

AFC GRASSROOTS FUN FOOTBALL COURSE

(6 - 8 years old)

COURSE MATERIAL



The background features a stylized soccer ball on the left, composed of white and gray hexagonal panels. To the right of the ball are large, colorful, abstract swooshes in shades of light blue, light green, yellow, and pink. The text "Let's Play!" is centered over the soccer ball and the green swoosh.

Let's Play!

AFC GRASSROOTS FUN FOOTBALL COURSE

(6 - 8 years old)

COURSE MATERIAL



© 2013 by Asian Football Confederation

All rights reserved. Apart from any fair dealing for the purpose of private study, research, criticism or review under the Copyright Act of your country, no part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without prior permission from the Asian Football Confederation. Asian Football Confederation Member Associations are permitted to translate and copy this document for the sole purpose of education and training of coaches within their own countries.



12



Theoretical Content

- 14 Course Introduction and Overview of Children's Development
- 19 The Fun Football Coach
- 24 Organising Fun Football

Practical Content

- 46 Fun Football Games and Activities
- 52 The Fun Football Training Program
- 60 Facilitating Games and Activities
- 61 Fun Football Practical Coaching

15



44

Course Syllabus

Theoretical

1. Course Introduction and Overview of Children's Development	1 hr 00 m
2. The Fun Football Coach	1 hr 00 m
3. Organising Fun Football	1 hr 00 m
	3 hr 00 m

Practical

1. Fun Football Games and Activities	1 hr 30 m
2. The Fun Football Training Program	1 hr 00 m
3. Facilitating Games and Activities	1 hr 00 m
4. Fun Football Practical Coaching	1 hr 00 m
	4 hr 30 m

AFC Grassroots Football Coaching Course 'Fun Football'

Theoretical Content	3 hrs 00 m
Practical Content	4 hrs 30 m
Total Course Duration	7 hrs 30 m

Course Program

Day Time	Module 1 (Theory)	Module 2 (Theory)	Module 3 (Theory)	Module 3 & 4 (Practical) Instructor Demo	Module 5 (Practical) Instructor Demo	Module 6 (Practical) Participant Delivery	Module 7 (Practical) Participant Delivery
	1 hour	1 hour	1 hour	1.5 hour	1 hour	1 hour	1 hour
Day 1	Course Introduction and Overview of Children's Development	The Fun Football Coach	Organizing Fun Football	Fun Football Games and Activities	The Fun Football Training Program	Facilitating Fun Football Games and Activities	Fun Football Practical Training

** Course Organizer will provide the necessary breaks in between the modules*

Course Information

Pre-requisites

There are no entry requirements for this course.

Course Duration

The training program for the Fun Football Coach (6-8 years old) will be approximately 7.5 hours in duration of active course time.

Course Delivery

The course organiser may deliver this course in block, i.e. one full-day or by module hours over several days.

Attendance

Course participants must attend all sessions and actively participate in all activities. Full attendance is required and monitored.

Practical

Participants are required to be actively involved in the practical sessions both as a player or a coach. Course instructors will observe them during practical sessions with their peers and issue a feedback form at the completion of the course reflecting their practical ability to effectively work within this age group.

NOTE: Consideration will be given to participant's fitness levels, health and well-being.

Course Organisation and Fees

The MA and/or an approved organiser shall deliver this course using AFC qualified Grassroots Instructors. All course expenses should be met by the course organiser and/or participants. This may include all expenses associated with the hire of the venue, instructor's fees, use of equipment, catering, issuing of certificates, required resources, etc.

Award

Upon the successful completion of this course each participant will receive:

- MA Fun Football Course - Attendance Certificate
- 4 year coaching license*

*Optional (see below)

Licensing (Optional)

If the MA wishes to start a licensing scheme, they may require each participant to update (refresher) or upgrade their certificate every 4 years (or any time-line preferred by the MA).

This can be achieved by attending the same course, attending the next level course or attending an MA organized age specific refresher course/workshop.

Responsibilities of the Course Organizer

The Course Organizer may be -

1. The Member Association (MA)
2. The local Football Association (a member of the MA) at the Province, State, District etc level (whichever is applicable)
3. An authorized agent e.g. ministries, educational institutions, NGOs, partners etc. acting on behalf of the MA and/or Local Football Association.

Responsibilities:

MA to plan the organization of

1. Grassroots courses on an annual basis. Course planning must be made in close consultation with those mentioned in Points 2 & 3 above.
2. All confirmed course information must be made available to members of the public and potential course participants through dissemination of information through the mass media, marketing, advertising etc. Other information like course requirements, point of registration, timelines, course fees (if applicable) and methods of payment must be made available.
3. Form a working group – Course administrator, coordinator, Instructor, assistants, first aid staff etc.
4. Acquire course logistics - Field, classroom, equipment, apparels.
5. MA to inform AFC in writing on the course organization with details like dates, venue, Instructor(s) and participants list before the course starts.
6. Make the necessary travel and accommodation arrangements for the Instructor(s) and participants (if applicable).



Requirements and expectation of Participants

1. All participants should confirm their enrolment for 'Fun Football Coach Course' with the Course Organizer within the timelines stated.
2. It is expected that ALL participants will attend ALL sessions.
3. Participants should be in good physical condition to attend and complete the course.
4. Participants should notify the course organizer of any medical condition likely to affect their performance on the course.
5. Participants should provide their own note-taking materials.
6. Participants should provide their own practical session apparel and gears.
7. Participants should make their own travel arrangements to and from the course venue.
8. Participants should notify the course organizer of any special dietary requirements (if meals are provided).





Facilities and Equipment

AFC acknowledges that venues and environments differ greatly across Asia. The following are recommendations for the optimal delivery of courses.

1. Activity area - A safe football activity area large enough to conduct the practical topics. This may be an indoor hall, a natural or synthetic football turf, dirt pitch or any level surface without potholes, debris and dangerous articles.
2. Minimum equipment required are:
 - Footballs - 1 ball per participant
 - Cones/markers or marked practice areas
 - Training bibs of at least two contrasting colours
 - Whistles
 - Fully equipped First Aid box
 - Water container/cups/water bottles
3. Classroom
 - A classroom is required near the field
 - Table and chairs to accommodate all participants
 - Projector and screen
 - DVD player and TV monitor
 - Magnetic white board with marker pens
 - Flipchart stand with a supply of paper
4. Participants' apparel & equipment
 - Appropriate practical training gear for the environment
 - Suitable footwear for the playing surface
 - Writing material and stationeries
 - Whistle (optional)

Procedure for Course Instructor(s)

1. The appointed Instructor(s) should be notified in writing by the Course Organizer at least one month prior to the commencement of the course.
2. The appointed Instructor(s) should confirm in writing their availability to conduct the course.
3. Prior to the commencement of the course, the Instructor should be provided by the Course Organizer with the following items:
 - The Course Instructor should undertake a pre-course venue inspection visit to ensure that facilities and equipment are in a safe, good and working order. Any issues must be reported to the course organizer for rectification before the course starts.
 - The Course Instructor should keep an up to date course file which contains details concerning the course, including all lecture and practical coaching sessions' preparation notes.
 - Disseminate all the relevant course contents/information and deliver the course hours in full.
 - Ensure the safety of the participants by ensuring that refreshments (water) as well first-aid services are available and regular breaks are provided.
 - Complete all administrative paper work upon completion of the course as requested by the Course Organizer.

