



Grassroots soccer is not about the amount of trophies you win. It's about the difference you make to a young person's life.

THE ONTARIO SOCCER ASSOCIATION GRASSROOTS WORKBOOK & PRACTICE PLANS

April 2015





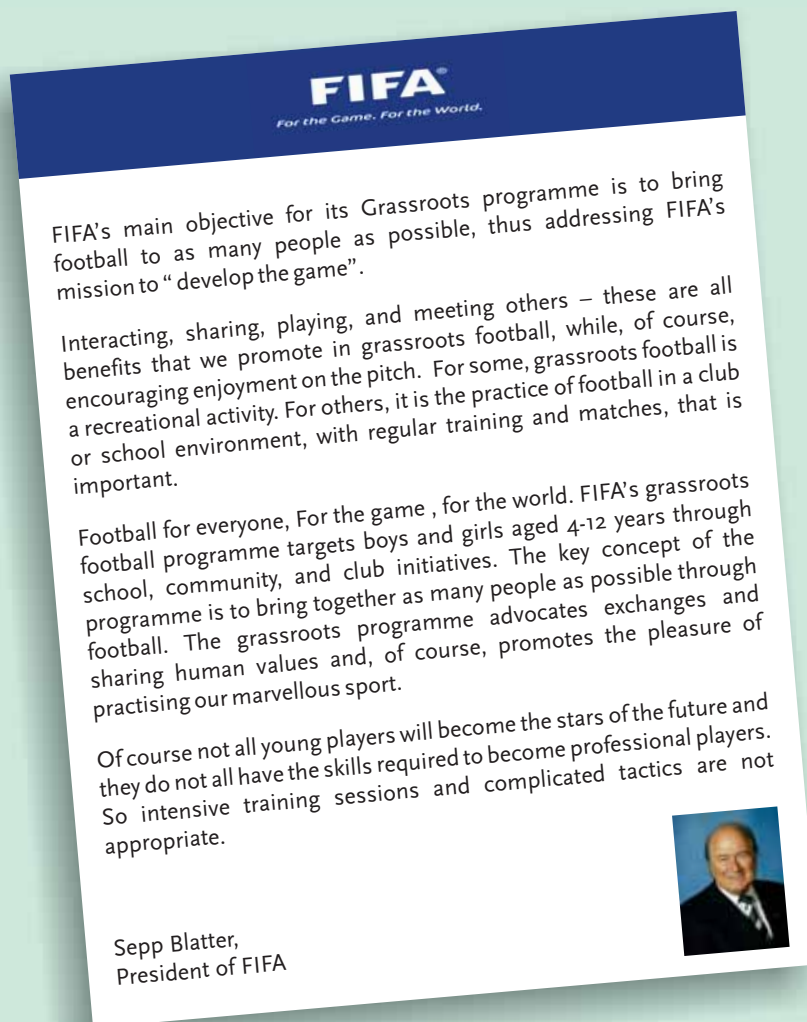
Introduction

Welcome to the second edition of the Grassroots Soccer Provincial curriculum. This resource should be used in conjunction with the first edition of the curriculum. The Ontario Soccer Association has created this resource for Districts, Clubs, Academies, and youth coaches to follow a coaching curriculum that is designed to meet physical literacy needs for players from age 4-12

The information within this document will allow Technical Directors as well as youth coaches to create programs and coaching sessions that are appropriate for the development stage of each player. By implementing the curriculum, along with good coaching methodology, players will benefit from and enjoy practice sessions more. All sessions will focus on player development in a low stress, supportive, positive, fun-filled and safe environment. By coaches creating this environment the players will be excited to learn and be anxious to return.

In general terms a curriculum consists of information that promotes technical, social, physical and psychological development of the players. In addition to the activity examples and sample session plans it includes approaches to teaching and learning. The curriculum helps to remove the 'guess work' in choosing developmentally appropriate content and enables coaches to work on their methodology and coaching style.

What is Grassroots Soccer?



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Contents

Introduction	2
The OSA Player Development Model	4
FUNDamentals Week 1	6
Physical Literacy	8
Game Leader Program	9
The Retreat Line	9
FUNDamentals Week 2	10
FUNDamentals Week 3	12
FUNDamentals Week 4	14
FUNDamentals Week 5	16
FUNDamentals planning template	18
Acknowledgments	20



FUNdamentals Practice Plans

OSA Player Development – 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.

The following will give FUNdamentals coaches five weeks worth of practice plans. After the five weeks are complete coaches can use the activities provided to create further session plans. In all sessions players will travel through four 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 four main areas of the child's development; these include social/emotional, physical, psychological and also technical.

Total Practice time: 45 - 70 minutes as per the OSA Recreational and Development Matrix



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 12 minutes with a two 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 four stations and players will move together through all four stations until all are complete.

Different Scenarios Based On Numbers In Attendance

# Players	Stations	# Coach /Parent/volunteer	Setup 1 hr. typical session
24 - 40	<ol style="list-style-type: none"> ① General Movement ② Soccer Coordination ③ Soccer Technique ④ Small-Sided Game ⑤ Small-Sided Game ⑥ Small-Sided Game ⑦ Small-Sided Game ⑧ Small-Sided Game 	4	<u>Ideal scenario</u> <ul style="list-style-type: none"> • 4 coaches 4 groups. • This requires coaches to change their station over on the second part of the training session. • 1.2.3.4. first 48 minutes. • 5.6.7.8. final - 12 minutes. *Clubs can run 5 stations depending field and coach availability.
18 - 30	<ol style="list-style-type: none"> ① General Movement ② Soccer Coordination ③ Soccer Technique ④ Small-Sided Game ⑤ Small-Sided Game ⑥ Small Sided Game 	3	<u>Second scenario</u> <ul style="list-style-type: none"> • 3 coaches 3 groups. • Coaches required to change their stations over on the second part of the training session. • 1.2.3. first – 36 minutes. • 4.5.6 final – 24 minutes.
12 - 20	<ol style="list-style-type: none"> ① General Movement ② Small-Sided Game ③ Soccer Technique ④ Small-Sided Game ⑤ Soccer Coordination ⑥ Small-Sided Game 	2	<u>Third scenario</u> <ul style="list-style-type: none"> • 2 coaches 2 groups • Coaches are required to change one station over with a different component. • 1.2 first – 20 minutes • 3.4 second – 20 minutes • 5.6 final – 20 minutes



“Preferred Training Model, is a station based work program supported by a unified curriculum for kids under the age of 12, many of whom are lacing up cleats for the first time. The emphasis is on skill development and, pivotal, coach education for Canada’s countless volunteers.”

