 with the Retreat line.
Organisation. Players play 5v5 on a 35mx25m field. the Retreat line is located at the half way line.
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.
If you have odd numbers you can have the extra player become a neutral player in the game.

Psychological

Confidence
Being safe

Technical

Dribbling
Running with the ball

Physical

A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating

FUNdamentals practice plans

Preferred method of training – The Station concept



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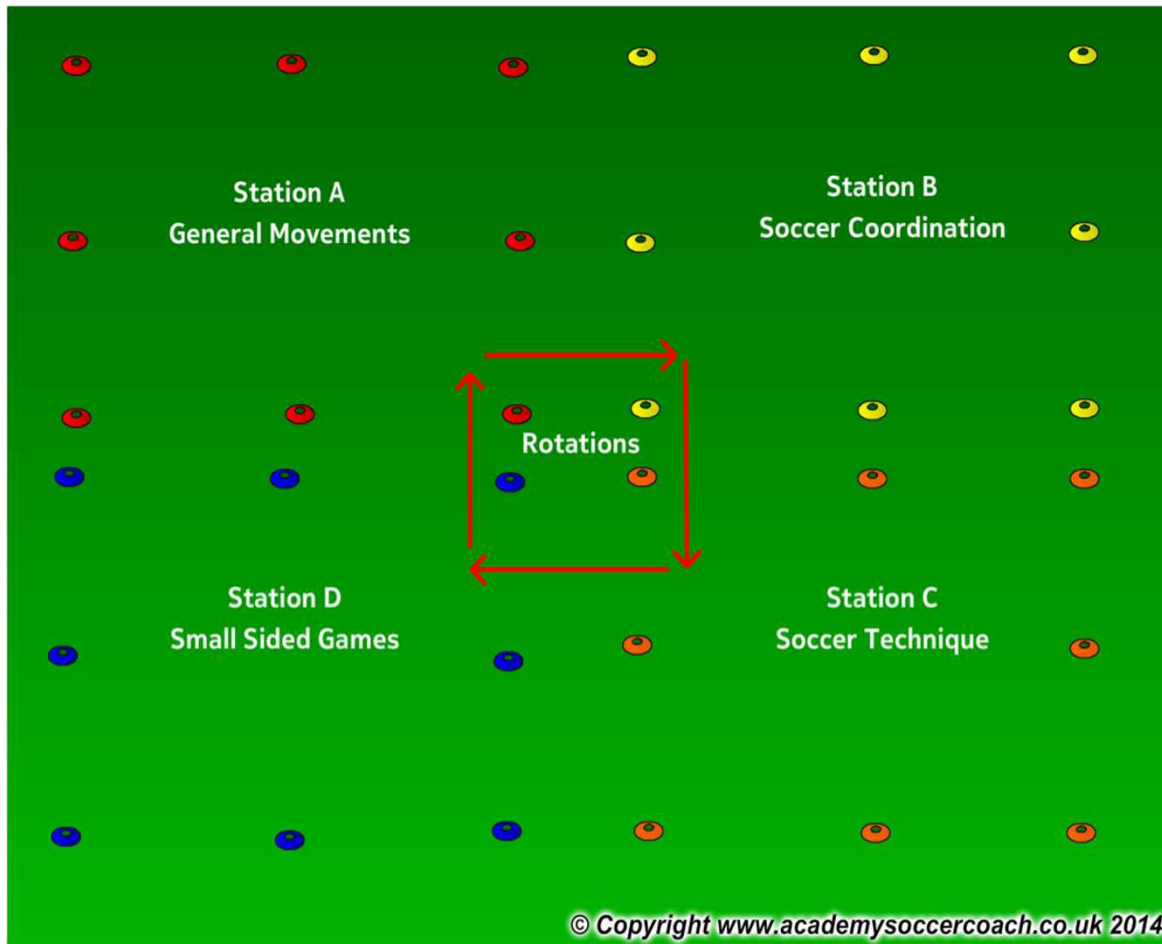
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All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

Total Practice time 45 minutes as per the Recreational and Development Matrix

FUNdamentals practice plans

How the preferred training model works



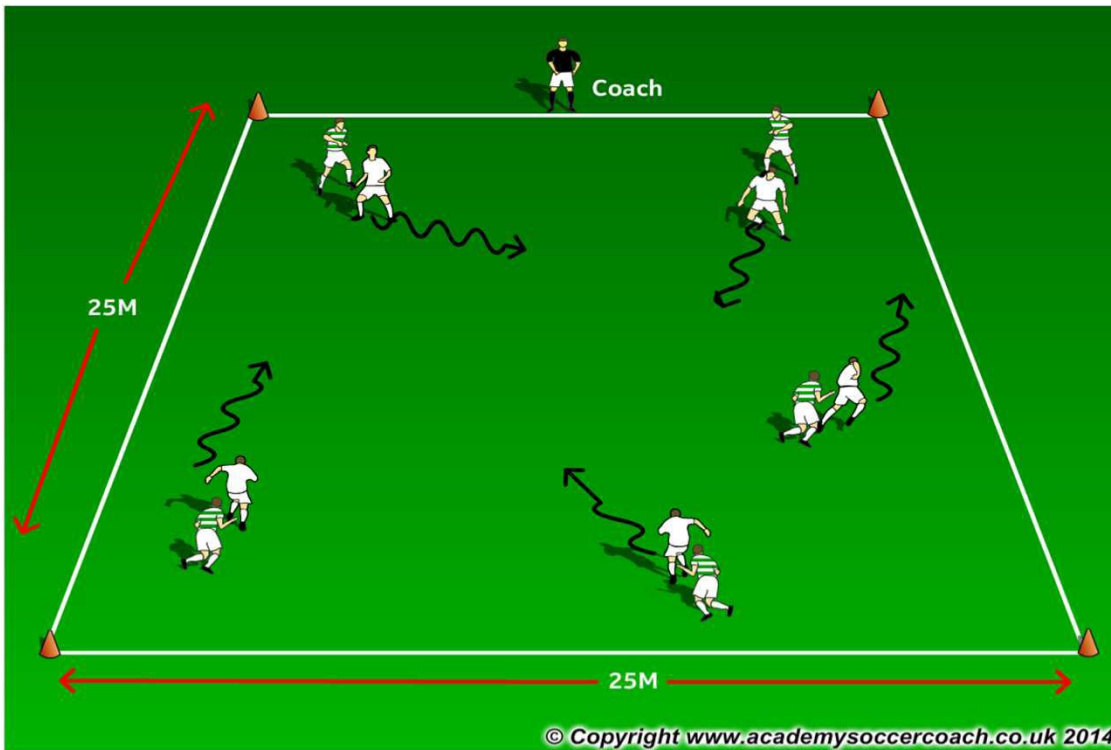
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FUNdamentals practice plan – Week 2

Station A

General Movements



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
- Changing direction
- Agility, Balance, Coordination
- FUN!**

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

FUNdamentals practice plan – Week 2

Station B

Soccer Coordination – Passing and Receiving



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Passing and Moving

Organisation. 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.

Progression. To make it fun/competitive for the players add gates into the area and on the command of "Shopping" players look to pass the ball through the gates. each gate =1point, after 60 seconds pair with the most points wins the competition. Repeat game several times.

Time frame. 8-10 minutes

Emphasis:

Passing - Receiving

Dribbling

Changing direction

Agility, Balance, Coordination

Imagination

Change of speed

FUN!

Psychological

Confidence

Being safe

Technical

Passing - Receiving

Dribbling

Running with the ball

Physical

A,B,C's

Change of Direction

Social

Listening

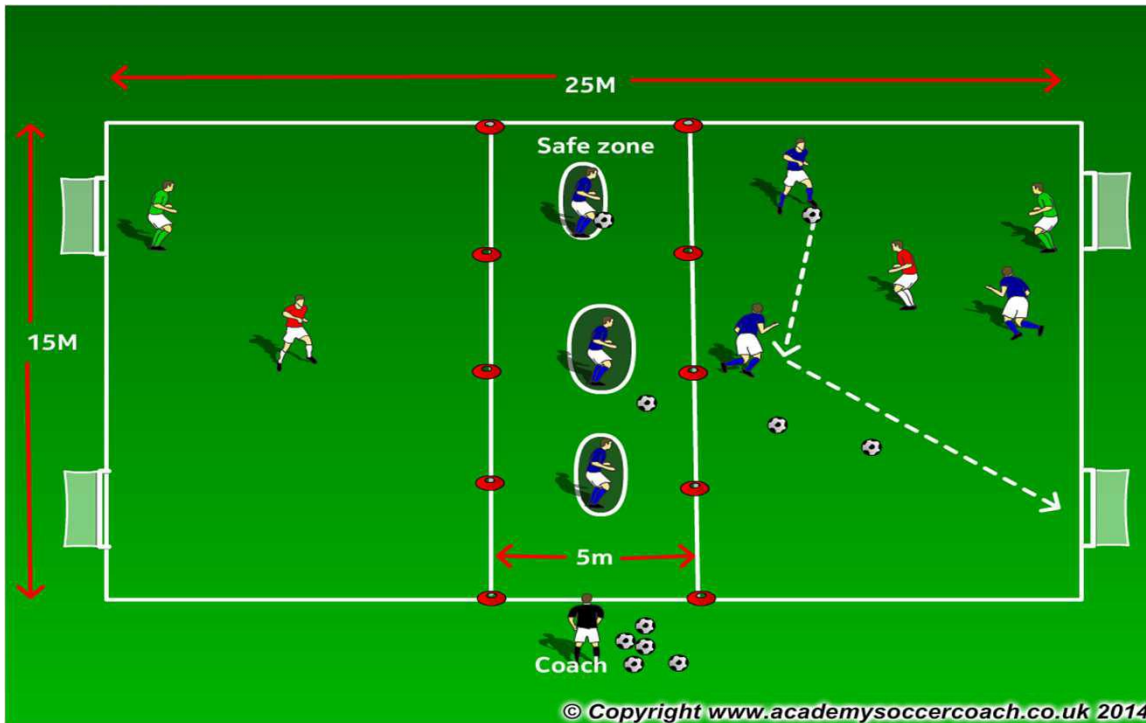
Communicating

Celebrating

FUNdamentals practice plan – Week 2

Station C

Soccer Technique – 3v1 to goal



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Organisation. 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.8- 10 minutes

Emphasis:

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

Psychological

Confidence
Being safe

Technical

Dribbling
Running with the ball
Shooting
Passing/Receiving

Physical

A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating

FUNdamentals practice plan – Week 2

Station D

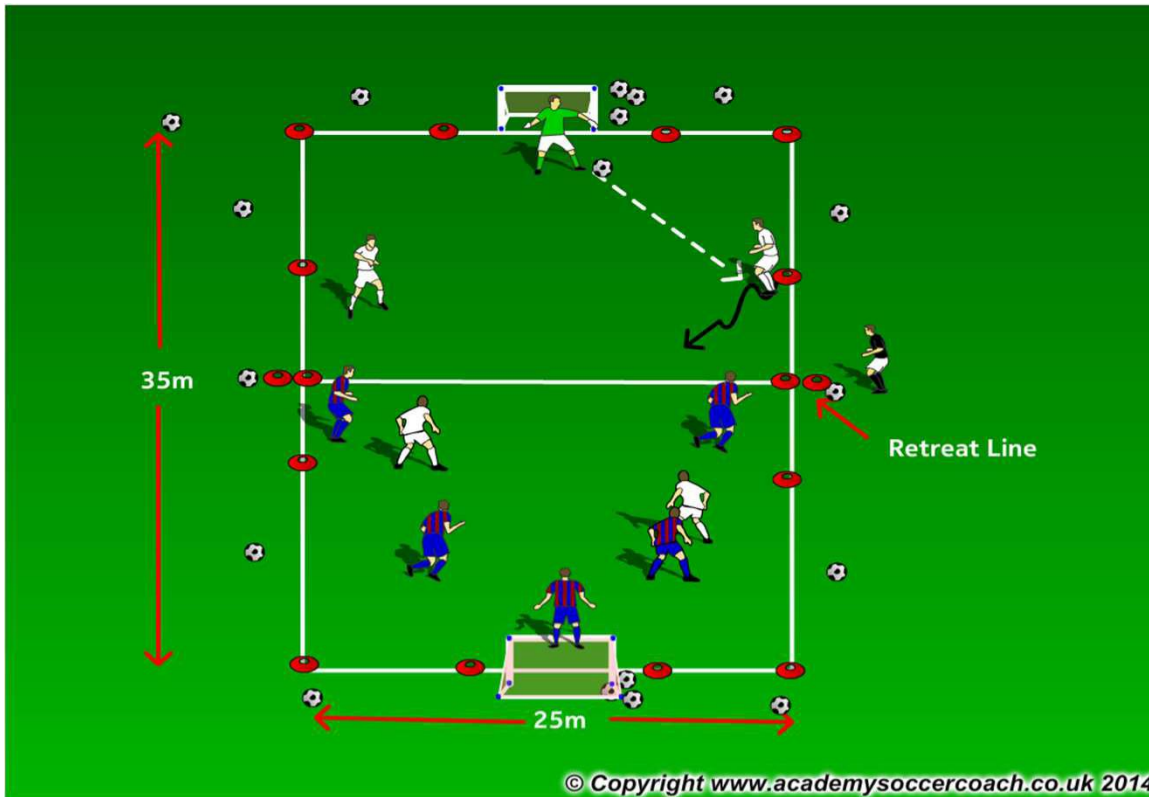
Small Sided Game – 5v5 with Retreat line



Time frame. 8-10 minutes

Emphasis:

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



5V5 with the Retreat line.
Organisation. Players play 5v5 on a 35mx25m field. the Retreat line is located at the half way line.
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.
If you have odd numbers you can have the extra player become a neutral player in the game.

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

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.

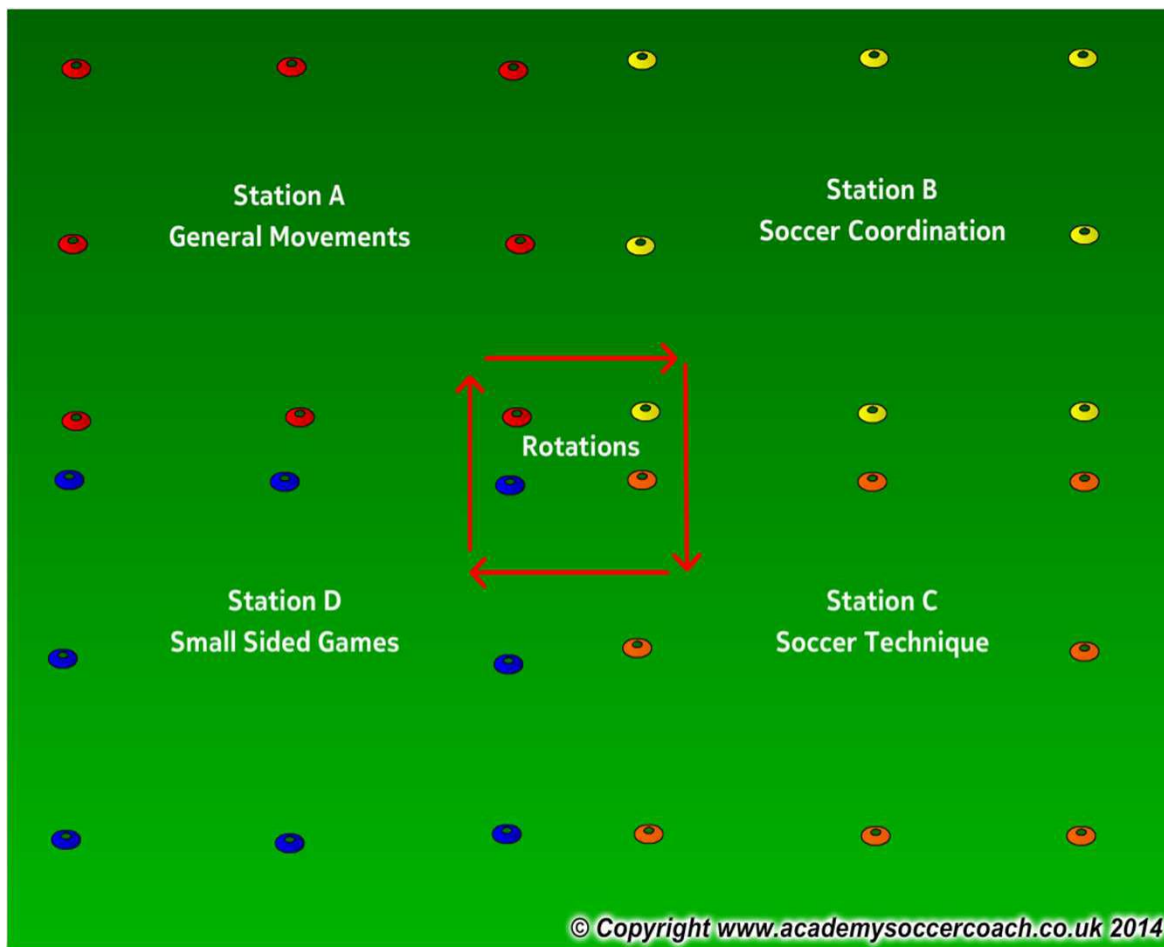
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Total Practice time 45 minutes as per the Recreational and Development Matrix



FUNdamentals practice plans

How the preferred training model works



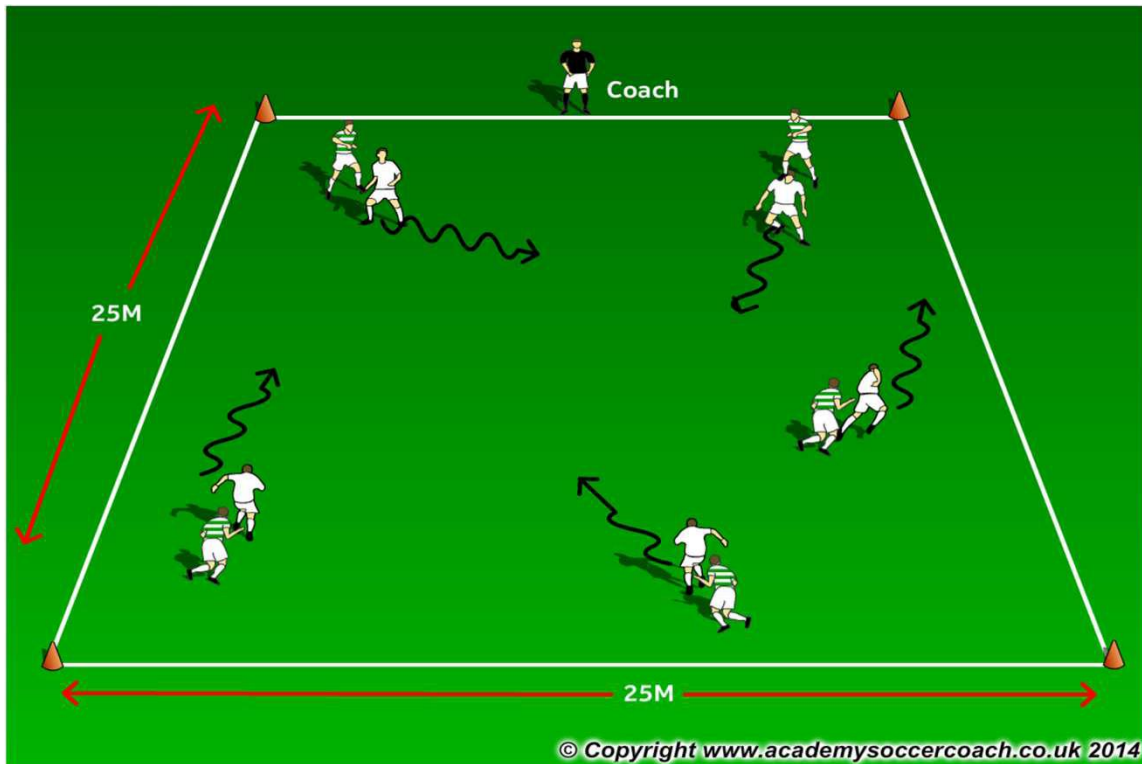
If working with a larger group organize players into groups of 8-10. Each station has a coach who will lead that specific station for the session. Players rotate every 8-10 minutes with a 2 minute break in between each station to have a water break and move to the next station.

