



Together #WePlayStrong

Training session worksheets

8 - 11 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:

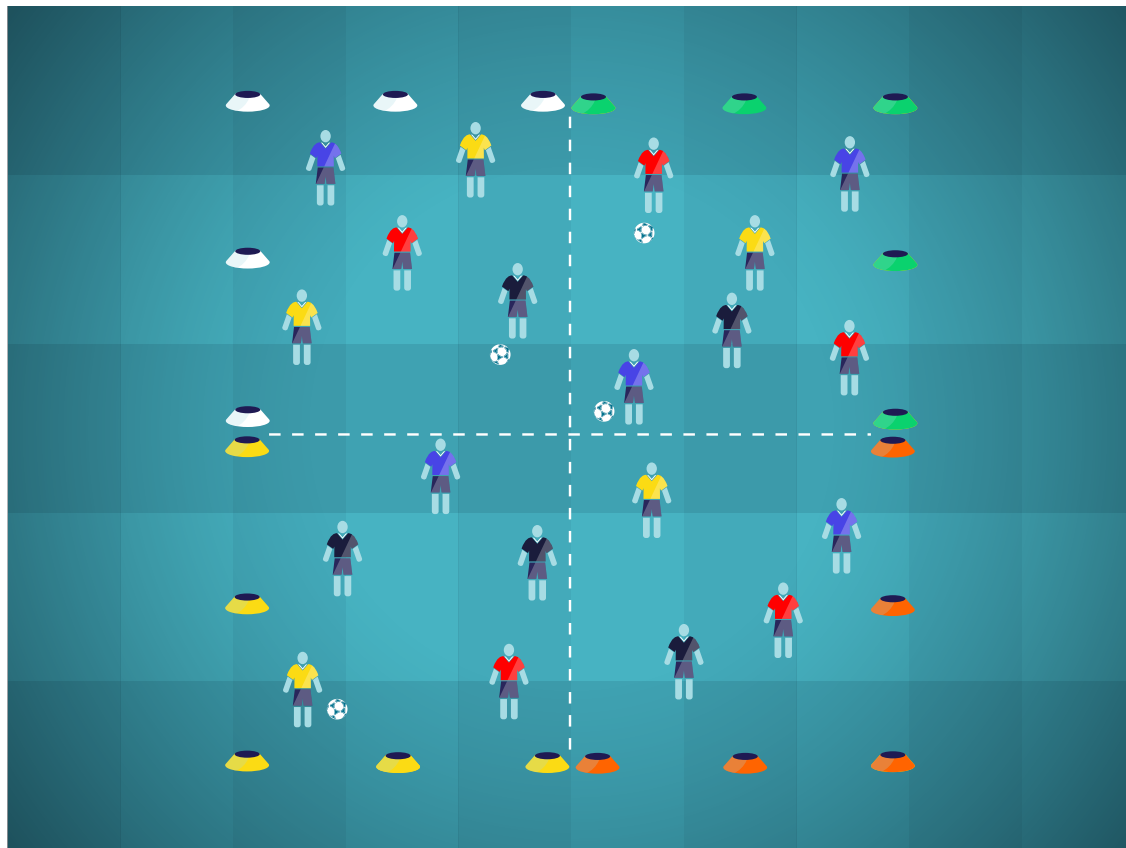
- Arrival Game: ideal as a warm-up (about 10 mins)
- Multi-directional Game: maximising each players' contact with the ball and encouraging multi-directional movement (about 15 mins)
- Directional Game: honing skills in exercises related to actual match situations (about 15 mins)
- Together Game: used 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”

SEQUENCE PASSING



ORGANISATION

Players:

Minimum of two teams of at least 4 players

Area:

20m x 20m (divided into four quarters)

Materials:

- 4 x 5 cones in different colours (not compulsory)
- Different coloured bibs for each team (not compulsory)
- Two balls for each team (one at the beginning and another for later on)

DESCRIPTION OF THE GAME

- Players form two, three or four teams of at least 4 players each
- Each player on each team has a number
- No. 1 passes to No. 2; No. 2 passes to No. 3; No. 3 passes to No. 4; No. 4 back to No. 1, etc
- All teams have the same task, and all teams use the whole of the area

General:

- Players pass the ball to their team-mates in numerical order
- All four zones must be occupied by at least one player from each team
- All players are constantly moving and changing zones

Variation:

- A) Passes must be played to feet
- B) Passes must be played into space
- C) Change of direction (No. 5 to No. 4; No. 4 to No. 3, and so on)