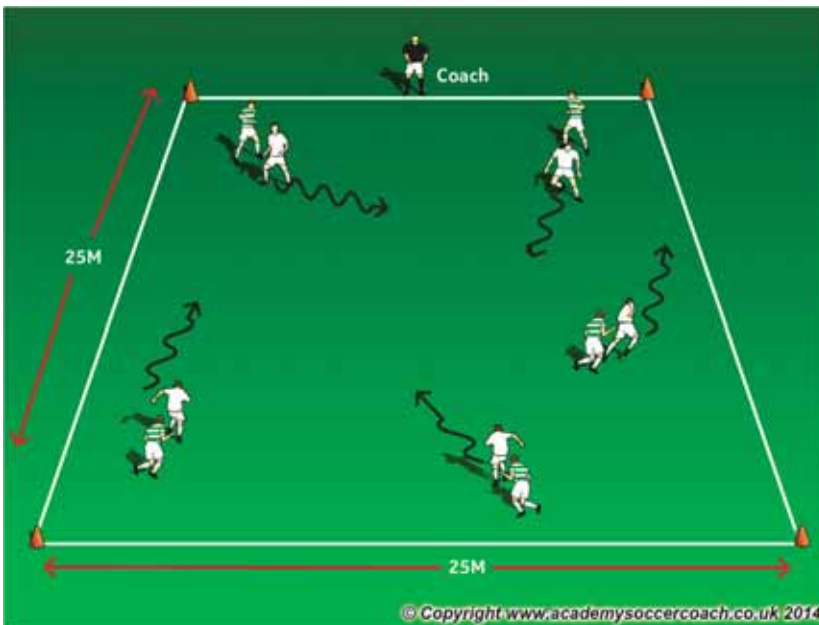
Tony Fonseca,
Canadian Soccer Association Technical Director





FUNdamentals practice plan – Week 1

STATION A - GENERAL MOVEMENT



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.

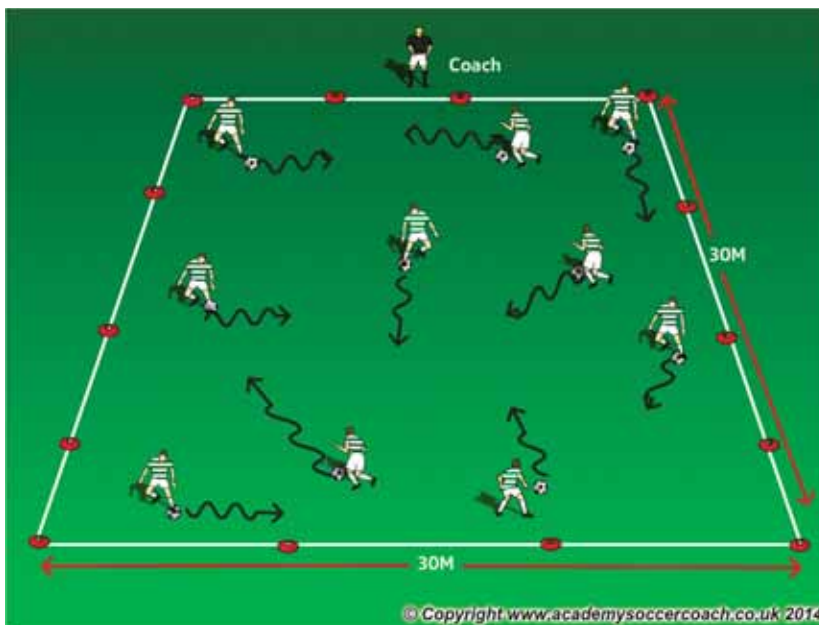
Progression: Each player has a ball.

Time Frame: 8 - 10 minutes

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



STATION B - SOCCER COORDINATION – BALL FAMILIARITY



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.

Time Frame: 8 - 10 minutes

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





FUNdamentals practice plan – Week 1

STATION C - SOCCER TECHNIQUE – NUMBERS GAME



Organization: Players are organized into 2 teams. Each player is given a number. Field is 30m x 25m 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.

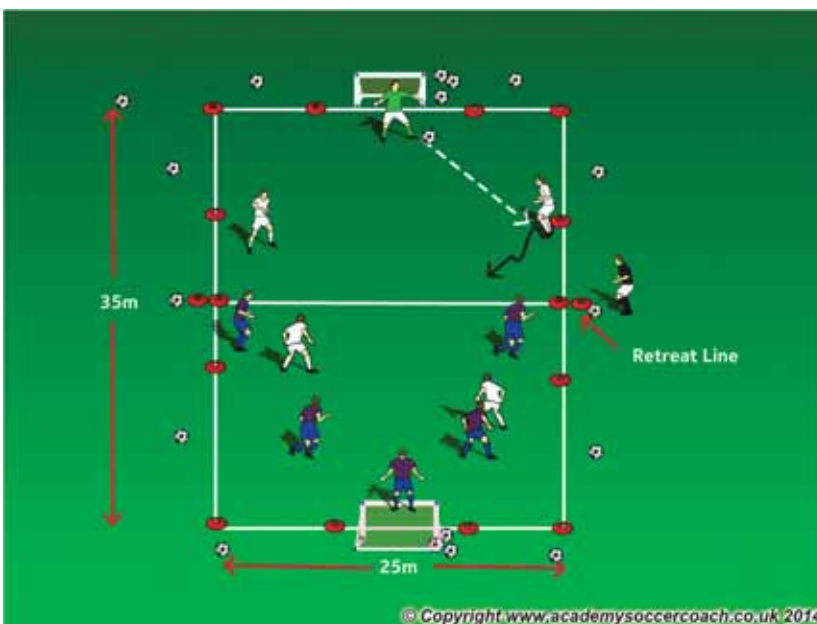
Time Frame: 8 - 10 minutes

Emphasis:

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



STATION D - SMALL SIDED GAME – 5v5 WITH 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:

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





Games Based Practices

Placing grassroots players in to a game based practice environment will accelerate the players development of technical ability and game intelligence. Small sided games are clear for children and the space that they play in is appropriate for their bodies. Playing in small sided games gives players enough options to have them thinking, but at the same time does not overload them with too many options were they become stressed and panic.

