

Together #WePlayStrong

Training session worksheets

5 - 7 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



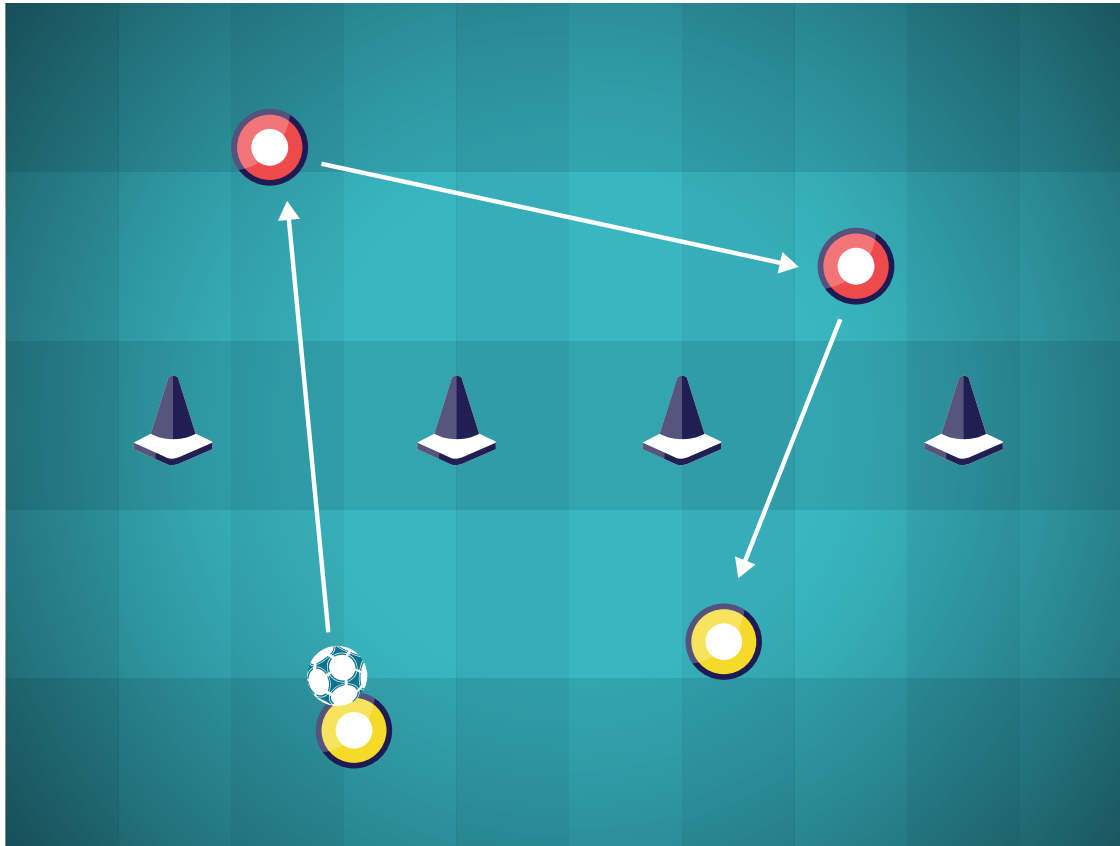
Player movement



Dribbling with the ball



THROUGH THE GAP



DESCRIPTION OF THE GAME

- Players work in teams of two, passing through the gaps between the cones
- Players work for one minute or aim for a specific number of passes
- If the ball goes outside the cones or hits a cone, the pass cannot be counted