Course Administration

The Course Administrator should -

- Appoint the Instructor(s) for the course
- Undertake all registration announcement and processes for the participants
- Make all arrangements to secure facilities and/or equipment
- Inform the course organization in writing to AFC with relevant details like dates, venue, Instructor(s) and participants list.
- Provide full logistical and administrative support for the Course Instructor(s).
- Ensure the smooth and optimal delivery of the course.
- Prepare name list of course participants for the Instructor(s) and all other relevant documents.
- Appoint a first-aider and ensure that first aid facilities are available.
- Ensure refreshment is available.
- Upon completion of the course, collect all the relevant documents from Instructor(s) and participants.
- Ensure proper shut down of the course.

Fun Football Course (6-8 years old)

Theory Modules





Module 1: Course Introduction and Overview of Children's Development

1. Course Introduction

Course Program

Day Time	Module 1 (Theory)	Module 2 (Theory)	Module 3 (Theory)	Module 3 & 4 (Practical) Instructor Demo	Module 5 (Practical) Instructor Demo	Module 6 (Practical) Participant Delivery	Module 7 (Practical) Participant Delivery
	1 hour	1 hour	1 hour	1.5 hour	1 hour	1 hour	1 hour
Day 1	Course Introduction and Overview of Children's Development	The Fun Football Coach	Organizing Fun Football	Fun Football Games and Activities	The Fun Football Training Program	Facilitating Fun Football Games and Activities	Fun Football Practical Training

* Course Organizer will provide the necessary breaks in between the modules

Participants' expectation

- All participants should confirm their enrolment for 'Fun Football Coach Course' with the Course Organizer within the timelines stated.
- It is expected that ALL participants will attend ALL sessions.
- Participants should be in good physical condition to attend and complete the course.
- Participants should notify the course organizer of any medical condition likely to affect their performance on the course.
- Participants should provide their own note-taking materials.
- Participants should provide their own practical session apparel and gears.
- Participants should make their own travel arrangements to and from the course venue.
- Participants should notify the course organizer of any special dietary requirements (if meals are provided).

Competency Statements

Plan and Prepare -

- Identify basic fun football requirements for young children.
- Prepare sessions and equipment appropriate to the needs of the age group and their abilities by using the practical session plans.

Conduct -

- Conduct safe, fun learning games and activities appropriate to the needs of the age group.
- Ensure the safety of all participants.
- Implement the basic rules of age appropriate small sided games.

Evaluate -

- The grassroots coach will be able to reflect on the training session and coaching behaviours with the view of improving for the next session.

Adapt -

- Make changes to activities and sessions to continually meet the needs of the age group and their abilities.



2. Philosophy of AFC Grassroots Development

AFC fully supports FIFA's grassroots football development philosophy that targets boys and girls aged 6-12 years through school, community and club initiatives.

The key concept of the Grassroots Development Program is to bring together as many people as possible through football. The grassroots program advocates exchanges and sharing of values and promotes the pleasure of playing and practising our beautiful game.

For some people, grassroots football is a focus for recreational activities, while for others it is the organised practice of the sport, with training and matches, within a school or club framework.

Of course not all young players will become the stars of the future and they do not all have the qualities required to become professional players. So intensive training sessions and complicated tactics are not appropriate at this age group. Talented player development and specific training activities should be presented at a later age category.

Play is the best means of learning. Above all, youngsters should have fun.

The essential elements of grassroots football are relationships, team spirit and fun.

The concept of learning through play while being guided by a coach-leader is a specific approach designed to reach out to the young and create a process to connect to the future.

The Grassroots coach must be friendly, supportive, dynamic, passionate, motivational and must always respect the children's physical, physiological and psychological level of development and maturation.

The AFC Grassroots Development philosophy can be summarised as:

- Everyone has the opportunity to play
- Football can be played anywhere and by everyone
- Football is non-discriminatory
- The game must be fun, simple, exciting and rewarding
- Fair play must be respected and encouraged at all times
- Age and ability appropriate activities should be provided to all

3. Overview of children's development

Why do children participate?

Coaches must always remember why children participate in football. The purpose of grassroots football is to develop a love and excitement for the game by the children, not to prepare a child to become the next world superstar.

Coaches of children of this age group should strive to see children running with smiles on their faces, kicking a football and wanting to know when the next training session or game will be.

Children want to play football for three main reasons.

They want to:

- enjoy the experience with their friends
- improve their physical competence in activities and drills
- attain social acceptance and approval of their friends, peers, parents and coaches



As coaches, we have an obligation to achieve these goals, so that they will commit to participating in the game as long term contributors.

Young children also dream of being the best player in the world by imitating individual moves and pretending to be high profile football players.

Their imagination takes them to all the major world football events as they actively take part in representing their club, region or even country. Coaches should never crush these dreams but nurture their imagination and let their love of the sport grow.

We must continually encourage each individual child to grow “their love and enthusiasm” for the game of football.

4. Children's characteristics (6 - 8 years old)

Characteristics	Training Contents
● Fragile	● Basic football technique
● Developing quickly	● Coordination exercises
● Difficulties with coordination	● Introductory games
● Short attention and concentration spans	● Getting used to the ball (all activities with the ball)
● Excellent facility for imitation (visual memory)	● Small-sided games (4v4 & 5v5)
● Likes playing, egocentrism (self-centred)	● Alternating activities (matches > introductory games > exercises)
● Enjoyment of the game	● Balanced groups or teams (equal numbers with equal playing time)
<i>"Just a child"</i>	<i>"Playing, enjoying"</i>
Role of the Coach	
● Supervise the games	
● Re-assures	
● Motivates	
● Demonstrates the exercises	
● Simple, expressive language	
● Limited intervention/ letting the child play	
● Teaching by encouragement	
<i>"Having fun through football"</i>	

Adapted from FIFA Grassroots Manual

IMPORTANT NOTE: Every child grows at their own different rate. Use this table only as a guide.