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



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



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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!

Psychological

Confidence
Being safe
Imagination

Technical

Dribbling
Running with the ball
Shooting

Physical

A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating

FUNdamentals practice plan – Week 3

Station D

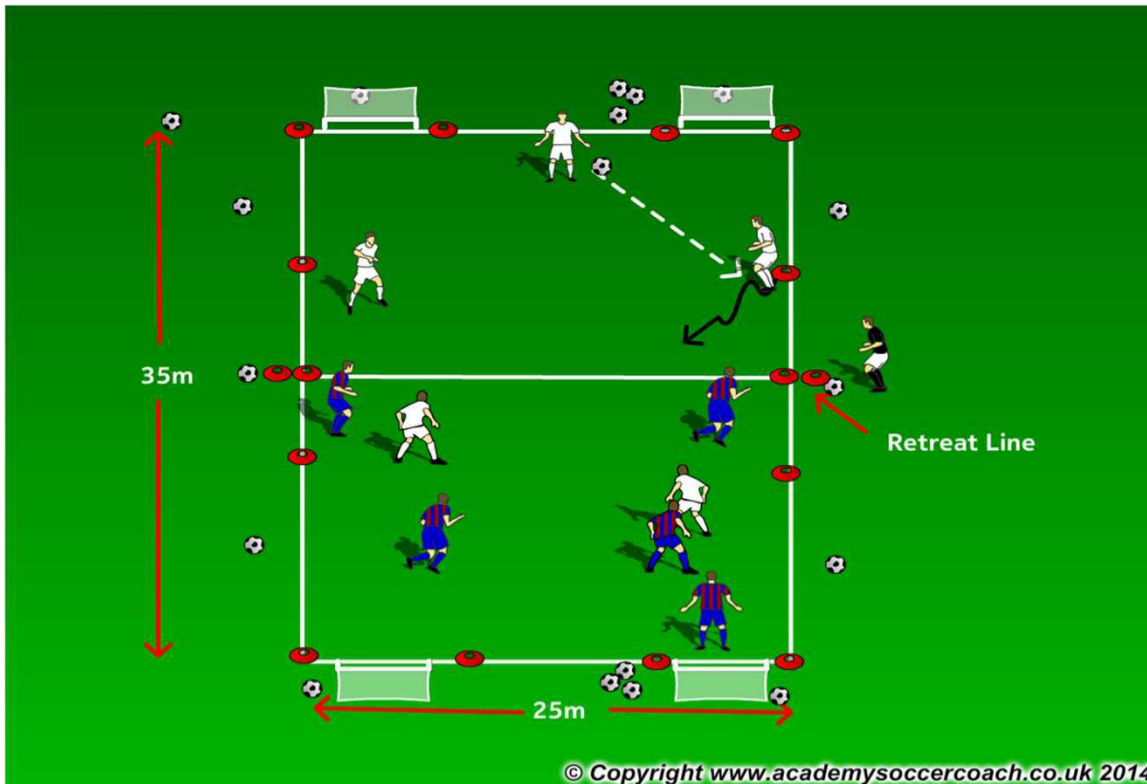
Small Sided Game – 5v5 with Retreat line



Time frame.8-10 minutes

Emphasis:

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



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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.

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

FUNdamentals practice plans

Preferred method of training – The Station concept



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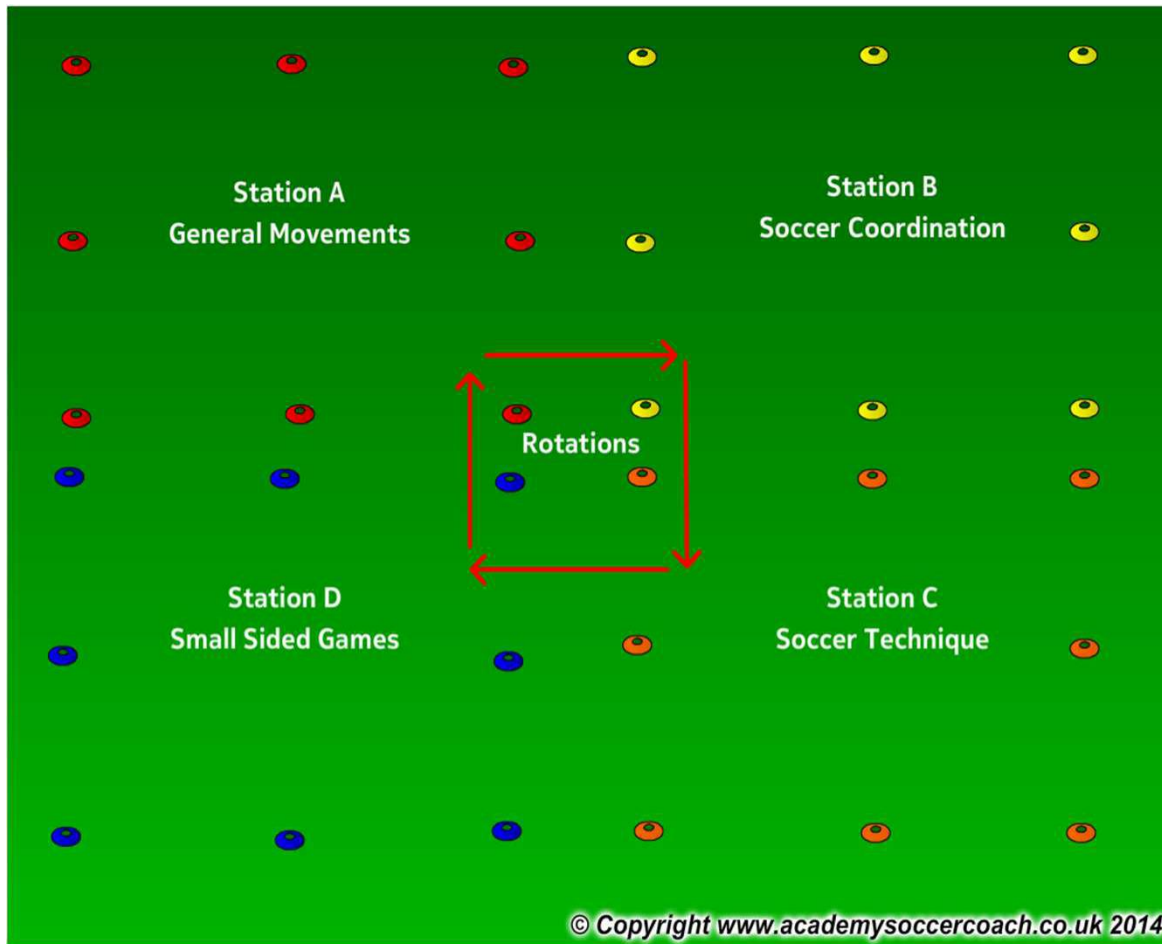
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All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

Total Practice time 45 minutes as per the Recreational and Development Matrix

FUNdamentals practice plans

How the preferred training model works



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FUNdamentals practice plan – Week 4

Station A

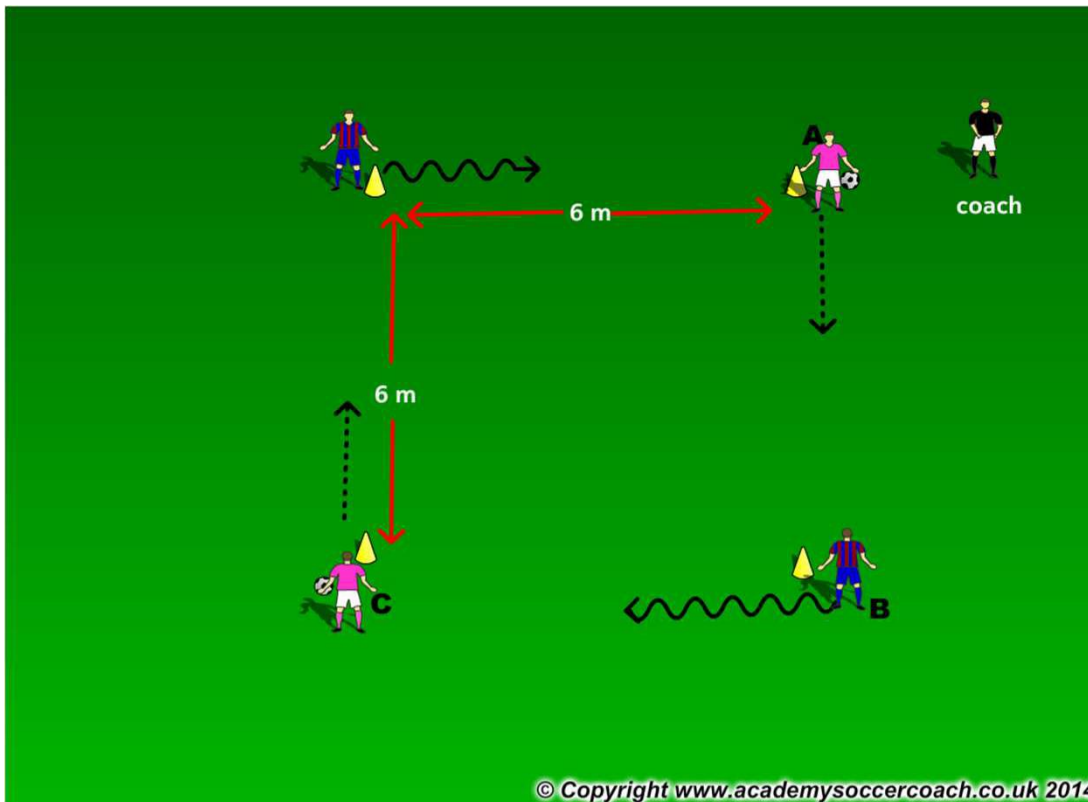
General Movements



Time frame. 8-10 minutes

Emphasis:

- Listening
- Running with the ball
- Changing direction
- Agility, Balance, Coordination
- Awareness
- FUN!



Organization: 6 mx6 m area, four players, cones, balls
Procedure: 4 players stand at each corner, two at diagonally opposite corners have soccer ball in their hands. Player A and C start at the same time. Player A throws the ball to player B, and runs after it to tag the player B. Player B dribble the ball to the other corner, pick up the ball and throws it to player C. and game continues. To progress, players run to different direction.

<u>Psychological</u> Positive reinforcement Confidence Being safe	<u>Technical</u> Running with the ball Part of the ball, Part of the foot
<u>Physical</u> Eye-hand coordination Agility, Balance Change of Direction	<u>Social</u> Listening Communicating Celebrating

FUNdamentals practice plan – Week 4
Station B
Soccer coordination



Time frame. 8-10 minutes

Emphasis:

Decision making
 Changing direction
 Eye-foot Coordination
 Balance
 FUN!



Organization: 30 mx30 m area. Cones are setup around the area. 2 taggers.
Procedure: Taggers try to tag players. Players can be safe if they are on a cone. Only one player allows on a cone.
 If a player runs to a cone with a player on it, the player on the cone must leave.
 To progress this a ball can be added for non taggers.

<p><u>Psychological</u></p> <p>Confidence Being safe Awareness</p>	<p><u>Technical</u></p> <p>N/A</p>
<p><u>Physical</u></p> <p>A,B,C's Change of Direction</p>	<p><u>Social</u></p> <p>Listening Communicating Celebrating</p>

FUNdamentals practice plan – week 4

Station C

Soccer technique - Shooting



Time frame. 8 minutes

Emphasis:

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



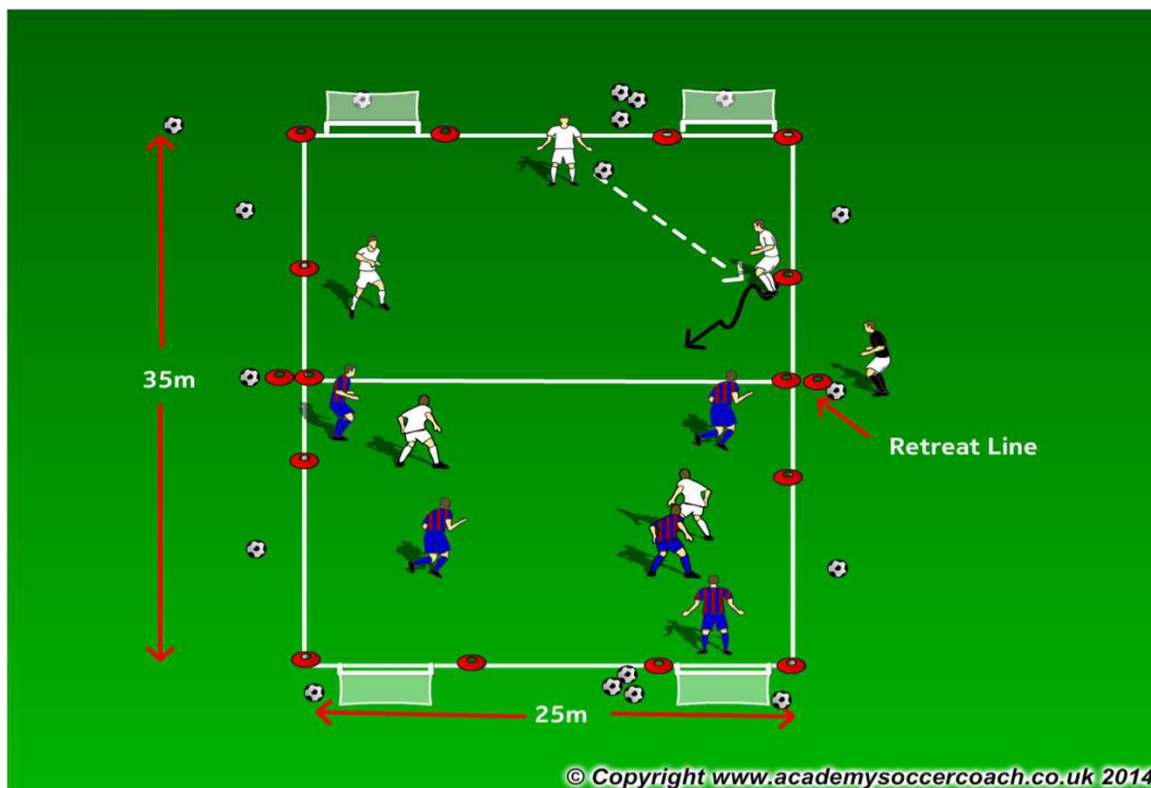
Organization: 30 mx30 m area. Cones are setup around the area. 2 taggers.
Procedure: Taggers try to tag players. Players can be safe if they are on a cone. Only one player allows on a cone.
If a player runs to a cone with a player on it, the player on the cone must leave.
To progress this a ball can be added for non taggers.

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

FUNdamentals practice plan – Week 4

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:

Running with the ball

Dribbling

1v1

Changing direction

Change of speed

Agility, Balance, Coordination

Imagination

FUN!

Psychological

Fun
Confidence
Being safe

Technical

Dribbling
1v1
Shooting

Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating

FUNdamentals practice plans

Preferred method of training – The Station concept



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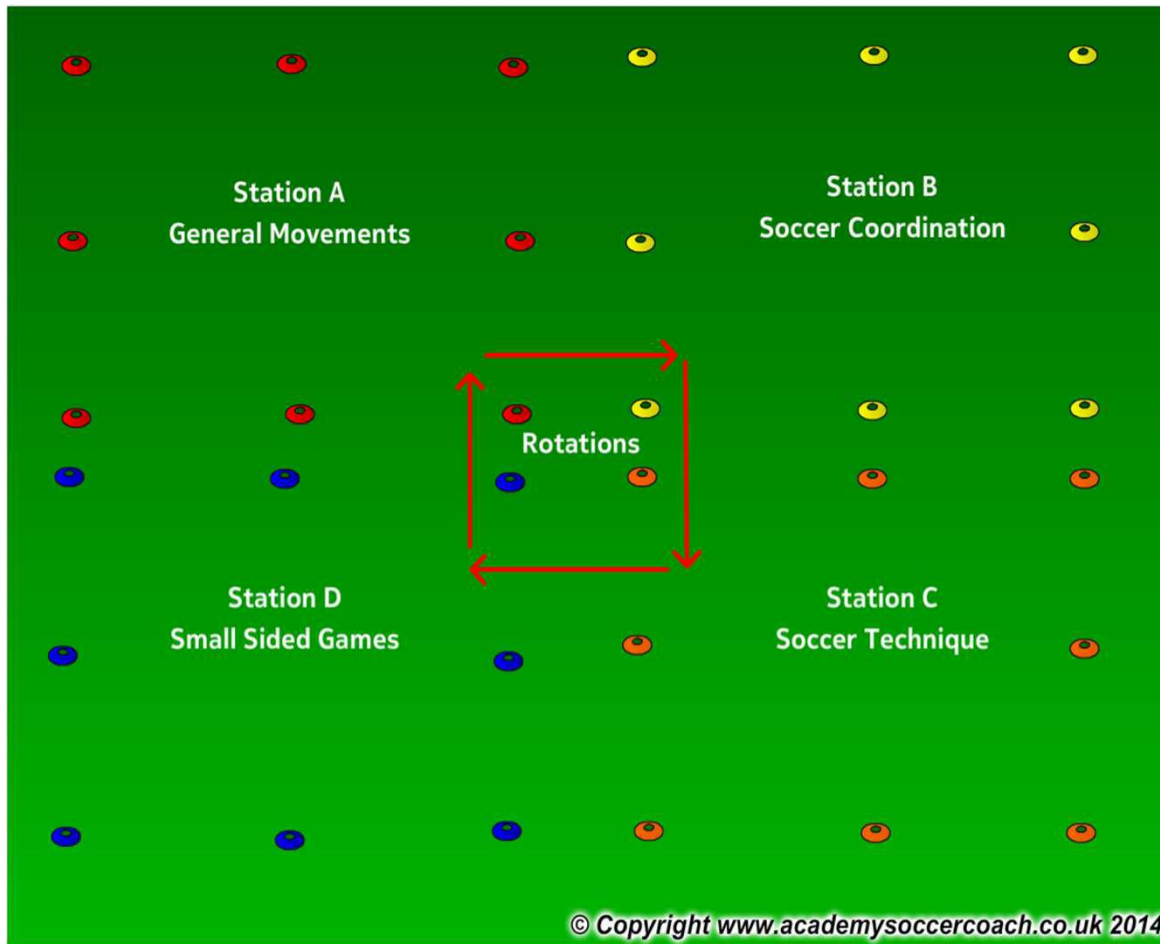
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Total Practice time 45 minutes as per the Recreational and Development Matrix

FUNdamentals practice plans

How the preferred training model works



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FUNdamentals practice plan – Week 5

Station A

General Movements



Time frame. 8-10 minutes

Emphasis:

Changing direction
Agility, Balance, Coordination
Awareness
FUN!



