



Together #WePlayStrong

**Training session worksheets**

12 - 16 years old

# HOW TO USE THIS BOOKLET



This booklet contains 12 fun games, which have been designed to help you to create your own training sessions. All the activities reflect the spirit of Together #WePlayStrong, and will enable parents, educators and coaches alike to organise well-structured, fun and effective training sessions for girls.

Our ethos is that each coaching session should contain one game from each category, in the following order:

- Arrival Game: ideal as a warm-up (about 10 mins)
- Multi-directional Game: maximising each players' contact with the ball and encouraging multi-directional movement (about 15 mins)
- Directional Game: honing skills in exercises related to actual match situations (about 15 mins)
- Together Game: used as a closing game, to bring the girls together and emphasise teamwork at the end of the session (about 10 mins)

You can print the session template at the end of the booklet in order to take notes and construct your own training sessions according to your specific needs, number of players, equipment, etc.

While delivering sessions, the most important thing is to create a safe, positive and rewarding environment for your players. A love of football comes from the fun of playing it, so maximise participation by ensuring that all players are included and participate at all times, touching the ball as often as possible. The Together #WePlayStrong games have been specifically designed to heighten learning and skills acquisition through match-related activities, allowing the players themselves to be the decision-makers.

**“We want every girl to feel she belongs and is part of a team, because Together #WePlayStrong”**

## KEY

Passing the ball



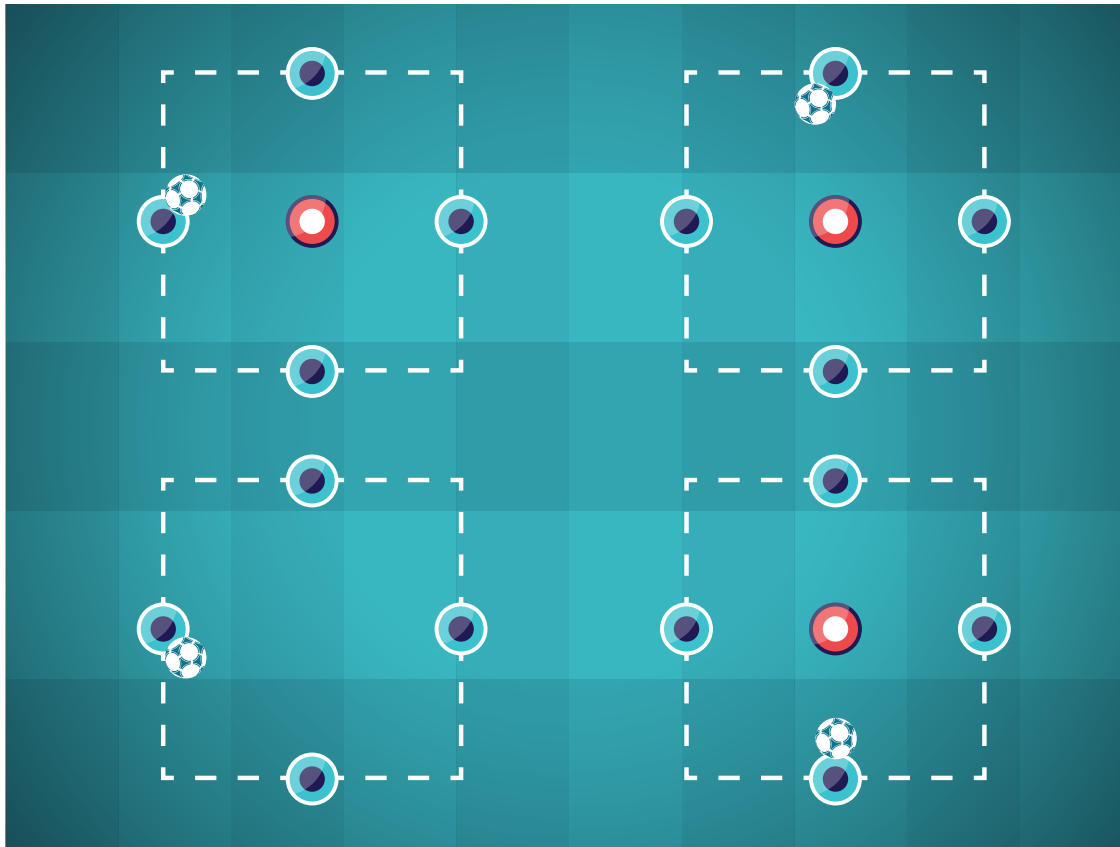
Player movement



Dribbling with the ball



# THE FOUR SQUARES



## ORGANISATION

### Players:

Minimum of four players

### Area:

4m x 4m squares

### Materials:

- One ball per square
- Disc cones
- Bibs

## DESCRIPTION OF THE GAME

- Four or five players per square, with one ball per square (three or four versus one, depending on number of players)
- Always one square without a defender
- Players try to make a minimum number of passes (figure set by the coach), and the defender in the middle tries to win the ball
- If the defender wins the ball, the player who lost it goes to be the defender in the empty square
- If the players make eight passes, the defender in the middle moves to the empty square