In a small sided game you are improving young players' technique and skills by giving them a far greater number of ball contacts. The emphasis on control, passing and shooting skills gives the fundamental building blocks of soccer, Plus it's fun for all the players. Players are constantly involved, they attack and defend. The number of passes, touches, shots, saves and 1v1 situations are all increased. Through this players are in the best learning environment where **THEY** get to make the decisions.

The games based approach allows players to become creative, learn from mistakes, be competitive and allows the players to have **FUN!**

Q. What's the 1st question players ask when they come to practice?

A. When are we going to play soccer today?

Typical response from the Coach – Towards the end of practice if you work hard.



“Being physically literate should be the outcome of a high quality movement skills programme that focuses with younger players on developing agility, balance, coordination and speed. These aren't just skills for football, these are core skills that will help you be better in all sports and set you up with a healthy lifestyle forever”

Nick Levett

The FA National Development Manager

“Lets give the players what they want, place them in to game based practices and lets see them develop and fall in love with the game at the grassroots level”

Carl Horton

OSA Regional Player Development Manager, West

“Teaching instead of judging” - Bobby Lennox, The Ontario Association Manager, Player Development



Game Leader Program A Boost For U8 Players

The objective of the Game Leader program is to allow for an improved, child friendly approach to supervising small sided games for children U6-U8 and creating more opportunities for parents to get involved. The Game Leader program has been designed by The OSA Player Development, Referee and Coaching departments. It is supported and endorsed by the Canadian Soccer Association.

The Game Leader will be trained to achieve a few objectives on the field:

1. Enable children to have a fun and rewarding experience while competing in small sided games.
2. Ensure player safety.
3. Implement simplified rules while keeping the game moving -- limiting stoppages and assisting the young players with all restarts.

The Game Leader can be a club representative, coach, parent or a beginning or senior referee who has been selected by the club or district to participate in the Game Leader Instruction program.

The Game Leader Should



- Be enthusiastic and approachable
- Encourage all children to have fun
- Promote that all children have the opportunity to take restarts
- Ensure the field of play is safe
- Ensure the field is marked out using markers, cones or lines
- Ensure the ball is safe and the correct size for play
- Check that the goals (when available) are safe and appropriate size
- Use the “ready, set, go” prompt to encourage quick restarts to play
- Ask children to pass or dribble the ball into play from all restarts rather than the aimless big kick
- Ensure the opposing team retreats to the halfway line for all goal line restarts
- Encourage team officials and parents to create a safe enjoyable and positive playing environment for all children
- Provide encouragement and praise for both teams. This will facilitate players learning and having more fun
- De-emphasize winning and losing and the score in the game



Retreat Line

Rationale

The world of soccer is evolving and Canadian youth must also advance with the game. The modern game now evolves around maintaining possession of the ball, with controlled, precise build up play starting with the goalkeeper. Players must understand the right time to play forward and/or backwards.

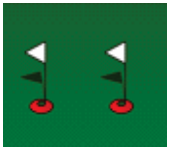
To enable youth players to play this style of soccer they must learn to play through the thirds of the field and have the ability to maintain possession throughout the whole field, while under pressure. Every player on the field must become comfortable in possession of the ball. Possession based soccer should become their default style of play.

By implementing the retreat line at the Grassroots stages we will allow the players to grow in confidence and become better all-round soccer players.

Retreat line – 5v5



LEGEND



= Retreat Line

The Procedure

The retreat line will come into play when the ball has gone out for a goal kick or when the goalkeeper has the ball in his/her arms.

All opponents must be behind the retreat line and cannot cross the retreat line until the ball:

- Is touched by a player of the team taking the goal kick OR,
- Leaves the field of play OR,
- Goes over the retreat line. (If the goalkeeper chooses to play the ball across the retreat line prior to the opposition crossing the retreat line 7v7/9v9)



Retreat line – 7v7

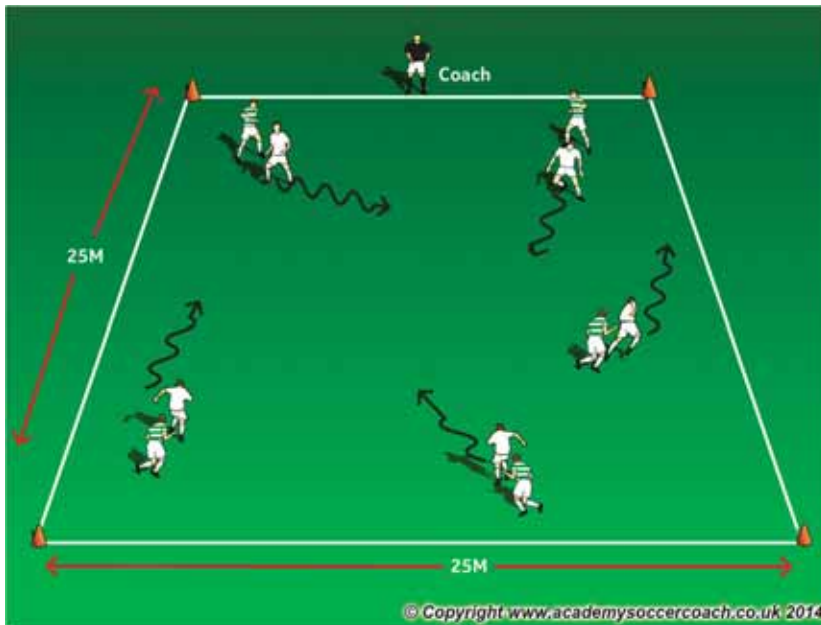


Retreat line – 9v9



FUNdamentals practice plan – Week 2

STATION A - GENERAL MOVEMENTS



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.