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.

Psychological

Positive reinforcement
Confidence
Being safe

Technical

N/A

Physical

Eye-foot coordination
Agility, Balance
Change of Direction

Social

Listening
Communicating
Celebrating

FUNdamentals practice plan – Week 5

Station B

Soccer Coordination



Time frame. 8-10 minutes

Emphasis:

Changing direction
Eye-foot Coordination
Balance
FUN!



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.

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

FUNdamentals practice plan – Week 5

Station C

Soccer technique – Feint to beat a player



Time frame. 8-10 minutes

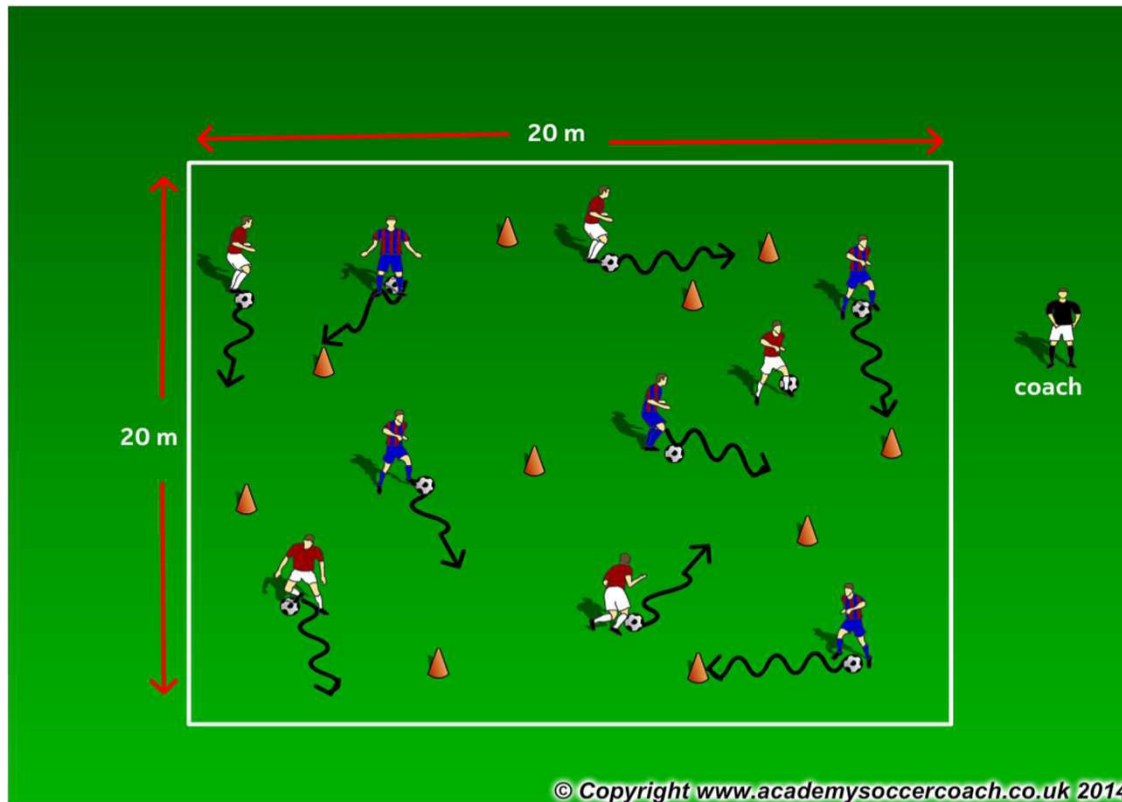
Emphasis:

Changing direction

Change of speed

Agility, Balance, Coordination

FUN!



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.

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

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

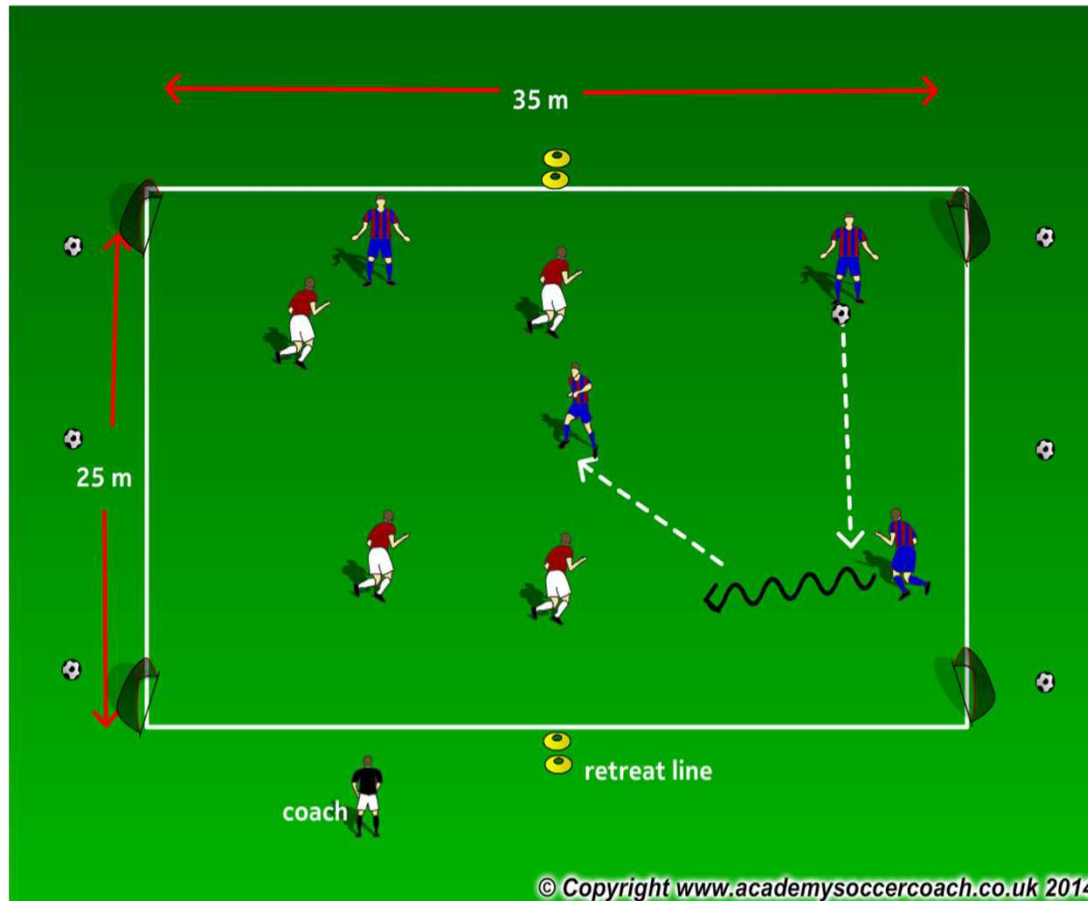
Changing direction

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.

Psychological

Fun
Confidence
Being safe
Decision making

Technical

passing
Dribbling
Shooting

Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating

FUNdamentals practice plans

Preferred method of training – The Station concept



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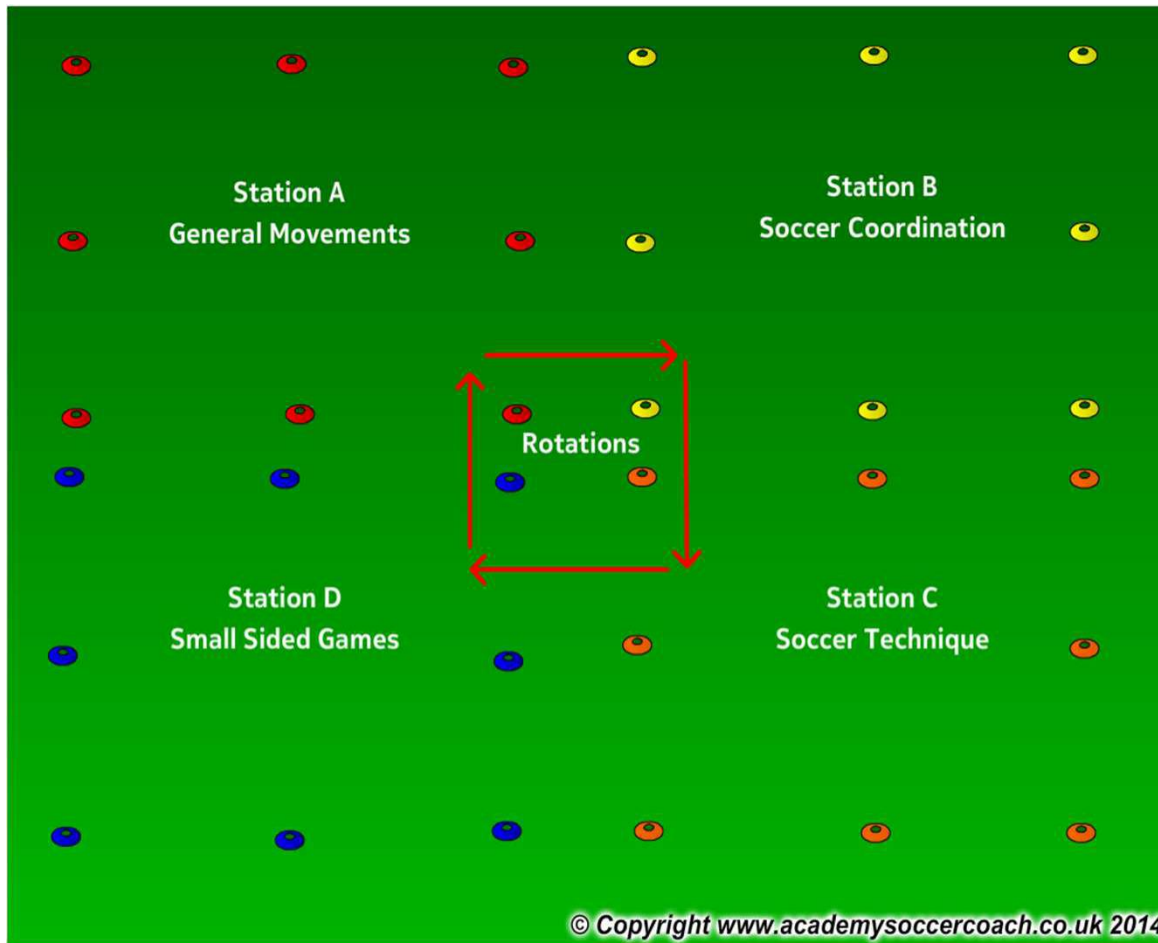
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Total Practice time 45 minutes as per the Recreational and Development Matrix



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 4

Station A

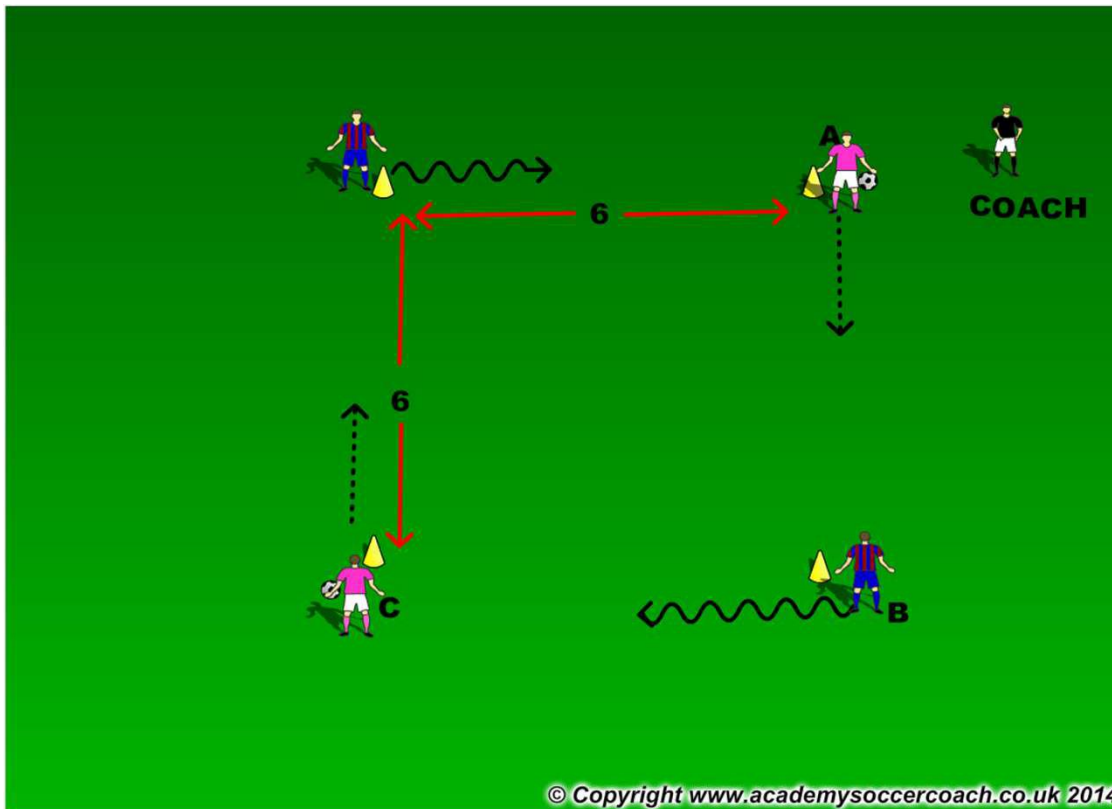
General Movements



Time frame. 8-10 minutes

Emphasis:

- Listening
- Running with the ball
- Changing direction
- Agility, Balance, Coordination
- Awareness
- FUN!



Organization: 6x6 yards area, four players, cones, balls
Procedure: 4 players stand at each corner, two at diagonally opposite corners have soccer ball in their hands. Player A and C start at the same time. Player A throws the ball to player B, and runs after it to tag the player B. Player B dribble the ball to the other corner, pick up the ball and throws it to player C. and game continues. To progress, players run to different direction.

<u>Psychological</u> Positive reinforcement Confidence Being safe	<u>Technical</u> Running with the ball Part of the ball, Part of the foot
<u>Physical</u> Eye-hand coordination Agility, Balance Change of Direction	<u>Social</u> Listening Communicating Celebrating

FUNdamentals practice plan – Week 4

Station B

Soccer coordination



Time frame. 8-10 minutes

Emphasis:

Decision making
Changing direction
Eye-foot Coordination
Balance
FUN!



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Organization: 30x30 yards area. Cones are setup around the area. 2 taggers.
Procedure: Taggers try to tag players. Players can be safe if they are on a cone. Only one player allows on a cone.
If a player runs to a cone with a player on it, the player on the cone must leave.
To progress this a ball can be added for non taggers.

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

FUNdamentals practice plan – week 4

Station C

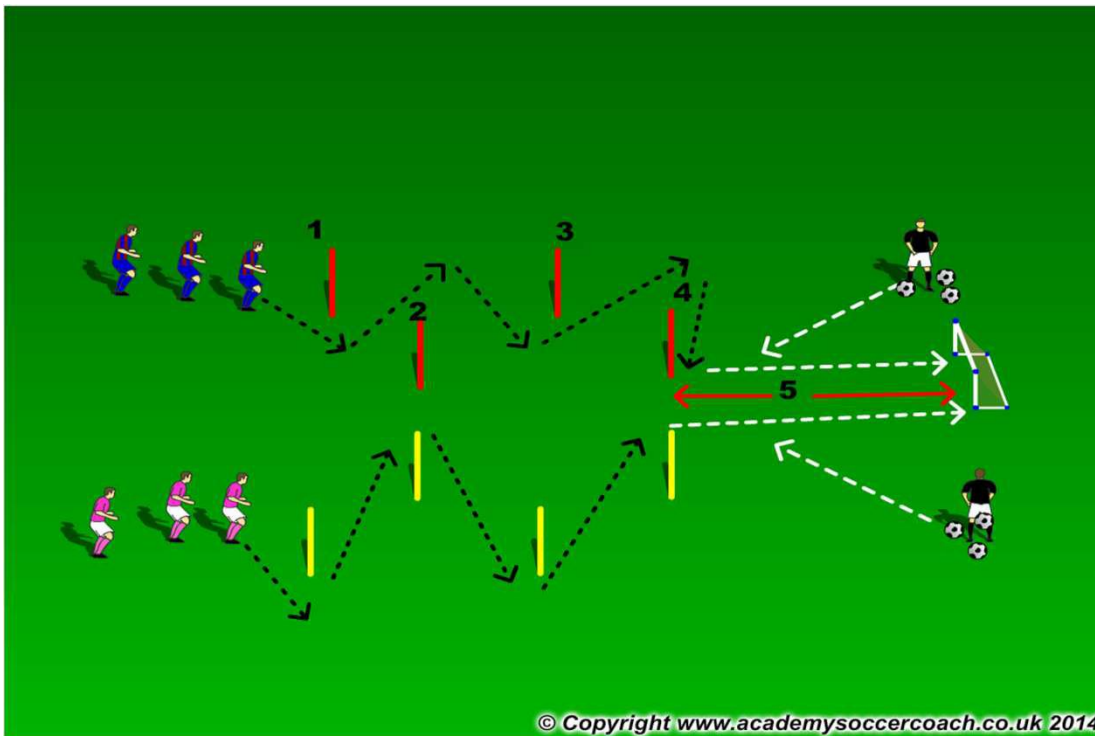
Soccer technique - Shooting



Time frame. 8 minutes

Emphasis:

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



Organization: 15x15 area (can be changed according to age), cones, poles, soccer balls, and small goal. 1-2 yards between poles. 5 yards between last pole and goal.

Activity 1: At the coach's signal, the first two players run through the poles, and shoot.