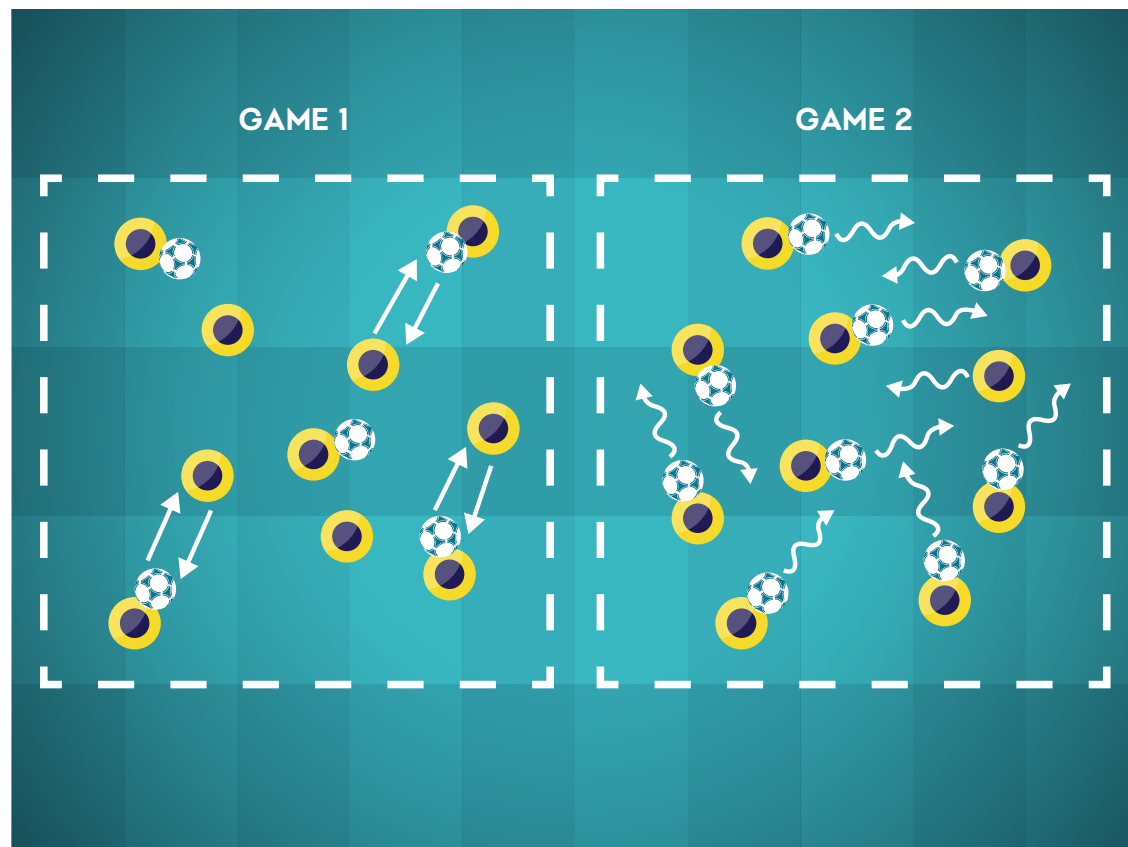
## SIMPLIFICATIONS

- Increasing the size of the square will make it easier for the players around the outside (but more difficult for the defender)

## PROGRESSIONS

- Players allowed a limited number of touches (fostering faster thinking and development of skills)
- If the previous player has two touches, the next player can only have one

# THE DRIBBLER



## ORGANISATION

### Players:

Minimum of four players

### Area:

15m x 15m square

### Materials:

- One ball per player
- Disc cones

## DESCRIPTION OF THE GAME

### • GAME 1:

Players work in pairs, with one ball per pair. They start by passing the ball between them, moving around the square. On the coach's signal, the player who has the ball has to try to retain possession for ten seconds, while their partner tries to win it off them

### • GAME 2:

All players have a ball and dribble around the square. On the coach's signal, players try to kick other players' balls out of the square, while protecting their own. Players who lose their balls are eliminated and play keep-uppy outside the square until the game ends

- Various ball skills can be included in both games (keepy-uppy, head tennis, etc.)

## SIMPLIFICATIONS

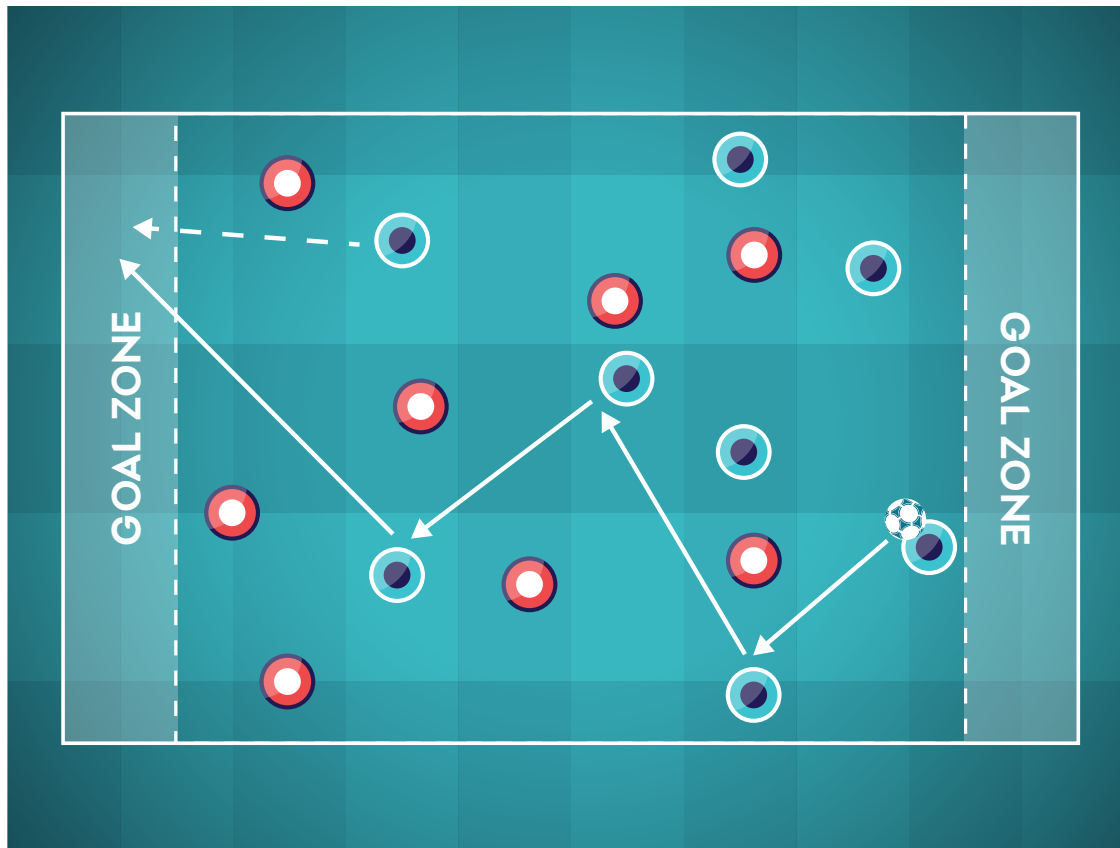
- Divide the players into two groups
- Increase the size of the square

## PROGRESSIONS

- Force players to use their weaker foot
- Reduce the size of the square



# HANDBALL



## ORGANISATION

### Players:

Minimum of eight players

### Area:

15m x 10m

### Materials:

- Bibs
- One ball
- Disc cones

## DESCRIPTION OF THE GAME

- Players form two teams
- The objective is to get the ball to the opposition's goal zone (as in American football) by throwing it from player to player
- If the ball makes contact with the ground, the team that touched it last loses possession
- Players cannot move with the ball in their hands
- Players then move on to using their feet
- Various ball skills can be included in both games (keepy-uppy, head tennis, etc.)