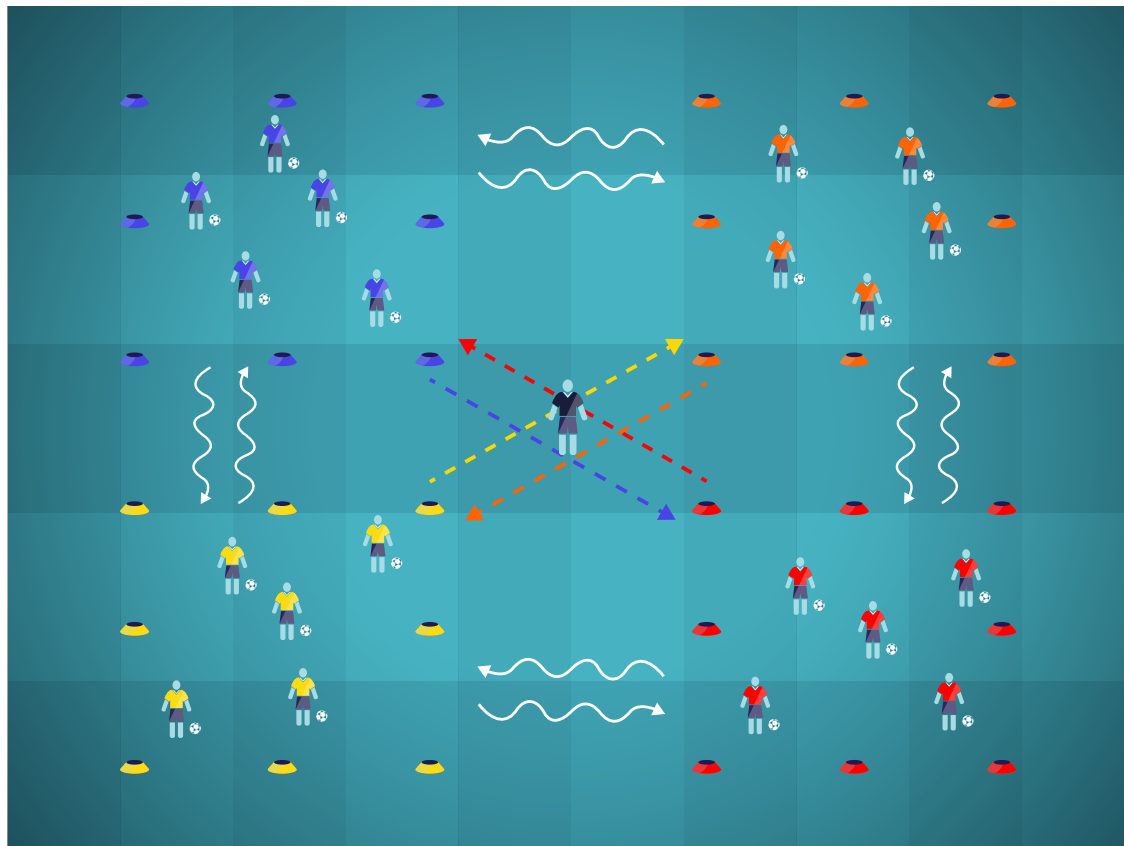
SIMPLIFICATIONS

- Players allowed unlimited touches
- Teams play in their own designated area at first (away from other teams)

PROGRESSIONS

- Two balls per team; for example, No. 1 and No. 3 could start passing at the same time
- Players only allowed two touches
- Only one touch allowed
- Players alternate long and short passes (short-long-short-long, etc.)

DRIBBLING QUEEN



ORGANISATION

Players:

Minimum of 12 players
(three in each square)

Area:

15m x 15m (divided into
four squares); sizes can
be altered easily

Materials:

- Cones
- Bibs
- One ball per player

DESCRIPTION OF THE GAME

- Four teams dribbling in their own designated squares
- Coach stands in the middle and issues instructions
- All exercises must be performed using both feet

- A) Dribbling with both feet
- B) Strike the ball with the sole
- C) Strike the ball with the inside of the foot

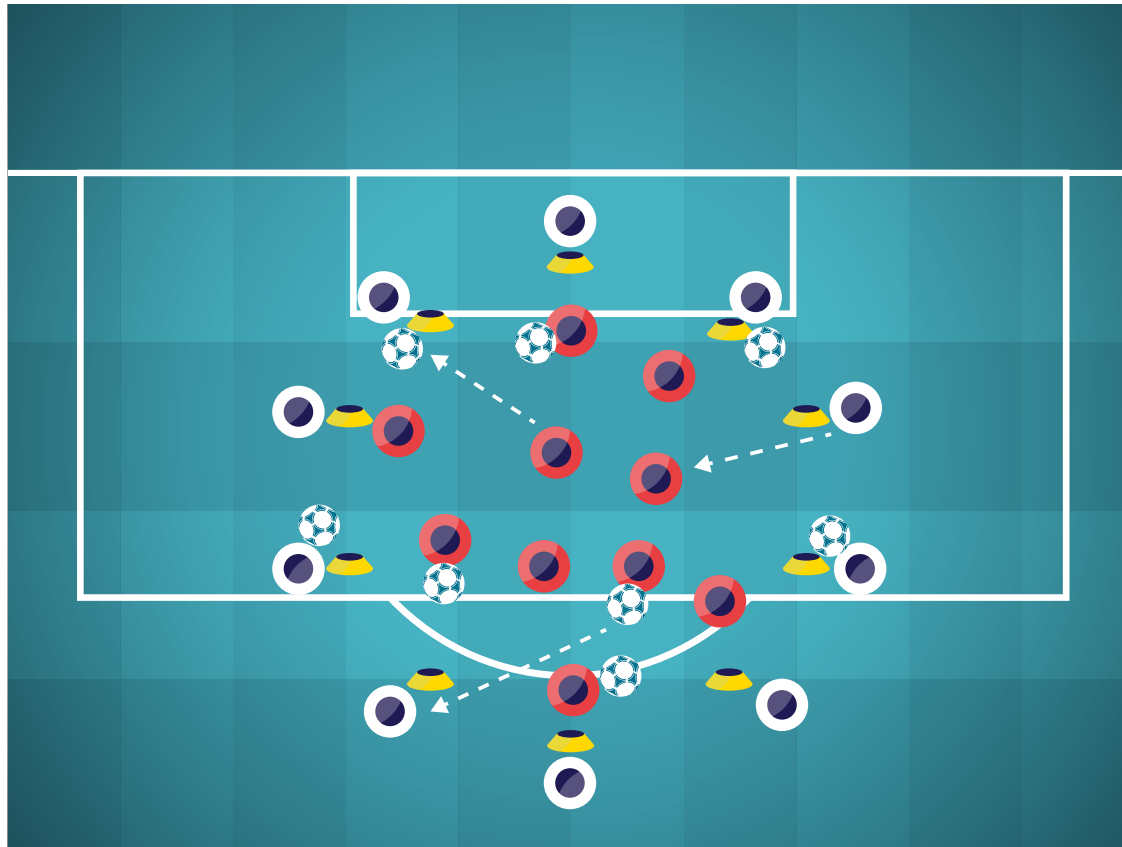
SIMPLIFICATIONS

- Use fewer feints
- Allow players to just dribble freely, with a change of direction on command
- Focus on precision of execution, rather than the competitive element