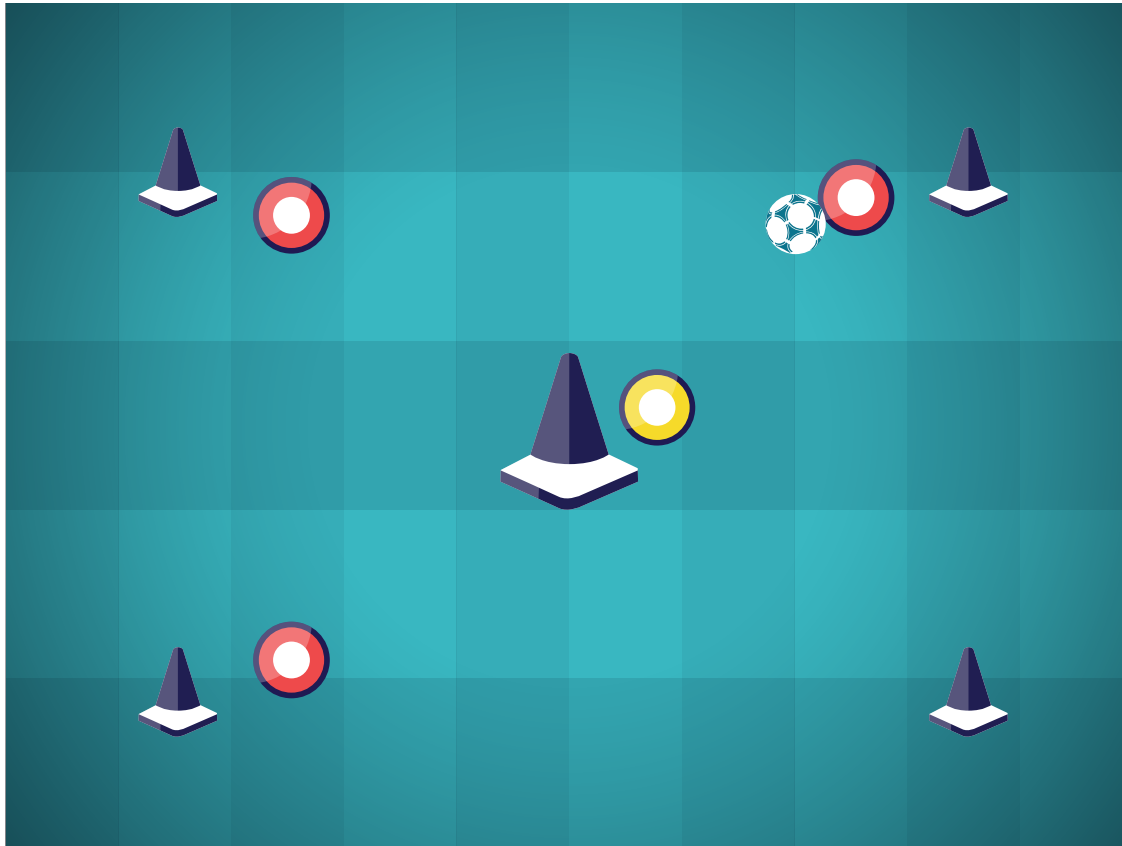
SIMPLIFICATIONS

- Make the gaps between the cones bigger
- Play one versus one

PROGRESSIONS

- Stop players from passing through the same gap twice in a row
- Get players to pass with both the left and the right foot, controlling the ball with one foot and passing with the other
- Target a certain number of passes
- Make the gaps between the cones smaller

KING PIN



DESCRIPTION OF THE GAME

- Players work in groups of four – three attackers and one defender
- A tall cone (or a ball on a smaller cone) is placed in the middle of the area
- The attacking players pass the ball around the square, trying to find space to knock the cone over with the ball
- The defender has to defend the cone, as well as trying to win/intercept the ball if possible
- If the defender wins the ball, they can swap with the attacking player who lost it, or this can be a timed activity

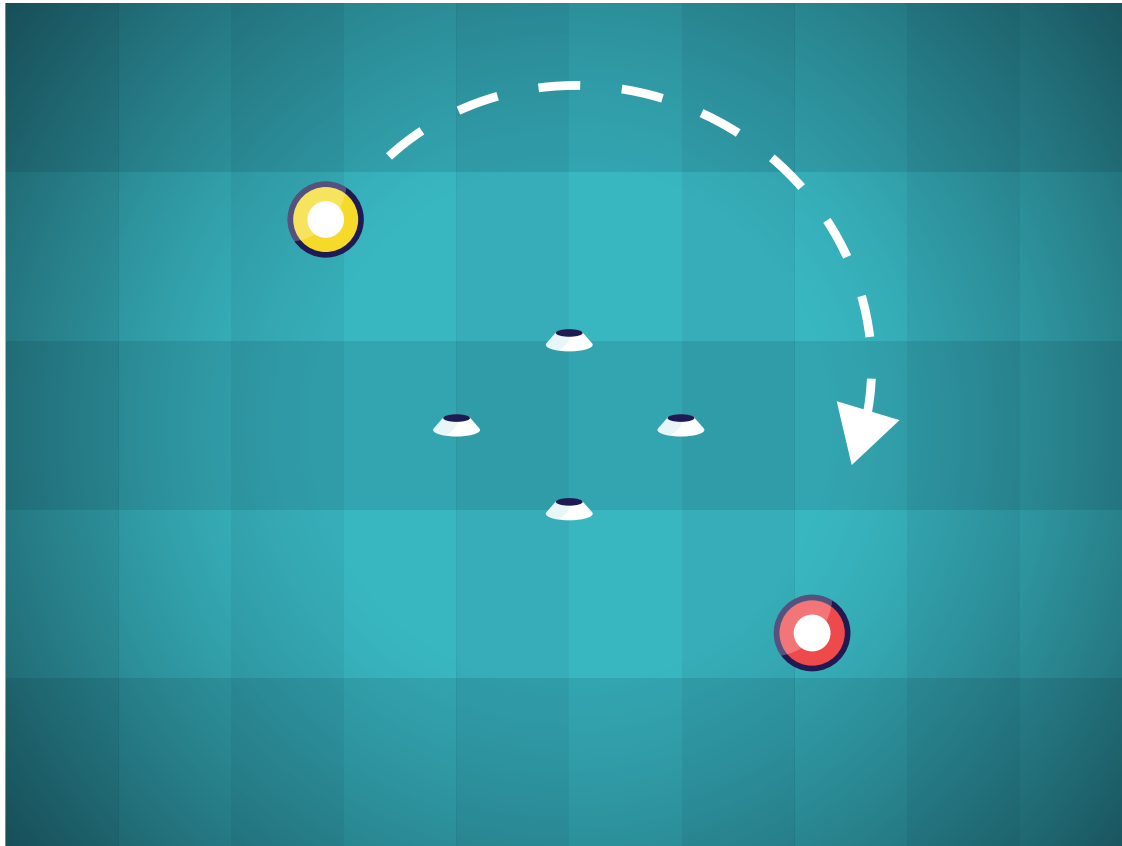
SIMPLIFICATIONS

- Allow the attackers to throw the ball to each other and knock the cone over by rolling or bouncing the ball at it
- Remove the defender entirely

PROGRESSIONS

- Remove the cone in the middle and make this a three versus one 'keep ball' game