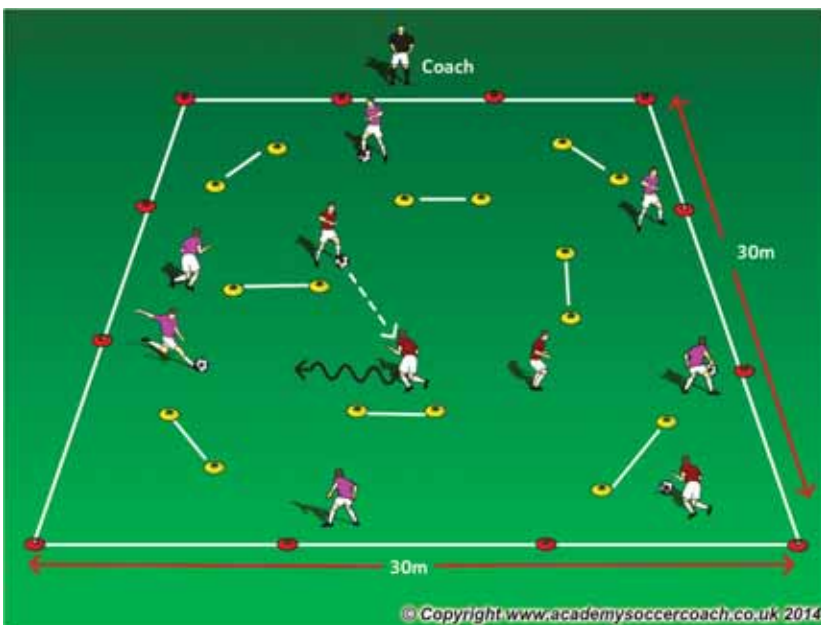
Progression: Each player has a ball.

Time Frame: 8 - 10 minutes

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



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

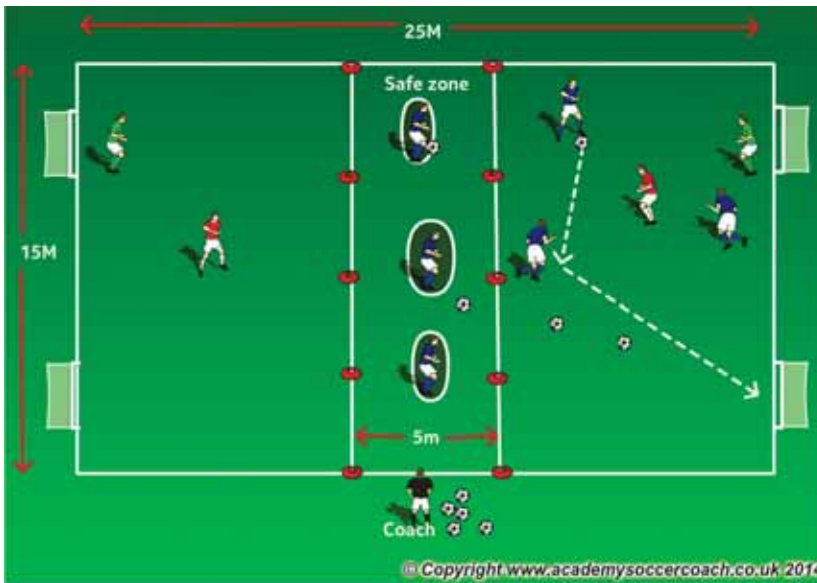
Emphasis: Passing - Receiving
Dribbling
Changing direction
Agility, Balance, Coordination
Imagination
Change of speed
FUN!





FUNdamentals practice plan – Week 2

STATION C - SOCCER TECHNIQUE – 3v1 TO GOAL



Organization: Field size is 15m x 25m 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 the 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.

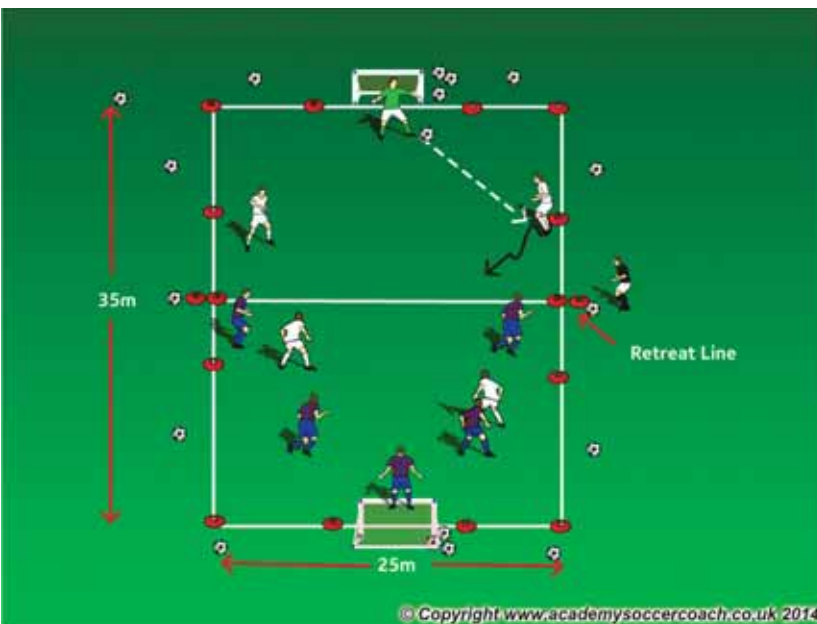
Should the GK save an attempt on goal, the goalkeeper should roll the ball to the defender if possible, who then transfers the ball into the defender in the opposite half. Defender receives and attempts to turn & score against GK at that end. Keep rotating the players to allow them all to experience 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!



