

Handbook

FOOTBALL FOR TEACHERS AND COACHES

for “the golden age of learning”



Supported by:



Federal Foreign Office



Ministry of Basic and Secondary Education



Ministry of Health & Sports



GAMBIA FOOTBALL FEDERATION



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FOREWORDS

Dear reader,

The German Olympic Sports Confederation (DOSB) is the non-governmental umbrella organisation of German sport. It counts more than 27 million memberships in about 90,000 sports clubs and is therefore the largest citizens' movement in Germany.

In accordance with its statutes and articles, the DOSB is committed to safeguard, promote and further develop the Olympic idea. It commits itself in many ways to foster an Olympic education and the proliferation of human values in and through sport. International cooperation makes a valuable contribution in this context.

By means of the International Sports Promotion programme, German sports organisations are partnering in various countries of the Global South for the development of sport. Since the early 1960s, more than 1,500 long-term and short-term measures have been carried out in over 130 countries worldwide. The main focus in all these activities is the development of sustainable sports structures in our partner countries.

After two years of common work in The Gambia, we are pleased to present this handbook as a result of the Gambian-German long-term project in football for women and girls.

I wish to take this opportunity to thank all partners involved in this project which has been made possible

thanks to the considerable support of the German Federal Foreign Office. Our special thanks go to the Minister of State, Ms. Michelle Müntefering, who actively accompanied this project as patron. Furthermore, we wish to thank Ms. Béatrice Allen, Vice President of the Gambia National Olympic Committee, and Mr. Lamin Kaba Bajo, President of the Gambian Football Federation, for their support.

Particular thanks go to Ms. Monika Staab, one of Germany's most successful female football coaches, who brought in her vast expertise throughout the whole project period.

Together with the Ministry of Basic and Secondary Education, the Gambian National Olympic Committee and the Gambian Football Federation we hope that this manual will contribute to a wider spread of girls' football particularly in Gambia's schools.



Veronika Rücker
CEO
German Olympic Sports
Confederation (DOSB)

Dear Colleagues,

I guess we can all agree that a healthy mind can only exist in a healthy body, hence the importance of sports in our lives can never be over emphasized. Sports enhances the holistic physical, social, mental and psychological development of human beings and can also be considered as a unifier of people.

Communities and nations can be unified through sports and this is true, considering the way people have established friendships, through the powerful and famous game of football, cricket, tennis and various other sporting disciplines.

Presently, different nationalities have been brought together on different pitches, playing together as teams in football leagues and other sports events throughout the world, thereby forming relationships that would last throughout their lives.

In the world that we live today, it is important that young people are introduced to this very important discipline of sports, so that the world can be unified irrespective of colour, creed, religious or social status or background.

Through sports peace can be natured, talents and skills groomed, interpersonal skills developed, acceptance valued, patience learnt and love for one another promoted to make the world a better place for all.

May I remind Coaches that they are critical roles models, as their character and temperament is what will drive their trainees. It is also important to note that safety measures and precautions form part of their training in order for them to benefit and maximally enjoy their career.

On that note, I hope the manual will be an invaluable guide and asset to all users, and that they will be greatly inspired by the knowledge and skills therein.



Hon. Claudiana A. Cole
Minister
Basic and Secondary Education
The Gambia

Dear reader,

Sports level the playing field.

During a match it doesn't matter who you are or where you're from. What matters is that you're part of the team; that you share the spirit; that you uphold fair play.

Sports have a special meaning for people worldwide. It's a source of passion and a cornerstone in the life of many, not least kids and teens.

Sports have an impact far beyond the scoreboard. They can dismantle inequality and tear down barriers of discrimination. The pitch or court can be a vital place of learning and social change.

But for this to happen everyone must have the chance to enter the playing field. Girls and young women too often don't. That's unfair, and that's not sustainable.

Girls need to have equal access to sports, training facilities and coaches. They should be part of the world of sport – on equal footing with the boys and in their own right!

This manual has been written as part of a long-term sports project funded by Germany's Federal Foreign Of-

fice that seeks to promote equal participation of women in football.

I would like to take this opportunity to thank the Gambian football federation, and especially its President Lamin Kaba Bajo, for our excellent cooperation. I also thank Monika Staab for her commitment to girls' and women's football and for her tireless efforts to make this project a success! It has been a privilege to be the patron for this project.

I am confident that this manual will contribute to our common objective: giving all human beings equal chances, be it on the pitch or in society at large.



Ms Michelle Münterfering
Minister of State for
International Cultural Policy
at the Federal Foreign Office
Member of the German
Bundestag

Dear Colleagues,

When I first got elected as President of The Gambia Football Federation (GFF) in 2014, I had a clear strategy of what I needed to do to ensure sustainable football development in the country. Central to this is women's football that I'm very passionate about because it is my conviction that it will help in breaking a lot of barriers for our women and girls.

As a team, we knew the best way to go about this was to start from the base; the grassroots, especially through the school system. This is because grassroots sport is the key to ensuring that young people's participation through to their adulthood from childhood takes a systematic approach. It serves as a source of numerous opportunities and exposure for several people across the length and breadth of the country. It is at the grassroots where the raw talents are found and nurtured to become potential local and international stars.

Thus, it is against this backdrop that we entered into a Cooperation Agreement with the German Olympic Committee, through our local NOC to secure the services of a renowned international women's football expert, Monika Staab. As the program draws to a conclusion, the end result is the creation of a first ever Gambia women's football handbook for our Physical Education teachers and coaches. As a country, and not only the GFF, this handbook will be very useful in our endeavor to build the capacity of our technicians, especially those coaches and Physical Education teachers dealing with women's football development.

The first chapter of this handbook demonstrates a detailed understanding of football for women and girls in The Gambia. While in Chapter 2, it highlights the relationship between women's empowerment, gender equality and sport development as well as attempting

to ensure a deeper understanding of the GFF's role in breaking the barriers of inequality in our sport.

The handbook also offers an understanding on social values and in through sports as well as the strategies, practices and the procedures that we have and continue to undertake to reinforce our goals and objectives in increasing the participation of women and girls in football in The Gambia as well as bridging the gap between them and their men counterparts in order to foster gender equality through the game.

There is no gainsaying that women's football is seeing a massive surge in terms of popularity in the world and The Gambia is no exception. Thus, this handbook will also offer a deeper understanding of the everyday demands of training and coaching as well as the unique opportunities that football offers for our women and girls to realise their potentials by playing active roles in national development.

In conclusion, the handbook will also offer a clear guidance and inspiration to our efforts to support women's football off the pitch too with the diversification of our governance structure, a reinforcement of our fervent commitment to ensuring that women in leadership positions are crucial to our organisational structure and women's football development.



Mr Lamin Kaba Bajo
President
Gambia Football Federation

Chapter 1:

FOOTBALL FOR WOMEN AND GIRLS IN THE GAMBIA





Women's football exists in the Gambia since 1997 at the level of the Gambian Football Federation (GFF). The FIFA U-17 World Cup in Azerbaijan in 2012 is the highest level of participation in the history of women's football in the Gambia. Currently, the GFF has a women's football coordinator, Sainey Sissohore M'boge and an assistant for women's football, Veronic Malack. There is also a Women Committee at the GFF executive level and a Women Football Association.

The senior women national team had its first official international match in 2017 against Guinea Bissau. In March 2020, the senior women national team entered the FIFA Ranking for the first time and is currently on number 113, which is a great achievement considering the short span of engagement at a higher level.

There is also a U-17 and a U-20 women football national teams which participate in the African World Cup Qualifiers. All national team players come from the first and second division leagues. In the league, matches (home and away) are played between December and May.

Presently, the first division has 8 teams and the second division has 9 teams. There is also a third division composed of mainly regional teams in these regions: Kanifing Municipality, West Coast Region, North Bank Region and Central River Region, Lower River Region and Upper River Region.



German-Gambian long term project

The German-Gambian long term football project for women and girls was aimed at developing girls grassroots football with a special focus on the schools throughout the whole country. The 2 years' project (October 2018 until October 2020) was headed by the German football expert, Monika Staab, who conducted many technical coaching courses for coaches and teachers.

A girls grassroot school football programme in the primary schools was implemented in all 7 regions of the country. Many girls had the opportunity to participate in this grassroot school programme which was also sponsored by PetroGas.

A signed Memorandum of Understanding between the Ministry of Basic and Secondary Education and the Gambian Football Federation in January 2019 was

essential to gain access to schools and guaranteed an opportunity to get into direct contact with the schools.

The German football expert, Monika Staab, was able to organise many festivals in primary schools all over the Gambia, together with the GFF staff and regional coaches of the GFF. This had a tremendous impact on the acceptance of girls playing football in society. It created a lot of positive awareness in order to overcome prejudices towards girls and women who are playing football and other cultural barriers. The girls were also able to express their love for the game and were extremely proud to be part of it through this grassroot school program.

This handbook is intended to help and guide teachers and coaches (particularly the female teachers and coaches) to continue to train the girls in this “Golden age of learning” (8-12). It is so important to start teaching the right football techniques at this age.



Chapter 2:

FEMALE EMPOWERMENT AND GENDER EQUALITY



The role of women in society should not be limited to only those assigned by society. Everyone deserves an equal opportunity to play and realise oneself irrespective of their gender.

Girls can play good football provided they are given the opportunity at an early age just like the boys. Their appearance, as long as it is within the rules of football, should not define whether they are given the right to play or not. Schools and clubs are important partners and institutions for the empowerment of girls and young women and to foster gender equality.

Activities related to gender equality should tackle the following aspects:

- ⊗ Raising awareness on gender issues
- ⊗ Engaging men and boys with gender issues
- ⊗ Integrating gender issues in decision making processes
- ⊗ Creating gender sensitive policies
- ⊗ Supporting a healthy lifestyle (incl. topics such as hygiene, diseases like tuberculosis)

More concrete, a school should:

- ⊗ Question gender norms and gender stereotypes
- ⊗ Provide access to sport venues and football activities for boys and girls
- ⊗ Provide football sessions for both, boys and girls
- ⊗ Increase the self-esteem of girls and young women





- ⊕ Build an environment which is based on respect and trust
- ⊕ Combat all forms of gender discrimination and sexual abuse
- ⊕ Safeguard children in football and protect them from physical, emotional, sexual abuse (incl. bullying)
- ⊕ Establish a child protection policy

For all activities on the pitch, it is important to:

- ⊕ Provide safe spaces for women and girls
- ⊕ Have enough material available (shoes, balls, markers, bibs etc.)
- ⊕ Organise the football sessions inclusive (boys and girls together)

Chapter 3:

SOCIAL VALUES IN AND THROUGH FOOTBALL



The coach

Over expectant: Do not always expect the girls to do everything and to do it correctly, especially during games. Play, learn and fun is always more important than perfection.

Training future professionals: Train good football players, destiny decides the rest. Being a professional player depends on other factors beyond individual efforts.

In the team

Organise recreational games that teaches the girls social values preferably with the ball.

Cheating: Teach them not to cheat in and outside the game. Cheating fires back, let them be honest to themselves.

Aggressive: In life, they have to learn to be less aggressive in every given situation.

Gratitude: Always be polite to others, even their friends. They have to be grateful to those that support them in life.

Respect: Give it to others irrespective of their physical and social conditions, tribe or religion.

Reliable: The girls have to learn to be reliable to the peers and society. Live their words and stand in solidarity with others.

Trust: The players have to trust each other, especially in the field of play. See exercise on blindfolded players.

Sportsmanship: They should always show sportsmanship, whether when loosing or winning. Always shake hands before and after a match.

Be fair: Be fair and address all unfairness they came across – the referee’s decisions has to be accepted.

The power of team work/spirit: The players have to understand the power of team work and spirit in and outside the field, with teammates, friends and family.

Support others: If everyone around them is fine, they will automatically be fine. Support others in need with what they can.

Community participation: Give back to the community with what they have, for example a random cleaning exercise of a public place in a team.

Public property: Public property is everyone’s property, everyone should treat it as her own. Peer support: See example of the game.