DUEL



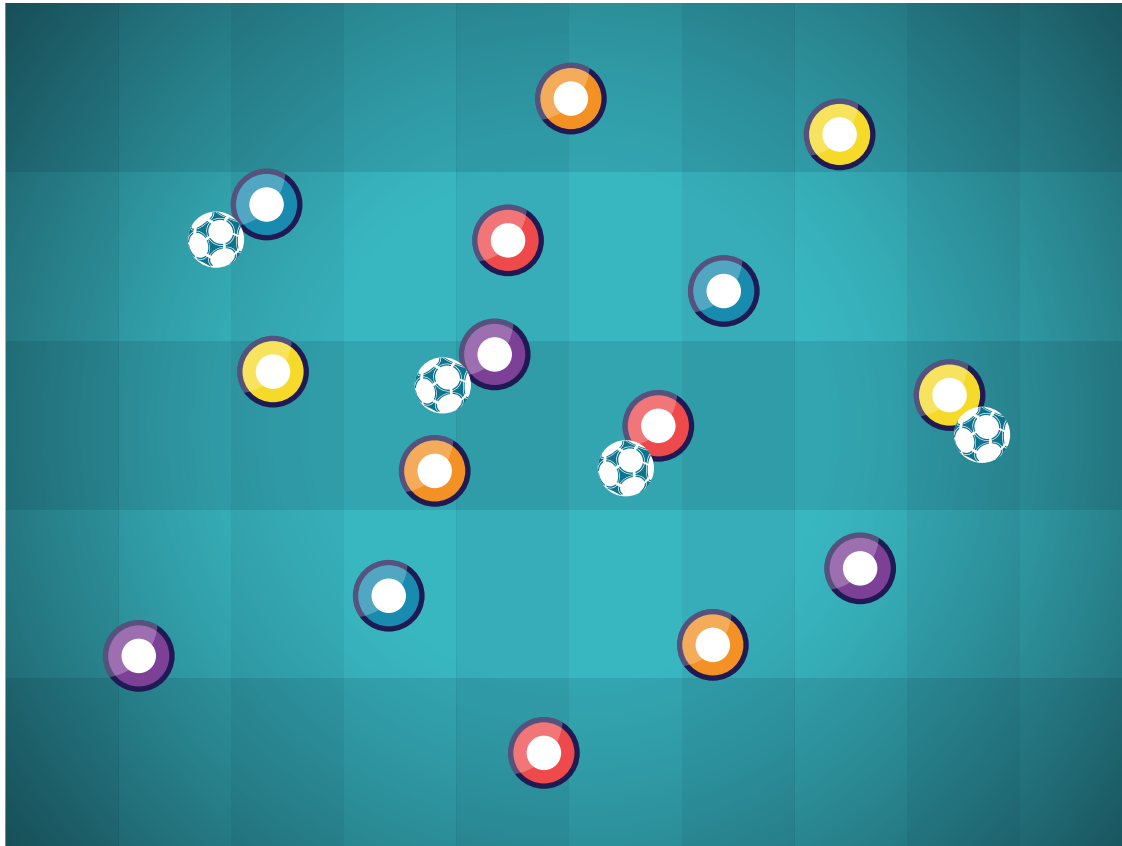
DESCRIPTION OF THE GAME

- Set up four cones in the shape of a square (or use a hoop)
- Players work in pairs
- Players stand opposite each other; one has a bib tucked in the back of their shorts
- The other player has to try to steal it
- Players need to read and react to each other's movements, without entering the square
- Keep changing partners

PROGRESSIONS

- Put bibs in both players' shorts; they have to protect and steal at the same time
- Experiment with players putting a bib on their hip (which will simulate protecting/shielding the ball)
- Give both players a ball as well; they have to keep control of the ball while trying to protect their bib and steal their opponent's

TEAM TAG



DESCRIPTION OF THE GAME

- Players form five teams of three – four teams with a ball, plus a team of 'taggers' (orange players in diagram)
- Taggers try to score by tagging a player who has the ball in their hands
- Players try to prevent scoring by throwing to their team-mates, leaving the ball on the ground for a team-mate to pick up, or dodging taggers
- Change the tagging team
- Play for a set period of time (e.g. one minute) or change when all players have been caught

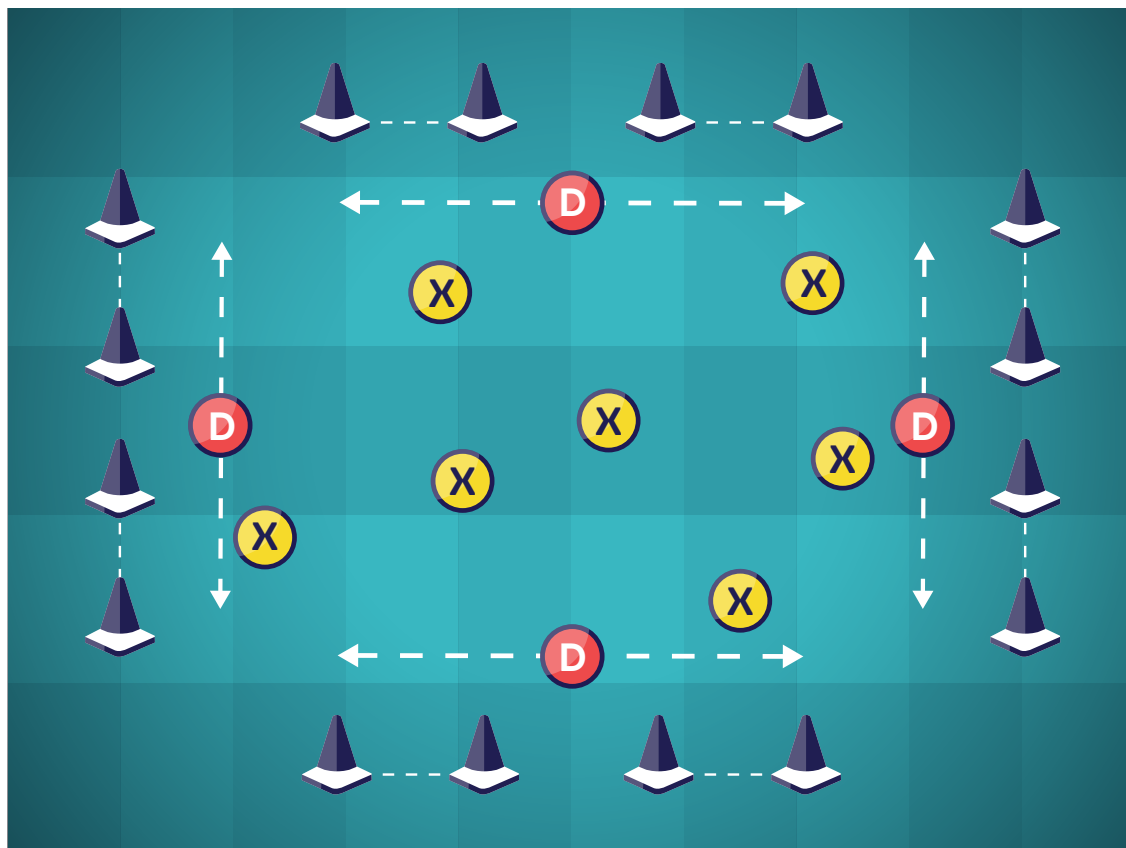
SIMPLIFICATIONS

- Create safe zones (little 4m x 4m squares) where the players cannot be caught and can rest and think about where to move next
- The game can also be played with taggers trying to score by tagging a player who does not have a ball in their hands

