



FUNDamentals practice plan 4 Corner concept

Hello , and welcome to this week session plan which design for coaches working with FUNDAMENTALS age . This is second stage of the grassroots level . We hope you enjoy this session plan. The focus for this stage should be providing a positive, and fun environment, concentration on ABC (Agility, Balance, and Coordination), and skill development.





FUNdamentals practice plan 4 Corner concept

The activities provided, take a look at how stations are being used at the Grassroots level. During the practice players will spend an allotted time at each station having fun and developing specific skills before moving onto the next station. By using station work we ensure players are continually motivated and we can ensure that their attention is not lost.

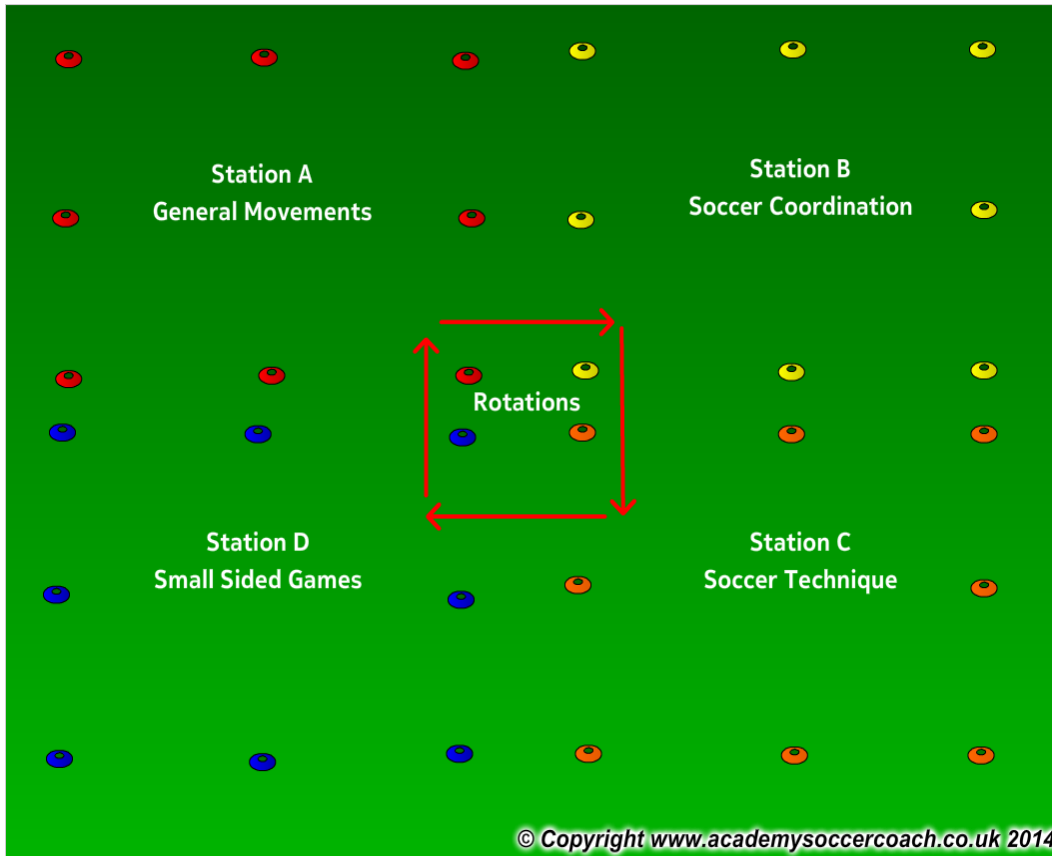
At a FUNdamentals training session players will travel through 4 stations, one station focuses on general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a small sided soccer game of 5v5 which includes the retreat line.

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

Total Practice time 30-45 minutes as per the OSA Recreational and Development Matrix



FUNdamentals practice plan How the 4 stations work



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 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

Technique %20

SSG %40



FUNdamentals activities Coordination



Time frame. 8 minutes

Emphasis:

Decision making
Changing direction
Eye-foot Coordination
Balance
FUN!



Organization: 30x30 area. Cones are setup around the area. 2 taggers.
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.

Psychological

Confidence
Being safe

Technical

Dribbling
Running with the ball

Physical

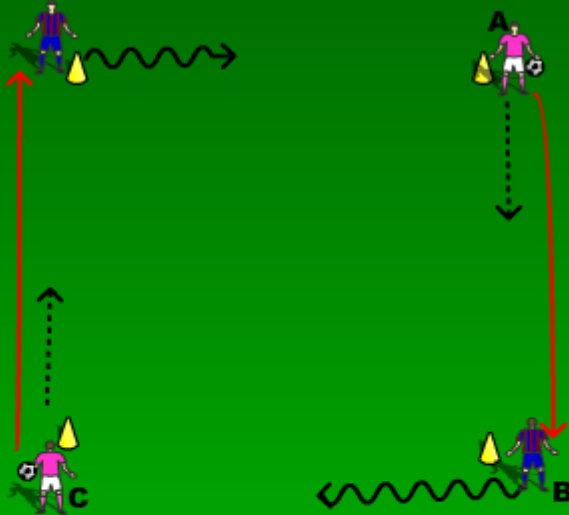
A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating



FUNDamentals activities General Movements



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Organization: 6x6 area, four players, soccer balls, and cones.
 4 players stand at each corner, two at diagonally opposite corners have soccer ball in their hands.
 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.

Time frame. 8 minutes

Emphasis:

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

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



FUNDamentals activities

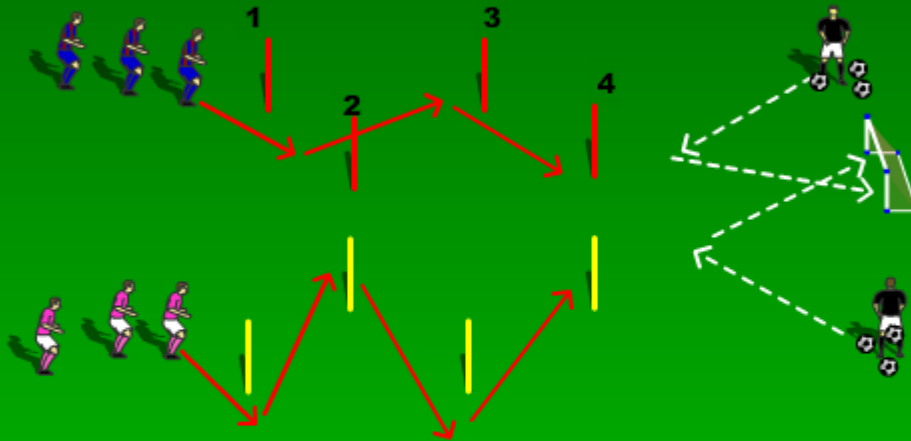
Shooting



Time frame. 8 minutes

Emphasis:

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



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Organization: 15x15 area (can be changed according to age), cones, poles, soccer balls, and small net.

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.

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



FUNdamentals activities

Turning square



Time frame. 8 minutes

Emphasis:

Running with the ball

Dribbling

1v1

Changing direction

Change of speed

Agility, Balance, Coordination

Imagination

FUN!



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SSG (5v5) with retreat line.

Psychological

Fun

Confidence

Being safe

Technical

Dribbling

1v1

Shooting

Physical

Speed

A,B,C's

Change of Direction

Social

Listening

Communicating

Celebrating