PROGRESSIONS

- When the coach says 'one', players have to perform a step-over with the right foot and then continue dribbling with the left foot. When the coach says 'two', players have to perform a step-over with the left foot and then continue dribbling with the right foot. When the coach says 'three', players have to perform a double step-over and then continue dribbling.
- The coach gives visual signs using two different coloured cones. When the coach holds up one cone (e.g. a pink one), all players dribble in a clockwise direction to the next square. When the coach holds up the other one (e.g. a turquoise cone), all players dribble in an anti-clockwise direction to the next square. When the coach holds up both cones, all players have to run to the square that is diagonally opposite, leaving their balls for the next team to collect.
- The team that reaches its new square first receives a point.

GOALIES AND STRIKERS



ORGANISATION

Players:

Two teams equal size

Area:

Circle with a diameter of ca. 18m (depends on number of players)

Materials:

- One ball per goalie

DESCRIPTION OF THE GAME

- One team (strikers) inside the circle; the other team (goalies) outside the circle
 - Goalies have a ball each
 - After 90 seconds, the two teams swap over
- Goalies pass the ball on the floor to the strikers inside, who are always on the move and asking for the ball; strikers receive the ball and pass back to the goalie
 - Goalies throw high to the strikers inside, who have to volley the ball back to the goalie
 - Goalies throw high to the strikers inside, who have to head the ball back to the goalie
 - Any other activity you can think of – e.g. control with thigh and pass back

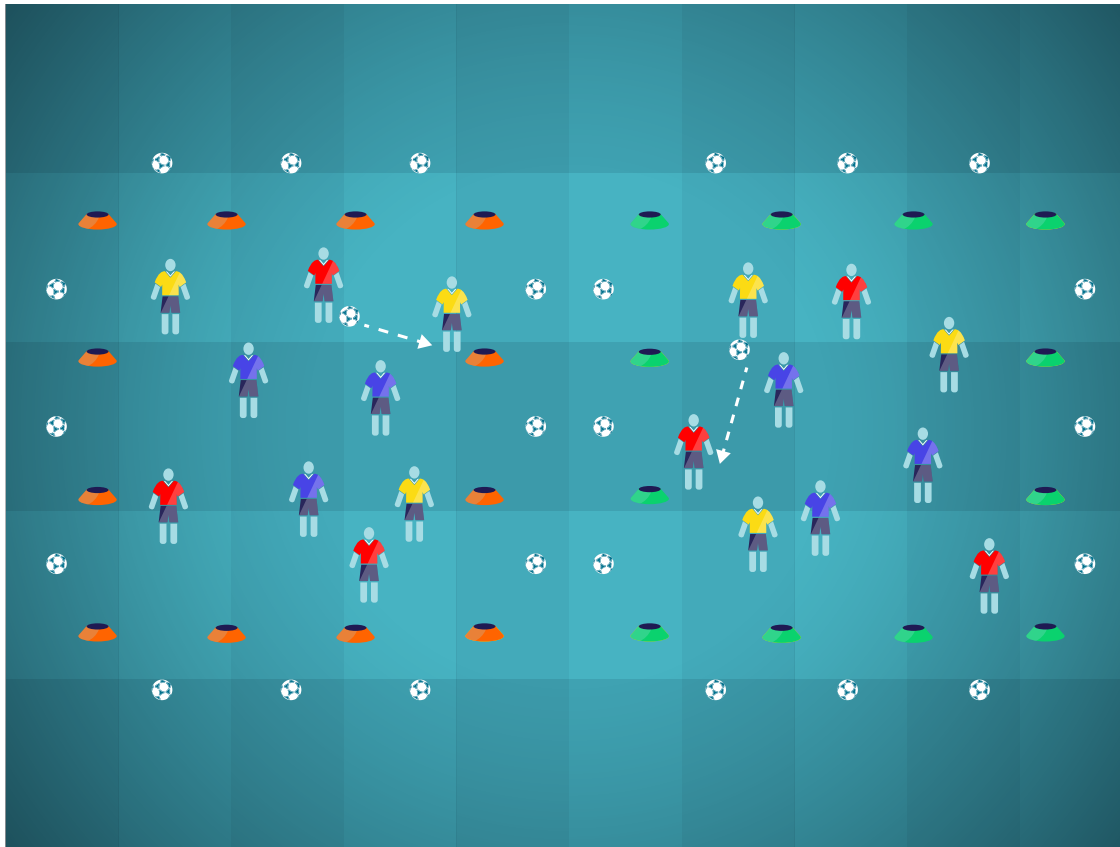
SIMPLIFICATIONS

- Try it without movement first to get the technique right – i.e. have strikers pass back to the same goalie

PROGRESSIONS

- Strikers control high balls with their thigh/chest and then volley the ball back
- After controlling the pass from the goalie (on head, chest, with foot) the strikers find a different goalie (without a ball) to dribble/pass the ball to
- Competitive element: How many times did players successfully pass/head/volley the ball back?

PASSING UNDER PRESSURE



DESCRIPTION OF THE GAME

- Six versus three: Red team and yellow team against blue team
- If the team blue wins the ball, the team that loses it must swap with the blue team

SIMPLIFICATIONS

- Make the square larger
- Players allowed unlimited touches

PROGRESSIONS

- Players only allowed two touches
- Competitive element: Which team can achieve the highest number of successful passes?