The will to learn: Let them learn more what they are passionate about. Ask questions when they do not understand. Everyone makes mistakes, just be ready to learn everyday.

Listening: They learn better by listening to themselves and others. Listening to one’s inner selves is the best way to understand oneself and others.

Peer support – Be your Sister’s Keeper – Building up support and confidence

Mark out a square large enough for the number of players. All players have to move around as they pass the balls within the marked field. One player (acts as a perpetrator) tries to tag players who do not have the ball. The players are safe if they have the ball; if they are tagged, they have to run one lap around the marked field before re-entering the game.

The coach instructs the players that if they see someone being chased by the perpetrator, they should pass the ball to them.

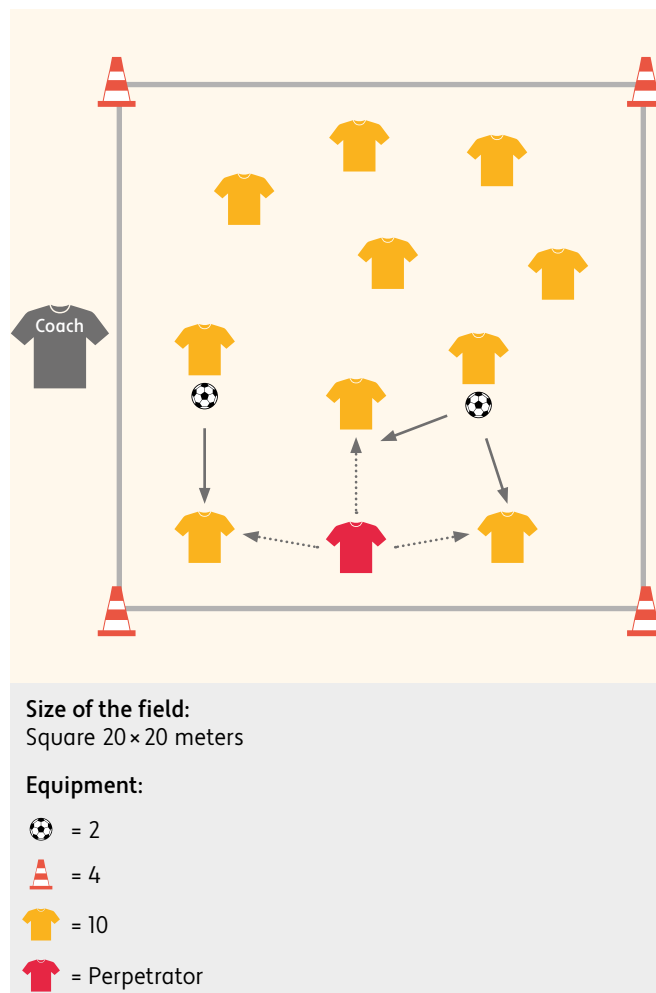
Variation

You can add more taggers (2 to 4) and more balls, this will prompt more communication.

- ⊗ What is your role in protecting others (relate this to the act of passing the ball to the other players in the game)?
- ⊗ How can we assist each other as peers in avoiding violence and supporting each other in times of need for a better community?

Coaching tips

- ⊗ Ball circulation
- ⊗ Space
- ⊗ Accurate passing and communication
- ⊗ Team support and spirit
- ⊗ The power of unity



Guide the Blind – Building up trust

Arrange the cones on a straight line. Each player gets a partner, one will be blindfolded. Have the blindfolded player dribbling the ball through the cones guided per verbal instruction of the other player. There should be no physical contact between the two players. The players then switch roles.

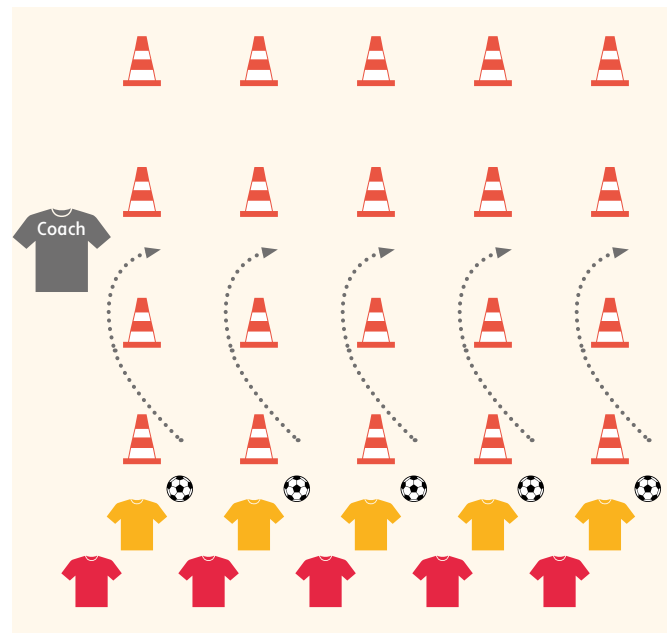
Variation

The guide will just tip with her finger on the back of the blindfolded player in which the direction the blindfolded player has to go through the cones (right shoulder-right side, left shoulder-left side or go straight tip on the middle of the shoulder).

Make sure that the girls do not cheat by deliberately fitting their blindfolds incorrectly.

Coaching tips

- ⊕ Close control of the ball and dribbling
- ⊕ Development of trust between the players
- ⊕ Confidence in communication by the guide
- ⊕ The guide should not abuse this game and should not endanger the blindfolded player
- ⊕ Leadership of the guide



Distance between the markers:
2 meters

Equipment:

⚽ = Each pair one ball

🚧 = 20

👕 = 5 Blindfolded players

👕 = 5 Guides

Chapter 4:

DEFINITION OF FOOTBALL



“ Sport has the power to change the world, the power to inspire, the power to unite people in a way that little else can. ”

Nelson Mandela

Football is for everyone, by everyone, everywhere

- ⊕ Football is a **beautiful game** for girls and for boys
- ⊕ Football is beneficial for everyone's **health**
- ⊕ Football also teaches social skills and human **values**
- ⊕ Football can help to **emancipate** and **strengthen** the role of girls and women in society
- ⊕ Football develops players' **self-confidence** and **self-esteem**
- ⊕ The **game** is the best **teacher**
- ⊕ The **game** gives great **joy** and **fun** to the children and **free expression**
- ⊕ Football is an important form of **entertainment** and **social integration**
- ⊕ The **game** must be simple, **exciting** and rewarding
- ⊕ The **need** to play is a basic right as it is to **eat** and to **drink**

**Football is
a school of life.**





Definition of football

- ⊗ A ball, goals, rules, opponent and teammate
- ⊗ Mark the size of the field, the sidelines belong to the game
- ⊗ The ball should always be moving
- ⊗ Conduct training sessions with the ball – never let players run without the ball
- ⊗ Players should never hold the ball in their hands during the training session
- ⊗ Football can only be learned when you play the game
- ⊗ Small Sided Games are fundamental for the development of the players e.g. 1v1, 2v2, 3v3, 4v4

How to “judge” the quality of the activities?

- 1 Did the players **learn** something new in the session?
- 2 Did the players **play a game** in the session?
- 3 Did the players have **fun** while playing?

**Football
is for everyone,
by everyone,
everywhere**

Chapter 5:

THE DEMANDS OF TRAINING AND COACHING



“ Youth prefer to be stimulated instead of being instructed. ”

Johann Wolfgang von Goethe



Role of the coach

- ⊗ Prepare and plan the training session in writing
- ⊗ “KISS” = Keep It Short and Simple when explaining the exercise
- ⊗ Demonstrate the exercise – if you cannot do it, let a good player demonstrate the exercise
- ⊗ Make sure that the players practice the exercises with both feet
- ⊗ Lead by example – always be active on the training field – observe everything in the training session
- ⊗ Identify and rectify mistakes – make corrections of the exercise if necessary
- ⊗ Take time to develop the player
- ⊗ Let them reflect on their actions, both good and bad
- ⊗ Give the players a good feeling and a positive feedback – be flexible and show a positive attitude
- ⊗ Through motivation and praises players increase their self-esteem and confidence – above all, the players will have fun
- ⊗ Help the girls to develop a strong personality – on and off the field
- ⊗ Accept responsibility and faults where necessary – create a good and positive atmosphere
- ⊗ As a coach, always be willing to learn and be open minded

Things a coach/teacher should do and not do with young players

- ⊕ Do not shout at, or be aggressive with, the players – criticise constructively
- ⊕ Do not forget that the players need to have as much fun as possible when they are playing the game
- ⊕ Do not treat the young players as adults – let them play the game
- ⊕ Do not forget to show the right basic techniques of football
- ⊕ Do not make the exercises too difficult to understand – keep the exercise as simple as possible
- ⊕ Plan and prepare how to conduct the training session
- ⊕ Players should not be standing in rows and waiting. Work in smaller groups so that they will have as many touches on the ball as possible
- ⊕ Do not repeat the same exercises all the time – players get easily bored and lose motivation and enjoyment
- ⊕ Do not give long instructions and do not interrupt the exercise too often
- ⊕ Do not treat all players in the same way – be socially sensitive
- ⊕ Welcome the players and give them a feeling of how important they are
- ⊕ Create a comfortable environment
- ⊕ Do not be too demanding towards the players – let them express themselves
- ⊕ Show some inspiration and encouragement during the training session. This will help to develop the players – your positive gestures and behaviour will influence players as they look up to the educator
- ⊕ Do not use the mobile phone during the training session
- ⊕ Show your players that you love your job. Always be motivated – praise and show a positive attitude



Safety precautions/important requirements on and off the field

- ⊗ Do not train in the hottest time of the day
- ⊗ Do not let the players face the sun when you are explaining the content of the training sessions
- ⊗ Ensure players do not wear any jewellery (ear-rings, rings, necklace, bracelets etc.). Jewellery should be taken out in every session.
- ⊗ Make sure when marking the field there is enough distance between the objects and barriers that may cause injury – stones and other objects should not be lying around on the field
- ⊗ Always have enough water to drink during the training session and game. Let them drink at least every 15 minutes
- ⊗ Always have a first-aid kit and an ice-bottle in the field in case of injuries
- ⊗ The ball should be pumped up to the same level it would be in a normal football match
- ⊗ Shin-guards should be worn during the whole training session if available
- ⊗ Make sure the environment is safe – safeguarding is the best way to avoid injuries
- ⊗ Hygiene is very important – players should always wash their hands
- ⊗ If possible give out a banana before, during or after the training session

**Failing
to prepare IS
preparing to fail.**

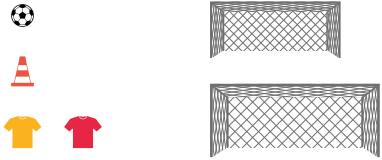
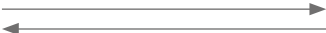




Chapter 6:

PLANNING A TRAINING SESSION



TRAINING SHEET

Team/School:	Number of players:	Duration:
Objective of the training session:	What do I need/check list: 	
 passing/shooting  movement  dribbling		

Warming up with ball:	How (explanation – coaching points):
Exercise 1:	How (explanation – coaching points):
Exercise 2:	How (explanation – coaching points):
Evaluation:	

What should be considered before you plan and conduct a training session?

- ⊕ Objective of the session
- ⊕ Number of players in the training session
- ⊕ The level of the players and age group
- ⊕ What kind of equipment is available? What can be improvised to complement balls, bibs, markers etc.?
- ⊕ How much space is available? – always measure the field
- ⊕ How much time is available? Max. 60–90 minutes
- ⊕ Prepare all the equipment which is needed – balls should be pumped up
- ⊕ Prepare enough water buckets and cups in order to drink during the training session
- ⊕ Make sure there are enough balls when preparing the exercise for the training sessions
- ⊕ Conduct station training if the group of players is very large
- ⊕ Use small groups of players in the exercises in order to have more touches on the ball
- ⊕ Allow enough time to set up the field before the players enter the training session
- ⊕ When players are in the field, make sure all safety precautions are taken
- ⊕ Give short explanations about what you want to train
- ⊕ Always start the training session with FUN exercises. Do not let them run rounds without the ball
- ⊕ Always start the exercises from easy to difficult ones – from slow to fast – from simple to complex. You always do this best with small sided games
- ⊕ Evaluate the training sessions – has the aim been achieved?