PROGRESSIONS

- Reducing the size of the area will make it easier for the taggers, but harder for the others; increasing the size of the area will do the opposite
- The players can be dribbling/passing balls, and the taggers can try to steal their balls instead

THE GREAT ESCAPE



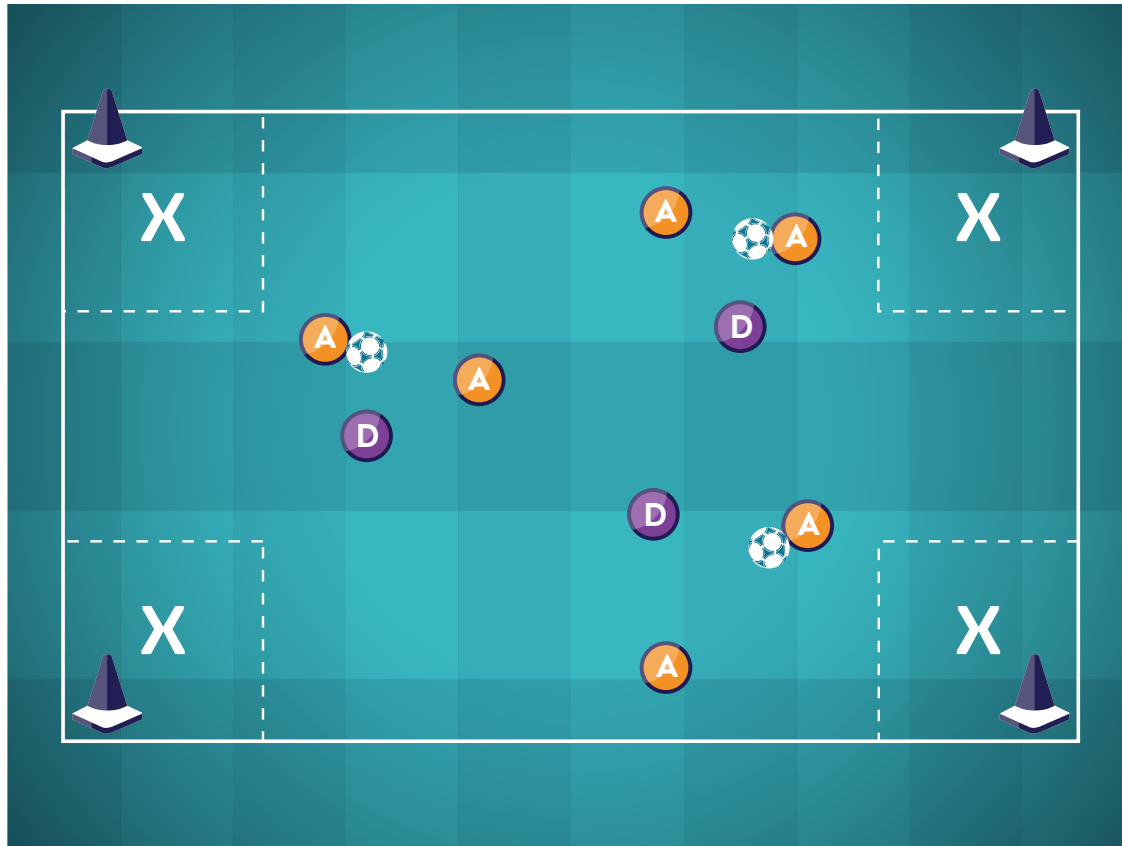
DESCRIPTION OF THE GAME

- Each guard (marked 'D' in diagram) has two gates to defend
- The other players (marked 'X' in diagram) try to escape through the gates without being tagged by a guard
- Once players have escaped, they return to the area through any unguarded gate
- The game is about dodging and avoiding players, so do not make the area too big
- Have the players escaping in lots of different ways
- You can adjust the size of the gates or the distance between them

PROGRESSIONS

- Give players in the middle balls to carry; as they escape, they drop the ball and pass it through the gate
- Can players exit through a gate, turn around and come back in through the same gate?
- Players could be required to perform a skill as they go through the gate (foot on top of ball, side to side, exit backwards, exit sideways rolling ball with side of foot, do the scissors, etc.)
- How quickly can players get back in, whether through the same gate or another gate (performing the same skill to get back in)? When passing the ball back in, what type of pass is it? Hard or soft? Can players dribble it through and keep control, despite the crowd in the middle?
- To make things more difficult, put a tagger in the middle as well
- This tagger could be dribbling a ball while trying to tag, which will make it slightly easier, but you could also add more dribbling taggers
- Allow attacking players to escape without the ball
- Give the guards a ball to dribble or hold while trying to tag
- Get players to work in pairs to evade guards (either throwing or passing the ball to each other); guards can only tag the player with the ball

PASS AND MOVE



DESCRIPTION OF THE GAME

- Two attackers (marked 'A' in diagram) play against one defender (marked 'D' in diagram)
- Attackers have to pass to the players (marked 'X' in diagram) in the corners (in any order) until they have passed to all four corners
- The attackers try to do this as quickly as possible, competing against other pairs
- The defenders try to win the ball back. If they succeed, they swap with the attacker. Alternatively, they can swap once they have won the ball three times

