

Grassroots Session # 12

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!

Steal the Eggs

15min

- Setup small box with all balls within
- Dependent on player numbers have up to 4 cones positioned 8m away from box with ball.
- Evenly distribute players on each outside cone
- Coach signals go and one player from each cone must come out and steal ball from centre box and take back to their cone.
- Once all cones have been taken from centre, players are permitted to steal from other teams' cones.

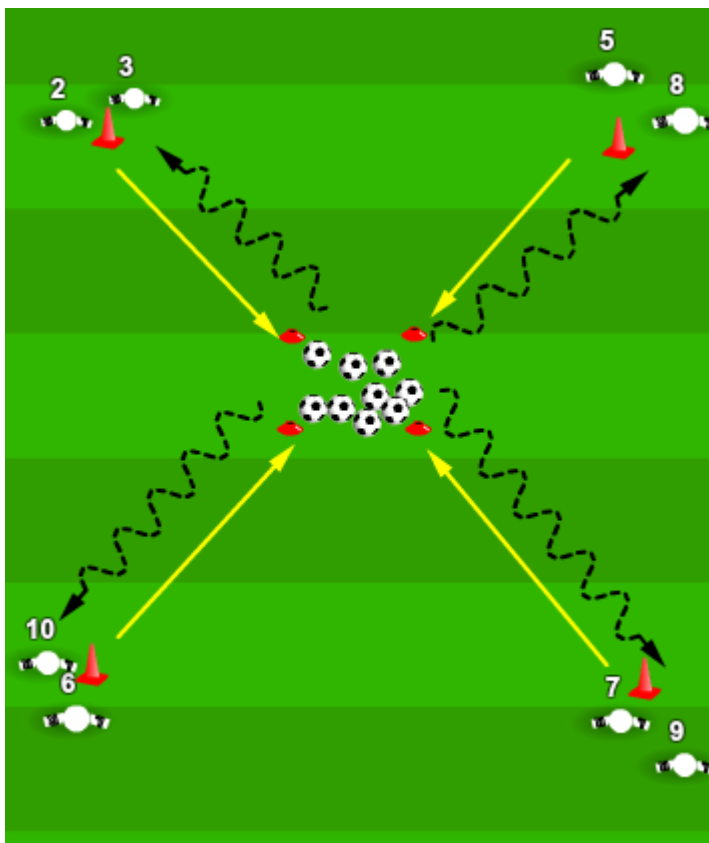
Note:

No tackling of players when they steal ball

No shielding of ball to prevent player stealing

Only one player at a time can leave their cone to steal ball

Set time limit and count down towards the end.



Small Sided Games

10min

SMALL-SIDED GAME (WITH VARIATION)



- Set up an area 20m x 15m and place two mini-goals on each end line as shown
- Normal game, 1 point for a goal
- **VARIATION:** A goal is worth 3 points if team scores in other goal (e.g. first scores in right goal then left)
- **CHANGE IT:** Create one or two games depending on size of group
- **YOUR ROLE:** Encourage children to look for width and create space. Praise desired actions (e.g. scoring a goal, running with the ball) without stopping the game

Note:

If you don't have 4 goals use cones to make goals.

Fun Running with Ball Game

15min

FUN FOOTBALL GAME: FOOTBALL RUSH



- Attackers have a ball each and attempt to run from one end-zone to reach the opposite end-zone
- Defenders try to win the ball off attackers and score in the goal at the end attackers have run from. If successful, they switch with the player they won the ball off to become an attacker
- Once all attackers have reached the opposite end-zone, players run with the ball the other way
- **CHANGE IT:** Make it multi-directional (e.g. players run with the ball in both directions)

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