What should be considered during a training session?

- ⊕ If possible every player should have a ball
- ⊕ Players should experience FUN – highest learning process
- ⊕ Let the exercise flow. Do not always interfere. Do not shout at the players
- ⊕ Repetition, repetition, repetition is the best way to improve the players' performance
- ⊕ Give players responsibility – they have to make their own decisions in the game
- ⊕ Let them learn by playing the game “The game is the best teacher“
- ⊕ Structure and rules are needed during the exercise
- ⊕ Do the players have enough ball contact?
- ⊕ Give the players enough time to understand the exercise
- ⊕ If the exercise does not work out – make the field bigger
- ⊕ The higher the level of the players, the smaller the field should be
- ⊕ Make it simple if the exercise is too difficult for the players
- ⊕ Spread it out over the whole week if necessary, so that the players can do the exercises correctly
- ⊕ Ask players what went wrong or right – let them do their own corrections first
- ⊕ Always praise the players – the players should remain motivated
- ⊕ Ask yourself the three questions – *Do the players LEARN? Do the players PLAY the game? Do they experience FUN while playing?*
- ⊕ If one answer is no – make adjustments – change the activities, the rules, the regulations. Do not be upset if the exercise is not going well – try to find a solution
- ⊕ Main task of the educator is to be responsible for the development of the players

Chapter 7:

DRIBBLING

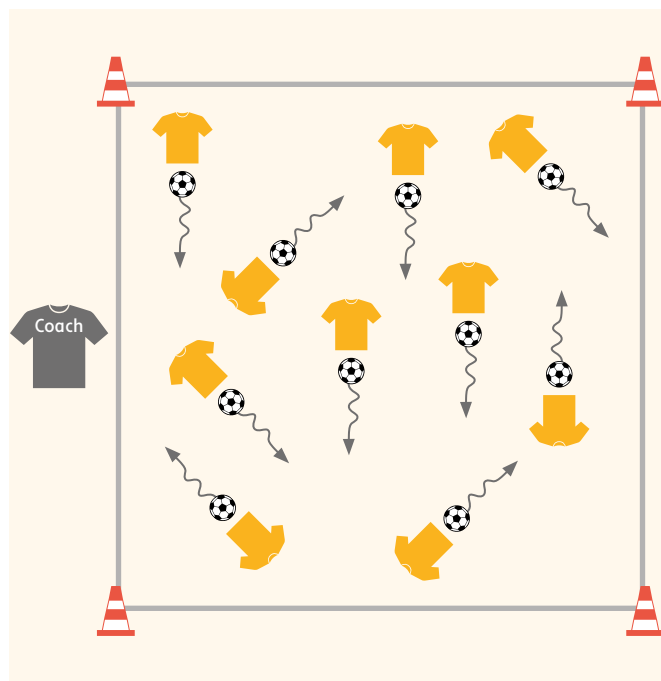


Dribbling

- ⊕ The aim of dribbling is to control the ball close to the feet in order to stay in possession of the ball and to pass and shoot. This is important in the game
- ⊕ Only the player who has the ball under control can score a goal
- ⊕ The dribbling technique needs to be of high priority in the training session and needs to be repeated in almost all training sessions



EXERCISE 1



Size of the field:
Square 20 × 20 meters

Equipment:

⚽ = 10 (every player has a ball)

🚧 = 4

👕 = 10

Aim:

To practice various dribbling techniques with inside, instep and outside of the foot.

Coaching points:

- ⊗ Keep the ball under control – right under your body
- ⊗ Use the inside of your foot – have most control of the ball
- ⊗ Use both the right and left foot
- ⊗ Watch over the ball/orientation – keep up your head
- ⊗ Do not bump into any of the other players
- ⊗ Dribble into different directions – use the available space

Sequence from easy to difficult and complex:

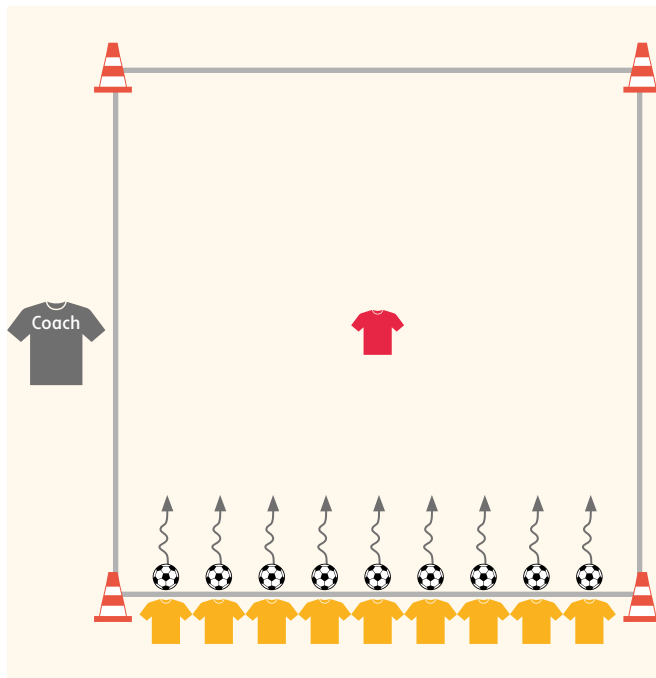
- ⊗ Make the field smaller – more orientation is needed
- ⊗ Increase the speed of the dribbling
- ⊗ The coach shows a sign with different colours of markers on what the players should do with the ball (stop the ball – blue marker, sit on the ball – green marker, make a circle with the ball – yellow marker or jump on someone's back – red marker upon the signal etc.)
- ⊗ Put markers or bibs in the field in order to make the dribbling more difficult – improvise with what is available

Rules:

- ⊗ Players have to stay within the square

Time: 10 minutes

EXERCISE 2



Size of the field:
Square 20×20 meters

Equipment:

⚽ = 9

🚧 = 4

👕 = 9

👕 = 1 Catcher

Aim:

9 Players stand in a line. One player (the catcher) faces them in the middle of the square without a ball. Upon a signal of the coach the players try to get to the opposite side of the square controlling the ball with their feet. The catcher tries to kick the ball out of the square from the players who are trying to pass her. The player who lost her ball automatically becomes a catcher as well. The last player who has a ball left wins the competition.

Coaching points:

- ⊕ Keep the ball under control – close under your body
- ⊕ Watch over the ball/orientation – always keep your head up
- ⊕ Speed up when passing the catcher

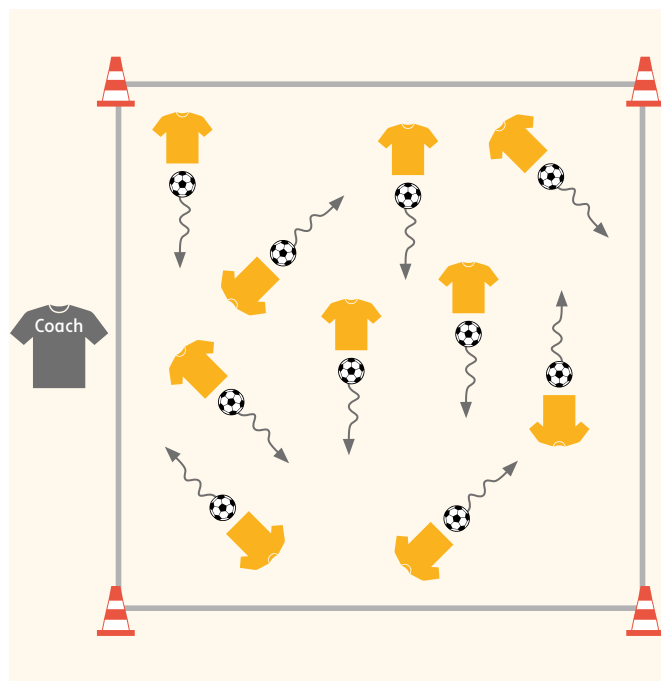
Sequence from easy to difficult and complex:

- ⊕ Make the field smaller – more orientation is needed
- ⊕ Pass the catcher at a certain time

Rules:

- ⊕ Players have to reach the opposite line with the ball – Players have to stay within the square.
- ⊕ Every player has to be a catcher

EXERCISE 3



Size of the field:
Square 20 × 20 meters

Equipment:

⚽ = 10 (every player has a ball and a bib)

🚧 = 4

👕 = 10

Aim:

Practice various dribbling techniques – Upon a signal from the coach the players try to snatch a bib from the other players. Each player should have a bib tug in the back of their trousers. They should keep their ball on their feet and they are not allowed to move outside the square. Whoever catches most of the bibs at a certain time is the bib queen.

Coaching points:

- ⊗ Keep the ball under control – right under your body
- ⊗ Watch over the ball/orientation – always keep your head up
- ⊗ Protect the ball and the bib
- ⊗ Collect as many bibs as possible

Sequence from easy to difficult and complex:

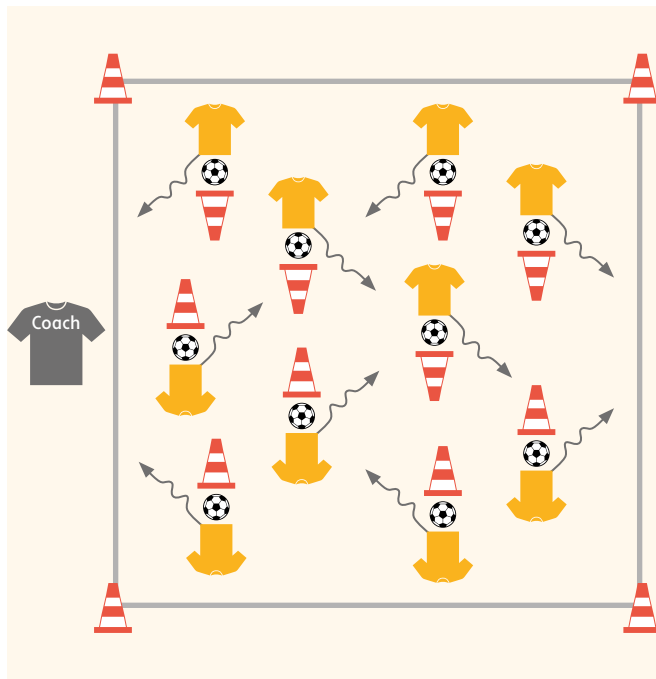
- ⊗ Make the field smaller – more orientation is needed
- ⊗ Increase the time of each repetition

Rules:

- ⊗ Players have to stay within the square and keep the collected bibs in the back of their trousers. It is not allowed to keep it in your hand

Time: 5 repetitions each 30 seconds

EXERCISE 4



Size of the field:
Square 20×20 meters

Equipment:

⚽ = 10 (every player has a ball)

🚦 = 14

👕 = 10

Aim:

Players dribble through the markers and practice a dummy called “Scissor” (Ronaldo Trick) on the markers. The right foot steps over the ball and then you take the ball with the outside of your left foot and pass to the opponent on the left side.