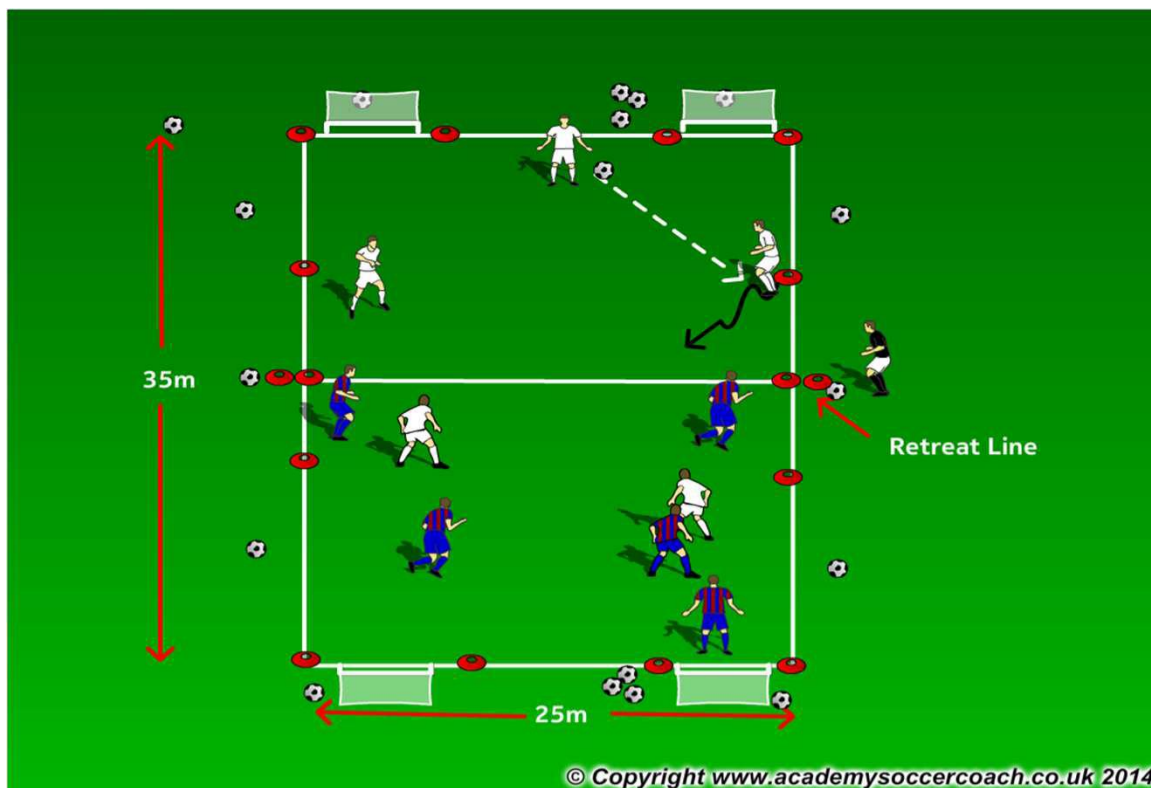
Activity 2: Players run between the first pair of poles, then sit at the third pole, and lie on their stomachs at the fourth pole, get up and shoot.

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

FUNdamentals practice plan – Week 4

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:

Running with the ball

Dribbling

1v1

Changing direction

Change of speed

Agility, Balance, Coordination

Imagination

FUN!

Psychological

Fun
Confidence
Being safe

Technical

Dribbling
1v1
Shooting

Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating



FUNdamentals practice plans **Preferred method of training – The Station concept**

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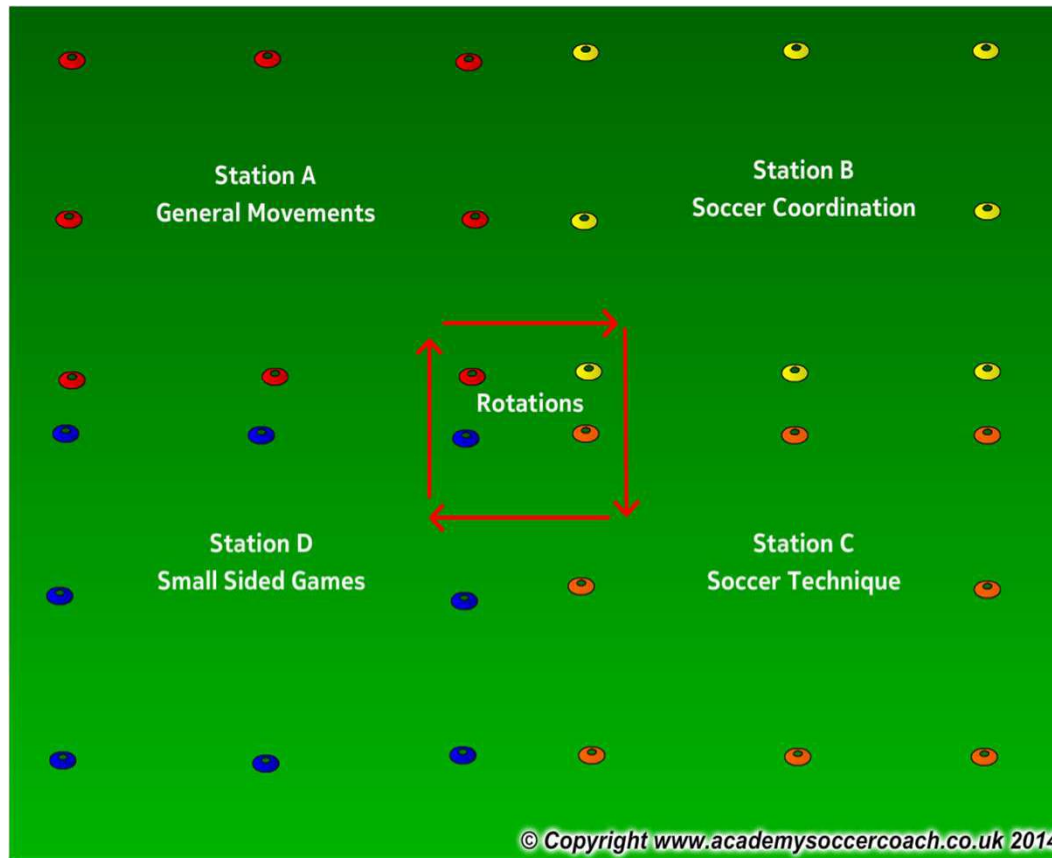
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Total Practice time 45 minutes as per the Recreational and Development Matrix



FUNdamentals practice plans

How the preferred training model works



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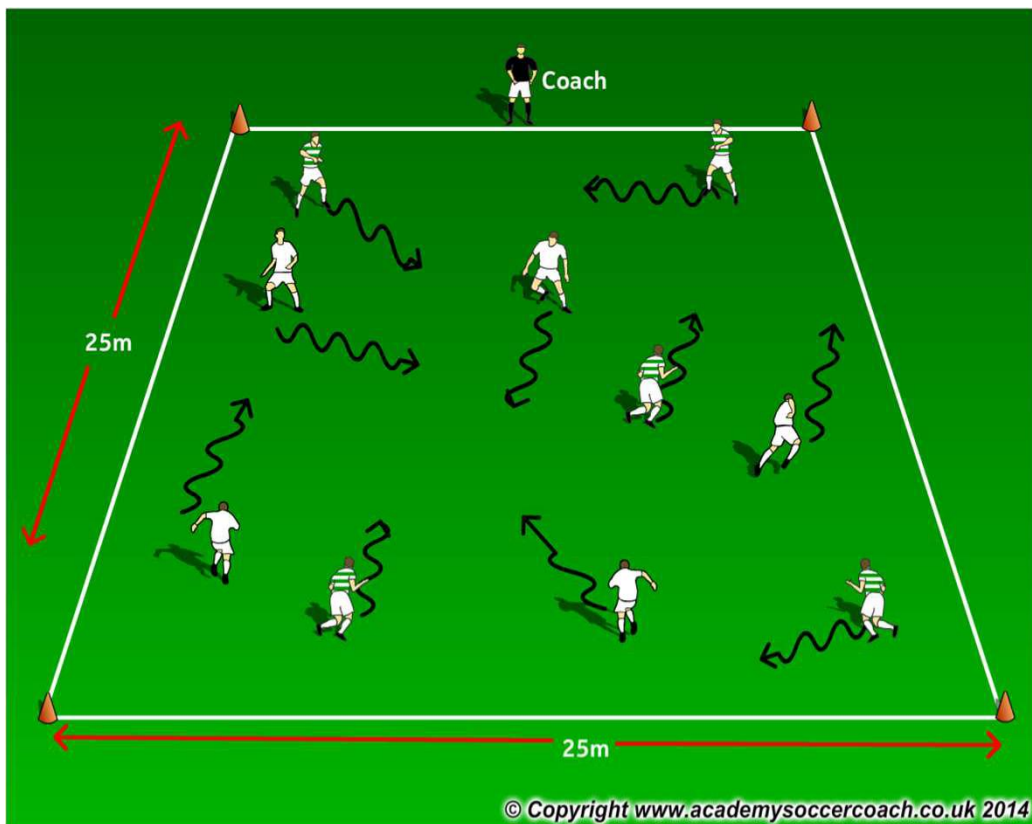
If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



FUNdamentals practice plan – Week 7

Station A

General Movements



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General movements

Encourage the players to use different soccer related movements such as walking, running, jumping, rolling, running backwards and also sideways
Movements can occur with or without a ball.

Time frame. 8-10 minutes

Emphasis:

Changing direction
Agility, Balance, Coordination
Awareness
FUN!

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

Grassroots Development



FUNDamentals practice plan – Week 7

Station B Soccer Coordination

Time frame. 8-10 minutes

Emphasis:

Dribbling
Changing direction/Speed
Balance
FUN!



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Organisation. Players dribble freely inside 30mx30m area.

Procedure. Players are asked to express them self's and be creative by attacking space and showing different moves. On coaches command players will attack a cone and show a move that will beat a defender. Coaches can show the players moves or allow the children to choose a move of their choice.

Psychological

Confidence
Being safe

Technical

Dribbling
Running with the ball

Physical

A,B,C's
Change of Direction

Social

Listening
Communicating
Interacting with friends

Grassroots Development



FUNdamentals practice plan – Week 7

Station C

Soccer technique – 1v1 attacking



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Organisation. Area is 30mx30m 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 goals. Keep rotating the service so that all players are attackers. C will then play the ball to D and they will compete as above.
Progression. Players progress to play 2v2 if success is being achieved.

Time frame. 8-10 minutes

Emphasis:

Dribbling

1v1 attacking

Change of speed

Agility, Balance, Coordination

FUN!

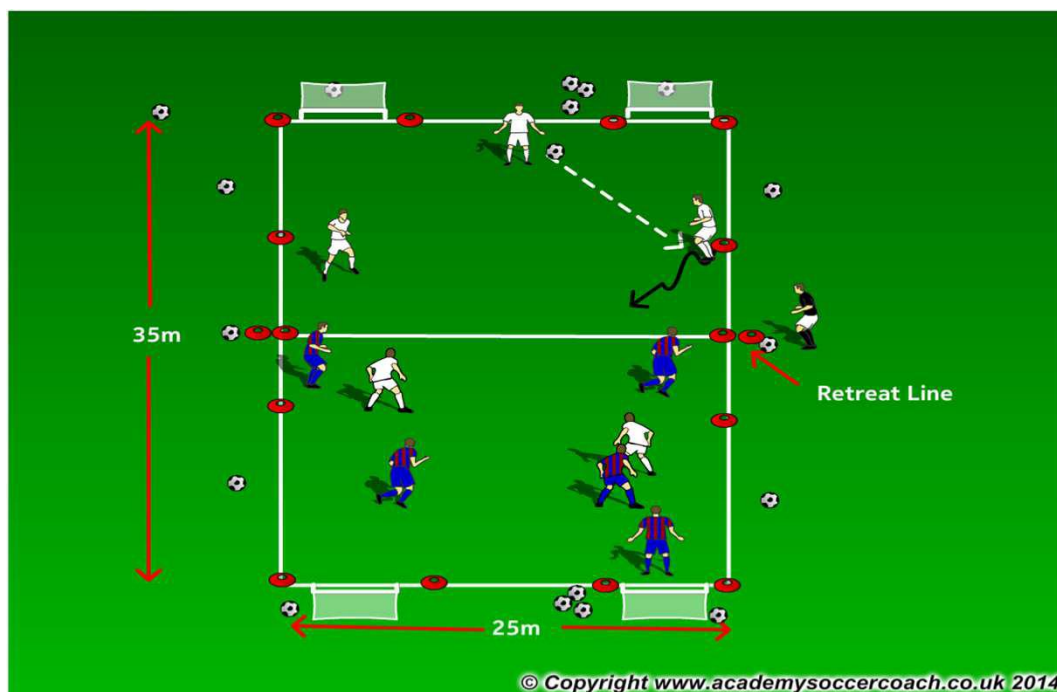
<p><u>Psychological</u> Positive reinforcement Confidence Being safe Fun</p>	<p><u>Technical</u> Dribbling Part of the foot Part of the ball Using both feet</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Interaction with peers</p>



FUNdamentals practice plan – Week 7

Station D

Small sided game 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:

Dribbling

1v1

Changing direction/Speed

Imagination

FUN!

Psychological

Fun
Confidence
Being safe
Decision making

Technical

passing
Dribbling
Shooting

Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating



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.

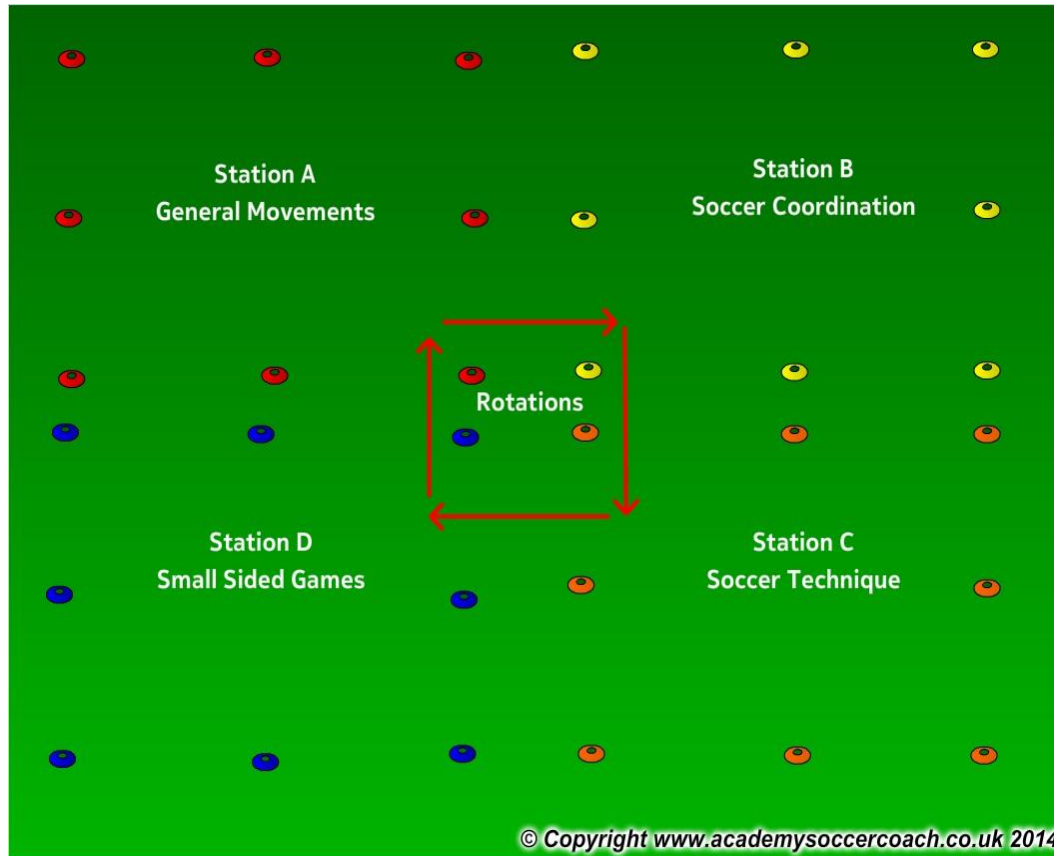
In the following activities players will travel through 4 stations. In these examples one station focuses on general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a small sided soccer game 3v3, 4v4 or 5v5 which includes the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



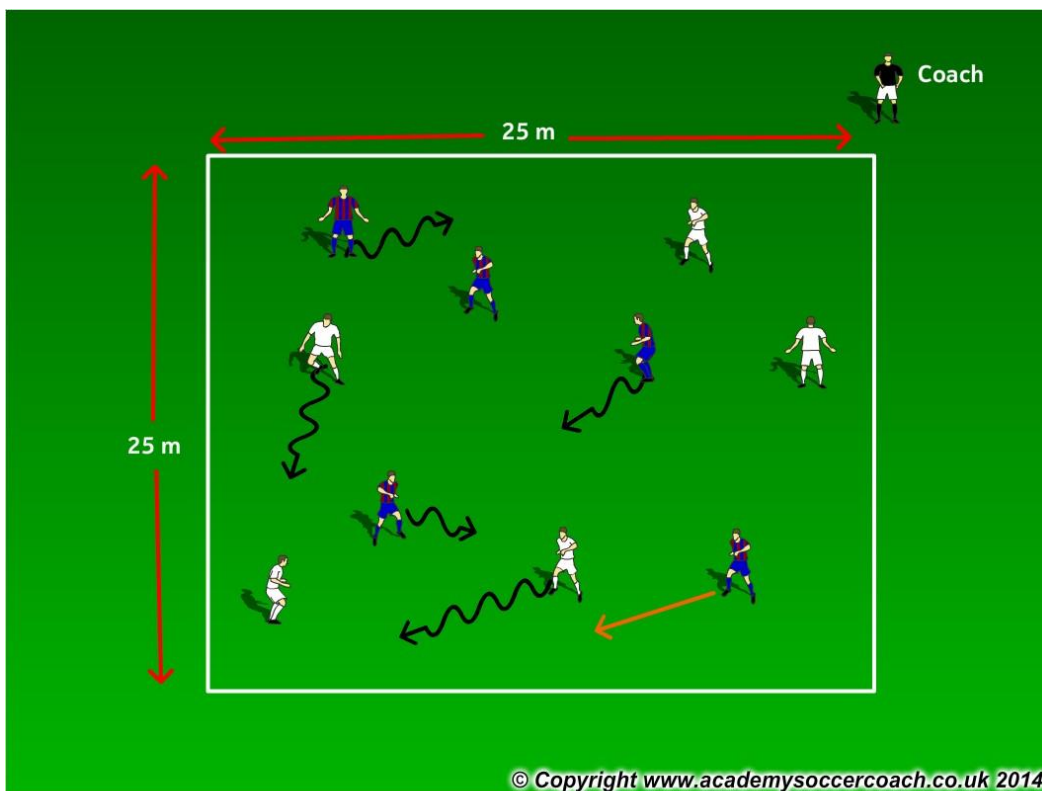
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If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

FUNdamentals practice plan

Station A

General Movements



Time frame. 8-10 minutes

Emphasis:

Changing direction
Agility, Balance, Coordination
Spatial awareness
FUN!

