

GRASSROOTS SESSION

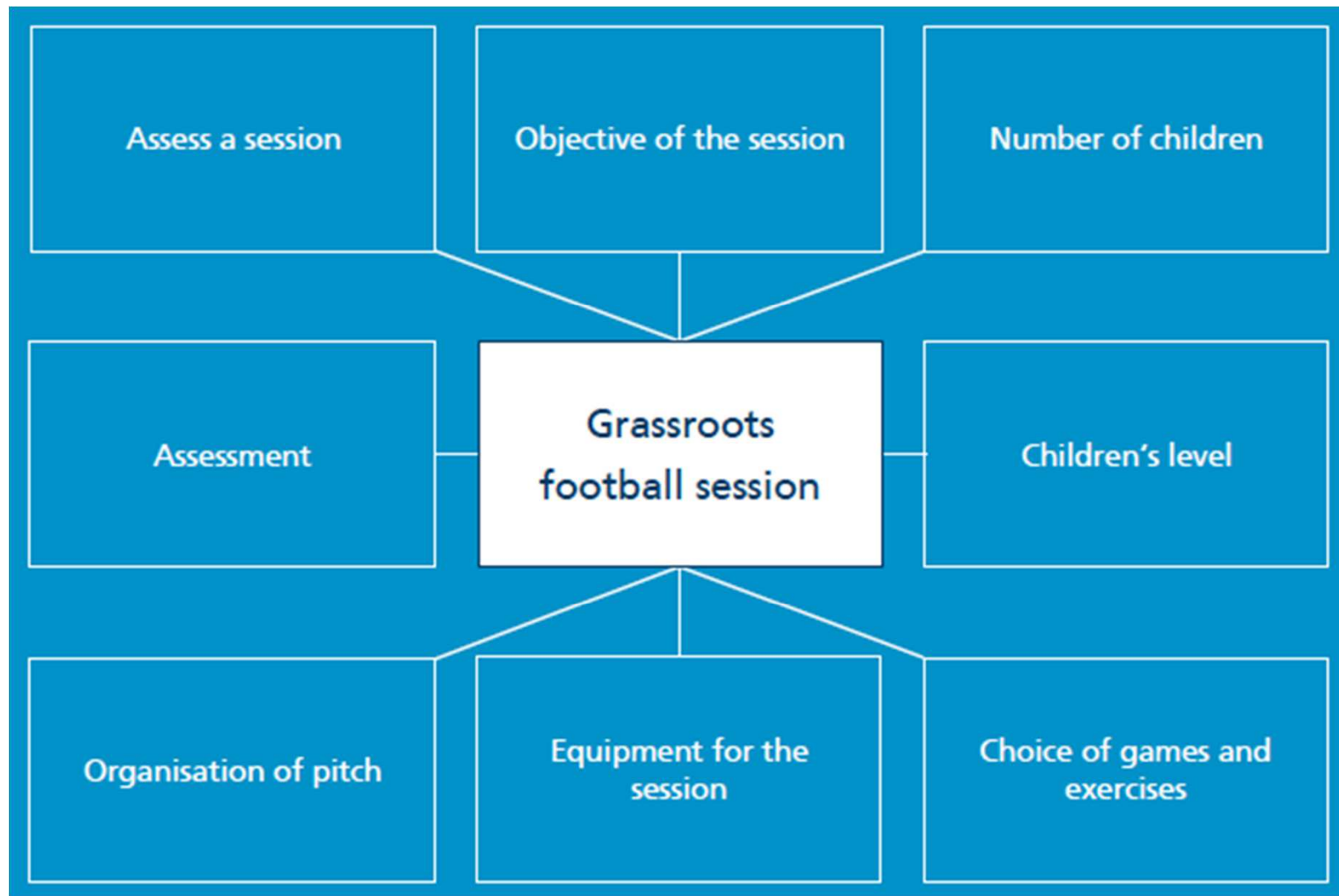
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For the Game. For the World.

HOW TO PREPARE A GRASSROOTS SESSION

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MAIN OBJECTIVES

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- Grassroots football is not limited to festivals and tournaments; it is also organised as a training activity as part of the children's facilities offered by clubs as well as school and community associations
- The training session must never overlook the children's need to play



SESSION CONTENT

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- In order to meet its dual objectives (fun + teaching), the session must be structured in such a way that it alternates between games and exercises based on the global-analytic-global (GAG) method