Coaching points:

- ⊕ Execute the scissor approx. 30 cm before the markers
- ⊕ Always keep your head up
- ⊕ Shift the upper body to the right and pass to the left
- ⊕ Speed up when passing the markers
- ⊕ Practice it on the left and right foot

Sequence from easy to difficult and complex:

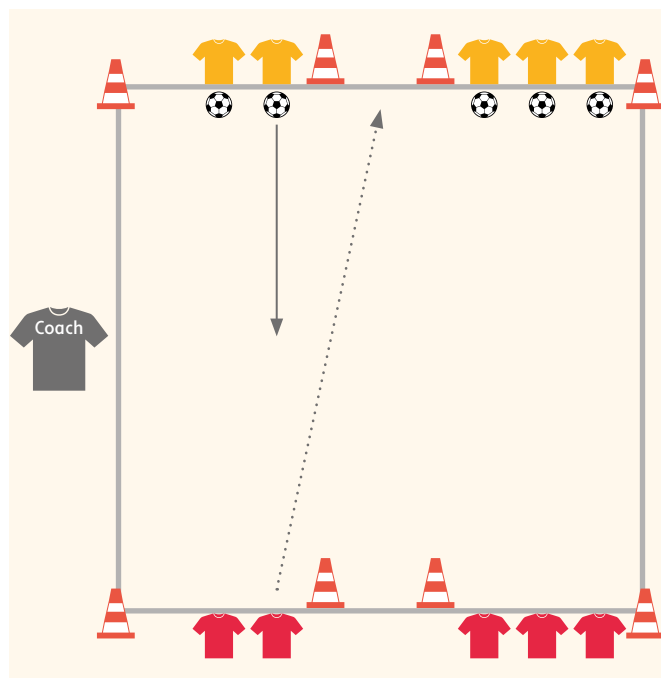
- ⊕ Use the players to make the scissor
- ⊕ 8 players have a ball and 2 trying to kick their balls out of the square

Rules:

- ⊕ Count how many dummies a player can do in one minute
- ⊕ Count how often the players have no ball and can kick out the ball at a certain time

Time: 10 minutes and every two players become catchers for 30 seconds

EXERCISE 5



Size of the field:

Square 20 × 20 meters plus 3 meters goals

Equipment:

⚽ = 5

🚧 = 8 (2 goals – 3 meters wide)

👕 = 5

👕 = 5

Aim:

2 teams, each 5 players – one player passes the ball to the other team. After controlling the ball, the player that receives the ball tries to score a goal in the opponents half within 30 seconds. If the yellow player gains the ball she can also score a goal. When the ball is out, the new pair of players start to play 1v1.

Coaching points:

- ⊗ Keep the ball under control – keep your head up
- ⊗ Speed up when dribbling towards the opponent, use a dummy
- ⊗ Score as quick as possible
- ⊗ The defender will stay slightly sideways with her knee bent. The defender waits patiently until the ball is free to attack. After taking the ball she will quickly try to score a goal

Sequence from easy to difficult and complex:

- ⊗ Give lesser time in order to score
- ⊗ The player who receives the ball will pass the ball back to the passer and then becomes the defender

Rules:

- ⊗ Players have to stay behind the goals. No goal-keeper is allowed. The captain of each team counts the goals after 4 repetitions

Time: 4 repetitions for each team – 30 seconds for each 1v1

Chapter 8:

PASSING, RECEIVING AND CONTROLLING

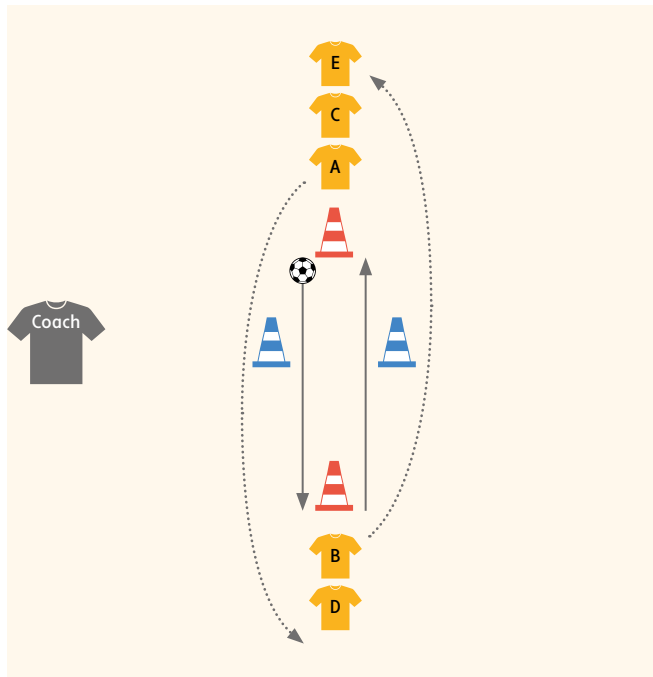


Passing

- ⊕ The aim of passing is to give an accurate pass to your teammate in order for your team to stay in possession of the ball and to give your teammate the opportunity to score
- ⊕ When passing the ball, accuracy is of high priority – the most accurate pass will be executed from the inside of the foot
- ⊕ The speed of the pass depends on the distance to the teammate who will receive the pass. Short distance means a light swing from the passing foot in a 90 degrees angle. Longer distance means a heavy and fast swing from the passing foot in order to get a high weight and that the pass will have enough speed without an opponent intercepting
- ⊕ The standing leg has to be close to the ball and has to show into the direction where the ball has to go



PASSING: EXERCISE 1



Distance:

From marker to marker 10 meters

Equipment:

⚽ = 1 ball (reserve balls on the side)

🚧 = 4

👕 = 5

Aim:

A passes the ball to B and runs to the other side.
B passes the ball to C and also runs to another side.
C passes to D, D to E etc. Every player is following her own pass to the other side.

Coaching points:

- ⊕ Using the inside of the foot – swinging the passing leg in a 90 degrees position
- ⊕ The other leg should be close to the ball and to the direction where the teammate that should receive the pass is
- ⊕ The receiving player stays behind the marker and moves quickly towards the ball
- ⊕ Use right and left foot
- ⊕ After passing the ball run quickly to the other side – always moving, never stay still
- ⊕ Keep the ball in front of the upper right body

Sequence from easy to difficult and complex:

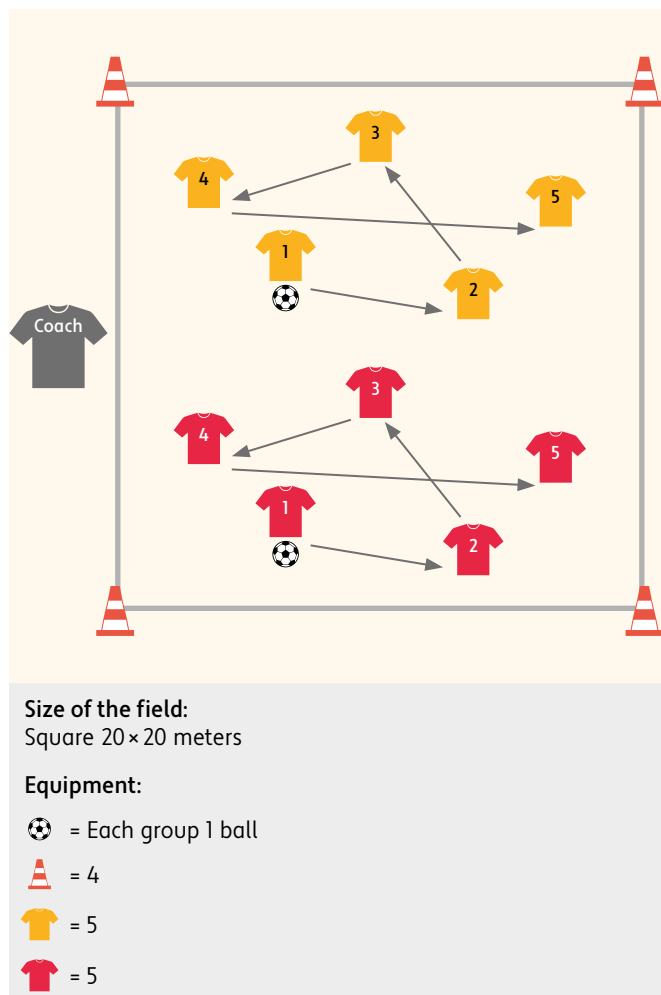
- ⊕ Make the distance between the markers longer
- ⊕ Increase the speed of the passes and runs
- ⊕ Use two markers (blue in the drawing) as a gate in the middle of the passing way and the players have to pass the ball through the gate
- ⊕ Vary the distance of the gate. The smaller the gate, the more difficult it is to pass the ball through

Rules:

- ⊕ Players have to stay behind the marker
- ⊕ If there are more than 5 players make another field – the less players in the exercise, the more touches the players will have, instead of waiting in a long queue
- ⊕ Count how many accurate passes the group can do in one minute

Time: 10 minutes

EXERCISE 2



Aim:

Each player of each group has a number. Player 1 has to pass the ball to the player of number 2 then 3 to 4 to 5 back to 1 and start all over again.

Coaching points:

- ⊗ Communication between the players – the player that receives the ball should call out her number
- ⊗ Keep the head up in order to see the player who receives the ball and the player who will pass the ball
- ⊗ Use left and right foot
- ⊗ Take the position of the body to the direction where the player wants to pass the ball

Sequence from easy to difficult and complex:

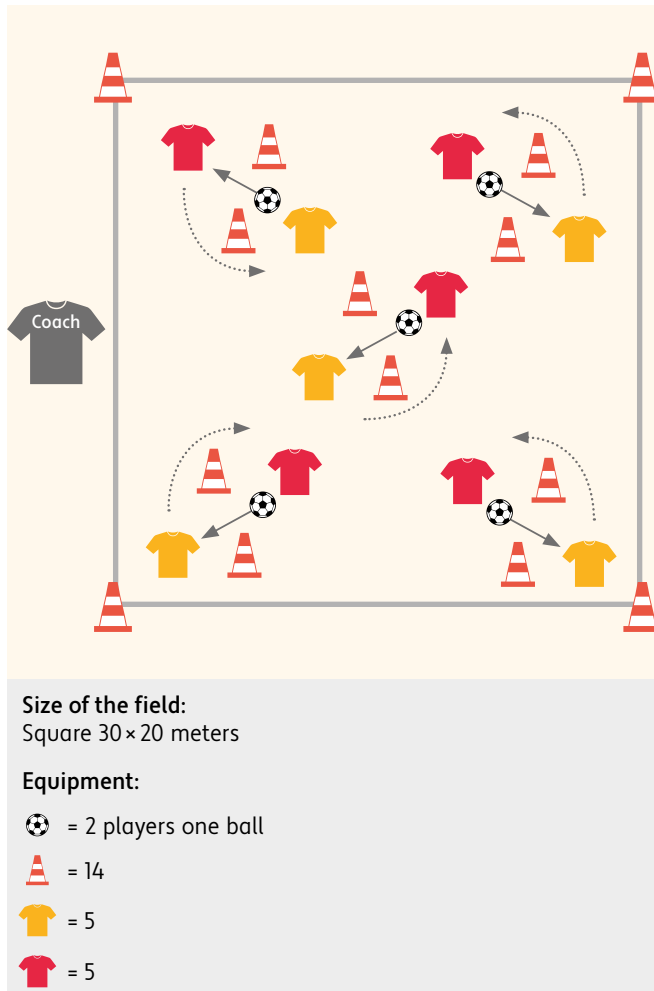
- ⊗ Start playing the ball from 5 to 4 to 3 to 2 to 1 to 5 or change the numbers randomly
- ⊗ Increase the speed of the passes and the runs and move through the whole square
- ⊗ Limitation of the touches of the ball – at first 3 touches are allowed, then 2 touches and finally only direct passes between the players are allowed
- ⊗ Use 2 balls in each group

Rules:

- ⊗ Count how many passes each group makes in a certain time

Time: 10 minutes

EXERCISE 3



Aim:

Two players pass the ball through the gates and move on to the next gate – until all the gates have been passed through.