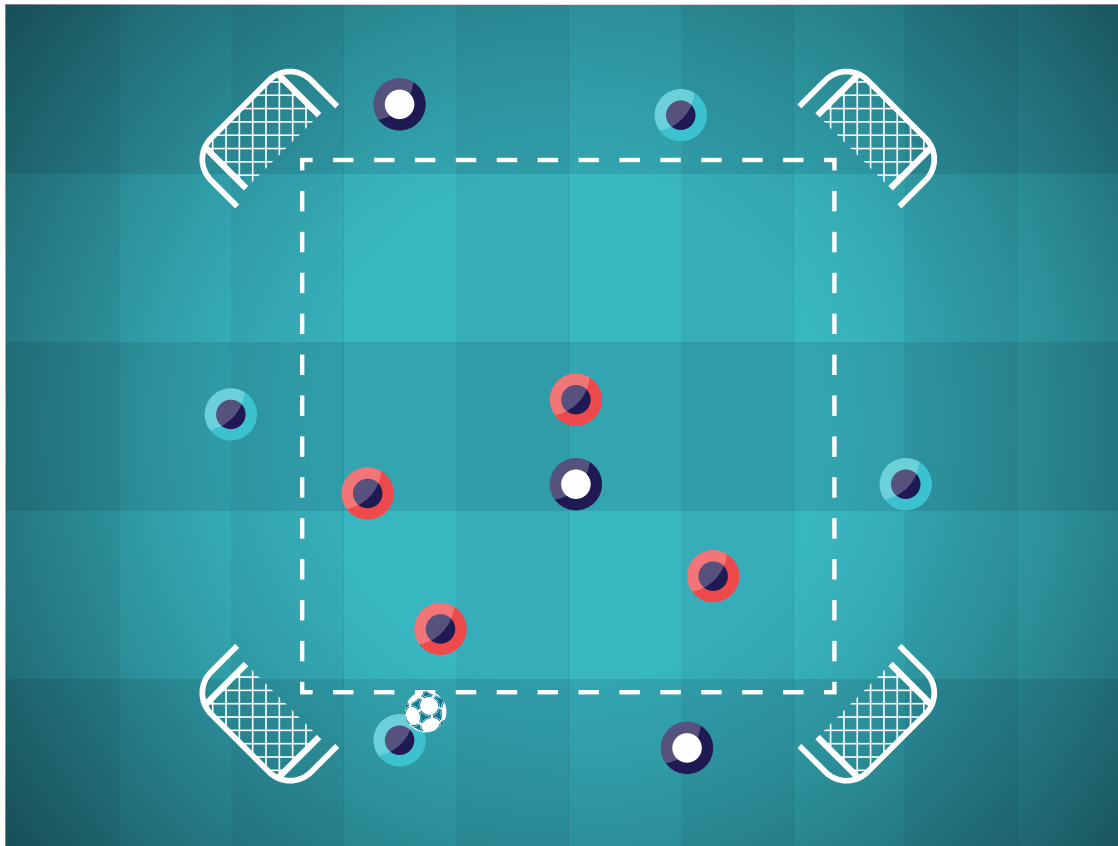
## SIMPLIFICATIONS

- Add neutral players on the sidelines to help the team in possession
- Increase the size of the area

## PROGRESSIONS

- Allow tagging - i.e. if a player is touched by an opponent when they have the ball in their hands, that team loses possession; this will enhance peripheral vision and communication

# CORNER-GOALS



## ORGANISATION

### Players:

Minimum of 10 players: 15m x 15m

- 4v4+3
- 4v4+2
- 5v5+2
- 5v5+3

### Area:

### Materials:

- Bibs
- Balls
- Disc cones
- Mini-goals (ca 1.5m wide) or big cones

## DESCRIPTION OF THE GAME

- Two teams of four/five, plus two/three neutral players (who support the team in possession)
- The team in possession try to make eight passes (for which they score one point); they can use all the space available
- The defending team try to win the ball and score in one of the small goals
- When either team scores, the two swap roles