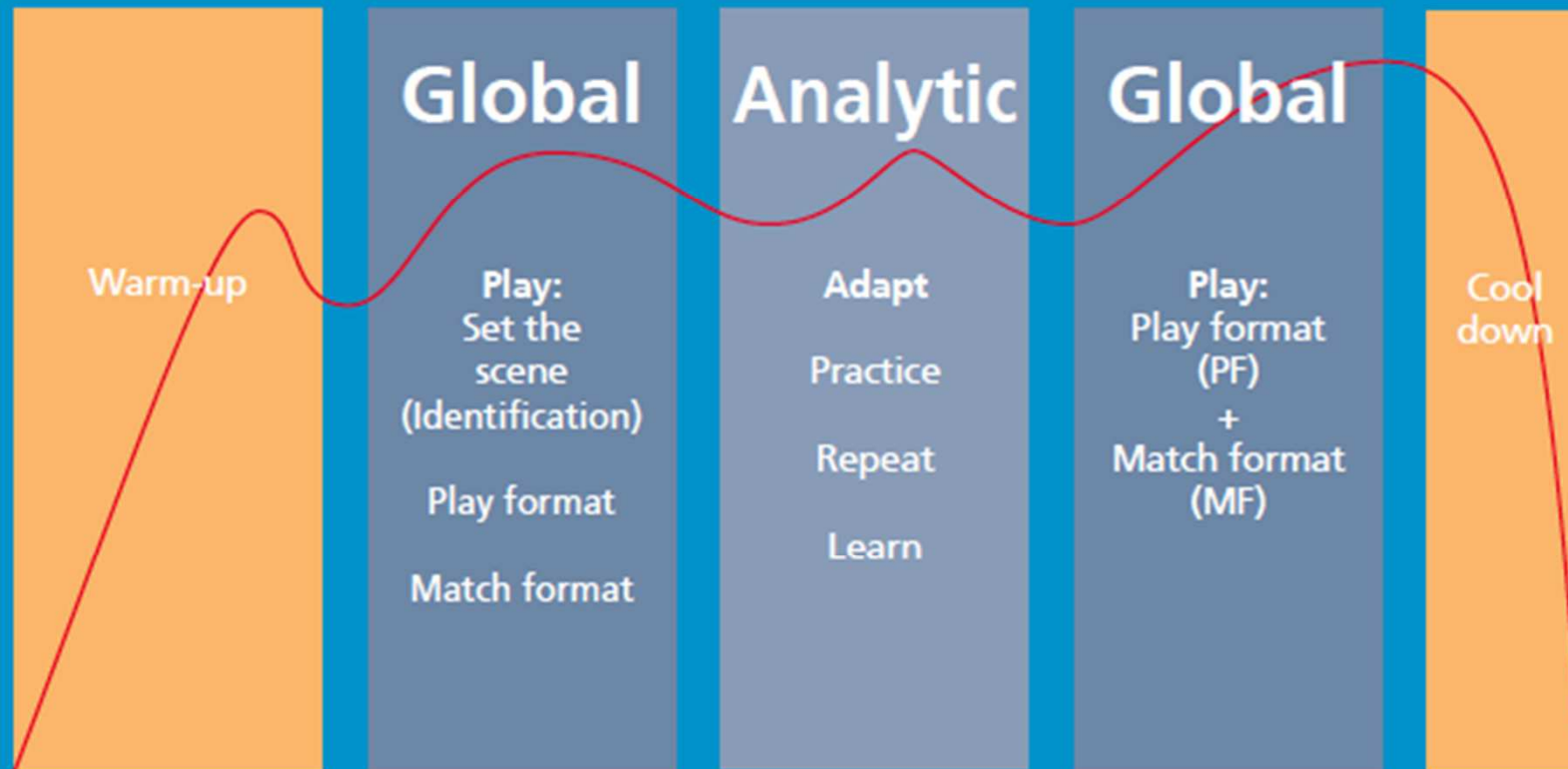


SESSION STRUCTURE

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Structure of the Grassroots session



1. WARM-UP

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- At the start of the session, a game related to football is recommended
- Neuromuscular coordination with and without the ball must always take place immediately after the football game
- The opening stage of the session must not exceed 15 minutes



2. FIRST GAME

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- The first stage of the session's key part is made up of one or two themed games which will highlight the main objective of the session
- During this part, the coach-educator emphasises the main subject by intervening and giving guidance, thus identifying the session's theme
- The first game lasts 15 minutes



3. EXERCISES AND DRILLS

- Once the children have identified the objective through the game, analytical exercises will ensure that the skill is repeated and certain details corrected
- The coach-educator's input during this analytical part of the session is very important as he/she must demonstrate, observe, correct and encourage
- The length of the analytical part is 12-15 minutes



4. SECOND GAME

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- The second game can be directed and/or free and must offer children the possibility of applying what they have practised in real “match” situations
- During this part of the session, the coach-educator gives the children more freedom to express themselves by letting them play without intervening too much
- This game will be the longest game of the session (20-25 minutes)



5. COOL-DOWN

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- The cool-down part must meet its low-intensity objectives, while also satisfying the children's need to play. It must therefore be composed of one or two low-intensity games.
- The length of the cool-down is 5-10 minutes



FREQUENCY AND DURATION OF THE SESSIONS

Depends on the children's age and their level of experience.

- For school associations: one or two sessions a week
- For club associations: maximum three weekly sessions for children under 12



FREQUENCY AND DURATION OF THE SESSIONS

Duration

- U-10 – 1 hour
- U-12 – 1 hour 30 minutes

The duration of the training session can be shortened because of weather conditions (heat, cold, rain, wind, etc.).



SUMMARY

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Phase 1	Phase 2			Phase 3
Warm-up	Alternation of exercises, introductory games, matches			Cooling down
Starting up	Small-sided games	Basic football technique	Small-sided matches	Relaxation
10-15 mins	15-20 mins	10-15 mins	15-20 mins	5 mins
Technical exercises Introductory games Small-sided games	Introductory games	Running exercises and movement with the ball	4 v 4 5 v 5	Individual relaxation
Psychomotor skills	2 v 2, 3 v 3, other structured games, sequences of play	Football relays, circuits, control, running with the ball, passes, shots	Free play	Recovery
Coordination	Play aspect	Technical and cognitive stimulation	Play aspect	Physical and mental relaxation