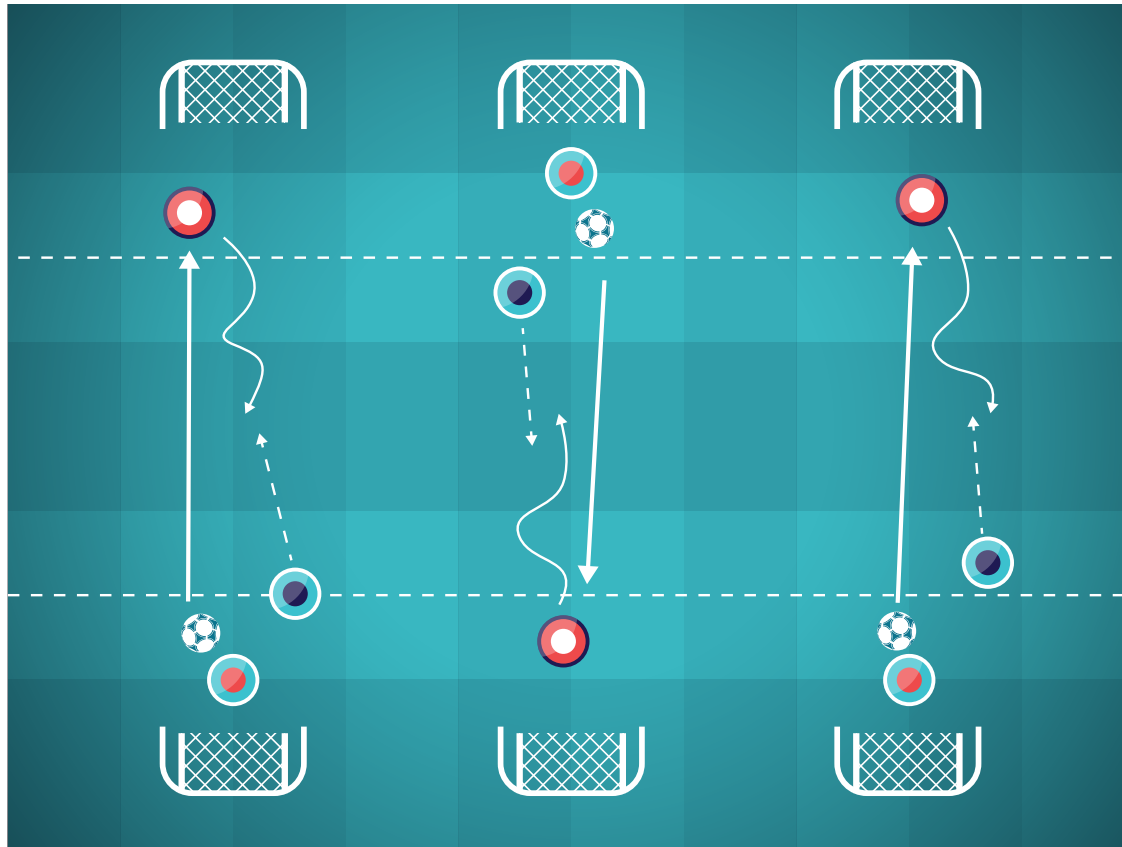
SIMPLIFICATIONS

- Increase the size of the area and the corners they are passing into
- Increase the numerical advantage – i.e. three or more attackers versus one defender
- Ask the defender to dribble/carry a ball (or slow them down in some other way), in order to reduce the pressure on the attackers
- Have support players around the outside to help attackers retain possession

PROGRESSIONS

- Specify how the ball must be passed into the corners (left foot, right foot, back-heel, chip, etc.)
- Have the player who passes the ball to the corner player change places with them
- Ask the player who does not pass the ball to the corner player to take their place
- Reverse the numerical advantage – i.e. can one attacker play against two defenders and still pass into all four corners?

ONE AGAINST ONE



DESCRIPTION OF THE GAME

- A rectangular area is divided into two halves, with a defender in one half and an attacking player in the other half
- The attacker starts with the ball. The aim is to beat the defender and score a goal. The defender tries to win the ball and just has to get into the opponent's half to score. Play a set number of games before changing positions
- Winners move up, losers move down, so that they play with someone else after an allocated time