ORGANISATION

Players:

- 18 players: (2 x 6v3)
- 15 players: 1 x 6v3;
1 x 4v2
- 12 players: (2 x 4v2)
- 9 players: (6v3)
- 6 players: (4v2)

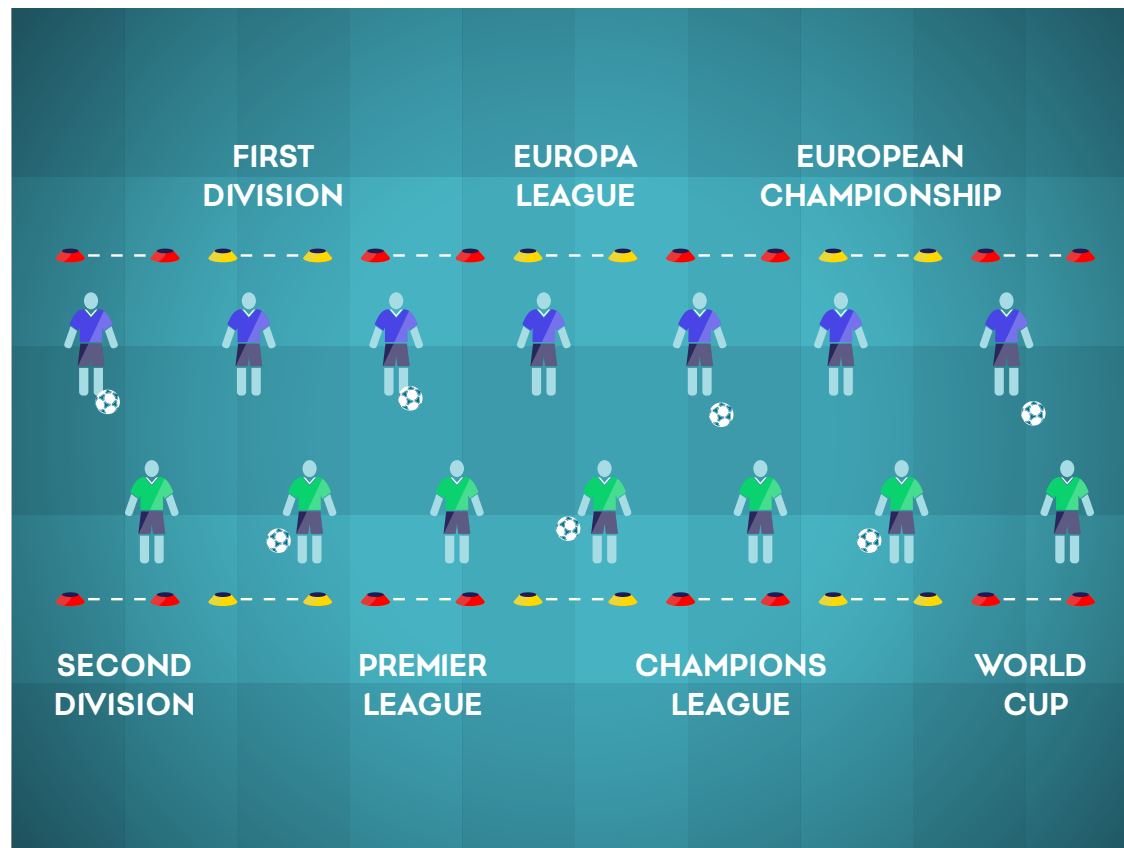
Area:

- Two 15m x 15m squares (for 6v3)
- Adapt the size of the square to the age, level and number of players

Materials:

- Balls surrounding the square; one ball in the game
- 2 x 12 cones (2 different colours)
- 3 x 6 bibs (3 different colours)

DRIBBLING TO THE WORLD CUP



DESCRIPTION OF THE GAME

- Seven stations, each with two players; players compete one versus one, seeking to dribble the ball over their opponent's goal line
- Each match lasts 45 seconds; the winner moves up a division and the loser is relegated (with the winner of the World Cup and the loser from the Second Division remaining in their places)
- In the event of a draw, the coach will determine the winner; alternatively, rock-paper-scissors could be used
- The coach should ensure that players take enough breaks during this exercise

ORGANISATION

Players:

14 players in this example, but number can easily be changed; minimum of six players (i.e. three stations)

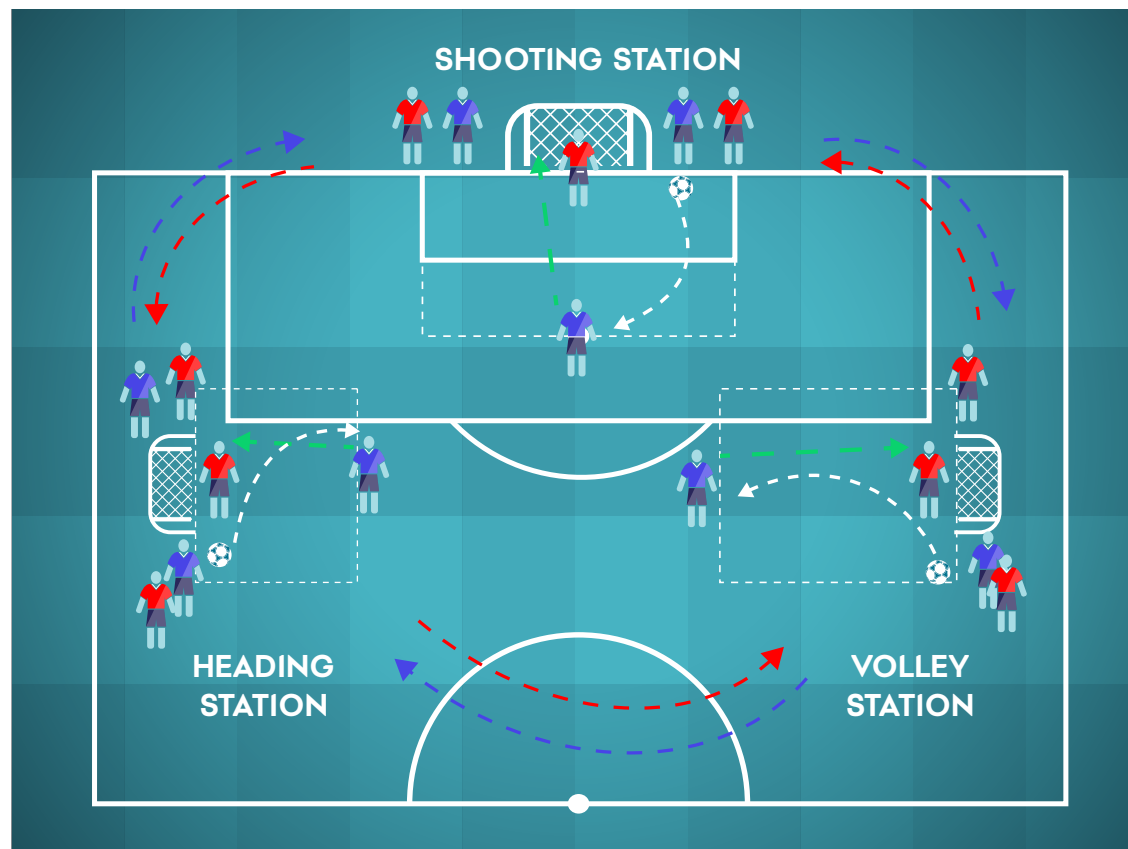
Area:

Seven 10m x 5m squares (if fewer participants, fewer squares)

Materials:

- 7 balls for 14 players
- 2 x 14 cones in 2 different colours (marking the square and goal line)
- Bibs (not compulsory)

SCORERS OF THE DAY



DESCRIPTION OF THE GAME

- Two teams (blue and red), each divided across three stations
- The team which starts has one player in front of goal and one player beside the goal to throw or pass the ball. The opposing team provides the goalkeeper.
- Each player has three attempts on goal at each station and must also be a goalkeeper at each station
- Teams keep count of the number of goals they score
- The blue team always moves clockwise to the next station, and the red team always moves anti-clockwise, so every blue team competes with every red team
- Teams visit each station twice, so each player has a total of six attempts on goal at each station. Players must use both feet!

SIMPLIFICATIONS

- For all stations: Reduce the distance to the goal
- For volley station and shooting station: Allow players to control the ball with the first touch and shoot with the second touch
- For volley station: Allow the ball to touch the ground once before the player shoots

ORGANISATION

Players:

Minimum of 12 players (4 per station); if a station has an uneven number of players, one player can have two turns

Area:

Three Stations:

- Shooting: 12m x 12m
- Volleying: 6m x 6m
- Heading: 3m x 3m

The size of the stations can be varied and depends on the age and level of the players

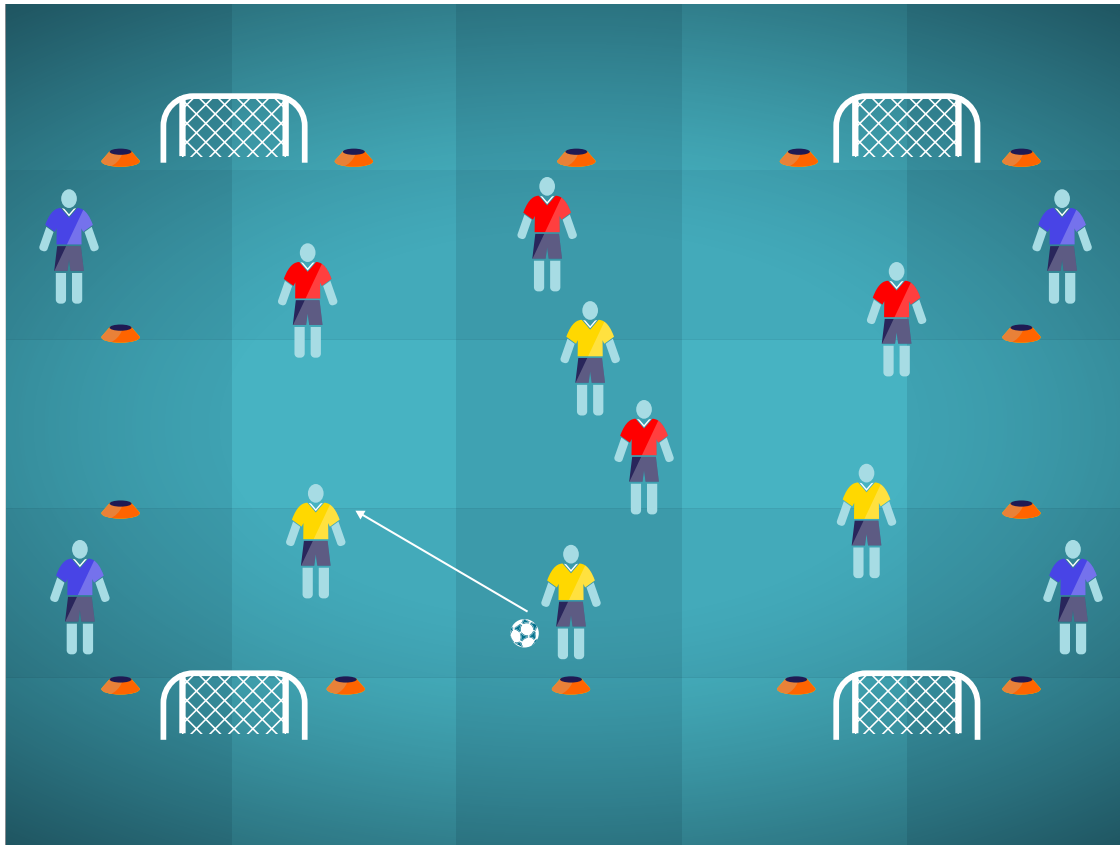
Materials:

- Cones for marking stations;
- Two sets of bibs for the for two teams
- Five balls for each station (to have spare balls)
- Three goals

PROGRESSIONS

- Shooting station: Force the player to shoot first time with their weaker foot
- Volley station: Force the player to shoot first time with their weaker foot
- Heading station: Throw the ball from the side, rather than from next to the goal

FOUR VERSUS FOUR



ORGANISATION

Players:

Minimum of 12 players

Area:

25m x 35m; size can be varied depending on the age, level and number of players

Materials:

- Balls
- Disc cones
- Four mini-goals

DESCRIPTION OF THE GAME

- Yellow team (four players) against red team (four players)
- The team in possession has support from the blue team (four players on the sidelines)
- Players on the pitch: maximum of three touches
- Blue team: maximum of two touches
- No high balls (free kick to opposing team)
- No corners; match restarts with a short pass from the byline
- Six successful passes are worth one goal
- Goals can also be scored by passing into the mini-goals
- Each game lasts four minutes
- Teams rotate, playing each other twice

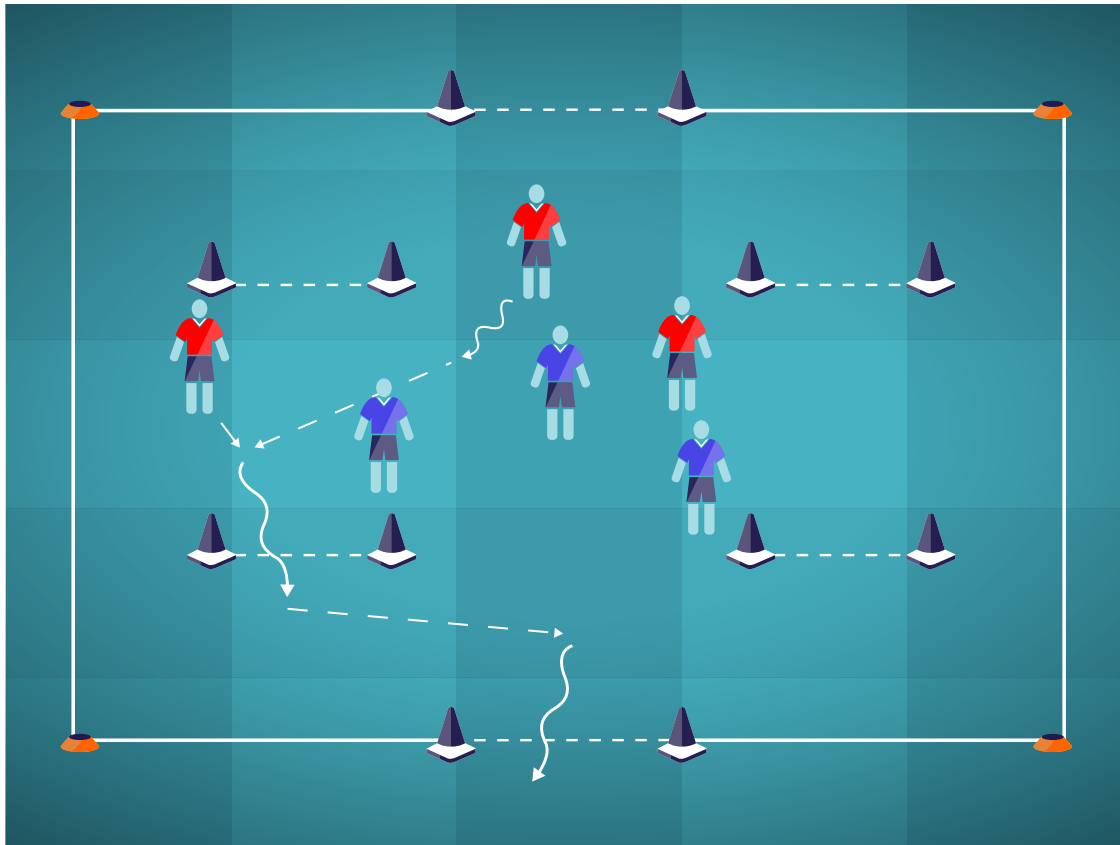
SIMPLIFICATIONS

- Players on the pitch allowed unlimited touches

PROGRESSIONS

- Players on the pitch allowed two touches
- Blue team allowed one touch only

LITTLE DRIBBLERS



DESCRIPTION OF THE GAME

- Four teams of three; two teams on each pitch
- Teams score by dribbling through 'dribble goals'
- If the ball leaves the pitch, the opposing team restarts by dribbling the ball in from the sideline
- Every team plays every other team twice (i.e. each team plays six matches)

ORGANISATION

Players:

Minimum of 12 players for a tournament on 2 pitches; minimum of 9 players for a tournament on 1 pitch

Area:

25m x 35m; size can be varied depending on the age, level and number of players

Materials:

- Balls
- Disc cones
- Six 'dribble goals' (ca 3m wide) per pitch

SCORING TOURNAMENT



ORGANISATION

Players:

Minimum of 12 players

Area:

18m x 22m; size can be varied depending on the age, level and number of players

Materials:

- Cones to mark the pitch
- Two Goals
- Balls
- Three sets of bibs

DESCRIPTION OF THE GAME

- Players form three teams of five
- The first team to score two goals is the winner; the losing team swap places with the neutral players around the outside
- Four neutral players stand on the two bylines (see diagram) and support the team in possession; the other neutral player acts as the referee
- Only neutral players are allowed to pass directly to the goalkeeper
- No corners
- Volleyed or headed goals (e.g. following a throw-in) count double
- Goals scored with a first-time shot following a pass from a neutral player count double
- Neutral players are only allowed one touch
- All players must be both a goalkeeper and a referee at some point