Organization: A 25mx25m field. 10 players.
Procedure: Encouraging players to do different soccer movements such as running, shuffling, running backwards, and jumping.
Progression: This activity could be done with the ball.

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

FUNdamentals practice plan
Station B
Soccer Coordination, shooting



Time frame. 8-10 minutes

Emphasis:

Agility
 Changing direction/Speed
 Coordination
 FUN!



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Organization: Place 2 cones side by side 10 m apart. Lay out 4 poles 50 cm intervals, starting 3 m in front of the starting cones. Players lineup in 2 equal teams behind the starting cone.

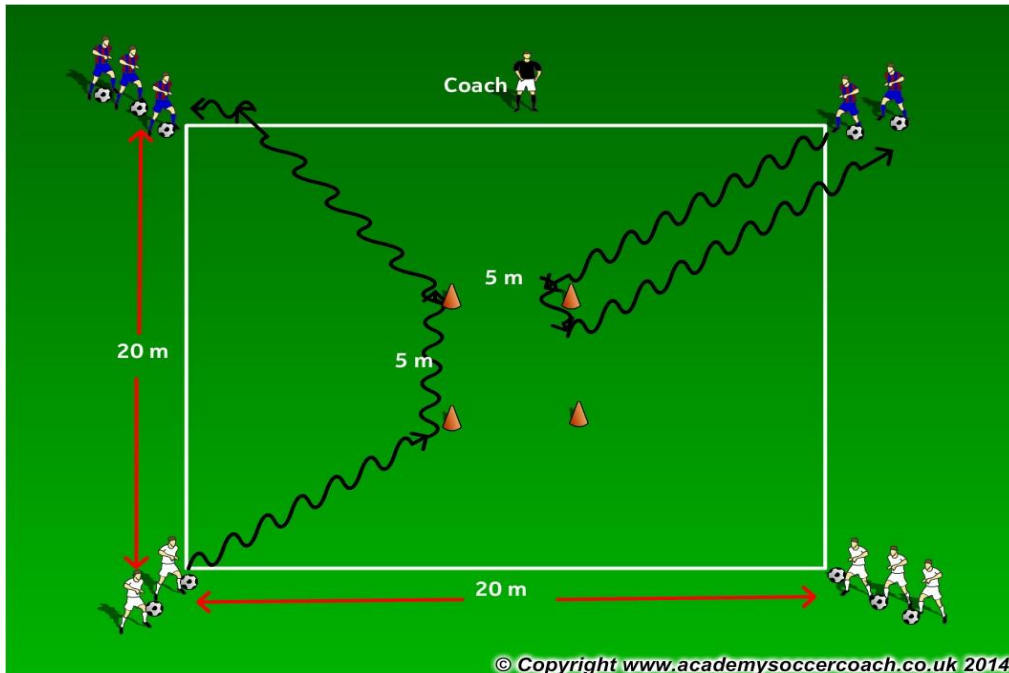
Procedure: On the coach's signal, first player from each line, shuffle between poles and run back to the end of the line.

Progression: Same activity using soccer ball, and finishing with shooting.

<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>Dribbling Shooting</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>

Grassroots Development

FUNdamentals practice plan
Station C
Soccer technique – Dribbling/Faking



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Organization: A 20mx20m field. Place 4 cones inside the grid to make a 5mx5m square. Players line up in equal numbers at each corner. Each player has a ball.
Procedure: At coach's signal, first player of each line will dribble around the near cone and return to their line.
Progression: Player dribble to near cone, and do a fake move, and dribble to a cone on the right or left.

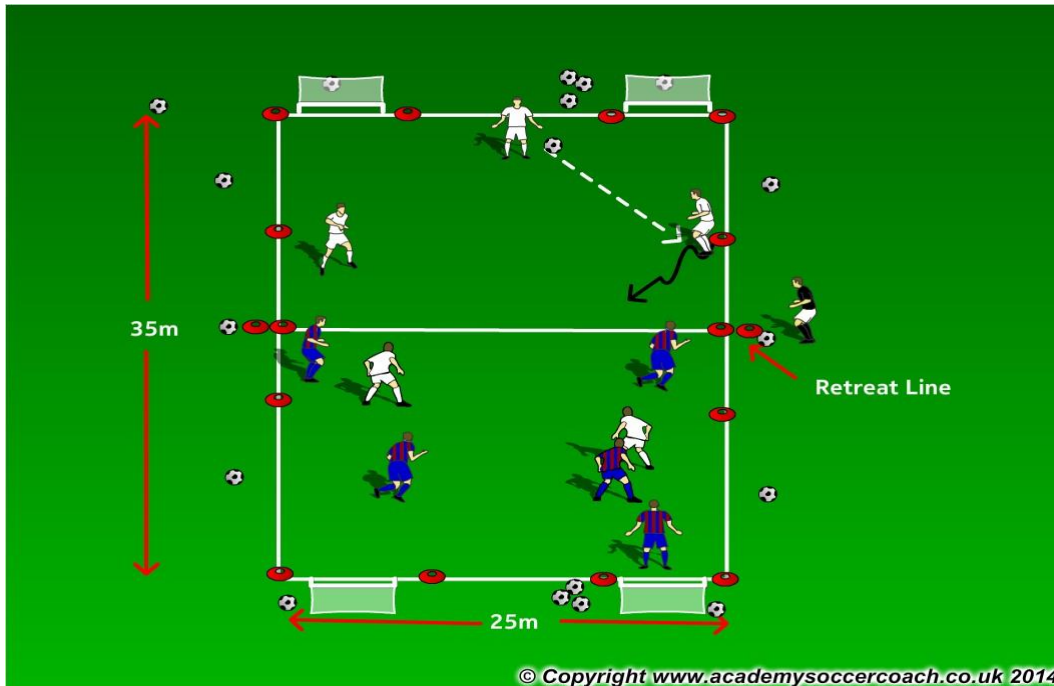
Time frame. 8-10 minutes

Emphasis:

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

<p><u>Psychological</u> Positive reinforcement Confidence 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
Station D
Small sided game 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:

Dribbling

1v1

Changing direction/Speed

FUN!

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



FUNdamentals practice plans

Preferred method of training – The Station concept

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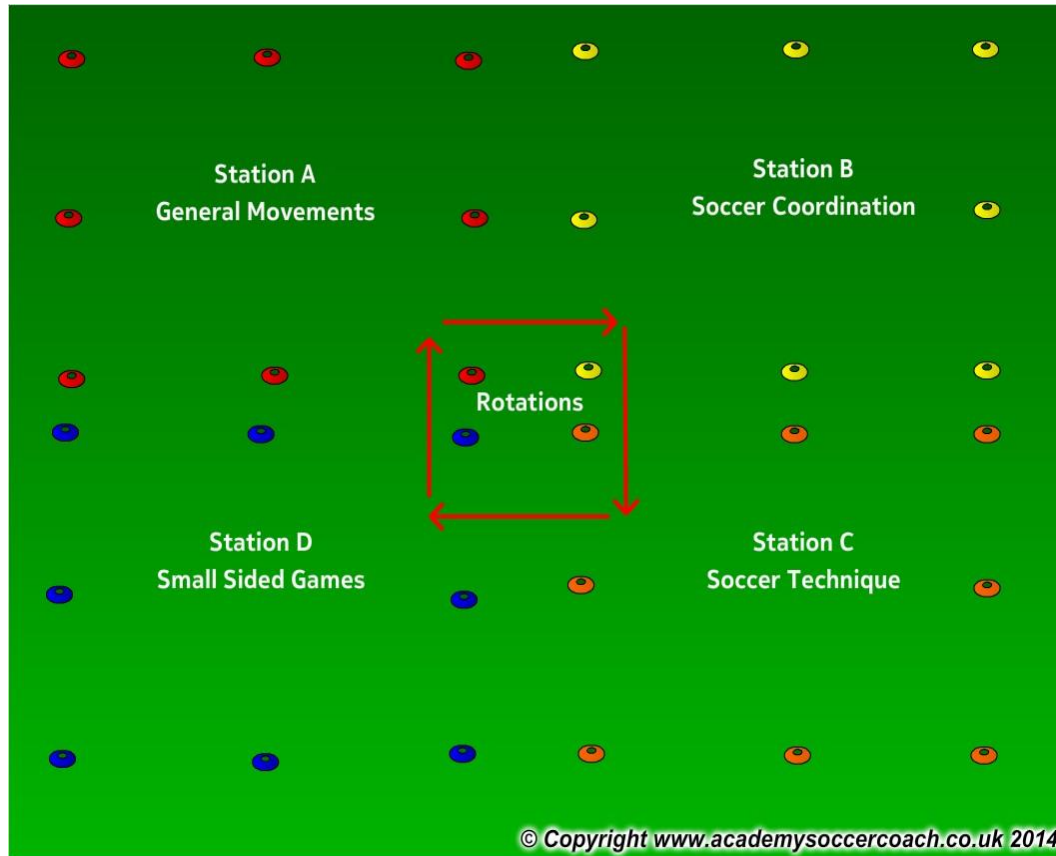
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Total Practice time 45 minutes as per the Recreational and Development Matrix

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.

General Movement: %20

Coordination: %20

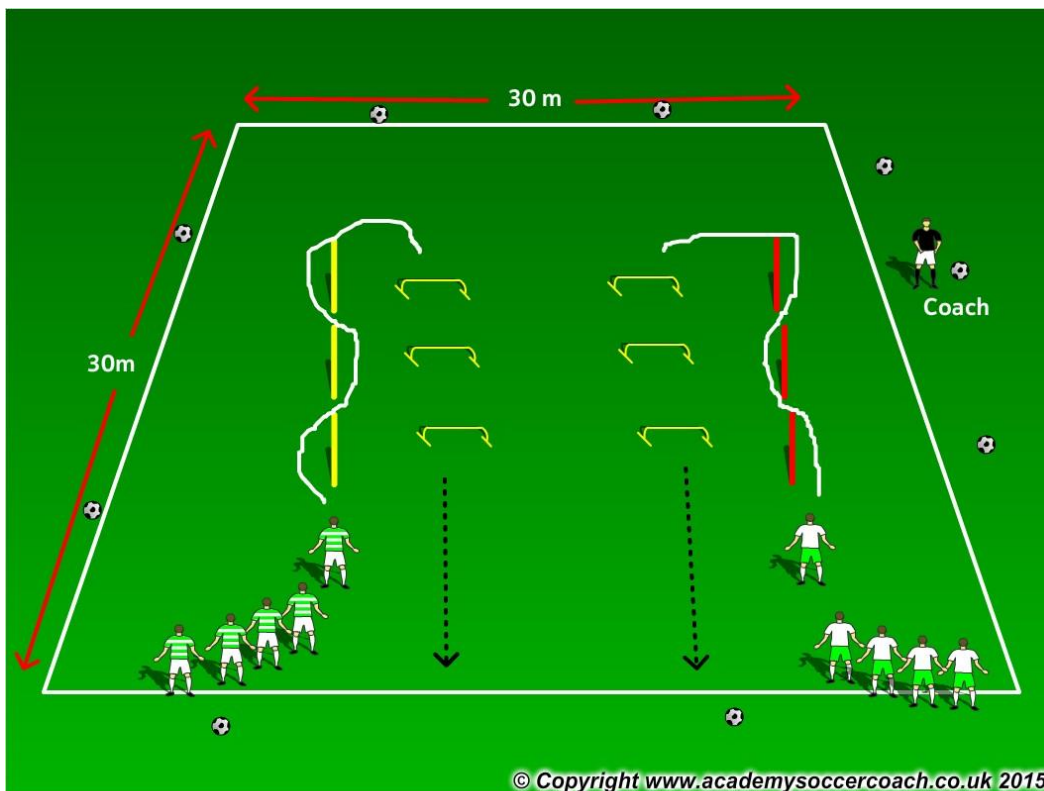
Soccer technique:%20

Small sided game:%40

FUNdamentals practice plan

Station A

General Movements



Organization: 3 or 4 Poles, 3 or 4 hurdles. Place equipments as it shown in diagram.

Procedure: first player from each team runs in and out of the poles, and jumping over the hurdles. When they finish the last hurdle, he/she sprint to the end of the line. The team that finish faster win.

Time frame. 8-10 minutes

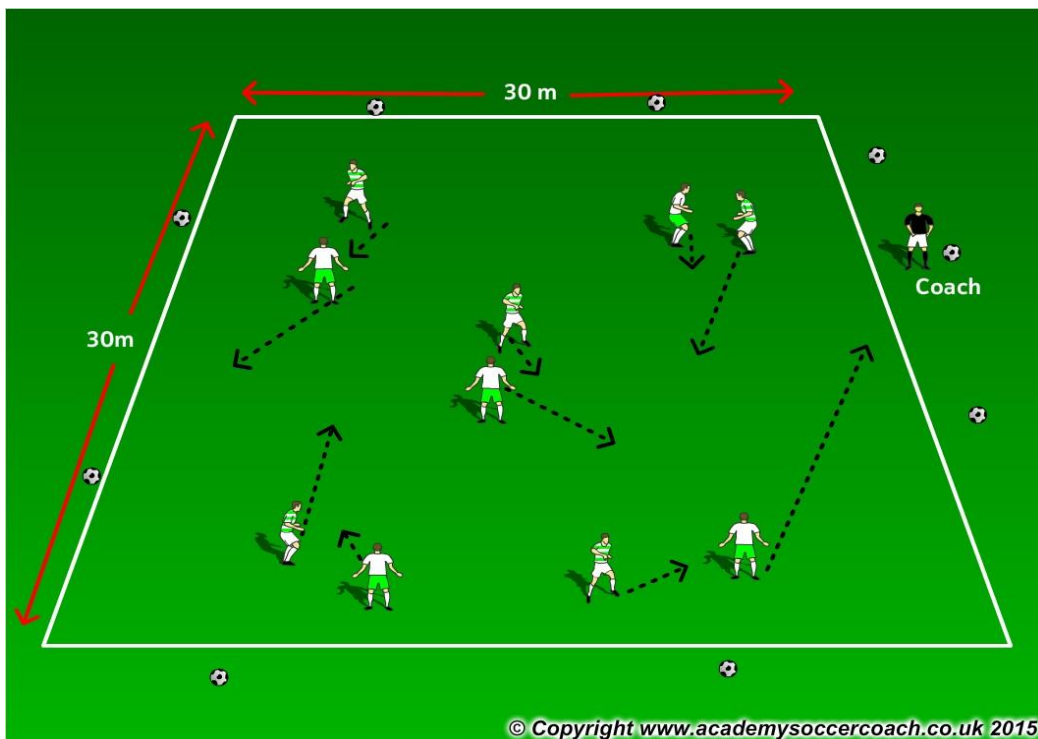
Emphasis:

Changing direction
Agility, Balance, Coordination
Awareness
FUN!

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

Grassroots Development

FUNdamentals practice plan
Station B
Soccer Coordination



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Organization: A 30mx30m field. 10 players divided in two teams, 5 pinnies.
Procedure: 5 players have the pinnies tucked in back of their short, and moving around the field, and the other 5 players trying to take the pinnies. Last Player with pinnies will earn a point for his/her team.
Progression: Same procedure as above, players with pinnies can have the ball.

Time frame. 8-10 minutes

Emphasis:

- Dribbling
- Changing direction/Speed
- 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>

Grassroots Development

FUNdamentals practice plan
Station C
Soccer technique – Dribbling



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Organization: A 30mx30m field. 10 players divided in two teams, extra balls around the field.

Procedure: 5 players have the ball, and moving around the field trying to dribble to pass the players without the ball. Players use different dribbling move. i.e.: Fake and turn, step over. Players change the role on coach's call.

Time frame. 8-10 minutes

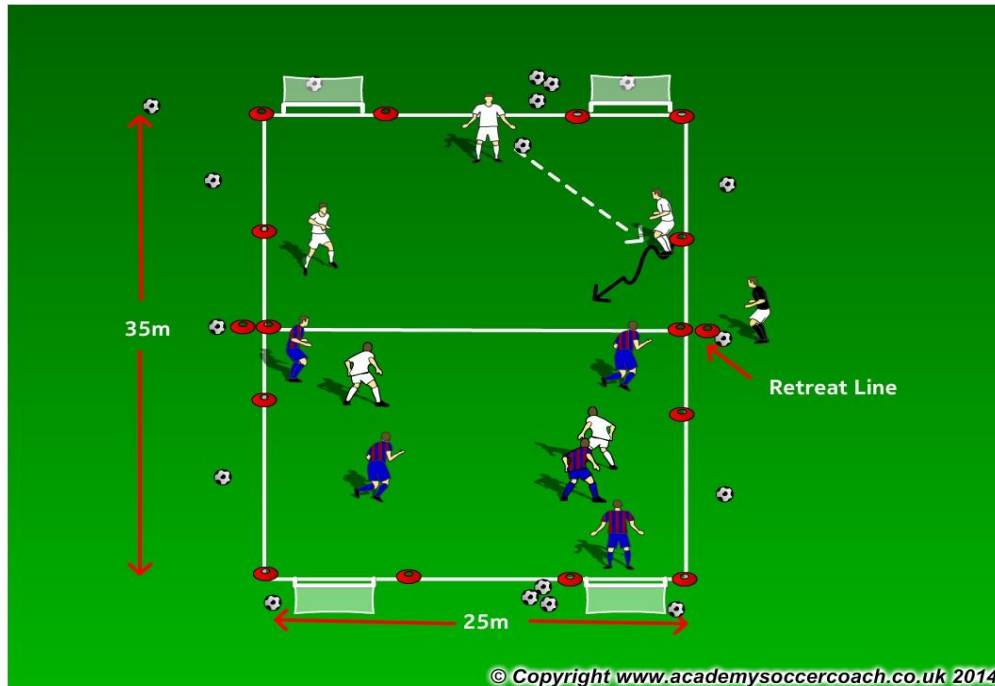
Emphasis:

Dribbling
 1v1 attacking
 Change of speed
 Agility, Balance, Coordination
FUN!

<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>

Grassroots Development

FUNdamentals practice plan
Station D
Small sided game with retreat line



5V5 with the Retreat line.
Organization. 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:

Dribbling

1v1

Changing direction/Speed

Imagination

FUN!

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

Grassroots Development



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.