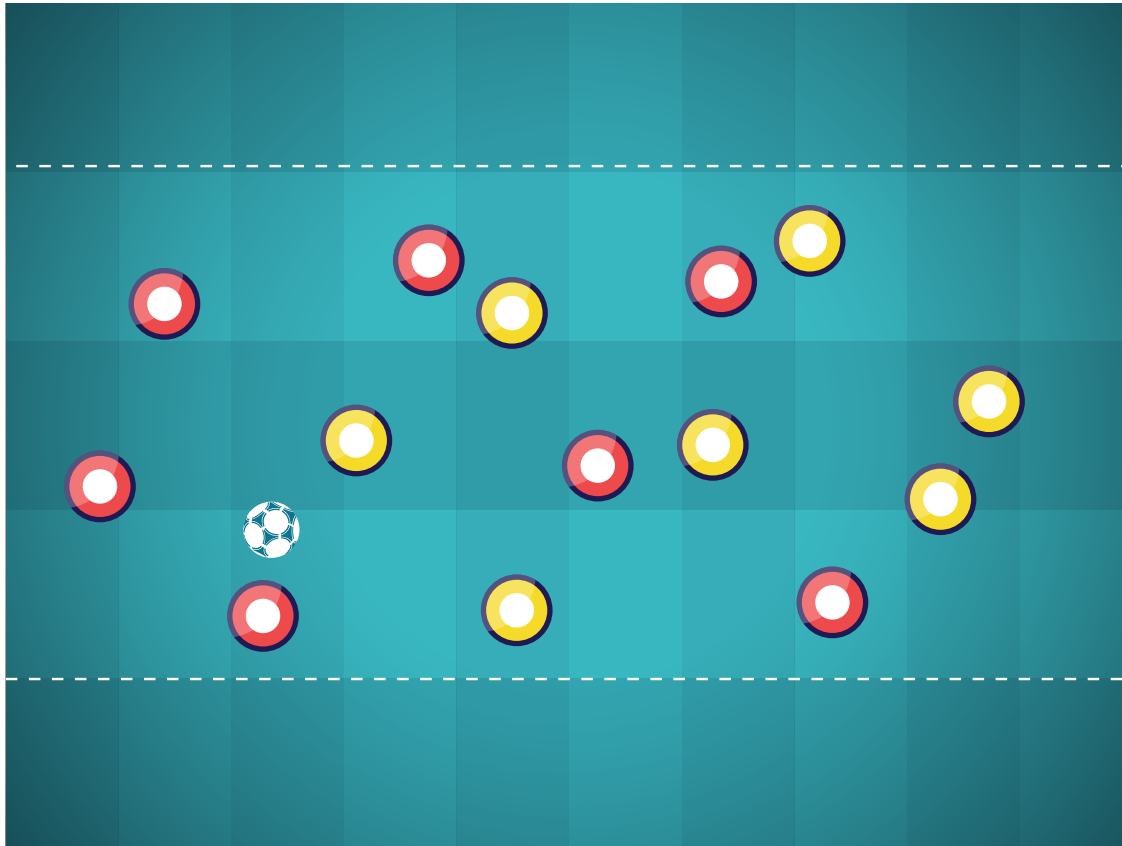
SIMPLIFICATIONS

- Make the area wider, so there is more space either side of the defender

PROGRESSIONS

- The attacker starts on the halfway line, receiving the ball side-on from a team-mate, before trying to beat the defender and score a goal
- The attacker starts on the halfway line, receiving the ball from a team-mate with their back to goal, before trying to beat the defender and score a goal. The attacker can use the team-mate for support
- The attacker can choose to receive the ball from various positions and can use their team-mate for support
- Add a goalkeeper, so the attacker has to beat both the defender and the goalkeeper to score

END-ZONE



DESCRIPTION OF THE GAME

- The ideal format with this age group would be four versus four
- Teams defend their own end-zone and attack the other, trying to run the ball into the opposition's end-zone to score
- Players can carry the ball in their hands and throw it to teammates. If a player is tagged when running with the ball, the ball is handed to the opposing team

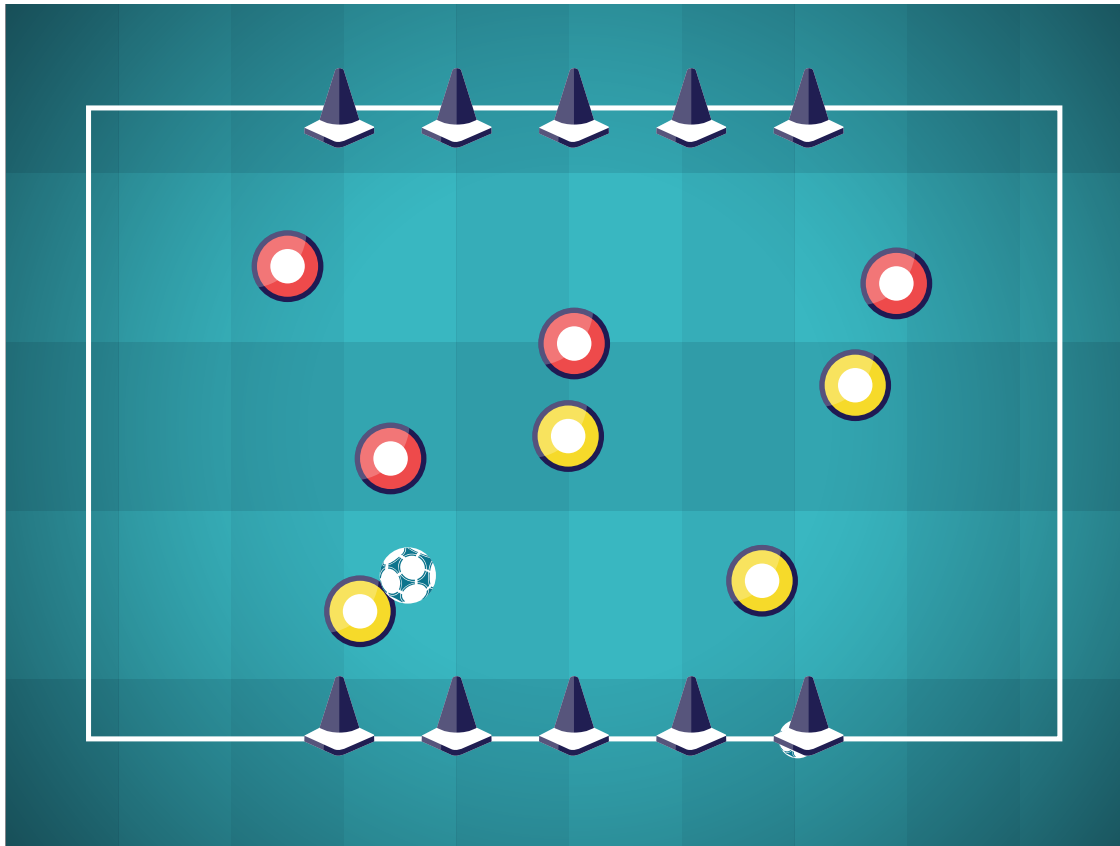
SIMPLIFICATIONS

- The ball can only be won by intercepting a throw. This will give the player on the ball more time and space to make decisions

PROGRESSIONS

- Place a goal in each end-zone
- Prevent players from passing over head height. This will force players to move in order to receive the ball
- Play with the ball on the floor. In order to score, the ball has to be dribbled into and stopped in the end-zone

CLEAR THE CONES



DESCRIPTION OF THE GAME

- The ideal format with this age group would be four versus four
- Teams defend their own set of cones and attack their opponents', trying to knock the cones over with the ball
- If a player knocks down a cone, they collect it and take it back to their end of the pitch
- If a player manages to knock over more than one cone with a single shot, they still only take one cone
- The game ends when one team has knocked down all the other team's cones