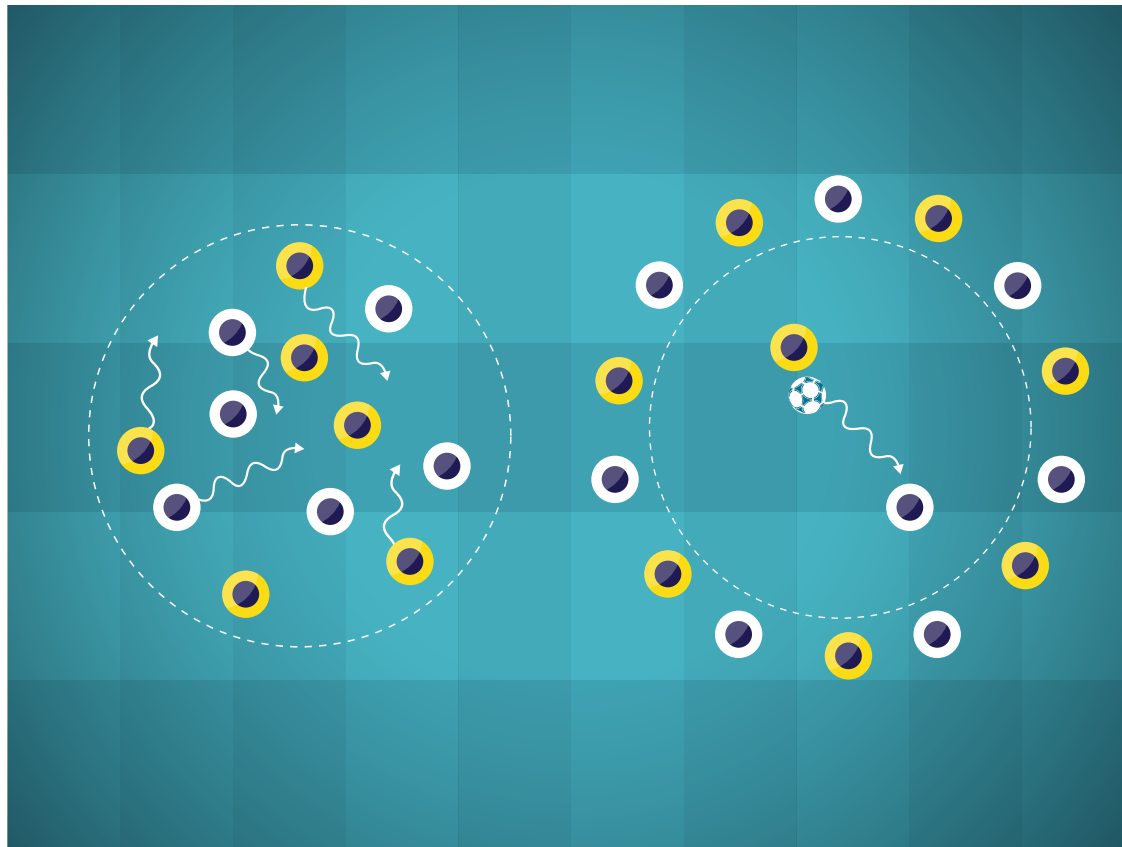
SIMPLIFICATIONS

- Neutral players are allowed two touches

PROGRESSIONS

- Time pressure: If, after two minutes, neither team has scored twice, the team that won the previous match leaves the field

FREESTYLE



DESCRIPTION OF THE GAME

First part:

- Every player has a ball
- Players dribble around the circle and try to perfect their favourite feints and tricks, without any pressure

Second part:

- A volunteer from one team performs feints, tricks and dummies in the middle of the circle, before challenging a player from the opposing team; all other players stand outside the circle and provide vociferous support
- The player who is deemed to have won the battle remains in the circle; the losing player is replaced by another member of their team
- All players should appear in the circle at least once

ORGANISATION

Players:

Minimum of six players

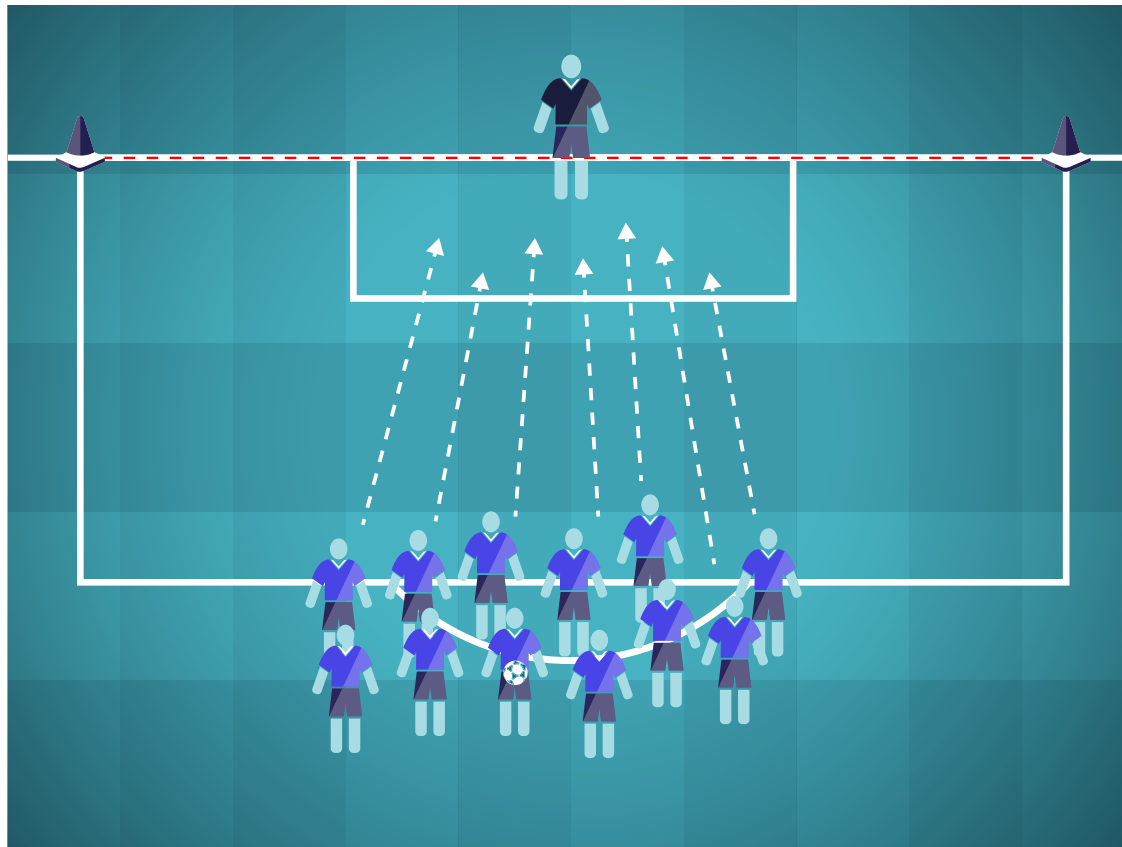
Area:

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

Materials:

- One ball per player

GOLDEN BALL



DESCRIPTION OF THE GAME

- Coach stands on the goal line with their back to the team, who are stood ca 20m away
- Team walk towards the goal line, with one player hiding the ball behind their back
- As soon as the coach calls 'stop', the team stop moving
- The coach turns around and tries to guess which player has the ball
- If the coach is wrong, they turn around again; the game continues until either the coach guesses correctly or the team reaches the goal line
- The ball can be moved from player to player between rounds

ORGANISATION

Players:

Minimum of five players

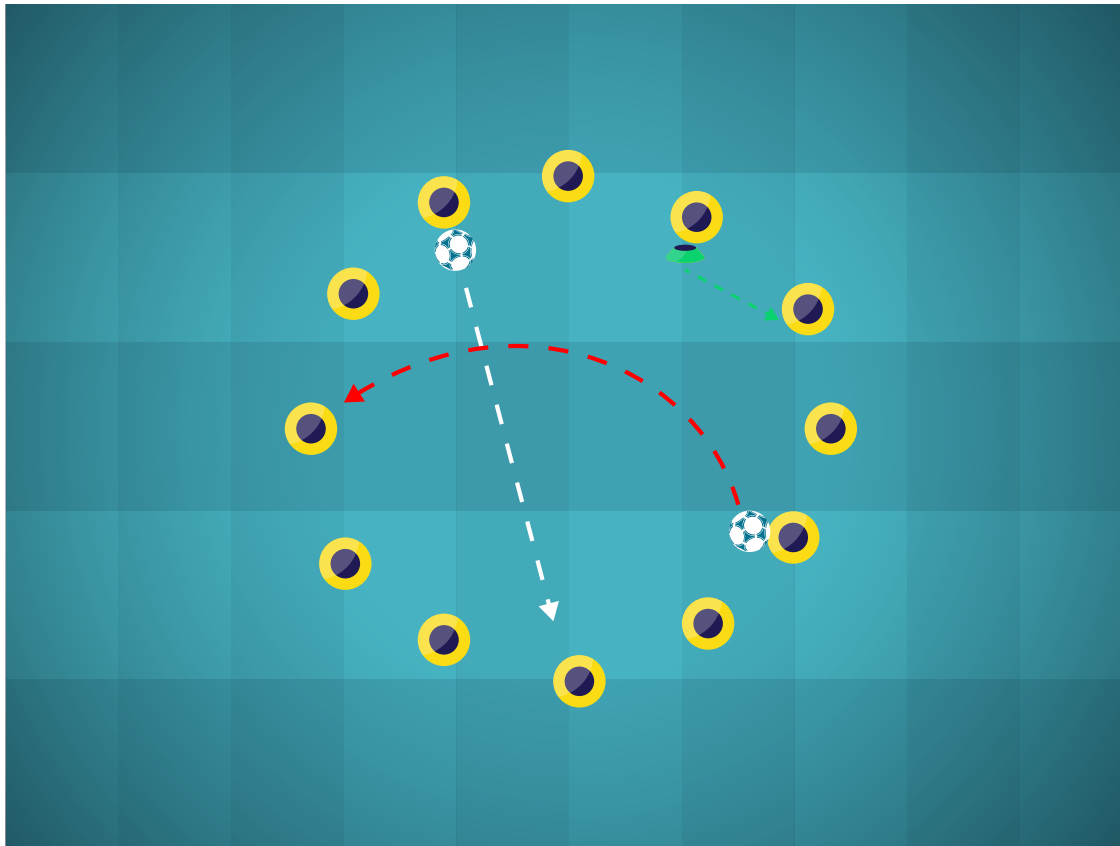
Area:

Starting position ca 20m from goal line

Materials:

- One ball and something to mark starting position

WORK TOGETHER



ORGANISATION

Players:

Minimum of eight players

Area:

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

Materials:

- Two balls
- One cone

DESCRIPTION OF THE GAME

- Players stand in a circle, passing a ball to each other; they each have to remember who passed it to them and who they passed it to

First round:

- In the first round, a single ball is used and is passed on the floor

Second round:

- Additional a 2nd ball is in the game. The high ball is used at the same way as the flat ball (just throwing with the hands)

Third round:

- In this round, a cone is passed clockwise from player to player, in addition to the two balls

SIMPLIFICATIONS

- Use only one ball

PROGRESSIONS

- Add a third ball



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

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