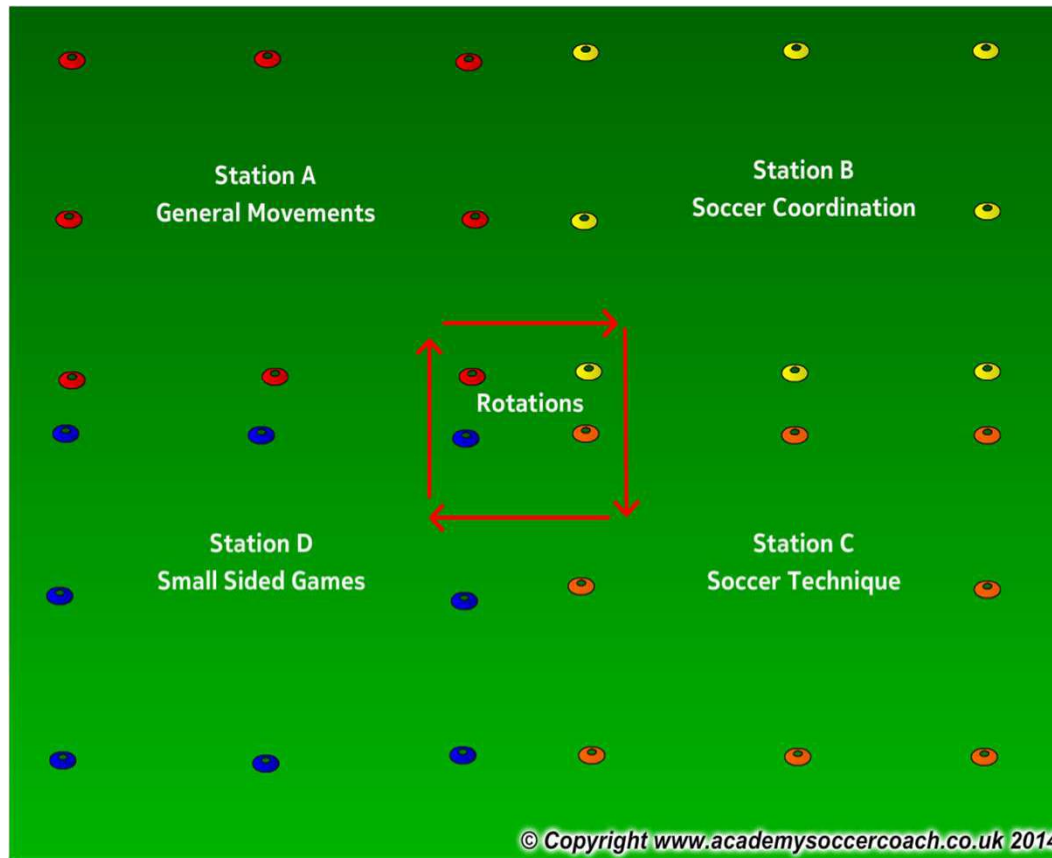
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Total Practice time 45 minutes as per the Recreational and Development Matrix



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.

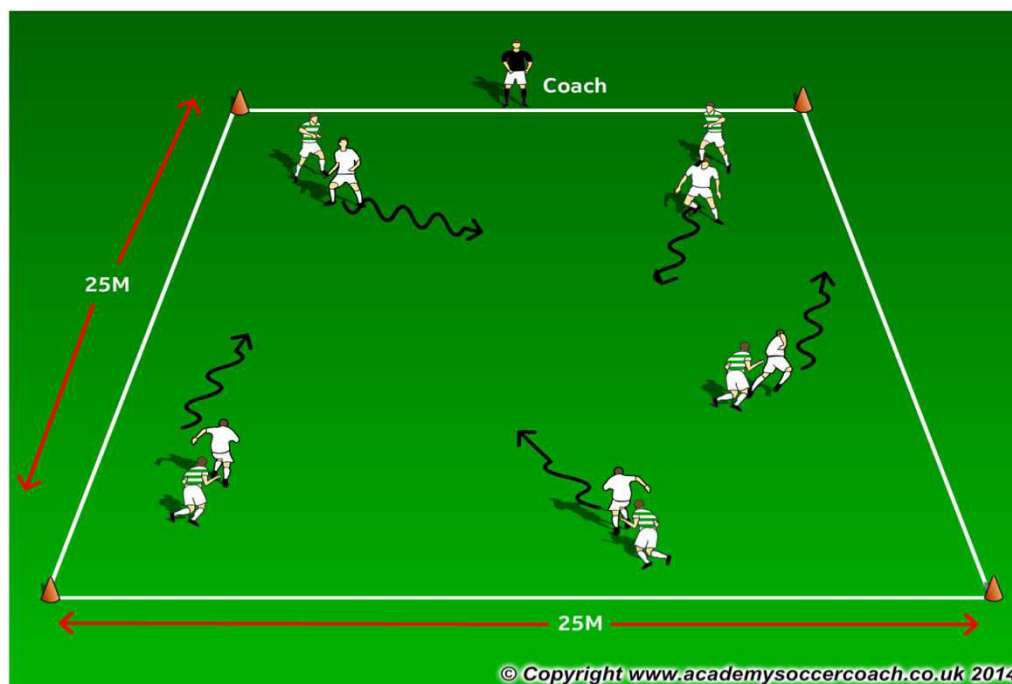
If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



FUNdamentals practice plan – Week 10

Station A

General Movements



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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

Changing direction

Agility, Balance, Coordination

FUN!

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



FUNdamentals practice plan – Week 10
Station B
Soccer Coordination – Passing and Receiving



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Passing and Moving
Organisation. 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.
Progression. To make it fun/competitive for the players add gates into the area and on the command of "Shopping" players look to pass the ball through the gates. each gate =1point, after 60 seconds pair with the most points wins the competition. Repeat game several times.

Time frame. 8-10 minutes

Emphasis:

- Passing - Receiving
- Dribbling
- Changing direction
- Agility, Balance, Coordination
- Imagination
- Change of speed
- FUN!**

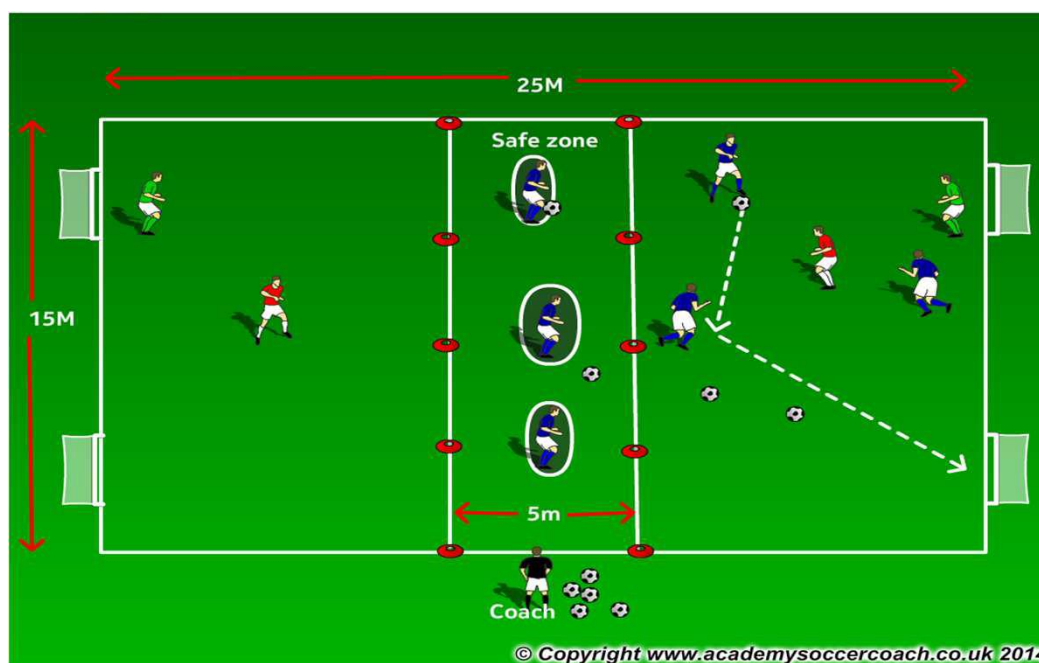
<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>Passing - Receiving Dribbling Running with the ball</p>
<p><u>Physical</u></p> <p>A,B,C's Change of Direction</p>	<p><u>Social</u></p> <p>Listening Communicating Celebrating</p>



FUNdamentals practice plan – Week 10

Station C

Soccer Technique – 3v1 to goal



Organisation. 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.8- 10 minutes

Emphasis:

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

Psychological

Confidence
 Being safe

Technical

Dribbling
 Running with the ball
 Shooting
 Passing/Receiving

Physical

A,B,C's
 Change of Direction

Social

Listening
 Communicating
 Celebrating

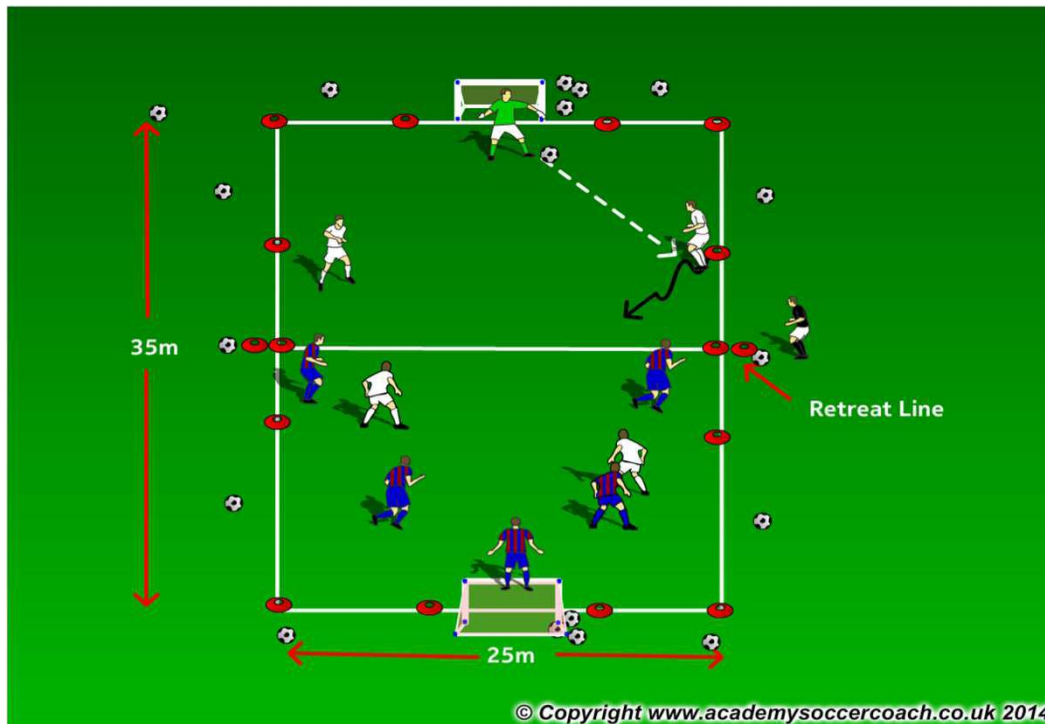


FUNdamentals practice plan – Week 10
Station D
Small Sided Game – 5v5 with Retreat line

Time frame. 8-10 minutes

Emphasis:

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



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5V5 with the Retreat line.
Organisation. Players play 5v5 on a 35mx25m field. the Retreat line is located at the half way line.
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.
If you have odd numbers you can have the extra player become a neutral player in the game.

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



Fundamentals practice plans

Preferred method of training – The Station concept

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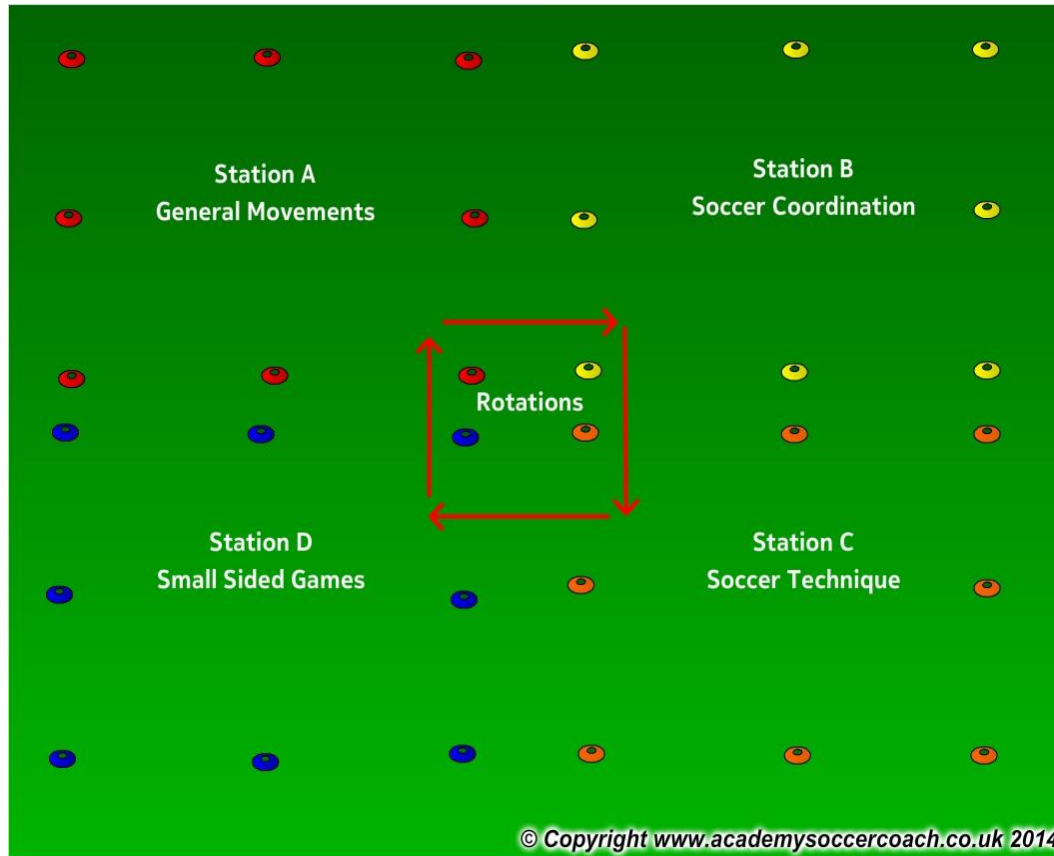
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Total Practice time 45 minutes as per the Recreational and Development Matrix

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.

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General Movement: %20

Coordination: %20

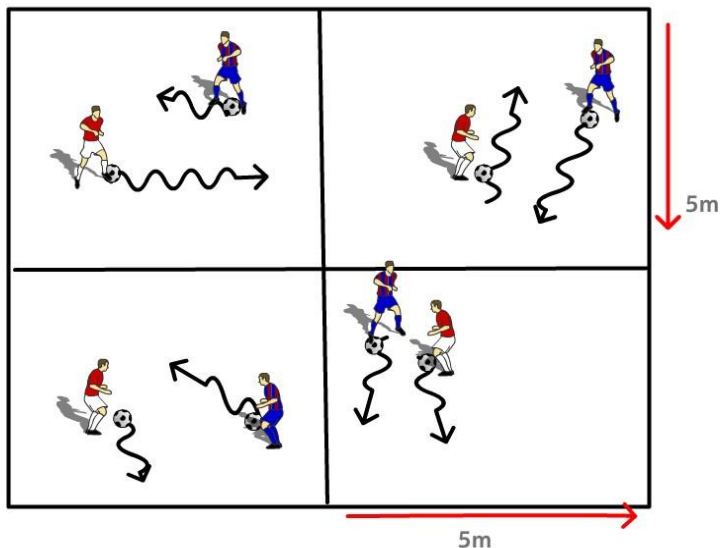
Soccer technique: %20

Small sided game: %40

FUNdamentals practice plan – Week 11

Station A

General Movements



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General Movements:

Organization: A20x20m (divided to 4 areas of 5x5m) Balls, and 2 sets of different colour pinnies.

Procedure: Every player has a ball in their own area. Players have to keep control of their ball and kick their opponents' ball out. If player's ball is kicked out, on return juggle for 2-5 times.

Time frame. 8-10 minutes

Emphasis:

Changing direction
Agility, Balance, Coordination
Awareness
FUN!

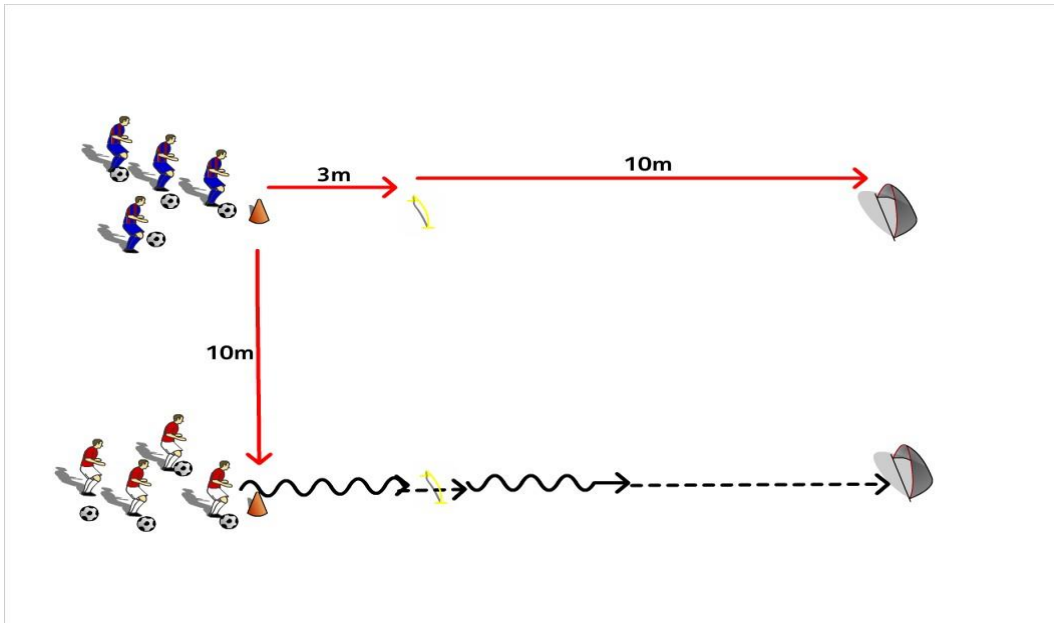
<u>Psychological</u> Positive reinforcement Confidence Being safe	<u>Technical</u> N/A
<u>Physical</u> Eye-foot coordination A'B'C's Change of Direction	<u>Social</u> Peer Interaction Problem Solving

Grassroots Development

FUNdamentals practice plan – Week 11

Station B

Soccer Coordination



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Coordination:

Organization: Hurdles, balls, and mini goals. Place two starting cones side by side 10 m apart. Set up a hurdle 3m in front of each starting cone, and there is a mini goal 10 m beyond each hurdle. Players line up in two equal sized team in front of each a starting cone, each have a ball.

Procedure: On the coach's signal, players dribble toward the hurdle, passes under the hurdle, jump over them, take the ball and finish on the goal. Players then run with their ball in back of the line.