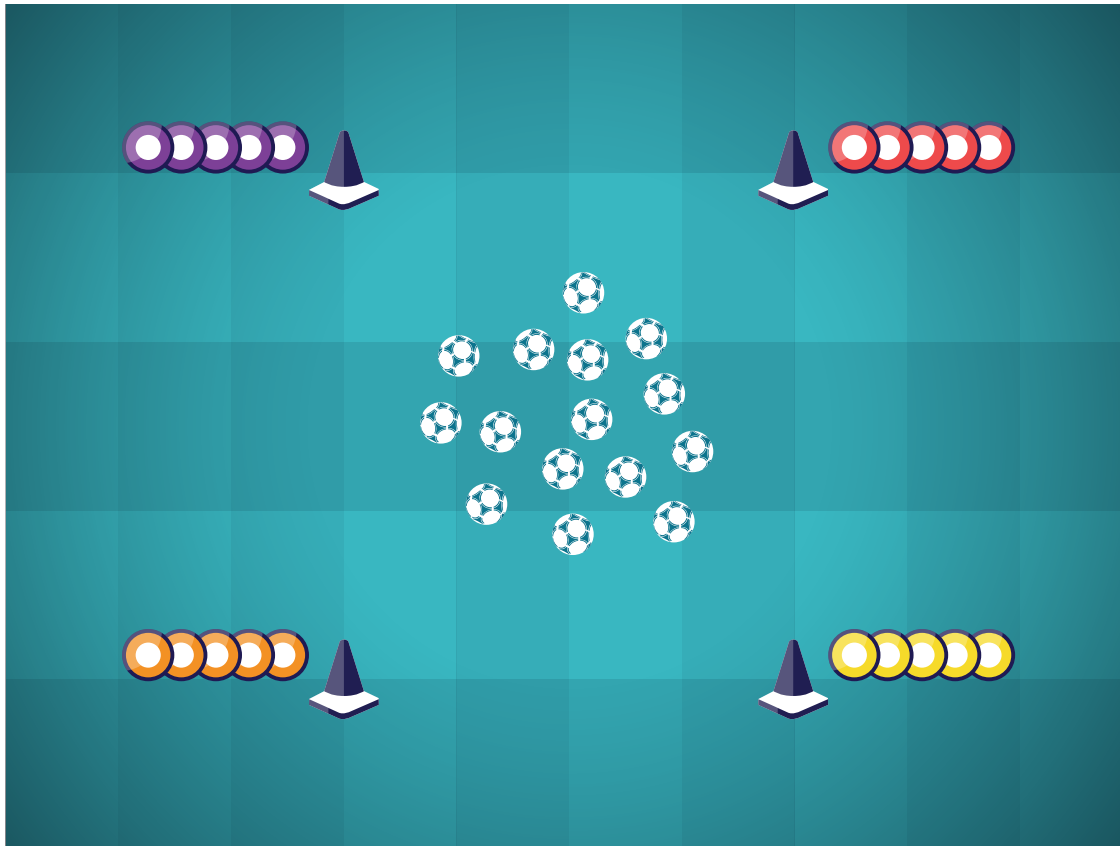
SIMPLIFICATIONS

- Play with ball in hands

PROGRESSIONS

- Add in a halfway line, with goals only able to be scored in the attacking half

STEAL THE TREASURE



DESCRIPTION OF THE GAME

- Players form four teams of four/five
- Balls are placed in the middle
- Sending one player at a time, teams try to retrieve those balls as quickly as possible
- The game ends when all the balls have gone
- The team with the most balls is the winner

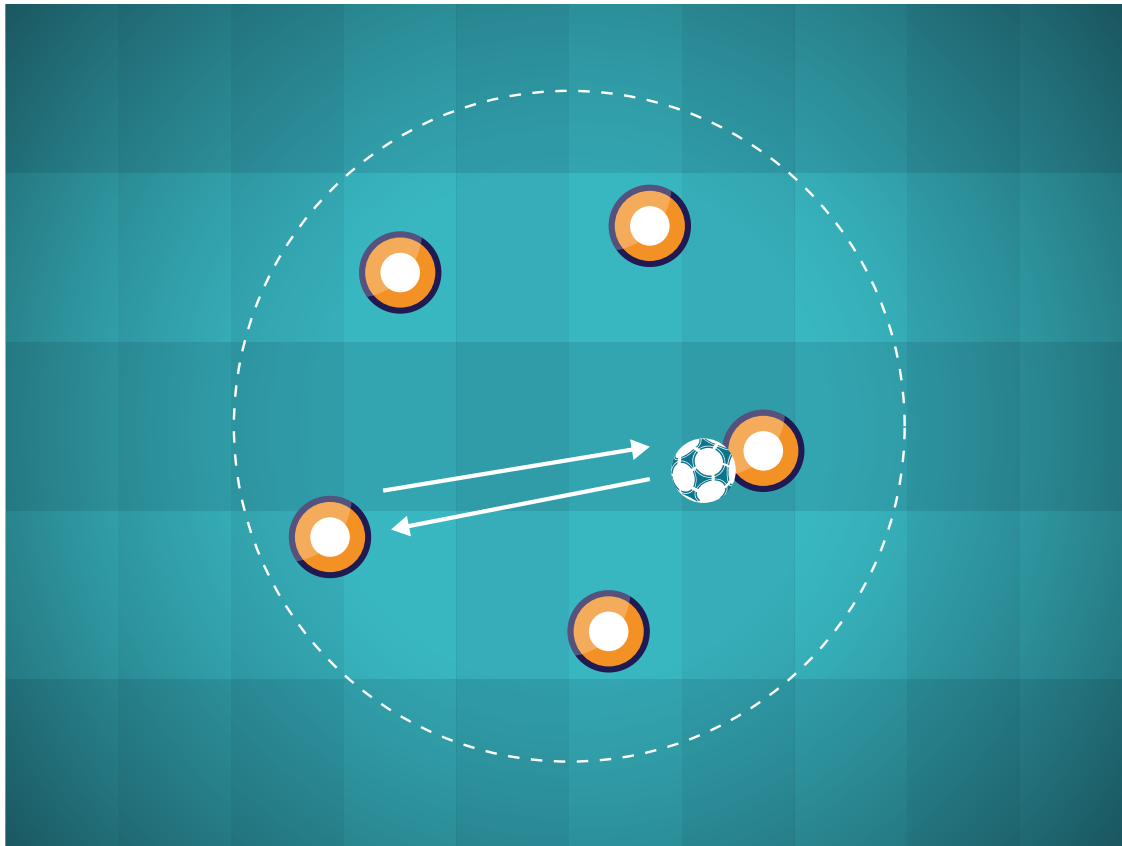
SIMPLIFICATIONS

- Allow players to pick up/carry balls
- Vary the amount of balls available, depending on the number of players