STATION D - SMALL SIDED GAME – 5v5 WITH 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

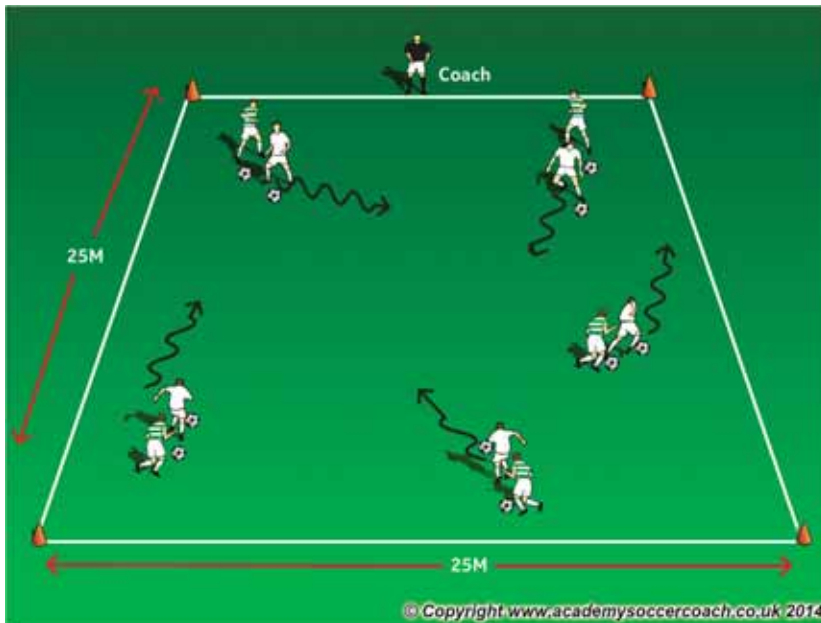
Emphasis: Listening
Running with the ball
Passing
Shooting
Dribbling
Team work
Changing direction
Agility, Balance, Coordination
Imagination
FUN!





FUNdamentals practice plan – Week 3

STATION A - GENERAL MOVEMENTS WITH A BALL



Time Frame: 8 - 10 minutes

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

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.



STATION B - SOCCER COORDINATION – 1v1 TO GOALS



Time Frame: 8 - 10 minutes

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

Organization: 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 player 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.





FUNdamentals practice plan – Week 3

STATION C - SOCCER TECHNIQUE – 1v1 TO A GOAL WITH GKS



Time Frame: 8 - 10 minutes

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

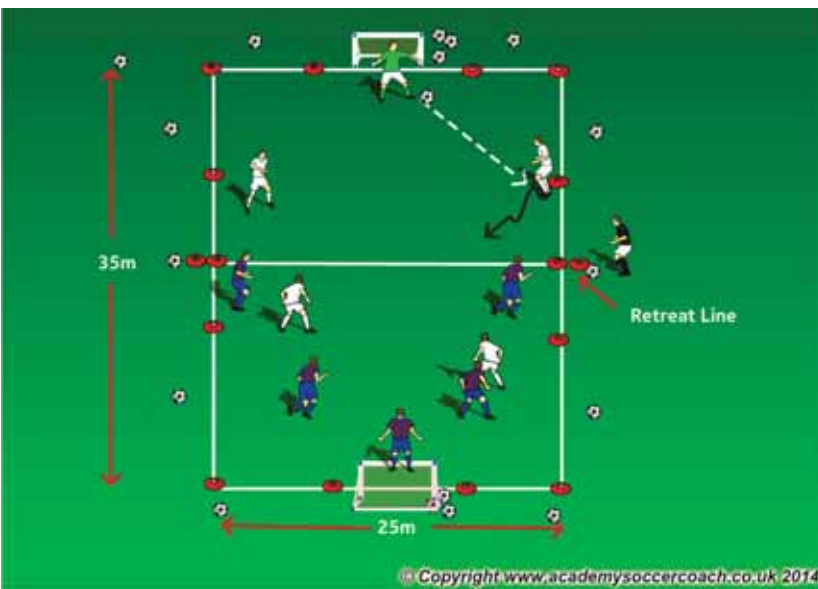
Organization: Players are organized into 2 teams. Each player is given a number. Field is 30m x 25m with a goal at each end.

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.



STATION D - SMALL SIDED GAME – 5v5 WITH RETREAT LINE



Time Frame: 8 - 10 minutes

Emphasis: Listening
Running with the ball
Passing
Shooting
Dribbling
Team work
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.

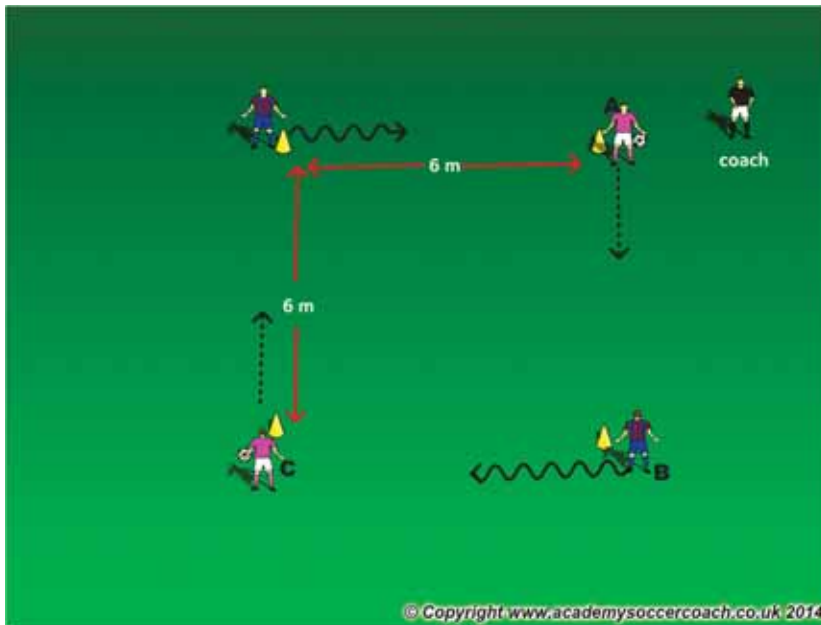
Procedure: Once the ball goes out for a goal kick or the goalkeeper has control of the ball the opposition must retreat behind the retreat line. Once the player receives the pass from the goalkeeper the game is live. If you have odd numbers you can have the extra player become a neutral player in the game.