Module 2: The Fun Football Coach

1. The Environment for Fun Football

The intention of the AFC Grassroots Football program is to:

- Increase participation
- Encourage equal participation without any form of discrimination
- Provide a fun, safe, learning and playing environment
- Create a life-long passion for participating in football
- Introduce social and football skills to children at all levels
- Start talented player development pathways through links with programs at a later stage



Sample pathways through different

Grassroots → Community → Talented/ Elite

Local community surroundings are a natural environment where everyone can play and where integration, interaction and personal development are nurtured and enhanced.

Many of the world's best former and current players spent countless childhood hours developing their skills playing football in streets, parks, open spaces, beaches, in rural and built up areas.

It is acknowledged that the primary football teacher of children developing skills is unstructured football games played anywhere, on any surface and at any time.

These games are known for providing a self-learning environment without adult over-coaching and pressure, particularly the pressure to win competitions which often inhibits the technical and tactical development of children in their formative years.

In these unstructured games, children are free to experiment, improvise, copy, modify and learn through playing the game for fun.

Small sided games and street football is where future stars learn and develop individual football skills.

In most of the best football countries, players do not play on a full-size field until after 13 years of age, at a time when their technical skills have been developed through small-sided games and free play.

Successful football programs plan their grassroots development programs in such a way so as to create an environment which:

- Facilitates children to spend maximum time playing with the ball in small sided games
- Develops technique and skill through frequency of ball contact and decision making. This is best created through small-sided games where each player receives a large number of ball contacts and football decision-making opportunities
- Maximises the time spent in training by utilising varied training methods in small-sided games to better develop technically effective players with game intelligence
- Provides opportunity for unstructured football games (discovery play) without adult pressure and expectation that may hinder the child's learning process
- Ensures small-sided games are the primary method of teaching children the fundamentals of the game - "let the game be the teacher"
- Provides different surfaces and varied types and sizes of balls that help the child develop diverse skills
- Provides Futsal and Beach Soccer as part of a child's development environment as they both provide an excellent opportunity to acquire unique types of ball skills

The establishment of grassroots programs and providing small-sided games facilities in your country is essential to start children's development and forms a strong foundation for talented player development.

Community organizations, schools and clubs should also provide opportunities for children to get enough football playing and tuition time starting at an early age to ensure they develop accumulated experiences in football skills and knowledge.

2. The role of the Fun Football Coach

- Plan activities
- Provide a safe environment
- Simple, expressive language
- Demonstrates the exercises
- Supervises games
- Re-assures and motivates
- Limited intervention and letting the children play
- Teaching by encouragement





Adapted from FIFA Grassroots Manual

3. The Coach as a Referee

It is important for the coach to have an understanding of the Laws OF The Game (LOTG) as his role will include being a referee in the games.

More importantly is how the coach changes or modifies the LOTG depending on the children's age, ability, number of players per team, training objectives and equipment available.

Changes to the size of the playing area, ball size, playing time, re-start of play, off-side and other rules must be made by the coach to help the children enjoy the game and to create a less stressful playing environment.

The Referee in grassroots football activities is -

- Important in teaching the children fair play and obeying rules
- An educator in sportsmanship and rules of the game
- A role model

4. Code of Conduct

Grassroots coaches are handling children in a very fragile age. A clear understanding of child development is needed and knowing the correct way of interacting with them is very crucial.

A code of conduct document is available for new coaches to review and acknowledge at the end of the course.

Coaches are to be guided by this code as well as existing Child Protection Laws within their country.



5. Child Protection

General Principles

- All children have equal rights to protection from abuse and exploitation
- All children should be encouraged to fulfil their potential and inequalities should be challenged
- Everybody has a responsibility to support the care and protection of children

Module 3: Organising Fun Football

Training Methodology

Grassroots football can be played everywhere, by everyone, involving everybody.

Grassroots coaches are training 6-8 year old children and the focus of all sessions should be on fun and safety.

Each session plan has been divided into four main areas.

- **Fun Play**
- **Discovery Play**
- **Learning Play**
- **Finishing Play**

Fun Play (Warm up)

These activities give the grassroots coach the opportunity to provide Fun start up activities to set the basis of the session. These activities should include warming up the children both physically and psychologically for the fun session ahead of them. It is an ideal time for the coach to observe the skill levels and interaction of all participants.

Discovery Play (Skill play)

These activities relate to the football development of each child through their own Discovery. This can be achieved by allowing each child to discover their own abilities and challenges, in a self-paced learning environment, with minimum input by the grassroots coach.

These sessions set parameters in which each child can attempt, experiment and create various types of football skills and decision making by allowing a certain amount of free play.

Learning Play (Fun games)

These activities relate to the grassroots coach helping the development of motor skills development through football movement (Invasion games) and small sided games.

Gross motor skills encompass the abilities required to control the large muscles of the body for walking, running, kicking, catching, throwing and other activities. The muscles required to perform gross motor skills are generally found in the arms, legs, back, abdomen, and torso.

Generally the development of basic football skills and tactics will not only develop these gross motor skills but also the child's psychological skills associated with the basic strategies and tactics of football that are used within small sided games.

Finishing Play (Cool down)

These activities give the grassroots coach the opportunity to allow each child the time to replay or experiment with new concepts that have been facilitated during the session. It is also an ideal time for fun games and activities to be presented so that each child leaves the session with a smile wanting to know when the next session will be.

For many children all around the world, football is the main form of entertainment, social integration and free expression. The game is the best teacher, and the enjoyment of the players should always be the main focus in the development of this program.

The action of the grassroots coach must be dynamic, simple, exciting and rewarding, and the physical, physiological and psychological characteristics of the children must always be respected.

Always remember:

A grassroots coach supervises children playing football; a grassroots coach does not train footballers

1. Training Session Cards

The AFC has produced a series of prepared training sessions that you can deliver to young children. These sessions have been prepared so that varying numbers of children can play and contribute to the activities depending upon the number of children you have at your training session.

The series consists of 10 sessions each of no longer than 60 minutes induration. At the end of this series of sessions it is hoped that each coach will progress onto the Fun Football Colour Training System for the preparation and planning of their sessions. It should be remembered that these model activities should always be modified and adapted to the children's environment, abilities and motivation.

2. Fun Football Colour Training System

To assist all coaches with their preparation of fun and enjoyable sessions the AFC has developed an easy to use system of football related activities that can be placed within the session plan provided.

