

Grassroots Session # 13

Age Group- U5-U8

Ball Mastery

8min

Setup 12 x 12yd square

Every player has a ball.

Inside Grid players are to:

- Run with Ball (left & right foot)
 - Players must stay inside grid
 - Players try and avoid collision with other players.
 - Ask players to run around one of the 4 outside cones and come back to centre.
 - Change direction using inside and outside of foot
- Toe Taps (stationary, backwards and forwards)
- Sole drags (sideways, backwards)

Small Sided game

10min

SMALL-SIDED GAME



- 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
- 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!

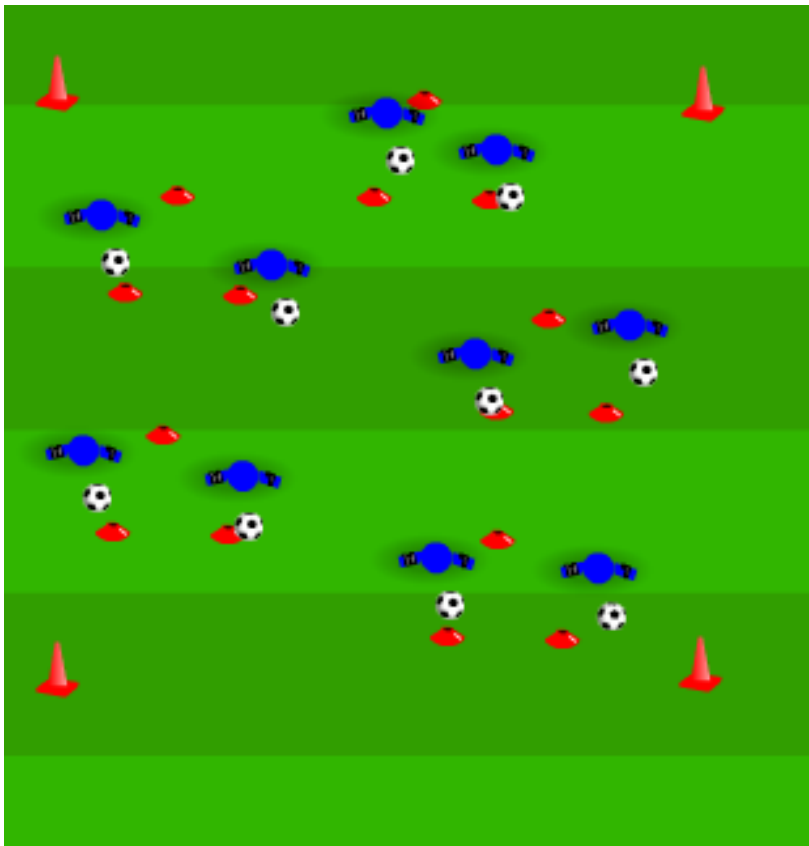
Triangle Chase

10min

- Setup 20 x 20 grid
- Set up small triangles within grid
- 2 player per triangle with a ball each
- One player is the chaser the other is to be chased

Rules

- Players must run with ball around the outside of triangle with the chaser trying tag the other player.
- Players cannot go through triangle
- Players cannot leave ball and chase
- Switch roles after 1 min of play or when a player gets tagged.
- Switch players from other triangles so players are competing against someone new.



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

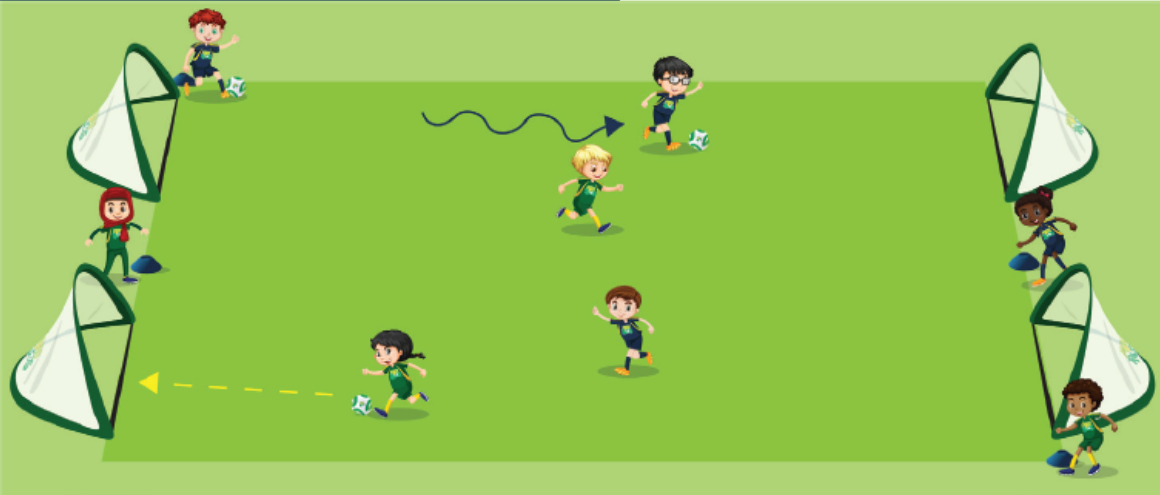
Note:

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

Fun Running with Ball Game

15min

FUN FOOTBALL GAME: RUN WITH IT



- Attackers (positioned on wide cones) will run with the ball and attempt to score in goal opposite them to receive 1 point for their team
- Defenders (positioned on middle cones) will run and attempt to stop attacker from scoring. If they win the ball, they can score in goal attacker ran from to receive 2 points for their team
- Players rotate roles in clockwise-direction around area
- **CHANGE IT:** Delay start of the defender
- **YOUR ROLE:** Praise and encourage desired actions (e.g. running with ball at speed) without stopping the game

Small Sided Games

8min

SMALL-SIDED GAME



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- **CHANGE IT:** Create one or two games depending on size of group
- **YOUR ROLE:** Let them play!