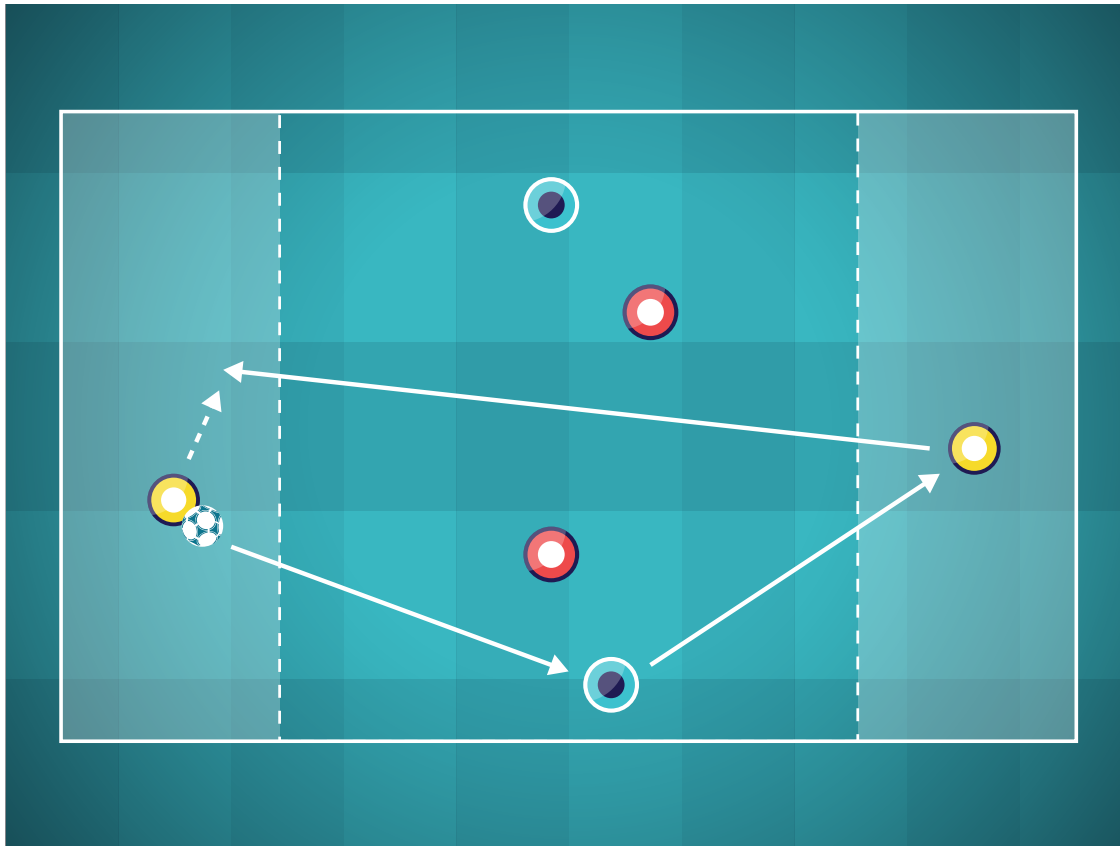
## SIMPLIFICATIONS

- More neutral players - either on the sidelines or inside the square

## PROGRESSIONS

- Each team can only score in two of the goals (identified by a coloured bib or cone)
- Reduce the square to 12m x 12m

# THE WINDOW



## DESCRIPTION OF THE GAME

- Three pairs of players: two pairs in the central area, and one player at either end in their own area (yellow players in diagram)
- Two central pairs compete for possession; yellow players support the pair in possession
- Play for a set period of time (e.g. two minutes) and rotate the pairs

## SIMPLIFICATIONS

- Increase the size of the area
- Divide the central zone in two, with one versus one in each area

## PROGRESSIONS

- Allow other players to enter the yellow players' areas
- Reduce the size of the area

## ORGANISATION

### Players:

Groups of six players

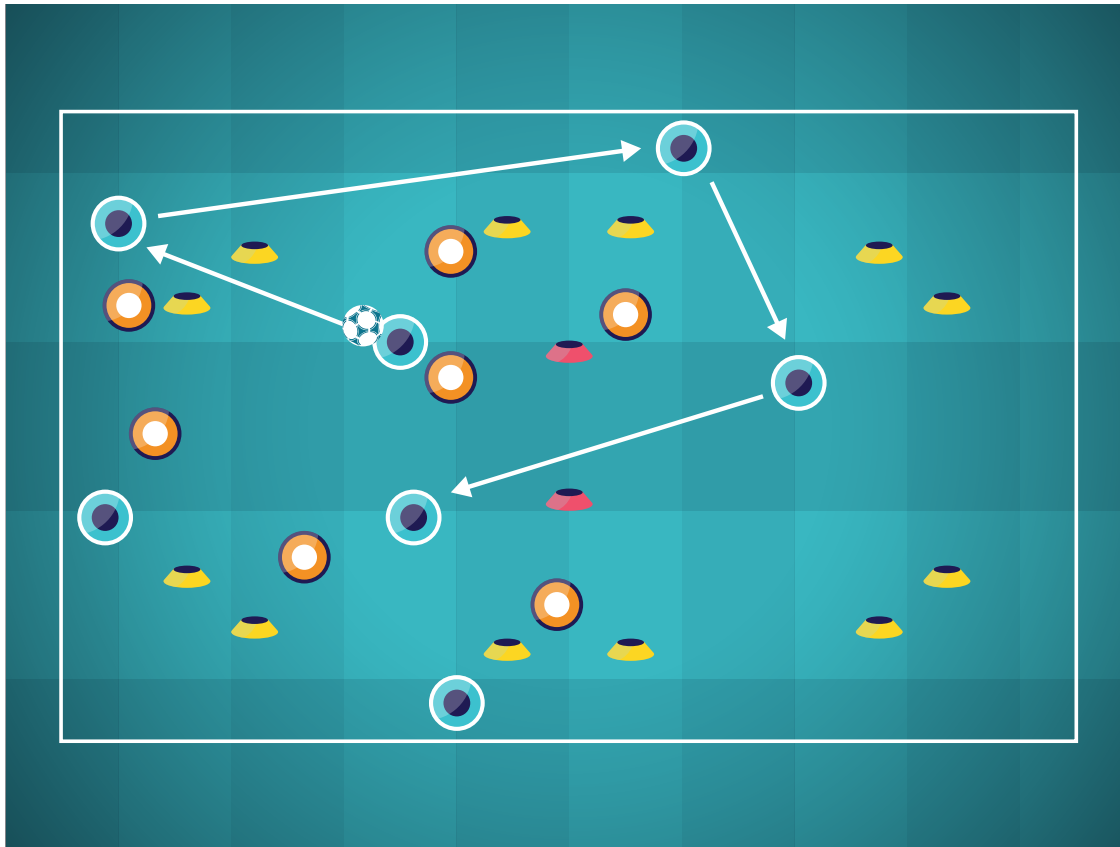
### Area:

12m x 10m

### Materials:

- Bibs (2 different colours)
- Balls (two or three per group of six players)
- Disc cones

# OPEN DOORS



## ORGANISATION

### Players:

Minimum of ten players

### Area:

40m x 25m

### Materials:

- Bibs
- Balls
- Disc cones (two different colours)

## DESCRIPTION OF THE GAME

- Players form two teams of five, six or seven
- The aim is to score points by passing the ball through the gates
- Passing the ball through the central gate (red cones) reduces the other team's score to zero
- Players cannot defend gates by standing inside them
- Teams play for periods of four to six minutes