The system relies on the colour coding of session plans with corresponding activities. Grassroots coaches will select activities and games from each of the three major areas within the resource manual and insert them into each appropriate area of the session plan.

This will assist grassroots coaches in the delivery of quality sessions and avoid repetition of activities, thus keeping children active and engaged.

It is advised that each grassroots coach select from their resource manual activities that reflect this formula. It is important that each grassroots coach vary their sessions each week based on the activities and games found in their resource manual.

Fun Play (10 mins)	Discovery Play (20 mins)	Learning Play (20 mins)	Finishing Play (10 mins)
<u>2 Activities</u>	<u>3 Activities</u>	<u>3 Activities</u>	<u>2 Activities</u>
Activity 1:	Activity 1:	Activity 1:	Activity 1:
Activity 2:	Activity 2:	Activity 2:	Activity 2:
	Activity 3:	Activity 3:	

3. Sample of training drills of the Fun Football Colour Training System

Source: S2S

For more exercises, please go to this website: www.s2s.net

Fun Play (Warm up)

Title	Anthill with Signs	Fun Play	
Type of skill	Ball Control	Age	6 - 8
		Organization: • The players each run with a ball using different touches and whilst keeping the ball under close control in a limited area try different skills when the trainer makes a sign. • They must therefore look up from the ball in between touches and practise the so called split vision technique. • Examples of signs the trainer can make: Both arms straight out to the side – run with the ball and stop it on a sideline. • Both arms straight up – stop and run once around the ball. • One arm straight up – stand still with one foot on the ball. Variation: • Different signs and different skills. • Practise with a chosen foot and chosen part of the foot. • Try with two trainers that, in turn, make signs from either side of the pitch. • Compete by giving a point to the player that is last completing the skill, the least amount of points wins.	

Title	Follow the Leader in Pairs	Fun Play	
Type of skill	Fun game with the ball	Age	6 - 8
		Organization: • The players each have a ball and are divided into pairs. • One of the players in the pair does something with the ball and the teammate copies. • The leader can choose a soccer technique but may also use their hands to play with the ball in different ways. • Change roles at regular intervals. Variation: • The players can be divided into groups of threes or fours.	

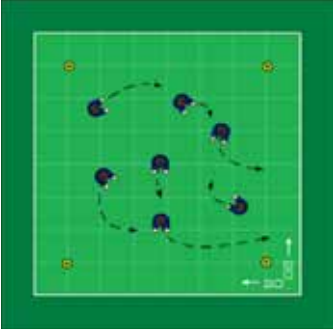
Title	Follow the Leader - Handball	Fun Play	
Type of skill	Fun game with the ball	Age	6 - 8
		Organization: • The players each hold a ball in their hands and walk around the pitch in a line. • The player at the front does different things with the ball using only their hands and the following players all copy the leader. • Change the leader regularly and allow all players the chance to lead. Variation: • Divide the players into smaller or larger groups.	



Title	Odd One Out	Fun Play	
Type of skill	Fun game with the ball	Age	6 - 8
		Organization: • The players each have a ball and try running with it between two lines on the marked out pitch. • One or two players place their own ball at the side of the pitch and are without a ball when they start in the middle, they are thus the so called odd one out. • During each round they try to kick out as many of the other player's balls as possible. • Any player whose ball is kicked out joins in as an odd one out. • There will be more and more players in the middle as the game progresses. • Finally there will be one or very few players still in possession of their ball. • The winner receives gold, and a new game starts with the latest gold winners in the middle. Variation: • Play until all players have had their ball kicked out and give gold to the player in possession of their ball during the next to last round. • Allow all the players the chance at some point to start in the middle therefore start with more players in the middle at the beginning of each game.	

Discovery Play (Skill play)

Title	Anthill with Pairs	Discovery Play	
Type of skill	Fun game with the ball	Age	6 - 8
		Organization: • Two players per ball play in a grid. • There can be for example three or more pairs per grid. • The players try to keep possession of the ball in their pair by feinting and dribbling, passing and screening the ball, whilst at the same time trying to kick out the other pairs' ball. • The pair whose ball is kicked out is eliminated from play until the next game. • The pair that remains longest in the grid wins. Play many times. Variation: • No pair is eliminated from the game instead the players count up the total number of times they kick out the other pairs' ball, the team kicking out the ball the most number of times wins.	

Title	Tag with Bibs	Discovery Play	
Type of skill	Fun game with the ball	Age	6 - 8
		Organization: • Each player has a ball and runs with it in a restricted area. • All of the players have a colored bib, loosely placed and accessible behind their back, in the top of their shorts. • The players try to grab as many of the other players' bibs as possible without having their own bib taken. • If the players bib is taken then the player puts another one in its place. • The winner is the player that has the most bibs when the game is over. • Finish and start a new game many times. Play the game at times without using soccer balls. Variation: • The player whose bib is taken is eliminated from the game until the next round.	



Learning Play (Fun Games)

Title	Two Goals - Two Goalkeepers	Learning Play	
Type of skill	Small sided games	Age	6 - 8
		Organization: • Divide the players into groups of eight. • They play three against three outfield players. • Play with two goals where the players take turns standing in goal and practise goalkeeping. • There is a good opportunity here to practise many different skills such as passing, feint - dribbles, shooting, defending and goalkeeping. Variation: • Give out extra points for something that you want to practise a little more with for example a certain skill of feint – dribble, a specific skill of pass or shot and goalkeepers saving skills.	

Title	Throw-In Ball	Learning Play	
Type of skill	Small sided games	Age	6 - 8
		Organization: • Play three against three on a pitch with two goals. • The players play by using a throw-in to each other. • The ball must be touched to the ground before each throw-in. • A goal is also scored with a throw-in and the ball must bounce or roll into the goal. • Decide eventually a maximum distance from where a goal can be scored. Variation: • A goal is only counted when the players place the ball in the goal or by heading the ball into the goal.	

Finishing Play (Cool down)

Title	Hit the Cone	Finishing Play	
Type of skill	Fun games with the ball	Age	6 - 8
		Organization: - Two players each with their own ball compete against each other trying to hit a cone with the least amount of kicks. - The players each take their turn and count up the number of kicks required to hit the cone. Variation: - Increase the number of players per cone. - Chose which foot or part of the foot the players shall use. - Increase the players distance from the cone.	



