HOW TO PREPARE A GRASSROOTS SESSION

- Assess a session
- Objective of the session
- Number of children
- Assessment
- Children’s level
- Organisation of pitch
- Equipment for the session
- Choice of games and exercises
MAIN OBJECTIVES

• 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
• 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

Structure of the Grassroots session

Warm-up

Global
- Play: Set the scene (Identification)
- Play format
- Match format

Global
- Cool down

Analytic
- Adapt
- Practice
- Repeat
- Learn

Global
- Play: Play format (PF) + Match format (MF)
1. WARM-UP

- 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

- 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

- 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

- 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.).
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