Coaching points:

- ⊕ Communication between the players, keep the head up in order to see the player who receives the ball – use the right foot when passing to the left side and use the left foot when passing to the right side through the gates
- ⊕ Use the right speed of the pass and accuracy
- ⊕ Do not pass the ball at the back of the other player

Sequence from easy to difficult and complex:

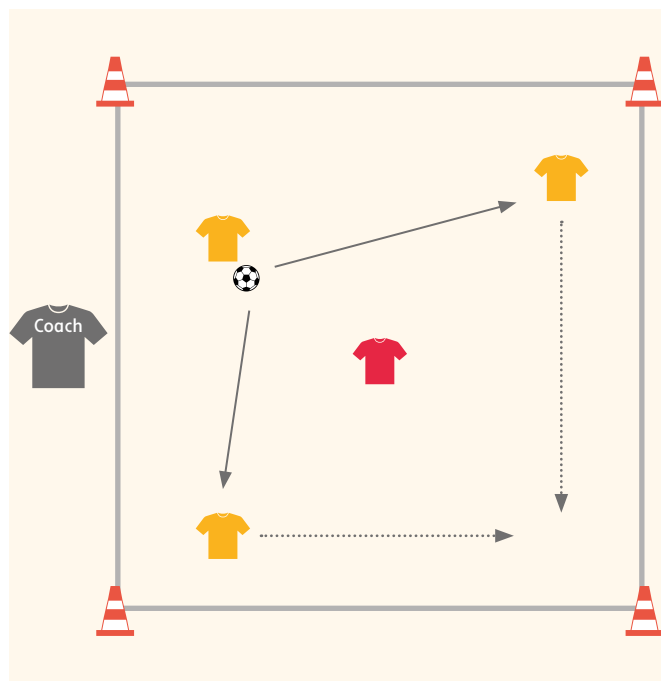
- ⊕ Use one touch pass, pass the ball between the players
- ⊕ Pass the ball forward in the direction your team player is moving to
- ⊕ Small Sided Games – 5v5 aim is to get a pass through the gate to the other team player – do not use the gate twice in a row

Rules:

- ⊕ Count how many passes each group can play through all the gates – using only one gate at a time

Time: 10 minutes

EXERCISE 4



Size of the field:
Square 15 × 15 meters

Equipment:

⚽ = 1 ball (reserve balls on the side)

🚧 = 4

👕 = 3

👕 = 1

Aim:

3 players pass the ball around to each other. An opponent in the middle tries to get the ball.

Coaching points:

- ⊗ Always build a triangle between the team players. One player with the ball needs to have two options to pass the ball to their team players.
- ⊗ Communication between the players – be ready at any time to receive the ball from the teammate
- ⊗ Keep the head up in order to see where your teammate is moving to
- ⊗ Use the left and right foot
- ⊗ Body should show the direction where the player wants to pass the ball to after receiving it – always move towards the ball

Sequence from easy to difficult and complex:

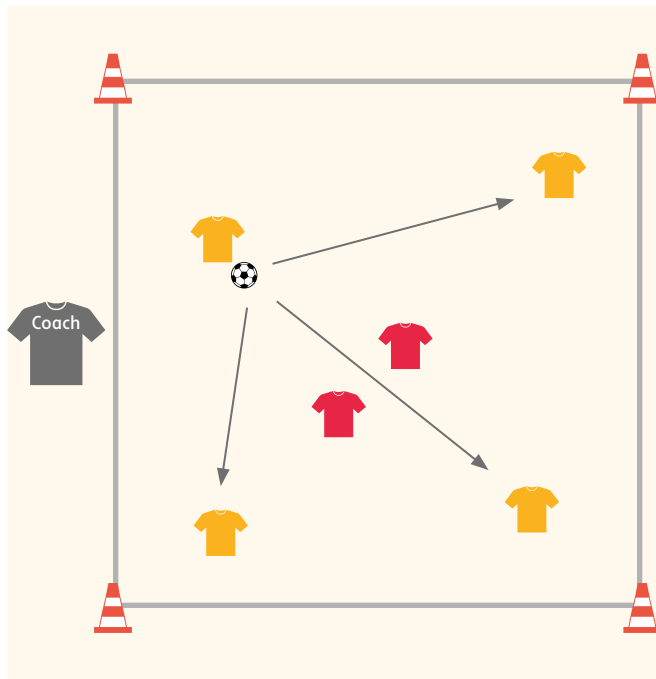
- ⊗ Allow as many touches as needed, then reduce it to 3 or 2 touches or finally direct pass to the teammate only
- ⊗ Make the field smaller when the passes are accurate

Rules:

- ⊗ Change the opponent after 2 minutes or when the opponent gets the ball the player who played the miss-pass becomes the opponent
- ⊗ Count how many passes can be made in each group in a certain time

Time: 10 minutes

EXERCISE 5



Size of the field:
Square 20×20 meters

Equipment:

⚽ = 1 ball (reserve balls on the side)

🚧 = 4

👕 = 4

👕 = 2

Aim:

4 players pass the ball around to each other. 2 defenders in the middle try to get the ball.

Coaching points:

- ⊕ Always build a diamond shape between the team players. One player with the ball needs to have three options to pass the ball to the other players.
- ⊕ Communication between the players – be ready at any time to receive the ball from the other players
- ⊕ Keep the head up in order to see where your teammate is moving to
- ⊕ Use left and right foot
- ⊕ The body should show in the direction where the player wants to pass the ball to after receiving it – always move towards the ball

Sequence from easy to difficult and complex:

- ⊕ Allow as many touches as needed, then reduce it to 3 or 2 touches and finally direct pass to the teammate
- ⊕ Make the field smaller when the passes are accurate

Rules:

- ⊕ Change the opponent after 2 minutes or when the opponent gets the ball the player who played the miss-pass becomes the opponent
- ⊕ Count how many passes can be made in each group in a certain time

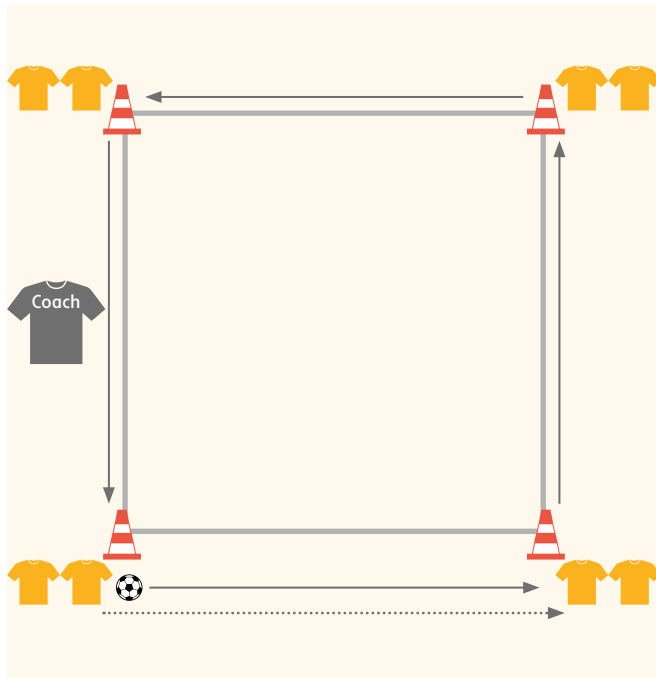
Time: 10 minutes

Receiving and controlling

- ⊕ When receiving a pass from a teammate, it is important to try to control it in order to pass the ball again to a teammate or to score a goal
- ⊕ The body has to stay behind the ball to have complete control of the ball
- ⊕ Swing the instep of the foot forward in order to take the speed of the pass and swing it back like the pendulum of a clock
- ⊕ Always move forward towards the ball, otherwise the opponent will intercept the ball
- ⊕ Control high balls with the front or the inside of the foot or with your thigh and chest
- ⊕ To juggle the ball, it is very important to have more control of the ball – when ever you will have an active break between the different exercises you can juggle the ball – use your instep, bend the knees, the ball should be kicked knee-high



RECEIVING AND CONTROLLING: EXERCISE 1



Size of the field:
Square 15 × 15 meters

Equipment:

⚽ = 1 ball (reserve balls on the side)

🚧 = 4

👕 = 8

Aim:

Pass the ball to your team player on the other side of the square and always follow your pass.

Coaching points:

- ⊕ Always move towards the ball – control the ball in the direction you are moving towards
- ⊕ Make sure your body is behind the ball so that no opponent can get the ball
- ⊕ Pass the ball to both directions, once with the right foot and then with the left foot

Sequence from easy to difficult and complex:

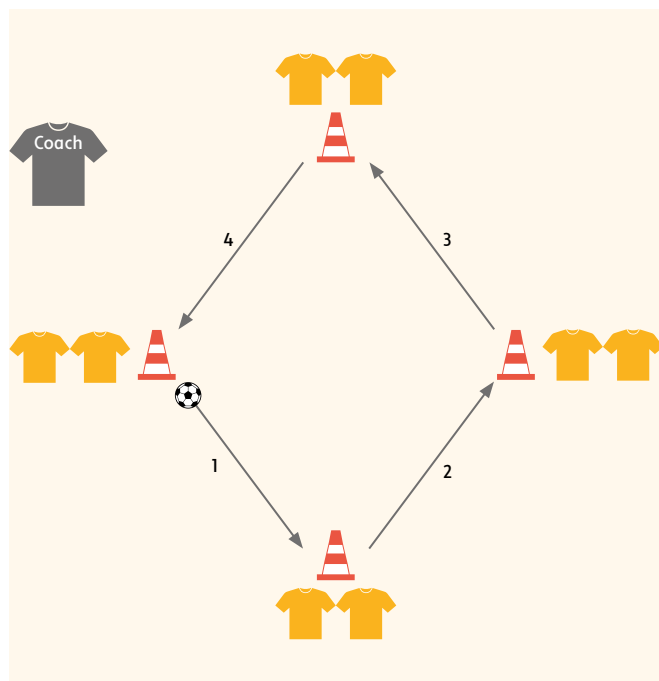
- ⊕ Use only three or two touches when controlling the pass and pass the ball to your teammate
- ⊕ Speed up the passes and the runs
- ⊕ The player that receives the ball will make a run to the other side before controlling the ball and will quickly turn towards the ball and will control the ball (a dummy run)

Rules:

- ⊕ Pass and control the ball as often as possible
- ⊕ Count the number of passes in each group in a certain time

Time: 10 minutes

EXERCISE 2



Size of the field:

15 meters between the markers

Equipment:

⚽ = 1 ball (reserve balls on the side)

🚧 = 4

👕 = 8

Aim:

Pass the ball to the teammate and follow your pass.

Coaching points:

- ⊗ Always move towards the ball when controlling the ball
- ⊗ Stay in an open position to control the ball and pass the ball to the next player
- ⊗ The body should follow the direction of the pass the player is making
- ⊗ Make sure your body is behind the ball so that no opponent can get the ball
- ⊗ Pass the ball to both directions, once with the right foot and then with the left foot

Sequence from easy to difficult and complex:

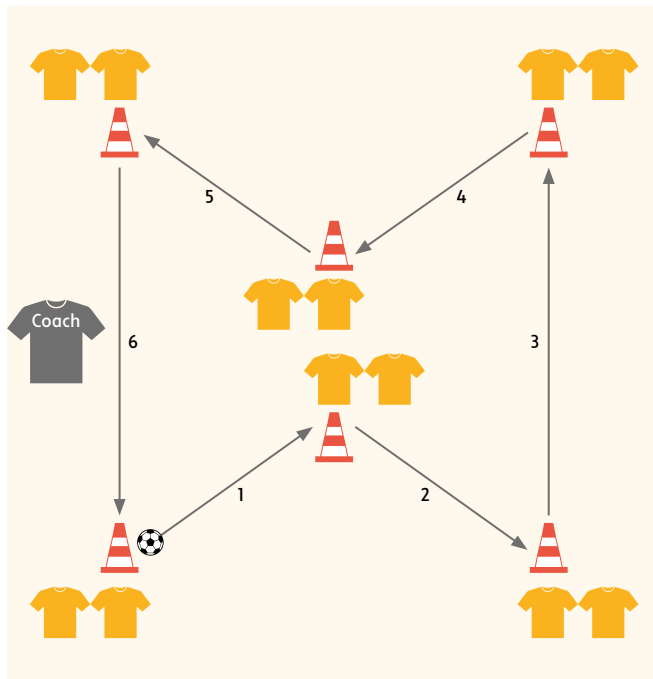
- ⊗ The player who passes the ball should put pressure on the player who controls the ball
- ⊗ Speed up the passes and the runs – play the exercise with two balls

Rules:

- ⊗ The same as in exercise 1

Time: 10 minutes

EXERCISE 3



Size of the field:
Square 20×15 meters

Equipment:

⚽ = 1 ball (reserve balls on the side)

🚧 = 6

👕 = 12

Aim:

Pass the ball to the teammate and follow your pass.