Title	Imitate in a Circle	Finishing Play	
Type of skill	Fun games with the ball	Age	6 - 8
		Organization: • The players stand in a circle around the trainer or around one of the players. • The trainer shows a method of keeping the ball in the air and the players try to imitate the performance, but in their own way. • If the trainer has difficulty showing a good example maybe one of the players can show one. • Otherwise the players can practice a method of keeping the ball in the air that they have trained previously and which they already can, or which they have a good idea how to, perform well. • When the players have practised one way of keeping the ball in the air for a while they can then practise another technique. • Practise keeping the ball in the air with both feet, both thighs, and with the head as well as keeping the ball in the air whilst in motion for example walking forwards and backwards whilst keeping the ball in the air. Variation: • Allow the players to feel relax and enjoy juggling. • Coach can conclude with players on what they learnt and achieved in the training and also share feedback from the training.	

Title	Soccer Golf	Finishing Play	
Type of skill	Fun games with the ball	Age	6 - 8
		Organization: • The players kick their own ball around a course resembling a golf course and aim to hit cones instead of rolling the ball into a hole. • Many players can play on the same course at the same time. • Each player uses their own ball and tries to hit the cones in a specified order, with as few kicks as possible. Variation: • Compete in teams and count up the total number of kicks the team used to complete the course. • The team that uses the fewest number of kicks wins. • Play in pairs using one ball per pair and each player taking their turn to kick the ball. • Chose which foot or part of the foot the players shall use.	

Title	Move the Balls	Finishing Play	
Type of skill	Fun games with the ball	Age	6 - 8
		Organization: • Divide the players up into two teams with one ball per player. • The teams face each other on opposite sides of a grid. • Two clearly marked balls are placed in the middle of the grid at an equal distance to both teams. • When signaled the players try to knock the two balls over their opponents line. • The players can collect a new ball and kick this ball from their own line. • To win, both balls must pass over their opponents' line. • A tie is called if both teams roll one ball over their opponents' line. Variation: • Vary the size of the grid. Use more than two marked balls or fewer players, with more marked balls points can be awarded for each ball that crosses the opponents' line.	

Title	Gold, Silver, Bronze	Finishing Play	
Type of skill	Fun games with the ball	Age	6 - 8
		Organization: • One player shoots from a defined distance. • The other players stand on the goal line and act as goalkeepers. • The player that scores a goal receives a point and gets to shoot again, but if the shooting player misses they then become a goalkeeper. • The player that saves the shot gets to take the next shot. • If the shooting player misses then the player nearest to the ball when it passes the goal gets to shoot. • Decide what is allowable when the ball rebounds. • The player with the most points - goals - receives gold, the second placed player receives silver and the third placed player receives bronze. Variation: • Decide which foot or which part of the foot the players can use.	

3. Organising Fun Football Festival

The festival

- The number of teams and the facilities available determine the space required for the festival.
- How many teams there are will determine the number and organisation of the pitches and the number of workshops (technical exercises and games with reduced numbers of players).
- Duration of a festival: a maximum of two and a half hours. The amount of time played by each participant should not exceed the match time recommended for his/her age category.

Workshops and games

- The dimensions of the pitches depend on the number of players and their age.
- The pitches and workshop areas must be marked out and numbered.
- The dimensions of the goals can vary from pitch to pitch.
- Matches may be played with or without goalkeepers.
- The workshops are located between next to the pitches (see: organisation of pitches).

- The number of workshops (1-4) depends on the size of the space available for the festival.
- The primary focus of the workshops is technique.
- The workshops must be supervised (by qualified coach-educators).
- The organiser must specify the types of workshop.

Equipment

- All types of goal can be used. Maximum dimension: 5m x 2m.
- Marking out the pitches: tapes, cones, marker discs or lines are all options.
- Bibs of various colours. One set of bibs per activity.
- Football: size 4 (290 grams)
- Matches: one ball per match + goals.
- Workshops: depends on the exercise (balls, bibs, cones, marker discs, small goals).

Organisation

- Announcement of the event / System of registering teams.
- Information to be sent to the participating teams.
- Depending on the number of teams, establish the number of pitches and the plan for rotating the teams (copies sent to team managers).
- Prepare the programme and schedule the activities.
- Plan and organise facilities and equipment.
- Organise personnel.
- Set up pitches and workshops (personnel, team managers if in attendance).
- Make sure a first aid kit is available as well as drinks for the children.

Participants

- If possible, there should be only one age group per festival.
- Each team has a coach-educator / team manager (if possible).
- The teams must not have more than seven players (boys/girls).



Activities

- The teams move from pitch to pitch (see diagrams).
- The children should not remain on the same pitch at the end of an activity. Instead, they should move from one pitch to another in the appropriate direction. It should also be ensured that there is a rotation of the goalkeepers and substitutes.
- Only the children and the team managers are allowed on the pitches. Parents and supporters are not allowed onto the pitches (“Let the children play!”).
- There is no referee. The team managers / coach-educators supervise the games from the edge of the pitches. For this reason, the pitches should be close to one another.
- The festival organiser may appoint a coach-educator to run a workshop. Otherwise, this role is assumed by the team managers. No special skills are required.
- The results are not recorded. There is no classification!
- There must be breaks to allow the children to recover and take a drink.
- Make the festival lively, including the workshops if possible (organisation team, team managers if in attendance).

The organiser's role in the festival

Welcome and information

- The organiser welcomes the team managers and coach-educators.
- Half an hour before the activities start, the organiser informs the teams of the arrangement of the pitches and the rotation of teams.
- Each team manager must be given a plan showing the organisation of the pitches and the rotation of the teams to make sure that the festival runs smoothly.
- The organiser should emphasise the rules of fair play on and off the pitches, mainly for the benefit of the parents and other adults rather than the children.

During the festival

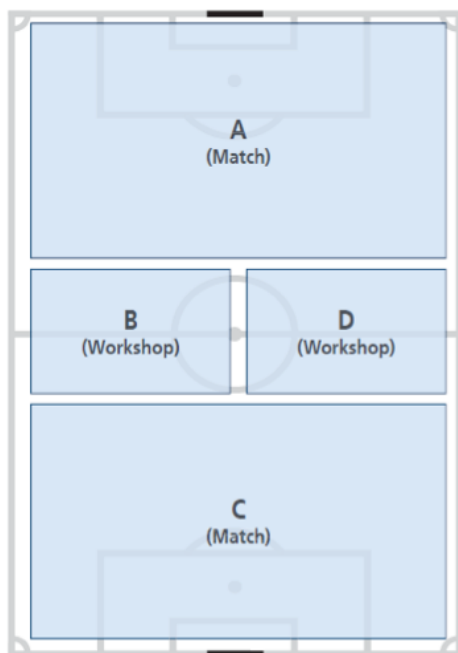
- The organiser should take up a position at the centre of the space used for the festival.
- This position should be the best location to facilitate contact with all the team managers (to answer questions, give instructions, etc.).
- The organiser sets the duration of each rotation and indicates the start and finish of the games and exercises by an audible signal.