## SIMPLIFICATIONS

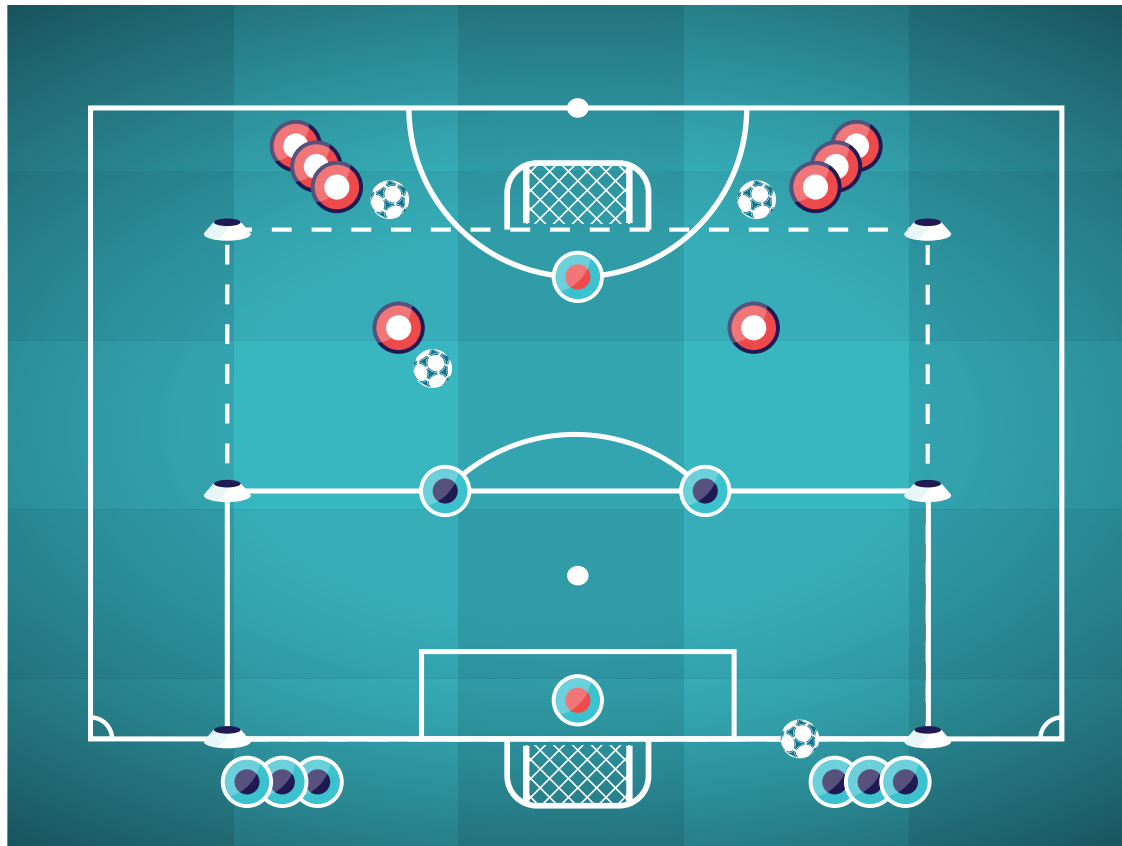
- Include neutral players to facilitate the ball possession
- Allow players to score by shooting through gates
- Increase the size of the area (which will make it easier for the team in possession)

## PROGRESSIONS

- Reduce the size of the area (which will make it more difficult for the team in possession)
- Have gates of different colours, and prevent teams from using the same coloured gate twice in a row



# ATTACKING WAVES



## DESCRIPTION OF THE GAME

- Players divided into two teams, positioned either side of the two goals
- Teams play three-a-side (with two outfield players and a goalkeeper on each team)
- If the team in possession scores or loses the ball, they become the defending team; the last player on that team to touch the ball has to run and touch one of the opponent's posts before taking their position in defence
- At the same time, two new outfield players come on for the other team, replacing the two existing players; they attack immediately, trying to profit from their numerical advantage while the opposing player is touching the post

## SIMPLIFICATIONS

- Only allow the defending team to have one outfield player

## PROGRESSIONS

- Have three outfield players and a goalkeeper on both sides

## ORGANISATION

### Players:

Minimum of eight players plus two goalkeepers

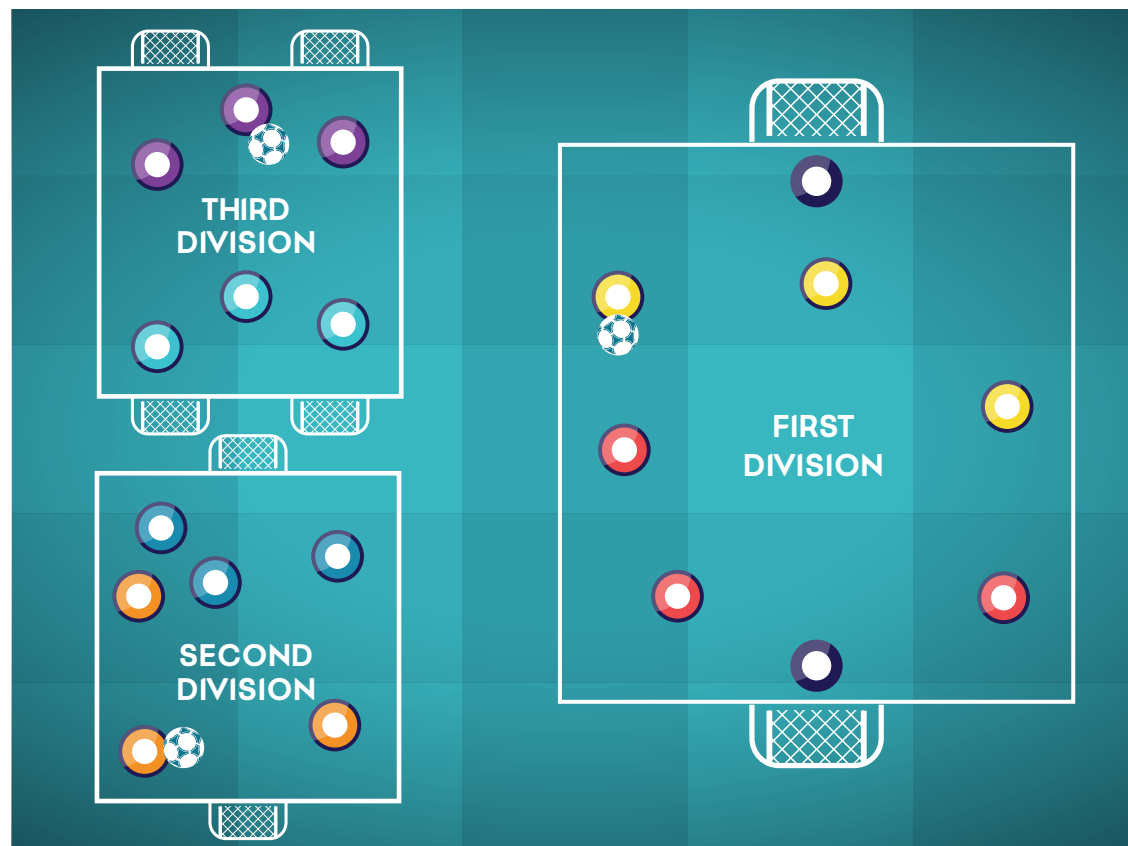
### Area:

Twice the size of penalty area

### Materials:

- Bibs
- Balls
- Disc cones
- Two standard goals

# MINI LEAGUE



## ORGANISATION

### Players:

18 outfield players plus 2 goalkeepers (but can be adapted)

### Area:

- Three mini pitches
- First Division: 30m x 25m with two standard goals
- Second and Third Divisions: 20m x 15m with two and four mini-goals respectively

### Materials:

- Bibs
- Balls
- Disc cones
- Six mini-goals (ca 1.5m wide) or big cones
- Two standard goals

## DESCRIPTION OF THE GAME

- Six teams of three, plus two goalkeepers (adaptable)
- Competition between all teams
- Teams winning matches in the Third and Second Divisions are promoted; teams losing matches in the Second and First Divisions are relegated
- Teams winning matches in the First Division and losing matches in the Third Division remain where they are
- In the event of a draw, the last team to arrive on the pitch is the loser
- Six rounds of three to four minutes; recovery time of 90 seconds to two minutes (respectively) between rounds

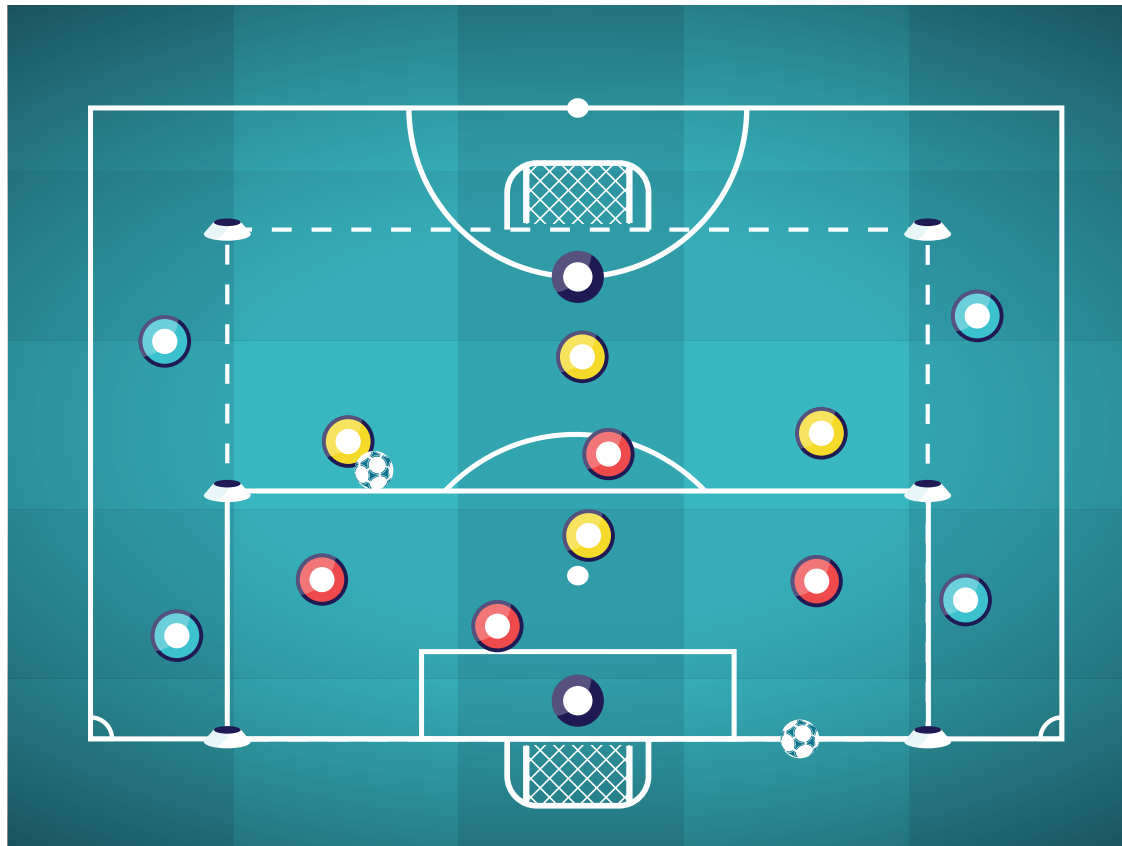
## SIMPLIFICATIONS

- Use 'dribble goals' (whereby teams score by dribbling over the goal line) in the Second and Third Divisions to promote dribbling skills

## PROGRESSIONS

- Reduce the size of the area (which will make games more challenging and intense)

# QUEENS OF THE FIELD



## DESCRIPTION OF THE GAME

- Three teams of four, plus two goalkeepers (adaptable)
- Two teams play inside the area, with four neutral players around the edge supporting the team in possession
- Matches last three minutes, with the winning team staying on the pitch
- In the event of a score draw, the last team to score is the winner
- In the event of a 0-0 draw, the last team to arrive on the pitch is the loser
- Four to six rounds; recovery time of one minute

## SIMPLIFICATIONS

- Some neutral players positioned inside the playing area
- Neutral players cannot be challenged

## PROGRESSIONS

- Neutral players only allowed one touch
- Players can only score with a header, a volley or a first-time shot