Variation: Players can take off with right or left foot. They can also do quick feet before jumping.

Time frame. 8-10 minutes

Emphasis:

Dribbling

Changing direction/Speed

Balance

FUN!

Psychological

Confidence
Being safe

Technical

Dribbling
Running with the ball

Physical

A,B,C's
Change of Direction

Social

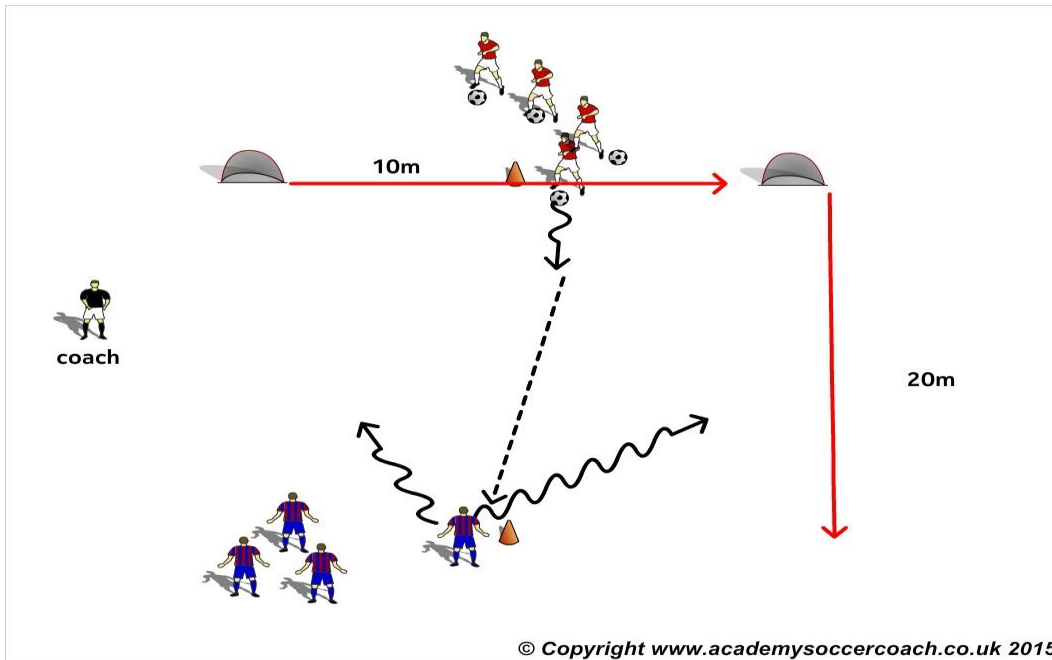
Listening
Communicating
Interacting with friends

Grassroots Development

FUNdamentals practice plan – Week 11

Station C

Soccer technique – Dribbling



Dribbling/faking

Organization: Set up two mini goals 10m apart. Place a starting cone between two goals, and one cone 20 m in front of it. Players line up in two equal sized team at the starting cones. The players between the goals each have a ball.

Procedure: The first player between the goals dribbles onto the field, passes to the first player at the other cone and then became a defender. The receiver takes the ball forward and tries to score on either goal. If the defender wins the ball, he/she can counterattack on either goal.

Time frame. 8-10 minutes

Emphasis:

Dribbling

1v1 attacking

Change of speed

Agility, Balance, Coordination

FUN!

Psychological

Positive reinforcement
Confidence
Being safe
Fun

Technical

Dribbling
Part of the foot
Part of the ball
Using both feet

Physical

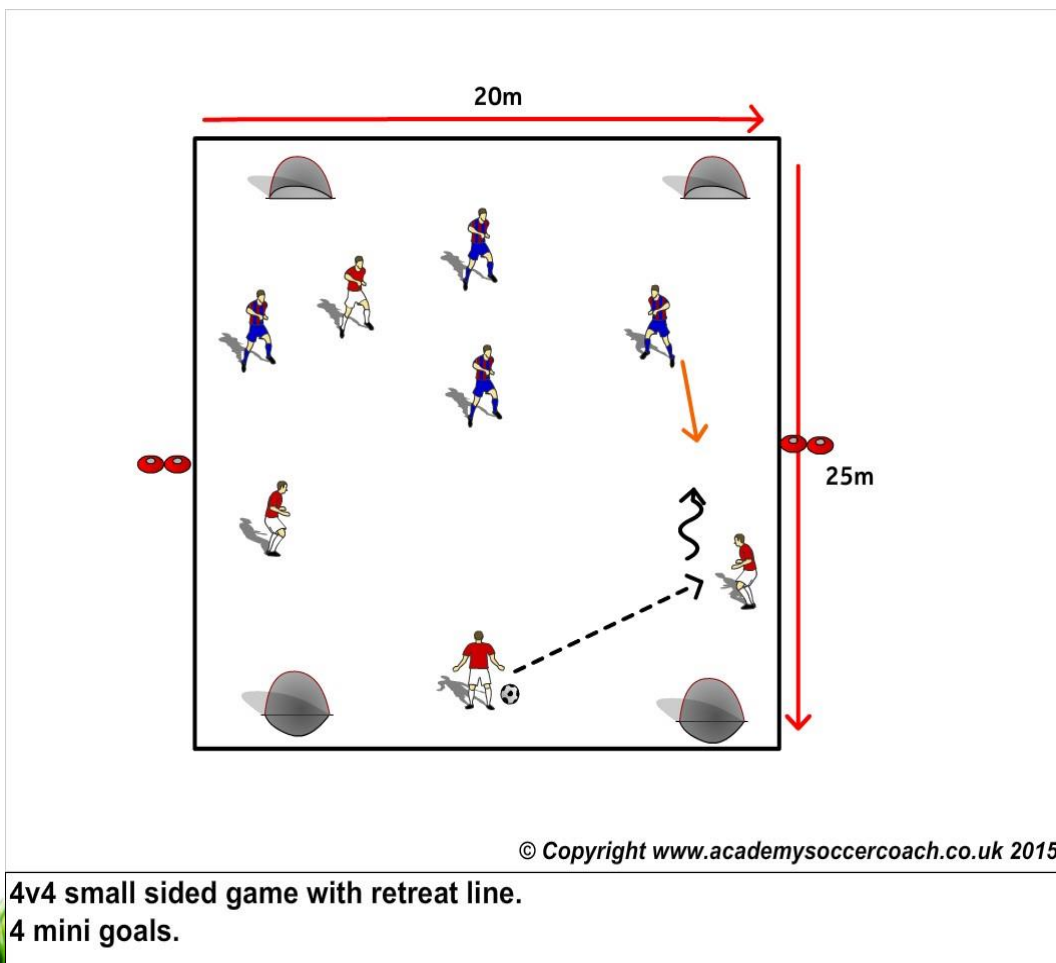
Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Interaction with peers

Grassroots Development

FUNdamentals practice plan – Week 11
Station D
Small sided game with retreat line



4v4 small sided game with retreat line.
 4 mini goals.

Time frame. 8-10 minutes

Emphasis:

Dribbling

1v1

Changing direction/Speed

Imagination

FUN!

<p><u>Psychologi</u> <u>cal</u> Fun Confidence Being safe Decision making</p>	<p><u>Technic</u> <u>al</u> Passing Dribbling Shooting</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Celebrating</p>



FUNdamentals practice plans **Preferred method of training – The Station concept**

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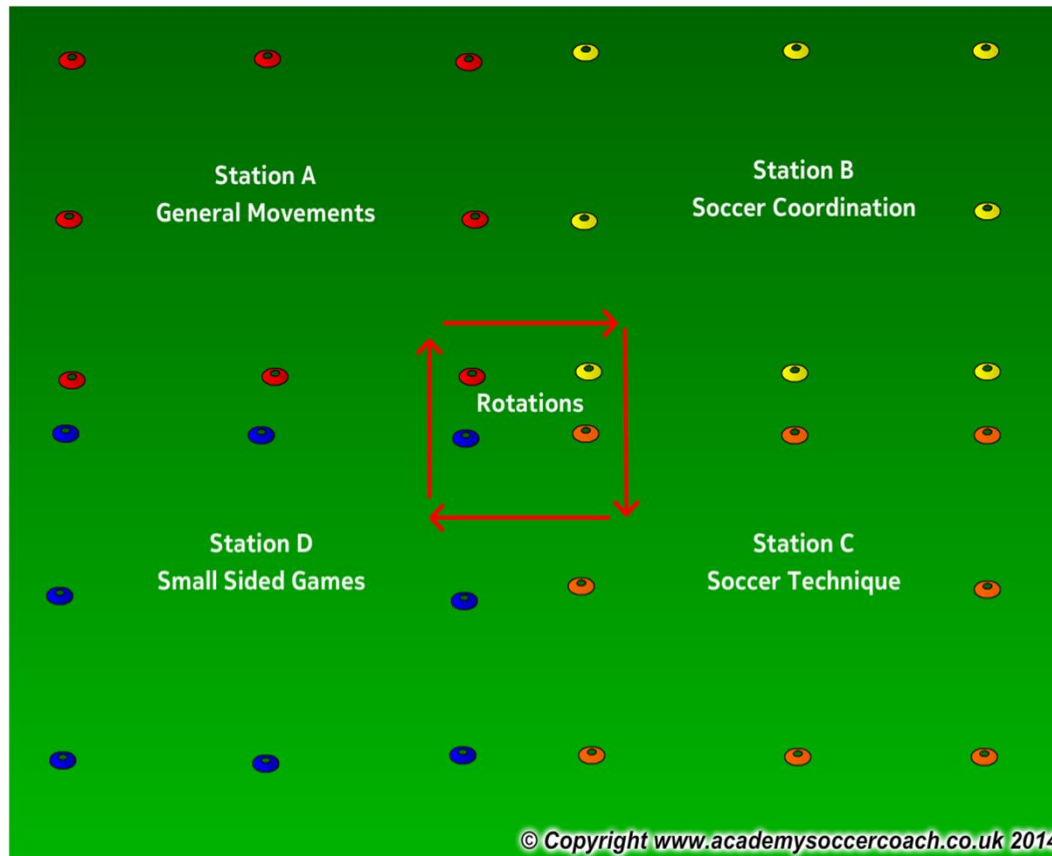
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Total Practice time 45 minutes as per the Recreational and Development Matrix



FUNdamentals practice plans

How the preferred training model works



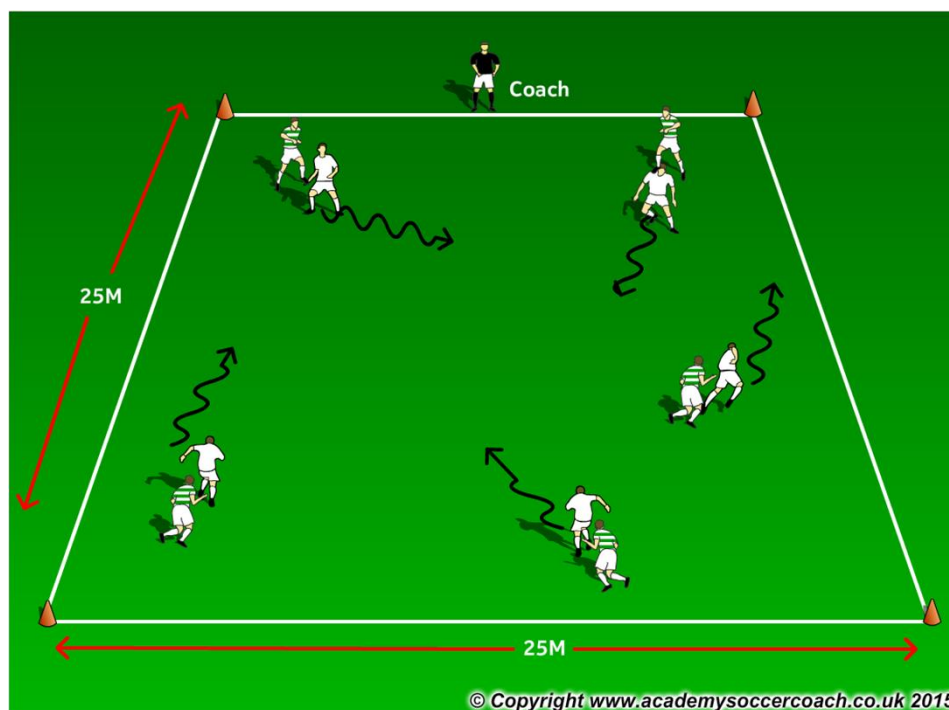
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FUNdamentals practice plan – Week 12

Station A General Movements



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Organization: Players are placed into pairs in a 25m x 25m 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

Changing direction

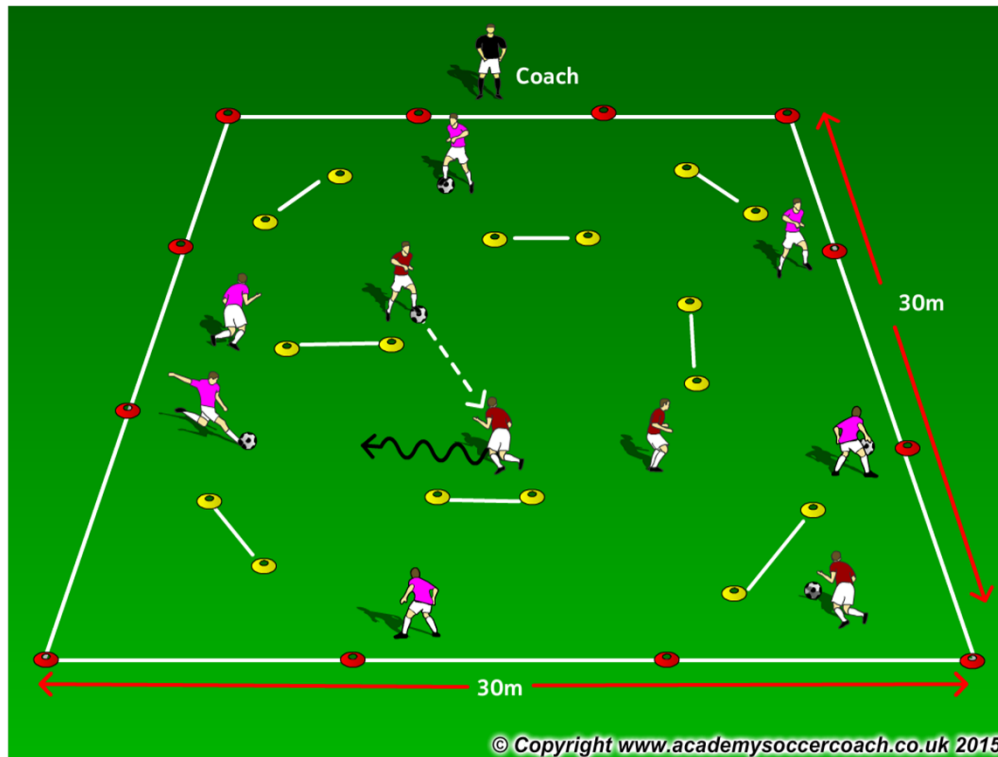
Agility, Balance, Coordination

FUN!

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



FUNdamentals practice plan – Week 12
Station B
Soccer Coordination – Passing and Receiving



Organization: Players are placed into 2s inside 30m x 30m area.
Procedure: Players pass and move inside area. Focus should be on how the player passes and receives the ball.
Progression: To make it fun/competitive for the players add gates into the area and on the command of "Shopping" players look to pass the ball through the gates. Each gate = 1 point, after 60 seconds pair with the most points wins the competition. Repeat game several times.

Time frame. 8-10 minutes

Emphasis:

- Passing - Receiving
- Dribbling
- Changing direction
- Agility, Balance, Coordination
- Imagination
- Change of speed
- FUN!**

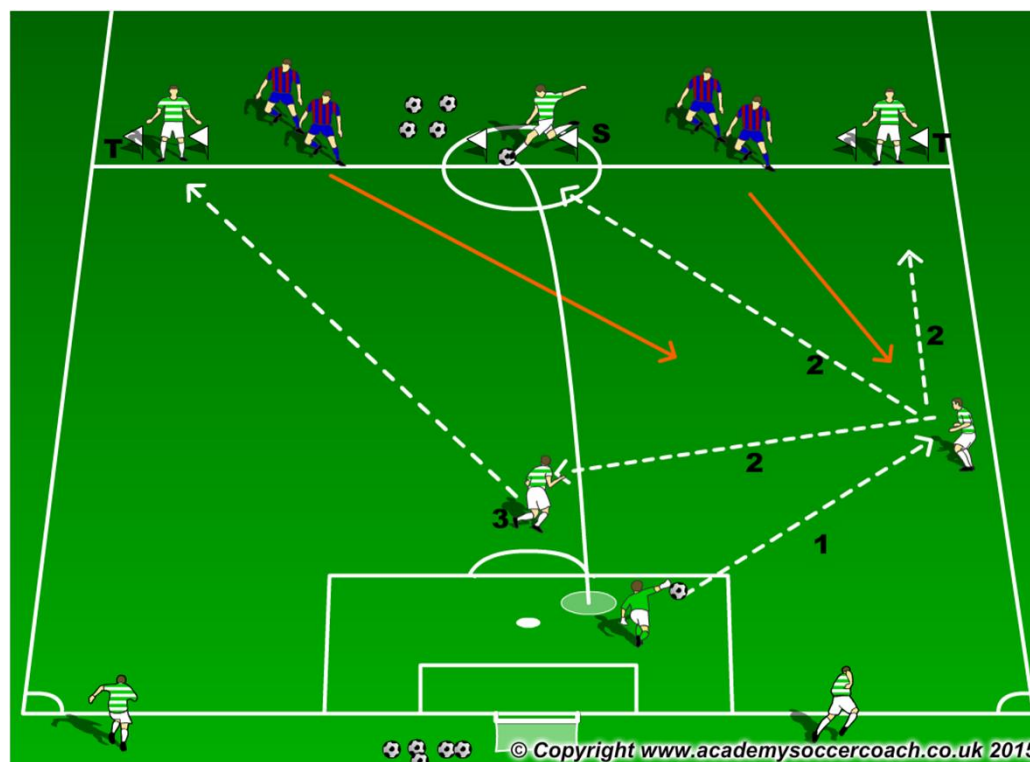
<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>Passing - Receiving Dribbling Running with the ball</p>
<p><u>Physical</u></p> <p>A,B,C's Change of Direction</p>	<p><u>Social</u></p> <p>Listening Communicating Celebrating</p>



FUNdamentals practice plan – Week 12

Station C

Soccer Technique – 3v2 – Playing out



Organization: Players set up as above.

Procedure: S plays ball into the goalkeeper. The goalkeeper now looks to distribute the ball to one of his/her team mates. As soon as the player receiving the ball touches the ball the 2 strikers are released to pressure the ball. The team in possession now look to get the ball to T or S to score a point. If the Strikers win possession they head to goal. All players rotate through all positions.