End of the festival and review

- At the end of the festival, the organiser calls all the teams and managers together in the middle of the area.
- The organiser makes a closing speech (thanking the children for their participation, efforts, exemplary fair play and also thanking the team managers, parents, supporters, etc.).
- The team managers are also invited to speak and make a brief analysis of the festival.
- Everybody involved should use the experience to make subsequent festivals better by improving the organisation, setting up and quality of the football activities (workshops, technical exercises, matches).

Different configurations

Organisation with 6 teams - 7-a-side football



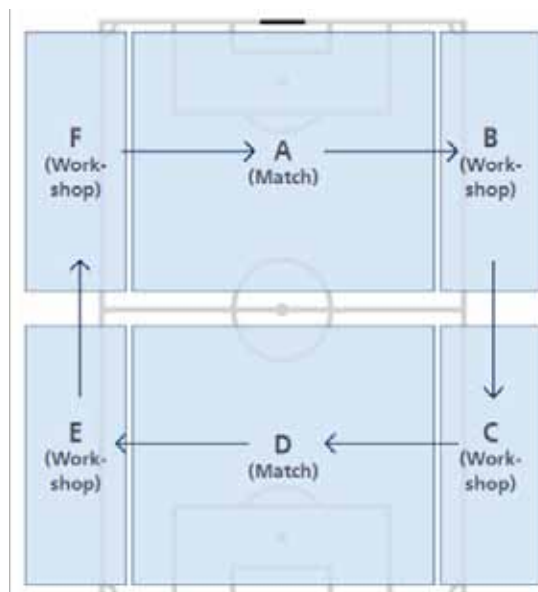
Round	Pitch A	Pitch B	Pitch C	Pitch D
1	1 v 2	3	4 v 5	6
2	6 v 1	2	3 v 4	5
3	5 v 6	1	2 v 3	4

Adapted from FIFA Grassroots Manual

The matches and workshops take place on pitches A, B, C and D.

There are two teams for each match and one team per workshop. The workshops may, for example, feature 1 v 1 or 2 v 2 games, or technical exercises (varying from one workshop to the next).

Organisation with 8 teams - 7-a-side football

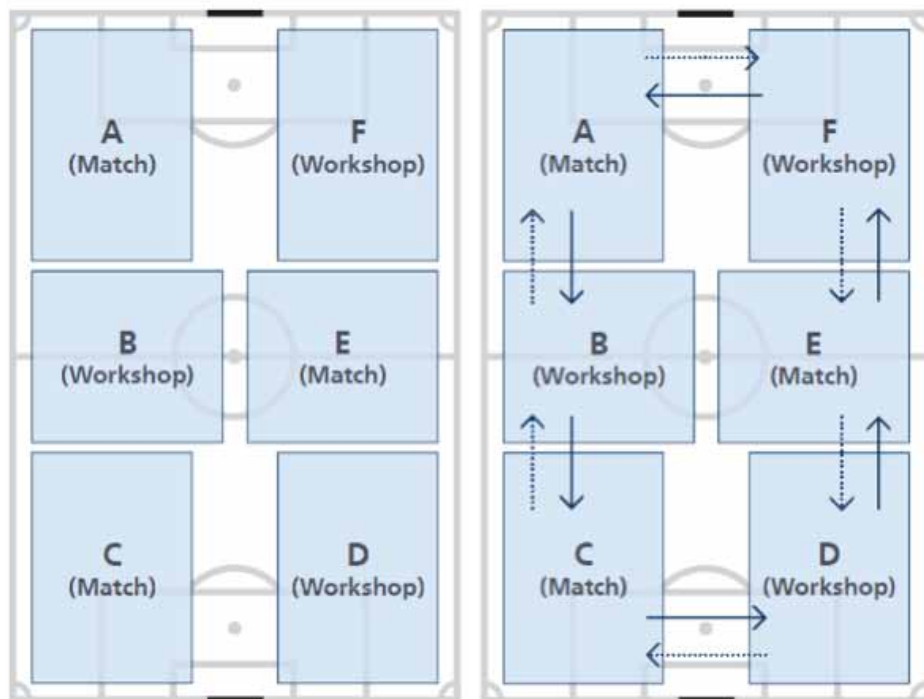


Matches A and D are held on the main pitch while workshops B, C, E and F take place to the side. There are two teams for each match and one team per workshop. The workshops may, for example, feature 1 v 1 or 2 v 2 games or technical exercises (varying from one workshop to the next).

Round	Pitch A	Pitch B	Pitch C	Pitch D	Pitch E	Pitch F
1	1 v 2	3	4	5 v 6	7	8
2	8 v 1	2	3	4 v 5	6	7
3	7 v 8	1	2	3 v 4	5	6
4	6 v 7	8	1	2 v 3	4	5
5	5 v 6	7	8	1 v 2	3	4
6	4 v 5	6	7	8 v 1	2	3
7	3 v 4	5	6	7 v 8	1	2
8	2 v 3	4	5	6 v 7	8	1

Adapted from FIFA Grassroots Manual

Organisation with 10 teams - 5-a-side football



Teams 1, 2, 3, 4 and 5 move from left to right, while teams 6, 7, 8, 9 and 10 move from right to left (see diagram). There are two teams for each pitch. The workshops may, for example, feature 1 v 1 or 2 v 2 games or technical exercises (varying from one workshop to the next). Organisation of pitches and workshops: A = match B = technical exercise C = match D = technical exercise E = match

Round	Pitch A	Pitch B	Pitch C	Pitch D	Pitch E
1	1 v 6	2 v 7	3 v 8	4 + 9	5 + 10
2	7 v 5	8 v 1	9 v 2	10 + 3	6 + 4
3	4 v 8	5 v 9	1 v 10	2 + 6	3 + 7
4	9 v 3	10 v 4	6 v 5	7 + 1	8 + 2
5	10 v 2	6 v 3	7 v 4	5 + 8	9 + 1

*Adapted from FIFA
Grassroots Manual*



Fun Football Course (6-8 years old)

Practical Modules





Module 4: Organising Fun Football

Sample exercise for basic technique (Discovery Play)

Colour System is Grey G

Source: S2S

For more exercises, please go to this website: www.s2s.net

1. Coordination, balance, and agility

Title	Skill Practice : Coordination, Balance and Agility	Discovery Play	
Type of skill	Individual Technique	Age	6 - 8
		Organization: • Set out four or five cones at approx. five metre intervals. • Short lines. • Turn with one step both to the right and the left, with and without the ball. • Decide which cones the players are to turn beside. • Run forwards calmly with or without the ball, turn quickly and run back quickly, with or without the ball, etc. Variation: • Move quickly in both directions. • Time the players or compete in parallel.	