Coaching points:

- ⊕ Always move towards the ball when controlling the ball
- ⊕ Stay in an open position to control the ball and pass the ball to the next player
- ⊕ The body should follow the direction of the pass the player is making
- ⊕ Make sure your body is behind the ball so that no opponent can get the ball
- ⊕ Pass the ball to both directions, once with the right foot and then with the left foot

Sequence from easy to difficult and complex:

- ⊕ The player who passes the ball should put pressure on the player who controls the ball
- ⊕ Speed up the passes and the runs – play with two balls (start at point 4)

Rules:

- ⊕ The same as in exercise 1

Time: 10 minutes

Chapter 9:

SHOOTING

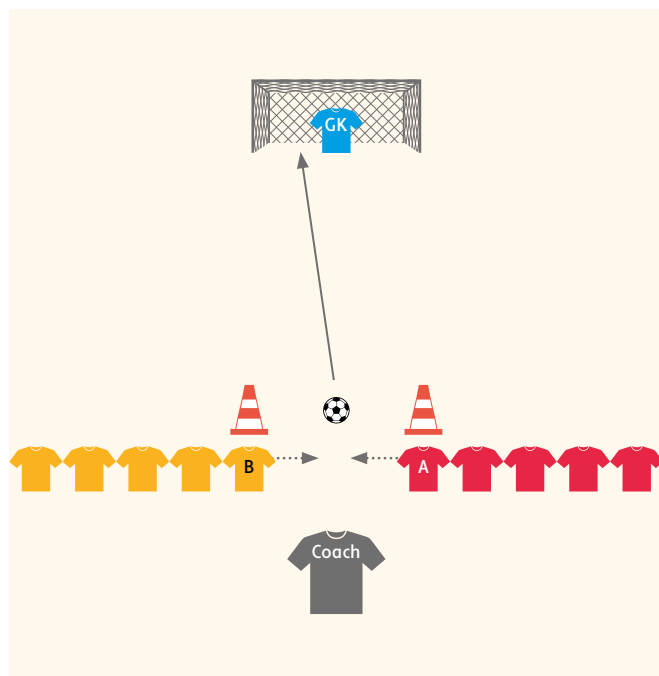


Shooting

- ⊗ The aim of football is to score goals. Therefore, shooting needs to be of high priority in all the training sessions. It is important to show the right technique to the players and make necessary corrections during the shooting training session
- ⊗ The body position is most important during shootings. The standing leg has to be near the ball and points to the direction of the shot. Shots can be made with the inside, instep or outside of the foot
- ⊗ The kicking foot swings like a pendulum and will follow the ball throughout the shot
- ⊗ The knee of the kicking leg should be over the ball if the ball is placed down on the ground which will be more difficult for the goalkeepers to save. If the ball is placed high, the upper part of the body should move back



EXERCISE 1



Distance:
from marker to marker 8 meters and 12 meter from the goal

Equipment:

⚽ = 5 balls (reserve balls)

🚧 = 2

👕 = 5

👕 = 5

👕^{GK} = 1

Aim:

Player A dribbles with the ball towards player B who moves toward player A. Player B takes the ball from player A and shoots the ball towards the goal. Player A moves to the opposite side and player B moves to the side of player A.

Coaching points:

- ⊗ Use the instep when shooting to get most power. Shoot the ball in the left corner of the goal. If possible when shooting with the right foot (vice-versa)
- ⊗ Make sure the whole body is behind the ball and the standing leg is close to the ball and points to the direction where the player wants to shoot the ball
- ⊗ Use right and left foot (change the possession of the ball)
- ⊗ Lock the ankle of the shooting foot downward. Shoot the ball from its central point.
- ⊗ Follow through by swinging the leg forward. Straighten the back

Sequence from easy to difficult and complex:

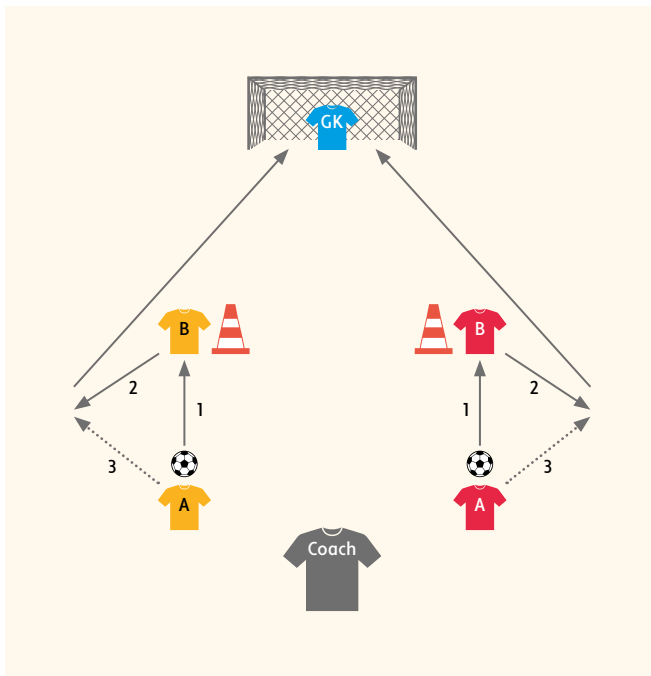
- ⊗ Make the distance of the markers far away from the goal
- ⊗ The coach tells the players where to shoot the ball: low or high – left or right side of the goalpost
- ⊗ If the goalkeeper catches the ball, she will pass the ball to the group which starts with the exercise

Rules:

- ⊗ Each team counts their goals – always change the goalkeepers

Time: 20 minutes (10 minutes the ball from right to left and 10 minutes from left to right)

EXERCISE 2



Distance:

Markers placed on the 18 yard box

Equipment:

⚽ = 10 balls

🚧 = 2

👕 = 5

👕 = 5

🧑🏆 = 1

Aim:

Player A passes the ball to player B. Player B passes the ball into the direction of player A as she runs. A takes the ball and shoots the ball towards the goal. Player A takes the position of player B and B goes into the position of A.

Coaching points:

- ⊕ Use the instep of the foot when shooting to get most power. Make sure the whole body is behind the ball and the standing leg is close to the ball and points to the direction where the player wants to shoot the ball
- ⊕ Use left foot when players are on the left side and right foot when they are on the right side
- ⊕ Lock the ankle of the shooting foot downward. Shoot the ball from its central point.
- ⊕ Follow through by swinging the leg forward. Straighten the back

Sequence from easy to difficult and complex:

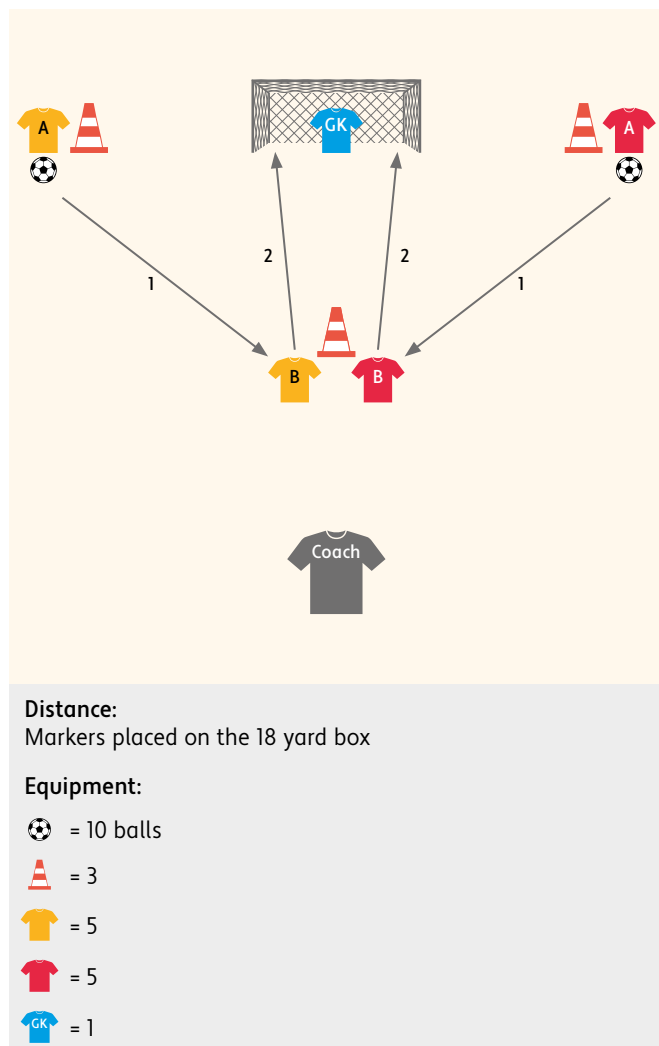
- ⊕ Make the distance of the markers far away from the goal
- ⊕ The coach tells the players where to shoot the ball: low or high – left or right side of the goalpost
- ⊕ Only one touch – passing the ball and shooting the ball directly towards the goal

Rules:

- ⊕ Each team counts their goals – always change the goalkeepers

Time: 20 minutes (10 minutes the ball from right to left and 10 minutes from left to right)

EXERCISE 3



Aim:

Player A passes the ball to player B. Player B controls the ball and shoots towards the goal. Player A takes the position of team player B and B goes into the position of A.

Coaching points:

- ⊗ Use the instep of the foot when shooting to get most power. Make sure the whole body is behind the ball and the standing leg is close to the ball and points to the direction where the player wants to shoot the ball
- ⊗ Use left foot when players are on the left side and right foot when they are on the right side
- ⊗ Lock the ankle of the shooting foot downward. Shoot the ball from its central point.
- ⊗ Follow through by swinging the leg forward. Straighten the back

Sequence from easy to difficult and complex:

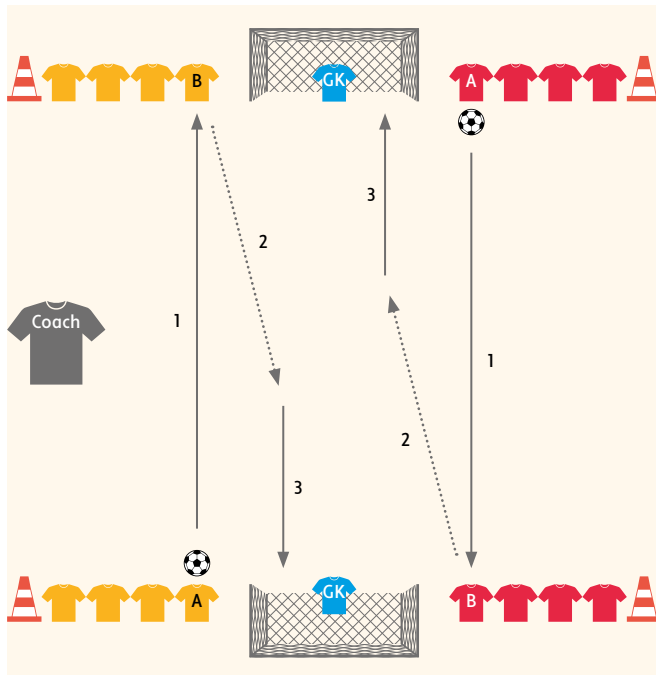
- ⊗ Make the distance of the markers far away from the goal
- ⊗ The coach tells the players where to shoot the ball: low or high – left or right side of the goalpost
- ⊗ Only one touch – passing the ball and shooting the ball directly towards the goal

Rules:

- ⊗ Each team counts their goals – always change the goalkeepers

Time: 20 minutes (10 minutes one team from the right side and 10 minutes from the left side)

EXERCISE 4



Distance:

Size of the field 18 yard box width 30 meter length

Equipment:

⚽ = 10 balls (each team has 5 balls)

🚧 = 4

👕 = 8

👕 = 8

🧤 = 2

Aim:

Player A passes the ball to player B. B controls the ball, dribbles with the ball in the middle of the field and shoots towards the goal. Player A takes the position of player B and B goes into the position of A.