FUNdamentals practice plan – Week 4

STATION A - GENERAL MOVEMENTS



Organization: 6m x 6m area, four players and 4 balls.

Procedure: 1 player stand at each corner, two players at diagonally opposite corners have a soccer ball in their hands. Player A and C start at the same time. Player A throws the ball to player B. Player B catches the ball and then dribbles to the cone were player C started. Player B now picks the ball up and throws the ball to player C who catches the ball and dribbles to the next cone. The game continues. To progress, players run to different direction

Time Frame: 8 - 10 minutes

Emphasis: Awareness
Basic movements
Dribbling/races
FUN!

<p>PSYCHOLOGICAL Positive reinforcement Confidence Being safe</p>	<p>TECHNICAL Running with the ball Part of the ball Part of the foot</p>
<p>PHYSICAL Eye-hand coordination Agility, Balance Change of Direction</p>	<p>SOCIAL/EMOTIONAL Listening Communicating Celebrating</p>

STATION B - SOCCER TECHNIQUE



Organization: 30m x 30m 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 is allowed on a cone. If a player runs to a cone with a player already on it, the player on the cone must leave.

Progression: A ball can be added for non-taggers.

Time Frame: 8 - 10 minutes

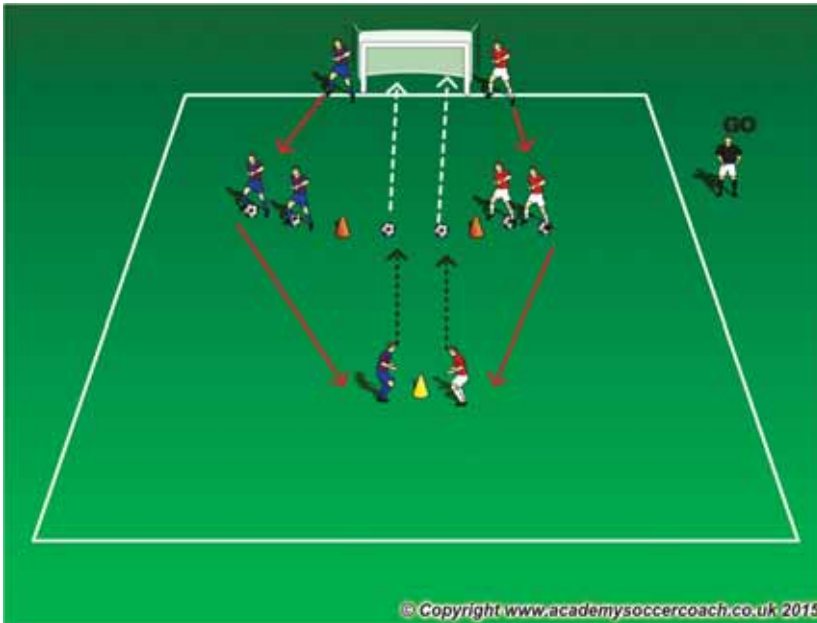
Emphasis: Coordination
Spatial awareness
FUN

<p>PSYCHOLOGICAL Confidence Being safe Awareness</p>	<p>TECHNICAL Kicking the ball</p>
<p>PHYSICAL A,B,C's Change of Direction</p>	<p>SOCIAL/EMOTIONAL Listening Communicating Celebrating</p>



FUNdamentals practice plan – Week 4

STATION C - SOCCER TECHNIQUE - SHOOTING



Time Frame: 8 - 10 minutes

Emphasis: Changing direction
Change of speed
Agility, Balance, Coordination
Shooting
FUN

Organization: Mark out a shooting line 8m in front of small goal, and place a starting cone 5m from the line.

Procedure: One player from each team stands at the post and two players with ball at the each side of the line. Two players at starting cone, on coach's signal they must touch the cone, and run in full speed to shoot the ball. The first player to score gets 2 points. Players at the post collect the ball and dribble to shooting line. Two players at the shooting line, place two balls on the line, and run to starting cone and ready for the race.



STATION D - SMALL SIDED GAME – 5v5 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: Players play 5v5 on a 35m x 25m field. The Retreat line is located at the half way line.

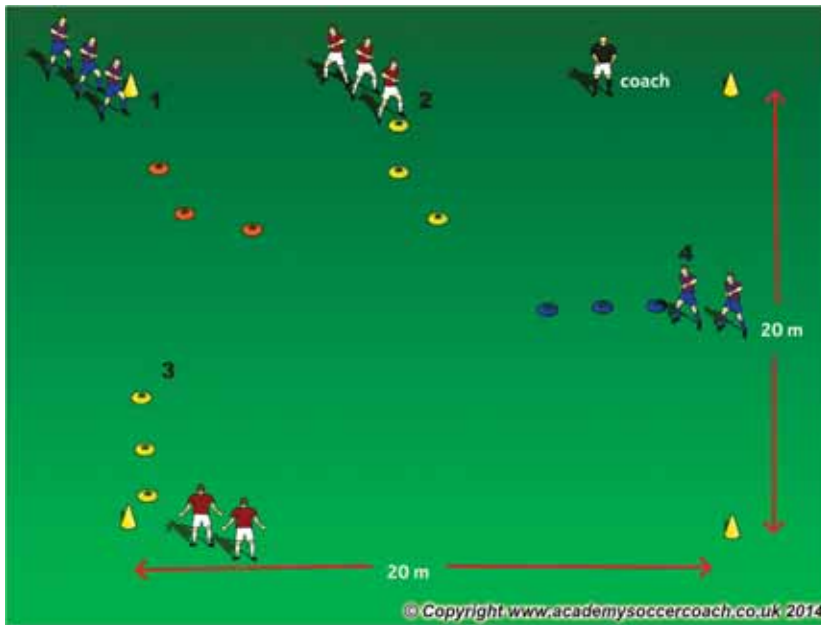
Procedure: Once the ball goes out for a goal kick or the goalkeeper has control of the ball the opposition must retreat behind the retreat line. Once the player receives the pass from the goalkeeper the game is live. If you have odd numbers you can have the extra player become a neutral player in the game.