## ORGANISATION

### Players:

12 outfield players plus 2 goalkeepers (but can be adapted)

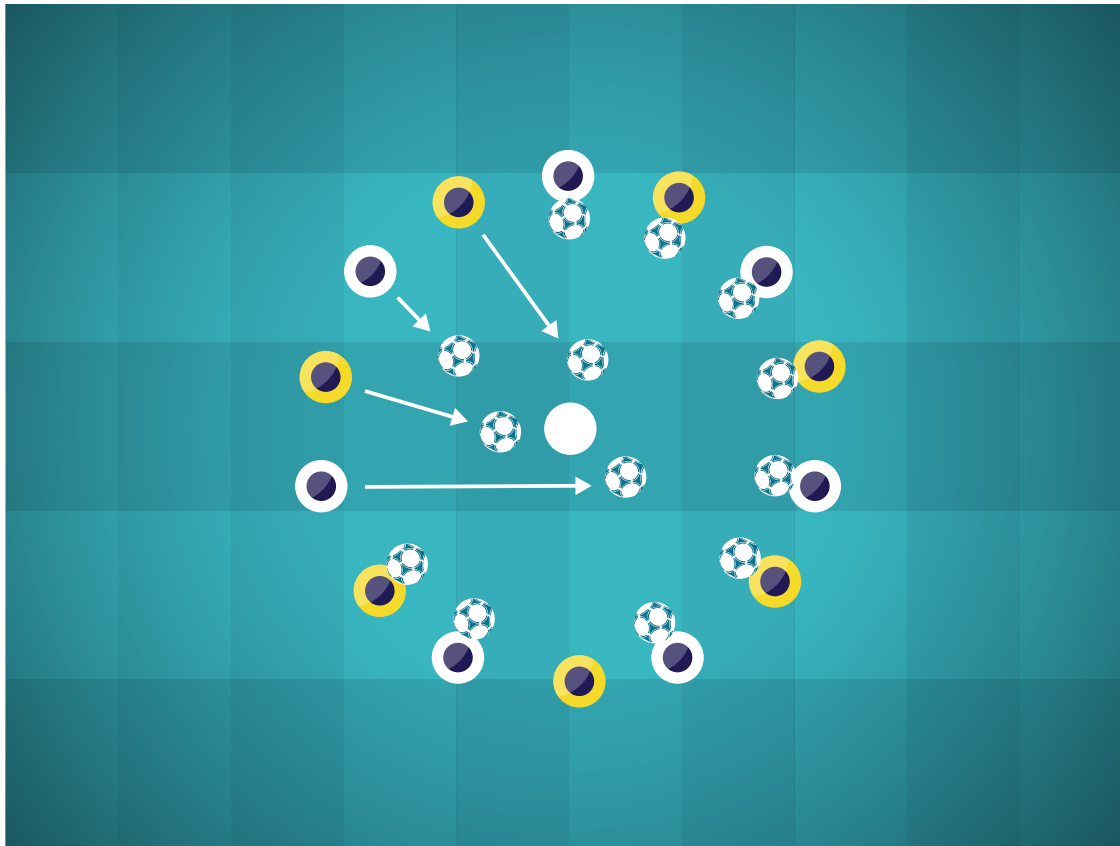
### Area:

Twice the size of penalty area

### Materials:

- Bibs
- Balls
- Disc cones
- Two standard goals

# FOOTCURLING



## ORGANISATION

**Players:**

Flexible

**Area:**

Circle with a diameter of ca 18m (e.g. the centre circle)

**Materials:**

- Bibs
- Balls

## DESCRIPTION OF THE GAME

- Group divided into two teams
- Players stand around the edge of the circle, ideally with one ball per player; the game can also be played with just two balls, with two players facing off in a duel
- The objective is to kick the ball as close as possible to the centre spot
- In so doing, players can also knock other balls out of the way
- The team whose ball is closest to the centre spot at the end of the game is the winner

