

TRAINING METHODOLOGY: EXAMPLES OF GAMES WITHIN GRASSROOTS SESSIONS

Game & Training Methodology in Grassroots Sessions

As well as having the chance to represent their clubs in matches on the pitch, the children should have opportunity to participate in a variety of small-sided games within sessions to challenge their technique, problem solving skills, resilience, decision making, and skill development. Grassroots programs should provide players with games in all sessions and a more formal weekly competition festival or league. Clubs will decide on their training methodology, as there is no evidence to support a certain method is best. Clubs should provide various ideas and training formats to all children. A station rotation approach is valued as it can support:

1. Variety of sessions
2. Coach Mentorship
3. Meet new friends
4. Can express skill sets in various activities
5. Work with different coaches

Game Examples within sessions

Overload Game Festivals

Matches will be played using overload games. Example: 3v2, 4v3, 5v4 etc. Each team plays against teams in every format. The overall games will be decided by who scores the most goals.

Big And Small Pitch Festivals

These festivals create ownership and encourage players to solve problems and become independent decision makers, as well as developing resilience and skill. Players are required to work as a team encouraging leadership, communication, and teamwork skills, and to recognise when, why and how to play with the spaces provided.

Power Play Festivals

These festivals are played as normal small, sided games but with the addition of powerplay music. During matches music will be played at random intervals throughout the matches. When the music is played, each goal scored equates to two goals.

Player Led Festivals

Players from different clubs will play in the same teams and socialise and work together throughout the day, with staff/coaches playing no active part. The emphasis is to let them play and create solutions to problems, developing confidence, leadership, and teamwork as they are taken out of their comfort zones.

The Third Half

Children will play a normal small-sided game relevant for their age but there will be a 'third half' where the children decide on the formation and how they play. Coaches step away from the learning and let the children lead the game and decide the rules.

Futsal Festivals

The five-a-side format allows players to develop techniques, improve their decision making in one-on-one situations and ball protection. These festivals can be played on a hard surface such as school gym or tennis court type of environment.

Multiple Goal games

In four-goal game festivals, players take part in a game that uses four goals (2 goals at each end). All children love scoring, and with more targets available, the chances of hitting the back of the net increase self-esteem, technical actions, and skills development.