FUNdamentals practice plan – Week 5

STATION A - GENERAL MOVEMENTS



Organization: 20m x 20m area as shown. Four different stations.

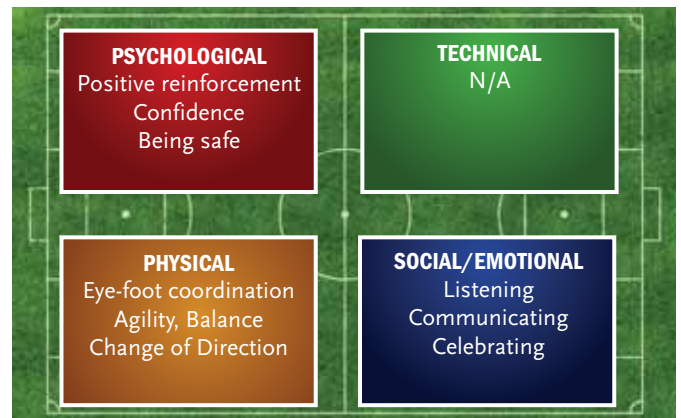
Procedure: Players stay at each station for 60 seconds and then rotate.

- Station 1: Hop on one leg
- Station 2: Bunny Hops
- Station 3: Skip backward
- Station 4: Players decide

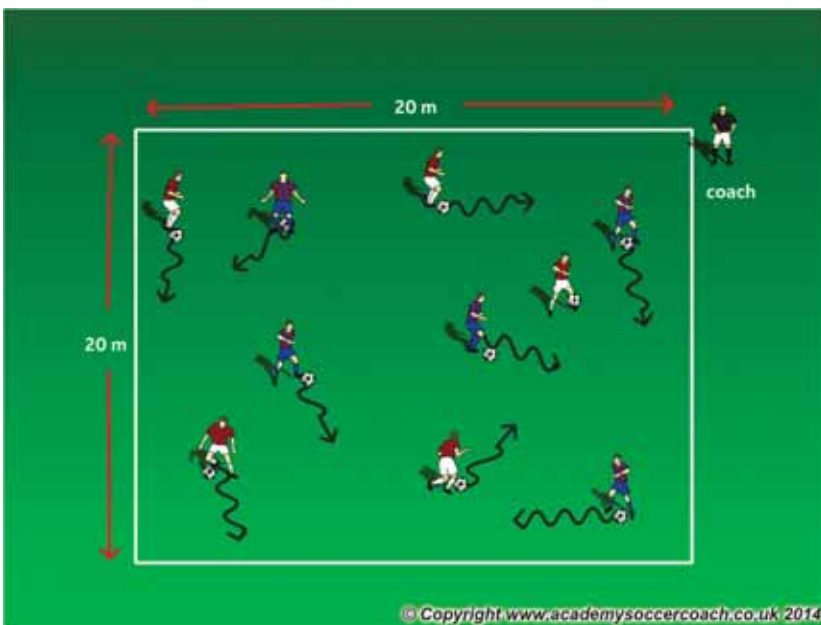
Progression: A soccer ball can be added.

Time Frame: 8 - 10 minutes

Emphasis: Changing direction
Agility, Balance, Coordination
Awareness
FUN!



STATION B - SOCCER COORDINATION



Organization: 20m x 20m area as shown. 10 players. Each player has a ball.

Procedure: Players move freely within the area. Players follow coach's commands:

- 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.

Time Frame: 8 - 10 minutes

Emphasis: Changing direction
Eye-foot Coordination
Balance
FUN!





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!

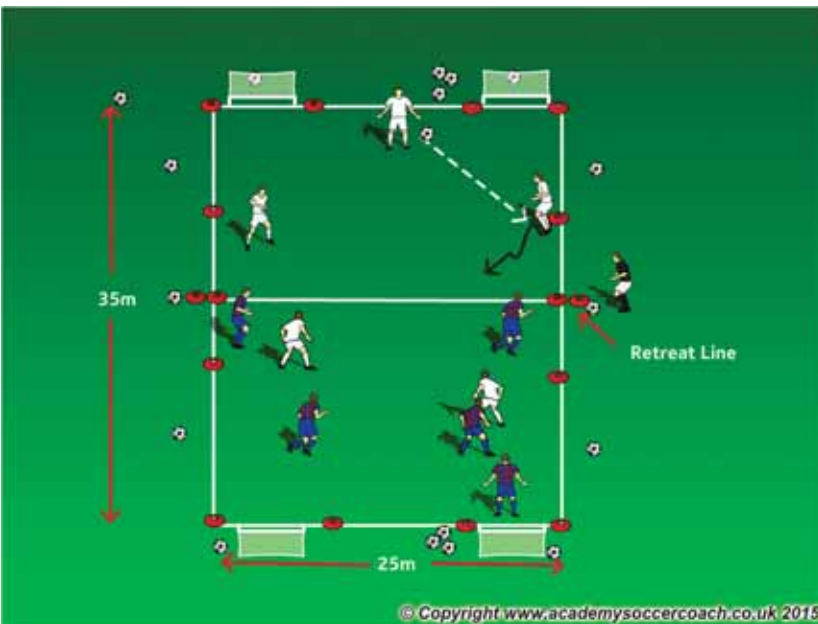
Organization: 20m x 20m field as shown. 10 players with ball each. Cones placed inside area.

Procedure: Players move freely within the area stopping the ball at each cone and doing a fake/move before exploding past the cone.