Coaching points:

- ⊕ Use the instep of the foot when shooting to get most power. Make sure the whole body is behind the ball and the standing leg is close to the ball and points to the direction where the player wants to shoot the ball
- ⊕ Use right foot when players are on the left side and left foot when they are on the right side
- ⊕ Lock the ankle of the shooting foot downward. Shoot the ball from its central point
- ⊕ Follow through by swinging the leg forward. Straighten the back

Sequence from easy to difficult and complex:

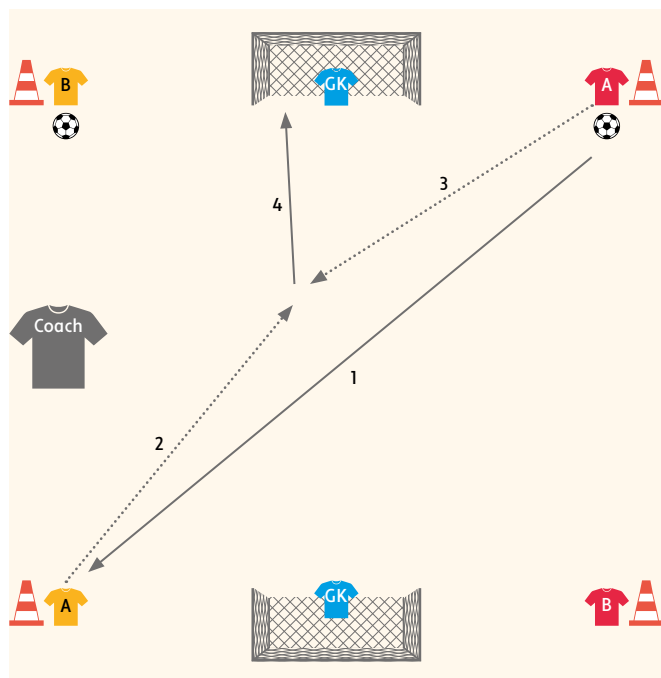
- ⊕ Only one touch or directly shoot on the goal. In 20 seconds, the shot has to be executed.

Rules:

- ⊕ Each team counts their goals – always change the goalkeepers

Time: 20 minutes (10 minutes one team from the right side and 10 minutes from the left side)

EXERCISE 5



Distance:

Size of the field 18 yard box width 30 meter length

Equipment:

⚽ = 10 balls (each team has 5 balls)

🚧 = 4

👕 = 8

👕 = 8

🧑🏆 = 2

Aim:

The red player A passes the ball diagonally to the yellow A player who controls the ball and tries to shoot as soon as possible. The red player A plays against the yellow player A as a defender. If the red player gets the ball she can also score a goal. After the shot or the ball is out, each player moves to the opposite side as quick as possible. After the shot is out, players B continue with the same exercise.

Coaching points:

- ⊗ Use the instep of the foot when shooting to get most power. Make sure the whole body is behind the ball and the standing leg is close to the ball and points to the direction where the player wants to shoot the ball
- ⊗ Lock the ankle of the shooting foot downward. Shoot the ball from its central point.
- ⊗ Follow through by swinging the leg forward. Straighten the back

Sequence from easy to difficult and complex:

- ⊗ Only one touch or directly shoot on the goal. In 20 seconds, the offensive action has to be finished and the next pair (B) will play 1v1.
- ⊗ After 1v1 then 2v2, 3v3 and finally 4v4.

Rules:

- ⊗ Each team counts their goals – always change the goalkeepers

Time: 20 minutes

Chapter 10:

HEADING

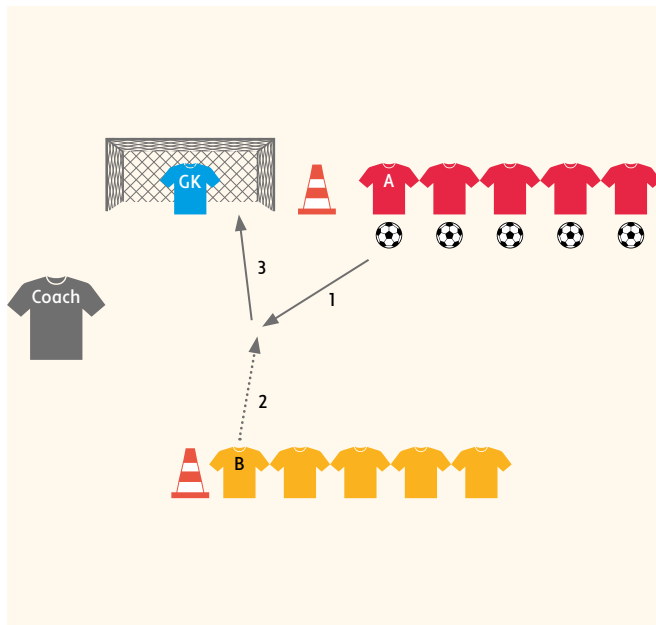


Heading

- ⊕ This age group should not use a heavy leather ball for training heading. A lighter and smaller ball such as a plastic ball should be used. Even a balloon at the beginning would help to overcome the fear of heading the ball and practice the right technique
- ⊕ Many girls have their eyes closed when heading the ball because they are afraid of the ball. If the eyes are closed, no good header can be practised and learned
- ⊕ When heading the ball, first bend the upper body back and tighten the muscle of your neck. The ball needs to be headed with the forehead
- ⊕ When the player anticipates the position of the ball high in the air, she pulls her head and upper body forward to attack the ball



EXERCISE 1



Distance:

Marker is 15 meters away from the goal

Equipment:

⚽ = 5 balls

🚧 = 2

👕 = 5

👕 = 5

🧑🏆 = 1

Aim:

Player A throws the ball high (as if making a throw in during a game) to player B who should run towards the ball, jump high and hit the ball with the forehead towards a corner of the goalpost. Player A moves to the position of player B and B into the position of A.

Coaching points:

- ⊕ Anticipate where the ball will be coming from. The timing of the jump towards the ball is the most important
- ⊕ Make sure the upper body moves backwards and the neck muscles are tightened when heading the ball with the forehead
- ⊕ Keep the eyes open to see the ball coming. Attack the ball and place the ball in a corner of the goalpost as it will be more difficult for the goalkeeper to catch
- ⊕ Make sure the throw is executed correctly (as if making a throw in during a game) – both feet need to touch the ground before throwing the ball. The ball in both hands of the player needs to be swung back before throwing it to the other player

Sequence from easy to difficult and complex:

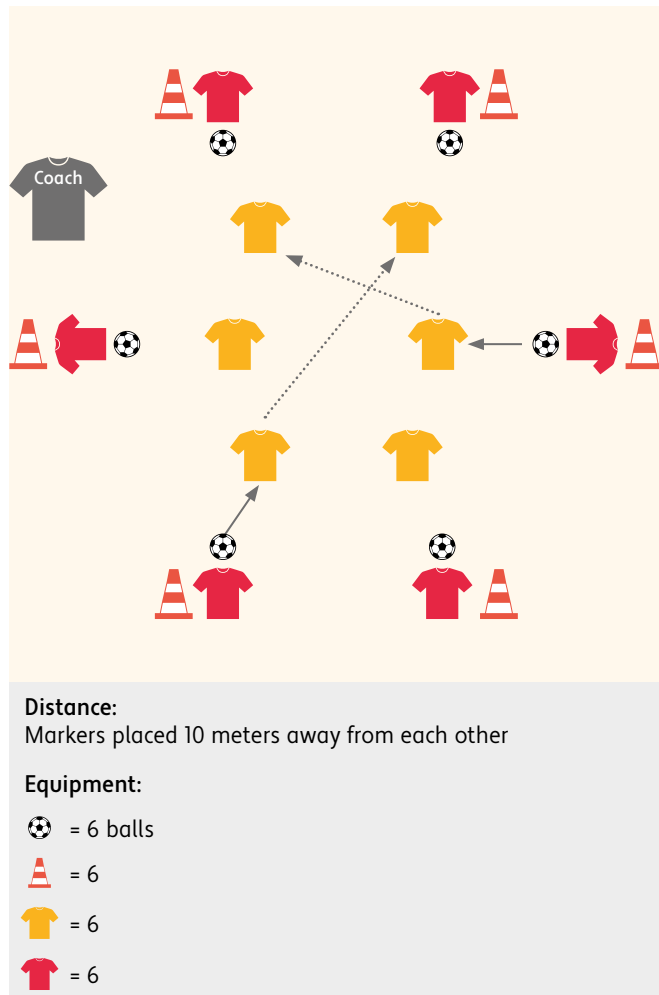
- ⊕ Make the distance of the markers far away from the goal
- ⊕ The coach tells the player where to place the header: low or high – left or right side of the goalpost
- ⊕ If the goalkeeper catches the ball, she will pass the ball to the group which starts with the exercise to throw the ball

Rules:

- ⊕ Each team counts their goals – always change the goalkeepers

Time: 20 minutes (10 minutes the ball from the right side and 10 minutes from the left side)

EXERCISE 2



Aim:

All red players standing at the markers have a ball in their hands and throw it to the other players without the ball. The player without the ball will head the ball back to the thrower and then move to another thrower randomly.

Coaching points:

- ⊗ Anticipate where the ball will be coming from. The timing of the jump towards the ball is the most important
- ⊗ Make sure the upper body moves backwards and the neck muscles are tightened when heading the ball with the forehead
- ⊗ Keep the eyes open to see the ball coming. Attack the ball and head the ball back to the hands of the thrower

Sequence from easy to difficult and complex:

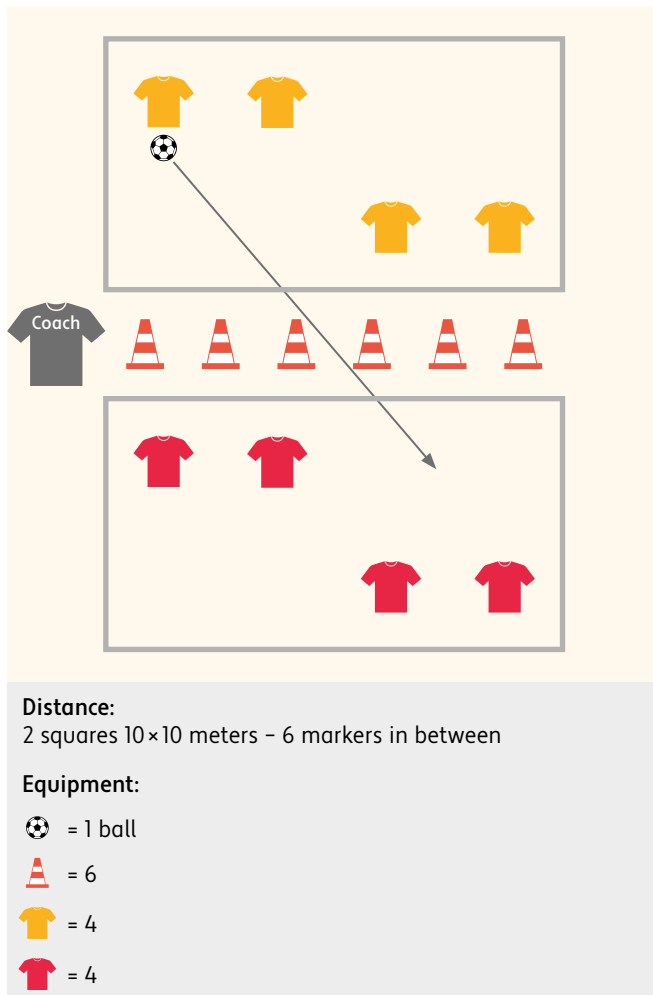
- ⊗ Throw the ball high in the air so the player who heads the ball has to jump higher

Rules:

- ⊗ Each player counts how many times she can head the ball in 30 seconds

Time: Change the thrower and the header after 30 seconds

EXERCISE 3



Aim:

The ball has to be headed from the yellow team to the other field over the markers. The red team tries to head the ball back into the other field. If the ball bounces 3 times on the floor the other team gets a point and starts again with the headers over the net like football tennis.