Time frame.8- 10 minutes

Emphasis:

Passing - Receiving
 Changing direction
 Agility, Balance, Coordination
 Imagination
 FUN!

<p><u>Psychological</u> Confidence Being safe Decision making</p>	<p><u>Technical</u> Passing Receiving</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 12

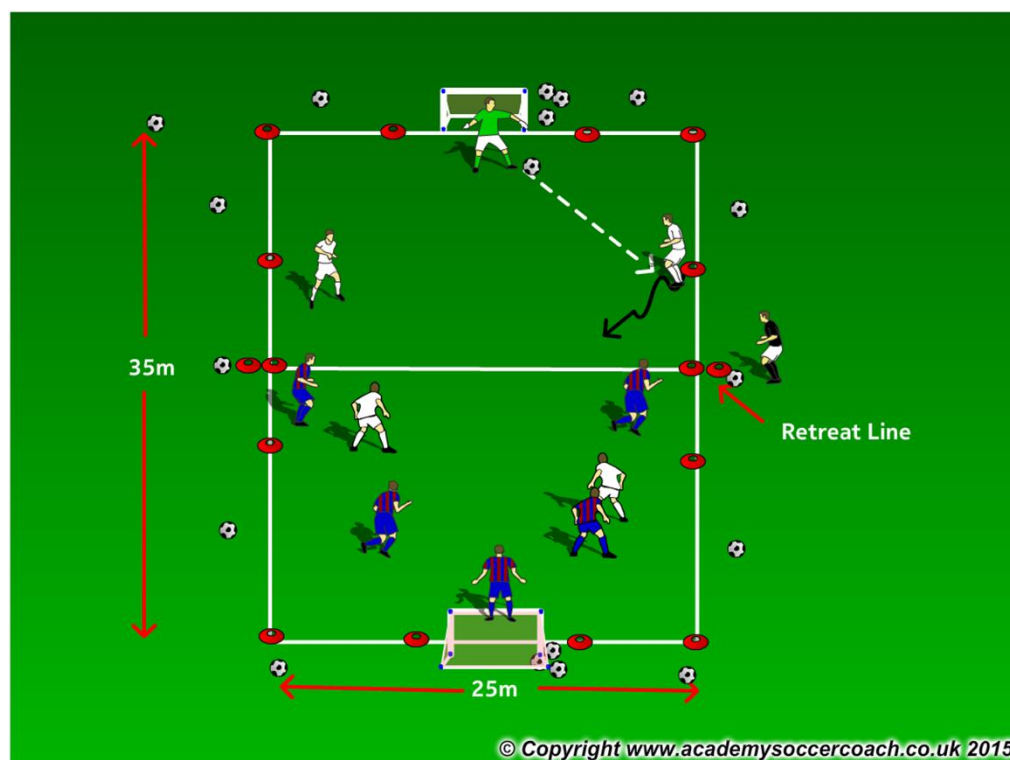
Station D

Small Sided Game – 5v5 with Retreat line

Time frame. 8-10 minutes

Emphasis:

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



Organization: Players play 5v5 on a 35m x 25m field. The Retreat line is located at the half way line.

Procedure: Once the ball goes out for a goal kick 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.

If you have odd numbers you can have the extra player become a neutral player in the game.

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



FUNdamentals practice plans

The Player Development 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 continuously motivated and that they are continuously 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.

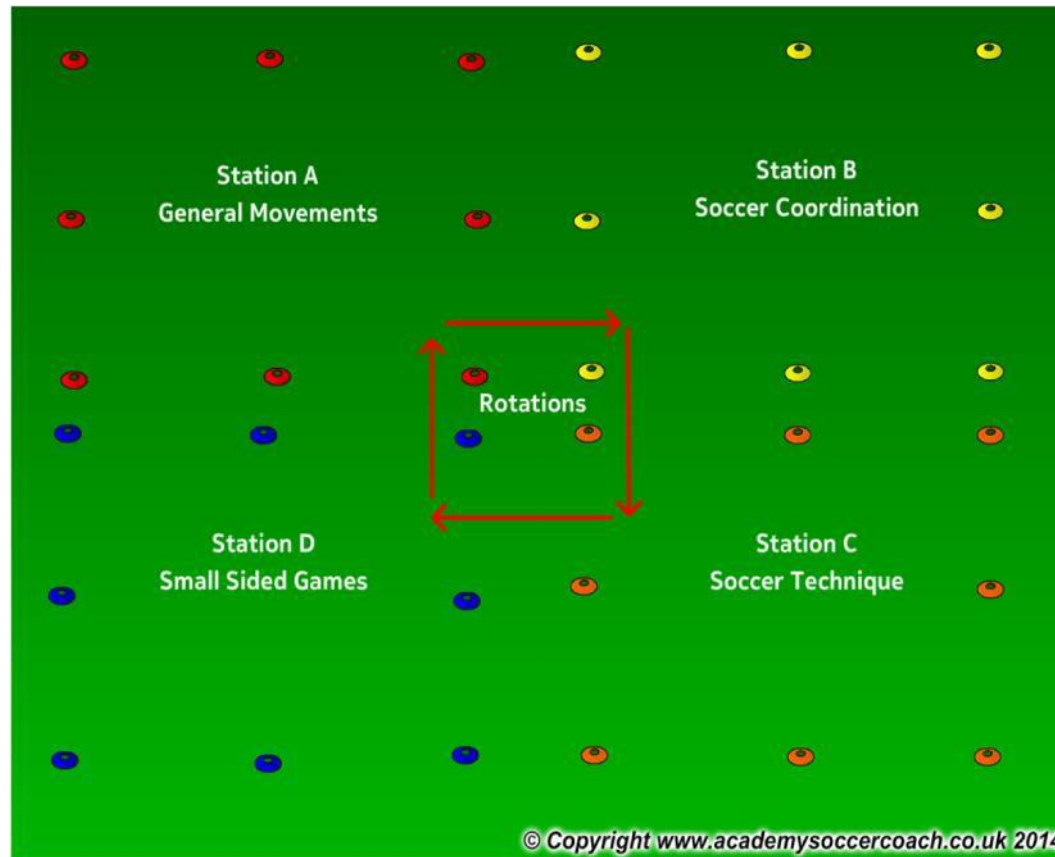
Sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and a technical.

Total Practice time 45 minutes as per the Recreational and Development Matrix



FUNdamentals practice plans

How the Player Development 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 a 4 stations until they are complete.

General Movement: %20

Coordination: %20

Soccer technique: %20

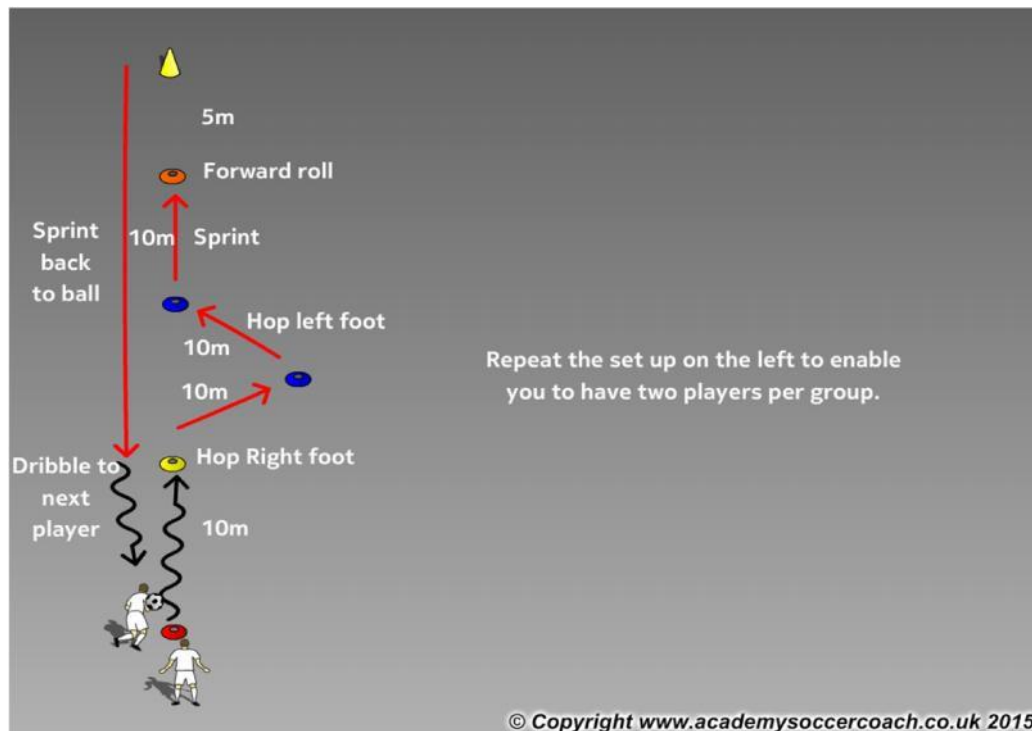
Small sided game: %40



FUNdamentals practice plan - Week 13

Station A

General Movements



Organization: Players are placed in to pairs and are set up as shown above. Set up 4 - 5 stations to enable you to work with 8-10 players.

Procedure: Player dribbles from the red disk to the yellow disk and stops the ball. The player then hops on their right foot to the blue disk and then on their left foot to the next blue disk. The player then sprints to the orange disk and does a forward roll. They then sprint around the yellow cone and back to the ball. They dribble the ball to the next player who then goes. Repeat or change to allow for different variations of movements.

Time frame. 8-10 minutes

Emphasis:

Changing direction
Agi ity, Ba ance, Coordination
FUN!

Psychological

Positive reinforcement
Confidence
Being safe

Technical

Dribb ing

Physical

Agi ity, Ba ance
Change of Direction
Speed

Social

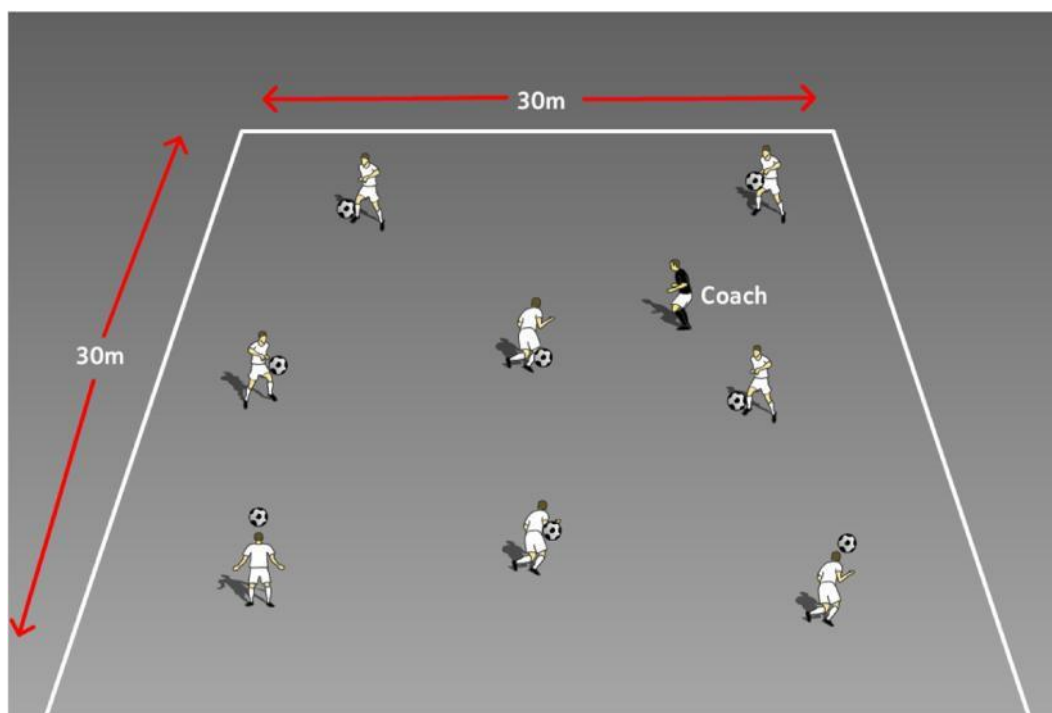
Listening
Communicating
Ce ebrating



FUNdamentals practice plan - Week 13

Station B

Soccer Coordination



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Organization: Players are placed inside a 30m x 30m area all with a ball.
Procedure: Players are asked to juggle the ball using any part of their body. Coaches can also challenge the players. I.e. can you go right foot, left foot? Can you go right foot, left foot, right thigh, left thigh? Coaches can also set each player individual challenges to meet the individual needs of the player.

Time frame. 8-10 minutes

Emphasis:

Jugg ing
Contro
Ba ance
FUN!

Psychological
Confidence
Being safe
Individua Goa s

Technical
Jugg ing
Contro

Physical
A,B,C's
Change of Direction

Social
Listening
Communicating
Interacting with
friends

Grassroots Development



FUNdamentals practice plan - Week 13

Station C

Soccer technique - Shooting

Time frame. 8-10 minutes

Emphasis:

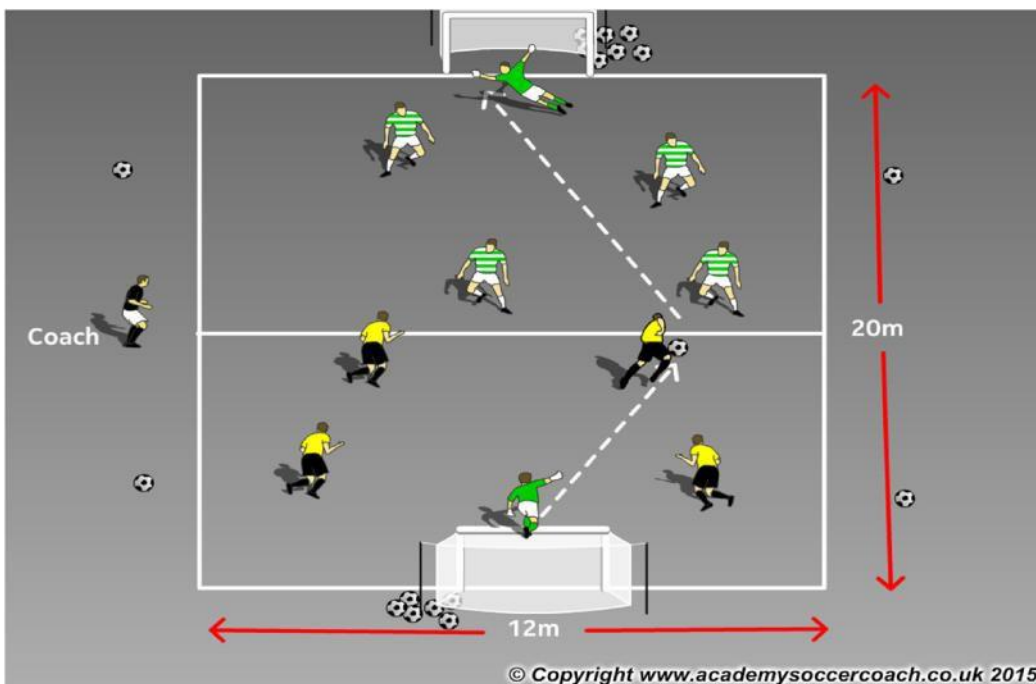
Shooting

Receiving

Goal keeping

Agility, Balance, Coordination

FUN!



Organization: Players are placed into 2 teams of 4 or 5 in a field 20m x 12m as shown above.

Procedure: Players must stay within their own half of the field. Once the gk gets the ball players move to receive the ball, once they receive the ball they look to get a shot at goal as fast as possible. There should be more shooting than passing.

Progress to allowing 1 player from each team to play within the opponents half if ability and time permits. Players must be getting success.

Psychological

Positive reinforcement
Confidence
Being safe
Fun

Technical

Shooting
Part of the foot
Part of the ball
Using both feet

Physical

Speed
A,B,C's
Change of Direction

Social

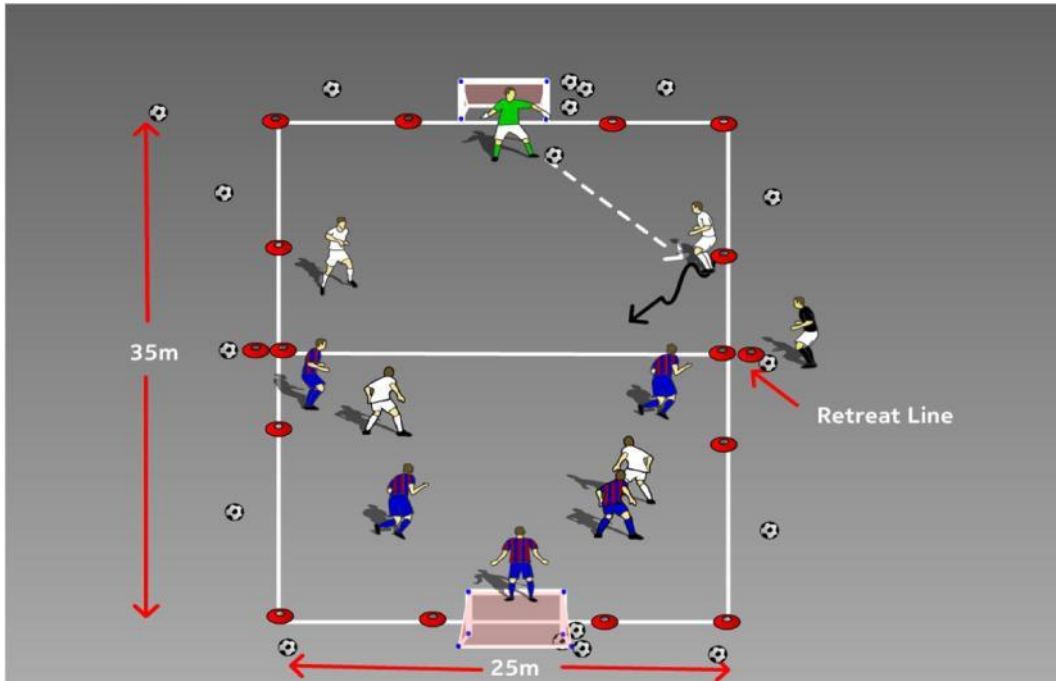
Listening
Communicating
Interaction with peers



FUNdamentals practice plan - Week 13

Station D

Small sided game with retreat line



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Organization: Players play 5v5 on a 35m x 25m field. The Retreat line is located at the half way line.

Procedure: Once the ball goes out for a goal kick or the goalkeeper has control of the ball the opposition must retreat behind the retreat line. Once the player receives the pass from the goalkeeper the game is live.

If you have odd numbers you can have the extra player become a neutral player in the game.

Time frame. 8-10 minutes

Emphasis:

Dribb ing

1v1

Shooting

Changing direction/Speed

Imagination

FUN!

Psychological

Fun
Confidence
Being safe
Decision making

Technical

Passing
Dribb ing
Shooting

Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Ce ebrating