2. Playing with the ball

Title	Walk - Bounce - Kick - Catch	Discovery Play	
Type of skill	Fun games with the ball	Age	< 6
		Organization: • The players have their own ball held in their hands. • At the same time as they walk forwards they bounce the ball on the ground and afterwards kick the ball lightly upwards using one touch so that they can catch the ball in their hands again. • Practise using both feet. Variation: • Start with the players standing still and doing the exercise. • Do the same exercise but the players kick the ball with two or more touches before catching it.	

3. Evasion

Title	Tag with Bibs	Discovery Play	
Type of skill	Fun games with the ball	Age	6 - 8
		Organization: • The players each have a ball. • They run forward with the ball keeping it under close control, pretend to change direction for example using the inside of the right foot going towards the left but step over the ball instead and continue running with the ball to the right using the inside of the left foot. • Use the opposite feet when returning. • When the players' skill improves increase the tempo. Variation: • Run forward with the ball, pretend to change direction for example using the inside of the right foot going towards the left but step over the ball instead and continue running with the ball to the right using the outside of the right foot. • Use the opposite feet when returning.	

4. Running with the ball

Title	Run with the Ball and Feint	Discovery Play	
Type of skill	Fun games with the ball	Age	6 - 8
		Organization: • The players each have a ball. • They run forward with the ball keeping it under close control, pretend to change direction for example using the inside of the right foot going towards the left but step over the ball instead and continue running with the ball to the right using the inside of the left foot. • Use the opposite feet when returning. • When the players' skill improves increase the tempo. Variation: • Run forward with the ball, pretend to change direction for example using the inside of the right foot going towards the left but step over the ball instead and continue running with the ball to the right using the outside of the right foot. • Use the opposite feet when returning.	





5. Controlling the ball

Title	Throw the ball in the air	Discovery Play	
Type of skill	Fun games with the ball	Age	6 - 8
		Organization: • The players each have a ball and move with it around the pitch. • They throw their ball in the air to themselves and practise different skills of trapping the ball, preferably whilst in motion. • Practise different skills of trapping the ball using feet, thighs, the chest and the head. Variation: • The players can execute a small feint before trapping the ball and even run off with the ball a short distance after trapping. • Allow the players to test closing their eyes and thinking about how they shall execute the skill in a good way before they practise a specific skill of trapping the ball. • When they successfully complete the technique they can stand still close their eyes and think about how they executed the skill successfully.	

6. Moving

Title	Skill Practice	Discovery Play	
Type of skill	Individual Technique	Age	6 - 8
		Organization: • The players run with the ball around a track made of cones. • Practise running with the ball in various ways, in different directions and at various speeds, including chipping the ball and jumping over some cones. • Many players can run with the ball around the track at the same time. Variation: • Time the players.	

7. Passing

Title	Skill Practice - Passing	Discovery Play	
Type of skill	Individual Technique	Age	6 - 8
		Organization: • Try to pass with the inside of the foot between the posts. Count how many goals you score.	

8. Shooting/ Goal scoring

Title	Game Practice - Shooting / Goal Scoring	Discovery Play	
Type of skill	Individual Technique	Age	6 - 8
		Organization: • Divide the players into pairs who try to score against each other with the inside of the foot at close range. • Preferably low shots, especially along the ground. • They may run with the ball to their own goal-line and shoot. • Alternately with right and left foot. • Goals from rebounds nearer to the opponent's goal should count. Variation: • Hold a competition in which the players take turns facing each other according to a system.	



Module 5: The Fun Football Training Program

Sample exercise for basic technique football skills and gross motor skills (Discovery Play)

Colour System is Grey G

Source: S2S

For more exercises, please go to this website: www.s2s.net

1. Playing with the ball

Title	Trapping in threes	Discovery Play	
Type of skill	Fun games with the ball	Age	6 - 8
		Organization: • Three players per ball, practise trapping a ball played along the ground in a triangular formation. • They attempt to trap and pass the ball using a total of two touches. • This means that with the first touch they must both trap and lay up the ball correctly ready for passing, which is made with the second touch and usually with the other foot. Variation: • Gradually increase the distance between the players. • The players themselves can kick the ball up then kick it in a high arc to a teammate who practises trapping the ball using the foot, thigh, chest or head. • The players can execute a small feint before trapping the ball.	

2. Evasion/ Chasing

Title	Two Goals - Run the ball over the line	Discovery Play	
Type of skill	Fun games with the ball	Age	6 - 8
		Organization: • Divide the players into pairs with one ball per pair. • They play one against one on a pitch with two goals and they score a goal by running the ball over the line which can be their opponents' goal line. • Because this is a game situation of one against one there can be many opportunities to practise feinting and dribbling as well as defending one against one. Variation: • Give out extra points for different skills that you want to practise for example a certain type of feint – dribble.	

3. Running with the ball

Title	Skills Practice - Running with the ball	Discovery Play	
Type of skill	Fun games with the ball	Age	6 - 8
		Organization: • The players train in pairs. • One tries to run with the ball over the opposite goal-line, one chases and tries to intercept. • They then swap roles. • When the person with the ball starts moving, the defender also moves, tries to catch up and intercept. Variation: • Compete in two teams.	

4. Controlling the ball

Title	Anthill with pairs	Discovery Play	
Type of skill	Fun games with the ball	Age	6 - 8
		Organization: • Two players per ball play in a grid. • There can be for example three or more pairs per grid. • The players try to keep possession of the ball in their pair by feinting and dribbling, passing and screening the ball, whilst at the same time trying to kick out the other pairs' ball. • The pair whose ball is kicked out is eliminated from play until the next game. • The pair that remains longest in the grid wins. Play many times. Variation: • No pair is eliminated from the game instead the players count up the total number of times they kick out the other pairs' ball, the team kicking out the ball the most number of times wins.	



5. Moving

Title	Three against three - Kick out	Discovery Play	
Type of skill	Small sided games	Age	6 - 8
		Organization: • Play three against three in a in a grid with one ball per team. • The players try to keep possession of the ball in their team by feinting and dribbling, passing and screening the ball, whilst at the same time trying to kick the other teams' ball out of the grid. • The team keeping possession of their ball the longest inside the grid wins. • Compete many times. Variation: • Give extra points for skills that you want the players to practise extra for example successful feints and dribbles or wall passes.	