Progression: Players perform a fake/move as they moving between the cones.

<p>PSYCHOLOGICAL Positive reinforcement Confidence Being safe Fun</p>	<p>TECHNICAL Dribbling Part of the foot Part of the ball Using both feet</p>
<p>PHYSICAL Speed A,B,C's Change of Direction</p>	<p>SOCIAL/EMOTIONAL Listening Communicating Interaction with peers</p>

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: 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 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. 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.

<p>PSYCHOLOGICAL Fun Confidence Being safe Decision making</p>	<p>TECHNICAL Passing Dribbling Shooting</p>
<p>PHYSICAL Speed A,B,C's Change of Direction</p>	<p>SOCIAL/EMOTIONAL Listening Communicating Celebrating</p>



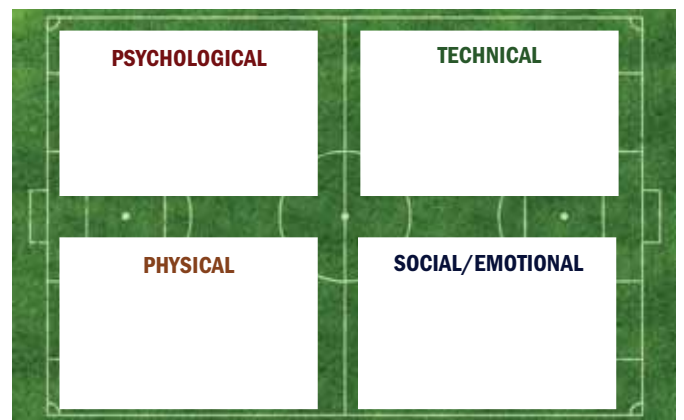
FUNdamentals practice plan

STATION A - GENERAL MOVEMENT

For coaches to plan their own sessions

Time Frame: 8 - 10 minutes

Emphasis:

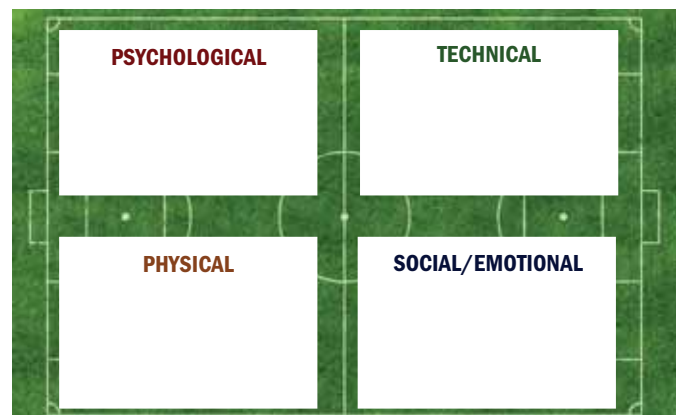


STATION B - SOCCER TECHNIQUE

For coaches to plan their own sessions

Time Frame: 8 - 10 minutes

Emphasis:





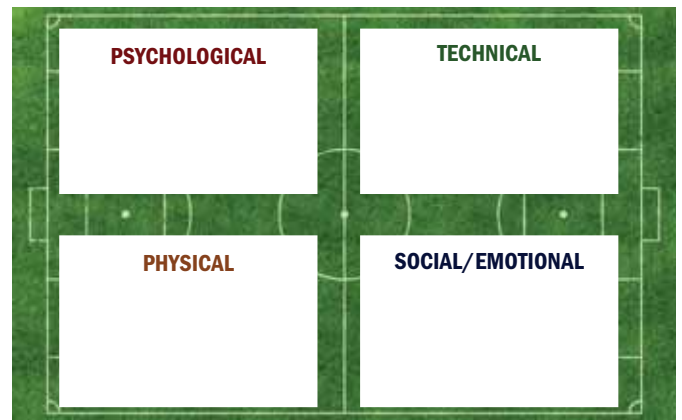
FUNdamentals practice plan

STATION C - SOCCER TECHNIQUE

For coaches to plan their own sessions

Time Frame: 8 - 10 minutes

Emphasis:

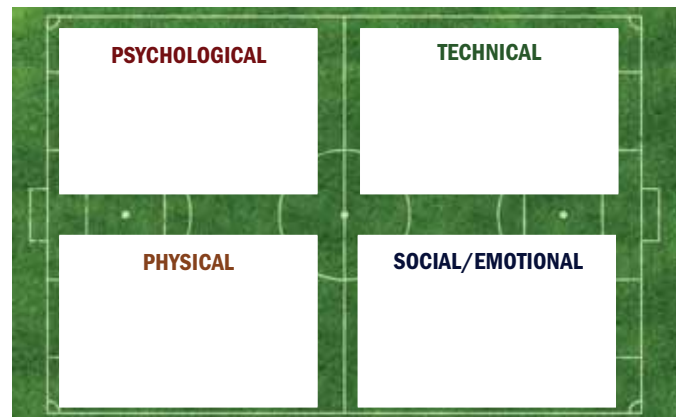


STATION D - SMALL SIDED GAME WITH RETREAT LINE

For coaches to plan their own sessions

Time Frame: 8 - 10 minutes

Emphasis:





For more information on grassroots soccer development please contact: grassroots@soccer.on.ca or visit www.ontariosoccer.net/grassroots



Ontario Soccer Association Resources

- The Ontario Soccer Association Recreation Matrix
- The Ontario Soccer Association Development Matrix
- "Wellness To World Cup" Brochure
- Player Evaluation Forms
- Game Organization Guide
- U8 Festival Guide
- Game Leader Information
- Retreat Line Information
- Active Start Brochure
- FUNdamentals Brochure
- Learn To Train Brochure
- Soccer For Life Brochure
- CS4L LTPD for parents
- OSA LTPD Video
- OSA Grassroots Video

Printed documents are uncontrolled. For the most recent version of this document please visit www.ontariosoccer.net

To contact The Ontario Soccer Association call 905-264-9390 or visit www.ontariosoccer.net

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