PROGRESSIONS

- Use balls of different sizes
- Set challenges for players when returning the ball to their team – e.g. requiring a specific number of touches or making them use certain parts of the foot
- When all the balls have gone, allow teams to steal from each other
- Players can steal directly from the other teams

KEEP UP CHALLENGE



DESCRIPTION OF THE GAME

- Players form small groups
- To start with, the ball is allowed to bounce between touches – i.e. one bounce, one touch of the ball (head, foot, thigh, etc.), one bounce, and so on
- Players use both left and right feet/thighs
- Players alternate between the two – left-right-left-right, etc.

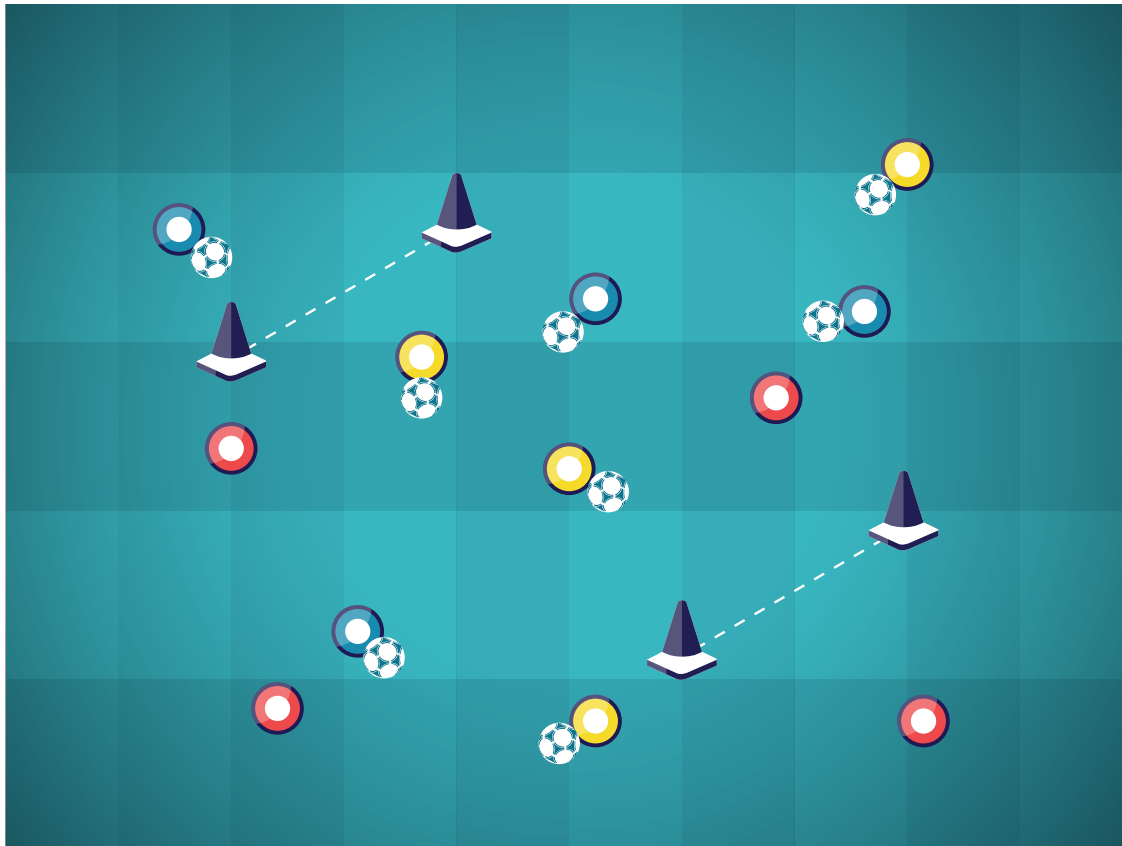
SIMPLIFICATIONS

- Allow players to catch the ball between touches until they build up to multiple touches

PROGRESSIONS

- Set targets, or get players to beat their own scores or those of their team-mates
- Get players to challenge each other: a player calls a number between one and five, and their team-mate has to try to keep the ball up for that many touches

GHOSTBUSTERS



DESCRIPTION OF THE GAME

- Players form three teams of three/four – two with balls (one ball per player) and one without
- The team without balls are the ghostbusters, and they try to tag the other players (the ghosts)
- If a ghost is caught, they have to pick up the ball and place it under their arm with their legs apart
- Caught ghosts can be freed if their team-mates pass the ball through their legs; they are then free to dribble around again
- If all the ghosts get caught, the ghostbusters win
- You can play until all the ghosts are caught or for a set period of time

SIMPLIFICATIONS

- The cone gates can be used as safe areas for players; when players stand in a gate, they cannot be caught

PROGRESSIONS

- Increasing the size of the area will make things easier for the ghosts, but harder for the ghostbusters; making it smaller will do the opposite



Together
#WePlayStrong

TOPIC:

OBJECTIVES:

DATE:

SESSION:

TIME:

PLAYERS

MATERIAL

ORGANISATION

Arrival Game

Multi-Directional Game

Directional Game

Together Game

GRAPHIC

TIME

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

NOTES

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