6. Passing

Title	Game Practice - Passing	Discovery Play	
Type of skill	Individual Technique	Age	6 - 8
		Organization: • Play two against two, where the defending team has to put one player in goal before the attack begins. • Consequently, it will be two against one out on the field. • This eliminates counter- attacking play in this practice. Variation: • Vary the number of players and the number of touches.	



7. Teamwork

Title	Three goals - One Goalkeeper	Discovery Play	
Type of skill	Small sided games	Age	6 - 8
		Organization: • Play three against three on a pitch with three goals. • One team has a goalkeeper in goal for one half of the match and they then defend the two small goals without goalkeepers for the second half of the match. • All the players can perhaps test being goalkeeper. • To score a goal in the small goals the players have to run with the ball or roll the ball in the goal between the cones. • Here the players can practise not least passing, feint – dribbles, shooting, defending, and goalkeeping skills. Variation: • Give out extra points for something that you want to practise a little more with. • If there is an even number of players, including the goalkeeper, allow the team defending the two small goals to have an extra player.	

8. Shooting

Title	Game Practice - Shooting	Discovery Play	
Type of skill	Individual Technique	Age	6 - 8
		Organization: • Play three against three, where the defending team must always place one player in goal before their opponents begin attacking. • Unfortunately, this makes counter-attacking impossible. • Playing three against two out in the field results in many shooting opportunities. • Award extra points for goals scored with the inside of the foot. Variation: • Limit the number of touches occasionally.	





Module 6: Facilitating Fun Football Games and Activities

You will carry out the practical session based on your plans.

The attached Session Plan blank form should be used.

Your Instructor will provide feedback using the attached Practical Feedback blank form.

Module 7: Fun Football Practical Coaching

You will carry out the practical session based on your plans.

The attached Session Plan blank form should be used.

Your Instructor will provide feedback using the attached Practical Feedback blank form.



Name:

62 | AFC Grassroots Fun Football Course (6-8 years old)

Discovery Play:

Learning Play:

Finishing Play:**Coaching Points:**

Information for Parents:

Session Review:

Appendix A:

Practical Feedback Sheet

Course Type: _____

Participant's Name: _____

Date: _____

Instructor's Name: _____

Course Venue: _____

Components	
Participant attended all sessions <i>Comments:</i> _____ _____	Yes ☐ No ☐
Participant engaged in all sessions. <i>Comments:</i> _____ _____	Yes ☐ No ☐
Participant displayed an understanding of fun, safe, child focussed football activities <i>Comments:</i> _____ _____	Yes ☐ No ☐
Participant successfully delivered practical activities to their peers <i>Comments:</i> _____ _____	Yes ☐ No ☐
Participant successfully reflected on their delivery and suggested changes for further sessions (where necessary) <i>Comments:</i> _____ _____	Yes ☐ No ☐

Comments:

Instructor's Signature:

Appendix B:**Code of Conduct - Agreement Form****To:**

(Member Association)

I, _____ of _____
full name address

address continue

I agree to the following terms:

1. I agree to abide by the AFC's Code of Conduct statements below:

Safety

Children should be protected from physical and emotional harm. A child who feels unsafe will find it difficult to be happy and enjoy the activities.

Non-discriminatory

To make every child, regardless of age, gender, religion, ethnicity, ability, physique, culture, functionality or language to feel welcomed. Football is a game for all without discrimination of any kind.

Positivity

Every child must feel capable. For this reason children must always be encouraged through positive words and actions.

Inclusivity

Being part of the group and feeling accepted by the team are essential to the children. Include everyone in all activities and games with equal playing time.

Recognition and rewards

Children need recognition for their successes. They must be encouraged to be creative and expressive, recognized and rewarded for their positive behaviour.

2. I acknowledge that the AFC and/or its Member Associations may take disciplinary action against me if I breach the code of conduct. I understand that the AFC and/or its Member Associations are required to implement a complaints handling procedure in accordance with the principles of natural justice or through Child Protection laws inherent within my country, in the event of an allegation against me.

3. I acknowledge that disciplinary action against me may preclude me from working in grassroots football.

Signature:**Date:**

Parent/ Guardian signature is needed if the Grassroots Coach is under 18 years of age.

Appendix C:

Self-Reflection Process

Name: _____ **Date:** _____

Activity: _____

Reflection Questions	Comments
How did I implement the Fun Football Philosophy	
What types of coaching methods did I use?	
How did I use the Fun Football Colour Training System?	
How did I prepare for the delivery of the activities?	
What equipment did I use?	
How did I set up the pitch for the activity?	
List the safety considerations for your activity?	
How did your peers enjoy the activity?	
What has this reflection exercise told you?	

What did I do well in my activity?

What could I do better next time?

What would I change next time I deliver an activity?

Appendix D:**Fun Football Course Evaluation Form**

Please answer questions by circling a response and by offering comments if you wish.

1. Did this course meet your expectations?

No 1 2 3 4 5 Yes

2. Was there a good balance between practical and theoretical modules?

No 1 2 3 4 5 Yes

3. Were the sessions well organised?

No 1 2 3 4 5 Yes

What improvements are needed?

4. Comment on the course schedule. (e.g. modules to add/remove, time allocation, etc)

5. Was the training program too long or too short?

Yes/ No (please circle)

6. Was the venue suitable for the needs of the training program?

No 1 2 3 4 5 Yes

8. Comment on the general abilities of the Instructor(s) by circling the appropriate number:

	<u>Poor</u>	<u>Fair</u>	<u>Average</u>	<u>Good</u>	<u>Excellent</u>
Knowledge of subject	1	2	3	4	5
Teaching skills	1	2	3	4	5
Planning/ preparation	1	2	3	4	5
Enthusiasm	1	2	3	4	5
Time for questions	1	2	3	4	5

9. As a Grassroots coach was the course useful and relevant?

No 1 2 3 4 5 Yes

10. What aspect of the course was most helpful and why?

11. General comments:

Acknowledgement

AFC express our gratitude to our partners FIFA and S2S in the development of the AFC Grassroots course contents

We also thank following Member Associations for their contributions of photographs on their Grassroots football activities:

Afghanistan Football Federation, Football Federation of Australia, Guam Football Association, Iraq Football Association, Football Association of Singapore and Football Federation of Turkmenistan

Let's Play!





Asian Football Confederation

AFC House, Jalan 1/155B, Bukit Jalil, 57000 Kuala Lumpur, Malaysia

Tel : +603 8994 3388 | Fax : +603 8994 2689

the-AFC.com