

Grassroots Session # 10

Age Group- U5-U8

10min

SMALL-SIDED GAME

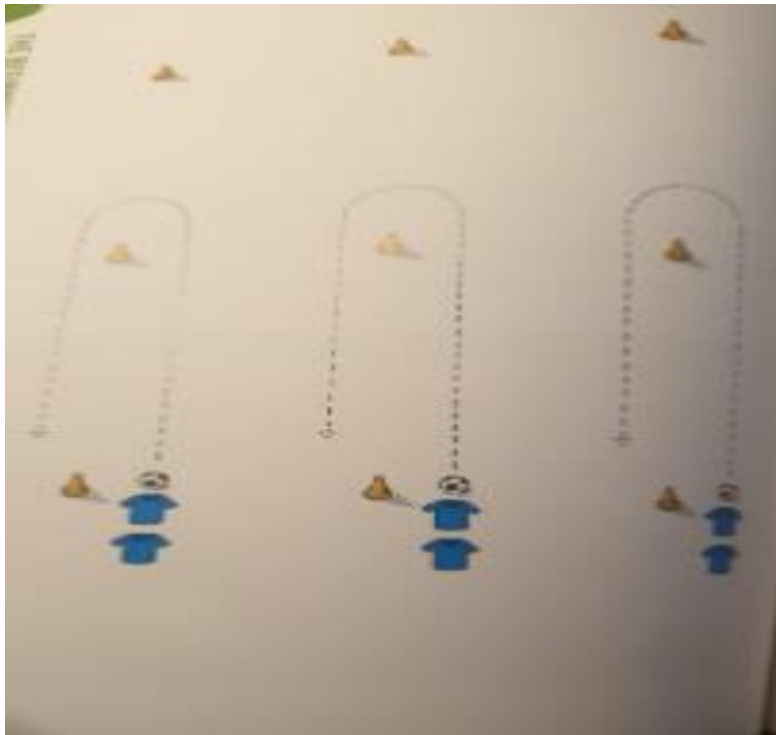


- Set up an area 20m x 15m and place one mini-goal on each end line as shown
- Normal game, 1 point for a goal
- All players involved to encourage more touches on the ball
- **CHANGE IT:** Create one or two games depending on size of group
- **YOUR ROLE:** Let them play!

Relay Games

15min

- Avoid long queues
- Don't keep players waiting
- Use ball as often as possible. The more they touch the ball the better skilled they will be.







Small Sided Games

10min

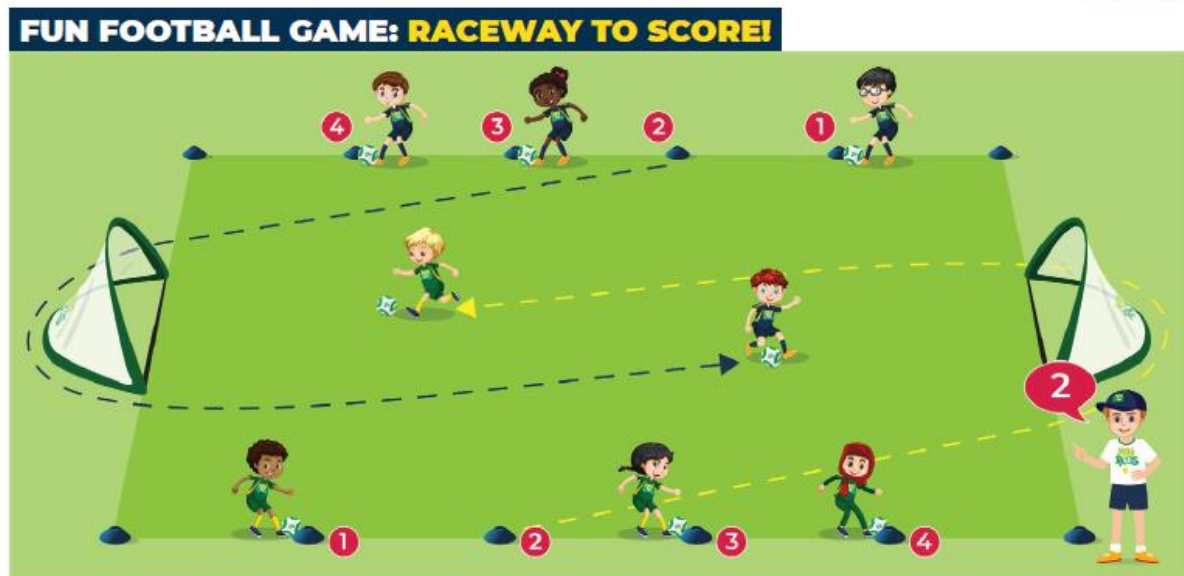
SMALL-SIDED GAME (WITH VARIATION)



- Set up an area 20m x 15m and place one mini-goal on each end line as shown
- Normal game, 1 point for a goal
- **VARIATION:** A goal is worth 3 points if a player beats an opponent before they score
- **CHANGE IT:** Create one or two games depending on size of group
- **YOUR ROLE:** Encourage children to be positive in 1v1 situations. Praise desired actions (e.g. scoring a goal, running with the ball) without stopping the game

Fun Running with Game

15min



- Create two teams and split them on opposite sides with each player given a number
- Coach calls out a number (e.g. 2) and players run with the ball around goal on their right-hand side as shown
- Once around the goal, players run with the ball into their scoring zone and shoot the ball into mini-goal
- **CHANGE IT:** Make scoring zone closer or further away
- **YOUR ROLE:** Praise and encourage desired actions (e.g. running with the ball at speed) without stopping the game. Encourage players to use both feet.

Small Sided Games

10min

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