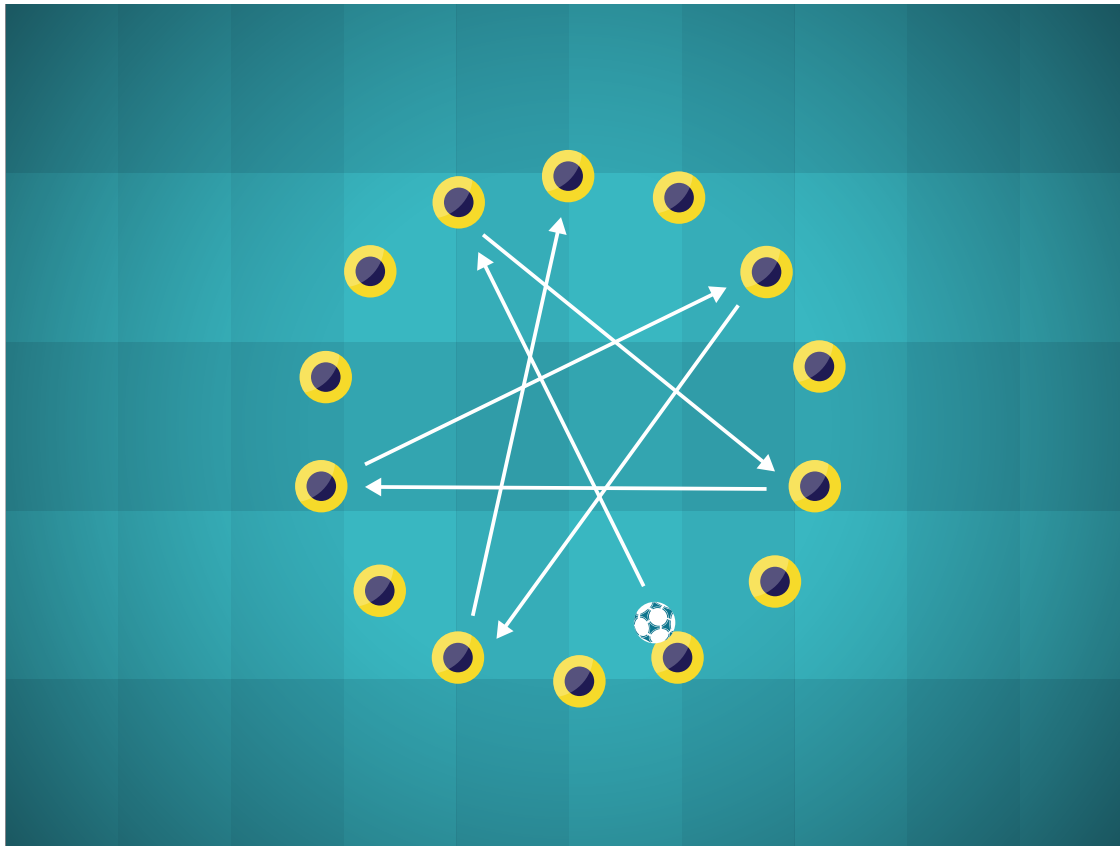
## SIMPLIFICATIONS

- Use a smaller circle
- Put a big cone in the centre of the circle

## PROGRESSIONS

- Make players kick the ball with their eyes shut
- Force players to use their weaker foot

# MEMORY CHALLENGE



## ORGANISATION

**Players:**

Flexible

**Area:**

Circle with a diameter of ca 18m (e.g. the centre circle)

**Materials:**

- Ball

## DESCRIPTION OF THE GAME

- All players start in a squatting position, and except the one who has the ball
- The player with the ball passes to another player, who stands up to receive the ball
- The ball can only be passed to players who are in a squatting position; players are only allowed two touches
- Once everyone is stood up, the ball is passed back to the first player; the same sequence of passes is then repeated, so players have to remember who they passed to

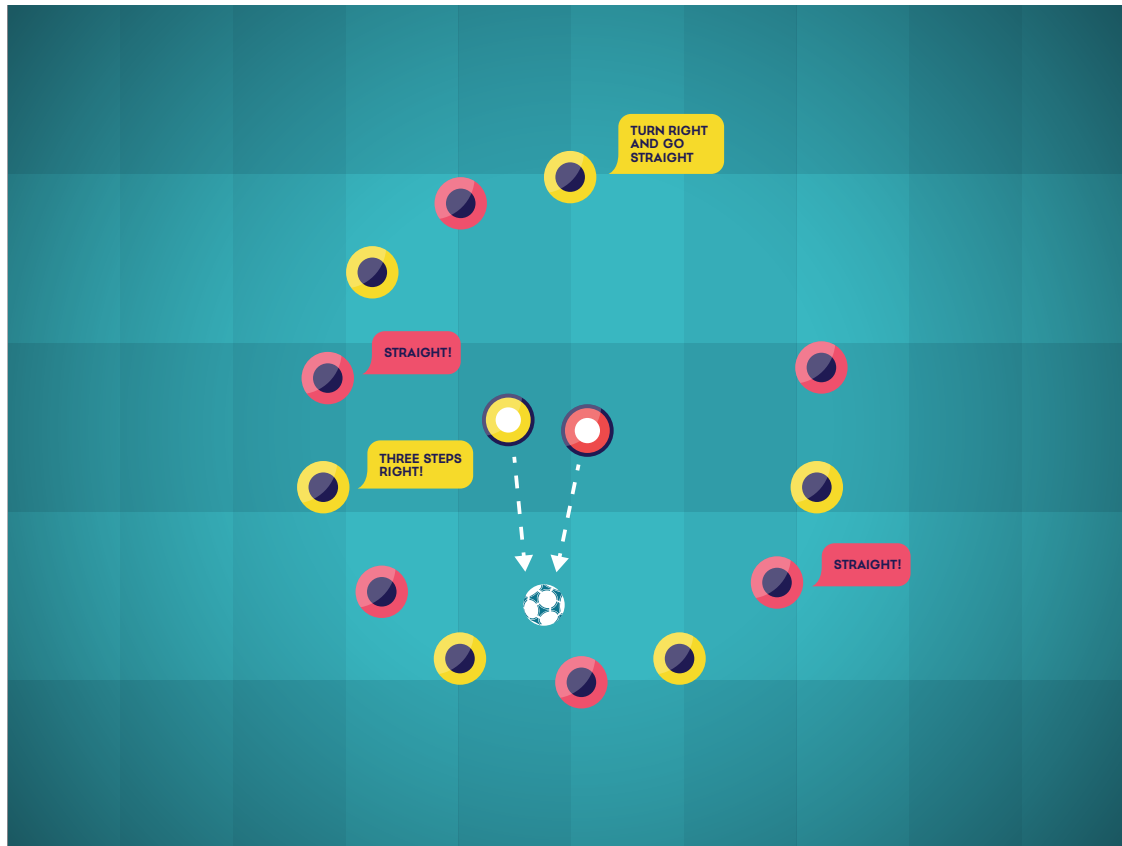
## SIMPLIFICATIONS

- Players throw the ball to each other in the first round
- Verbal communication used to indicate who should receive the ball (numbers or names)

## PROGRESSIONS

- Use a smaller circle to speed things up
- Get players to point to the foot that they want the ball played to
- Only allow players one touch

# GUIDING THE BLIND



## DESCRIPTION OF THE GAME

- Players stand around the edge of the circle, divided into two teams
- One player from each team stands in the centre of the circle with their eyes shut
- Once their eyes are shut, a ball is placed somewhere inside the circle
- Each team tries to guide its player to the ball by calling out instructions
- The first team to reach the ball, wins a point
- Meanwhile, the players around the edge can be doing static stretching (an important part of the end of the session for this age group)

## SIMPLIFICATIONS

- Place more balls inside the circle
- Allow one player from each team to stand inside the circle and provide instructions

## PROGRESSIONS

- Instead of using a ball, ask players to close their eyes and try to find the centre spot without any guidance

## ORGANISATION

### Players:

Flexible

### Area:

Circle with a diameter of ca 18m (e.g. the centre circle)

### Materials:

- Ball
- Bibs





Together  
#WePlayStrong

TOPIC:

OBJECTIVES:

DATE:

SESSION:

TIME:

PLAYERS

MATERIAL

ORGANISATION

GRAPHIC

TIME

Arrival Game

Multi-Directional Game

Directional Game

Together Game

(Use this space to organise your groups of players for the different activities before you begin your session)

NOTES

# DISCLAIMER

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