Coaching points:

- ⊕ Anticipate where the ball will be coming from. The timing of the jump towards the ball is the most important
- ⊕ Make sure the upper body moves backwards and the neck muscles are tightened when heading the ball with the forehead
- ⊕ Keep the eyes open to see the ball coming. Attack the ball and head the ball back over the markers to the other field

Sequence from easy to difficult and complex:

- ⊕ The ball is only allowed to bounce twice or once on the ground

Rules:

- ⊕ When the ball bounces more than 3 times on the ground, the other team gets a point and has the ball. The team that reaches first 10 points wins the match

Time: 10 minutes until one team makes 10 points, then play against another team

Chapter 11:

SMALL-SIDED GAMES



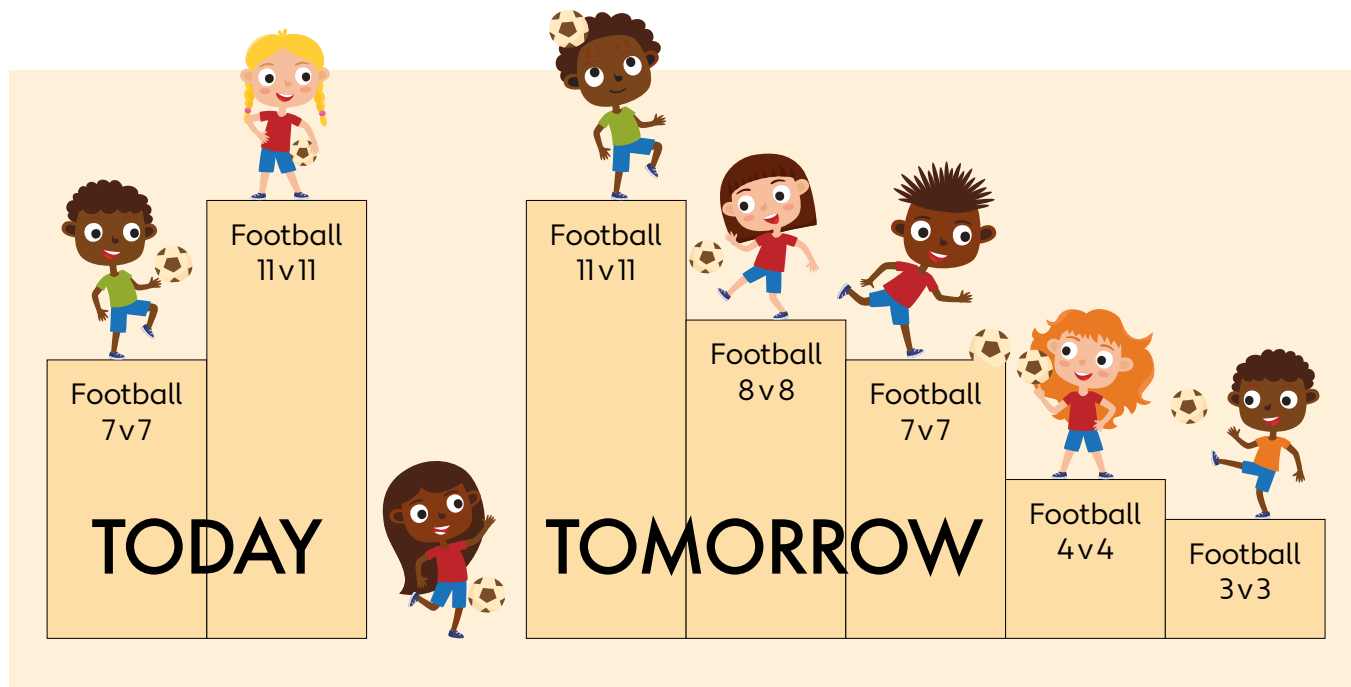
The benefits of Small-sided games (SSG)

- ⊗ SSG are easy to understand. The players enjoy them and have more freedom of expression
- ⊗ The players touch the ball more often, thus they will be able to control the ball better
- ⊗ The players will shoot more often, thus the chances of scoring are quite high
- ⊗ Many 1v1 situations will occur, thus the players will learn how to defend and to attack in such game situations
- ⊗ Players often have to make quick decisions, therefore the players get more tactical experience
- ⊗ SSG are very good for fitness training as the players have to move all the time
- ⊗ The ball is not so often out of the field as the field is smaller, thus more touches on the ball are guaranteed
- ⊗ Goalkeepers are very active in SSG



The definition of SSG:

Small amount of players (1v1, 2v2, 3v3, 4v4 etc.) play against each other in a small area or space.

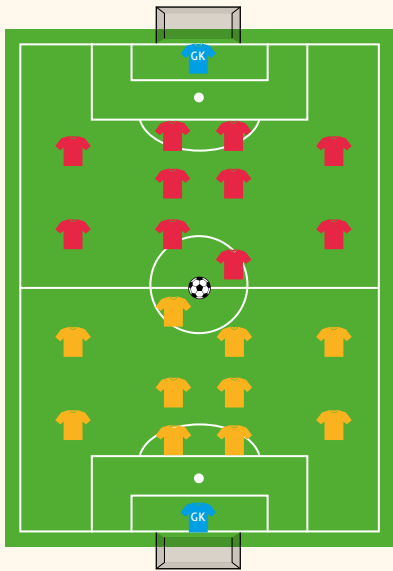


The right side of the graphic shows the pathway of a young player who starts with SSGs like 3v3, 4v4, 5v5 to develop as a football player instead of playing 7v7 or even 11v11 as you can see on the left side of the graphic.

SSG is a tool to develop the basic principles of football in players

The aim of football is very simple: To score goals and to prevent the opponent from scoring

CONSEQUENCES OF SSG ON USE OF SPACE



Game: 11v11
1 Field

Equipment:

⚽ = 1 ball

👕 = 22 Players

👕 = 1 Referee

⚽ = 2 Goals (7,32 × 2,44 meters)



Game: 7v7
2 Fields

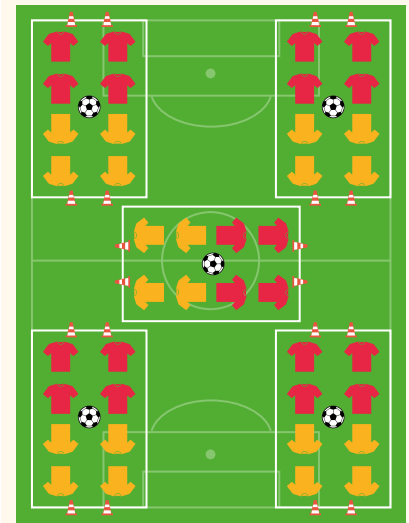
Equipment:

⚽ = 2 balls

👕 = 28 Players

👕 = 2 Referees

⚽ = 2 smaller Goals (5 × 2 meters)



Game: 4v4 (5v5)
5 Fields (40 × 20 meters)

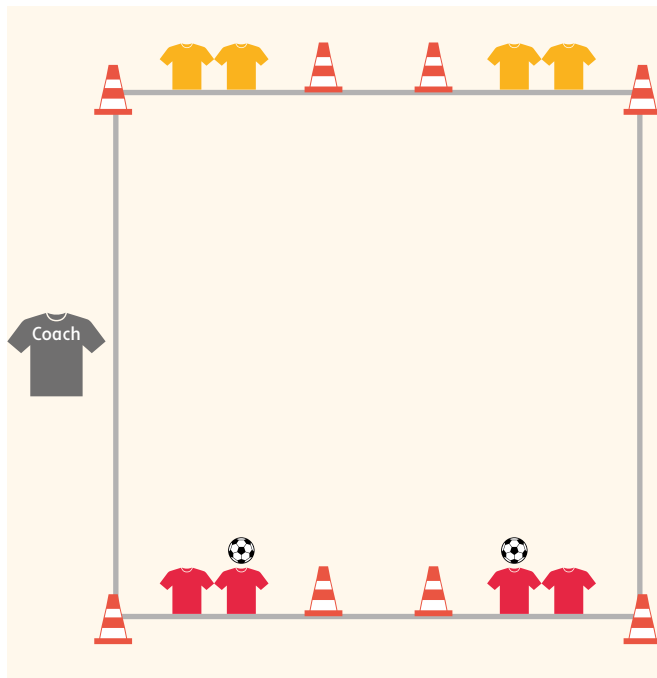
Equipment:

⚽ = 5 balls

👕 = 40 (50) Players

⚠️ = 20

EXERCISE 1



Size of the field:

20 meters width, 25 meters length, goals 3 meters wide

Equipment:

⚽ = 2

🚧 = 8

👕 = 4

👕 = 4

Aim:

The same exercise as in exercise 5 in the chapter 7 on dribbling. Now 2 players play against 2 players. Afterwards 3v3. The field size needs to be accordingly adjusted. 3v3 = 20 meters width and 30 meters length. Now, more combination play between the players is necessary in order to create more goal-scoring chances.

Coaching points:

- ⊗ Players need to use all the space of the field and move quickly and support each other
- ⊗ The attacker who has the ball speeds up and makes a dummy in order to pass the defender or play a one-touch ball or overlap or take over the ball from her team player and pass into the free space where her teammate is running to
- ⊗ The defenders will now squeeze together and defend their own goals. Together they wait patiently until the ball is free to attack. If the defender has taken the ball she should quickly try to score a goal

Sequence from easy to difficult and complex:

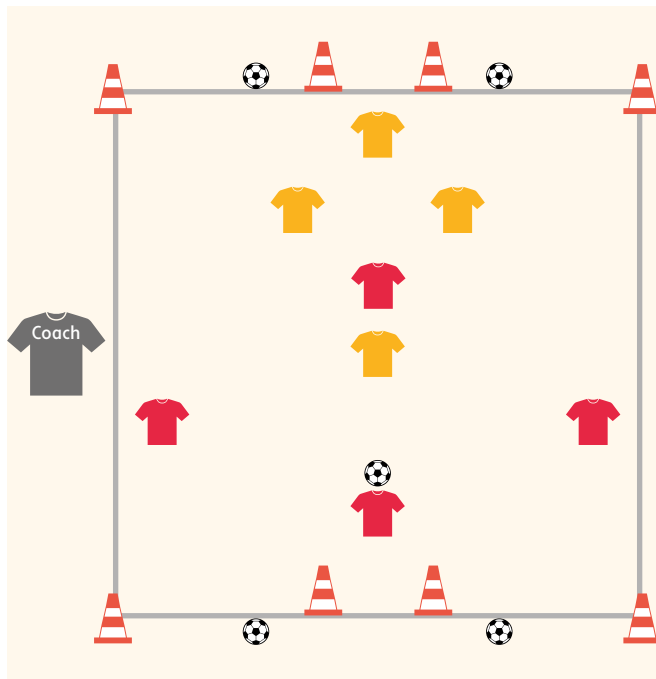
- ⊗ The players are allowed to make only 2 touches on the ball

Rules:

- ⊗ If the ball is out of the field, the other pair will play 2v2 or 3v3
- ⊗ Each team counts their goals
- ⊗ No goalkeepers are allowed
- ⊗ No off-side

Time: Max. playing time for each 2v2 is 2 minutes, 3v3 is 3 minutes

EXERCISE 2



Size of the field:
23 meters width, 40 meters length, goals 3 meters wide

Equipment:

⚽ = 1 ball (reserve balls on the side)

🚧 = 8

👕 = 4

👕 = 4

Aim:

4v4 to score as many goals at a certain time as may be possible. All players have to move.

Coaching points:

- ⊕ The attacking players have to use the whole of the width and the depth of the field in order to get behind the defence line and create goalscoring chances
- ⊕ The teammates have to support the player with the ball. A triangle and a diamond shape is essential in order to have enough possibilities to play and to keep the ball. Players should use all the space in order to play together, so that the defenders will not be able to take the ball easily
- ⊕ The attacker speeds up and makes a dummy in order to pass the defender
- ⊕ The defender will stay slightly sideways with her knee bent. The defenders will collectively try to intercept in order to get the ball from the opponents. If the defenders take the ball, they should quickly try to score a goal

Sequence from easy to difficult and complex:

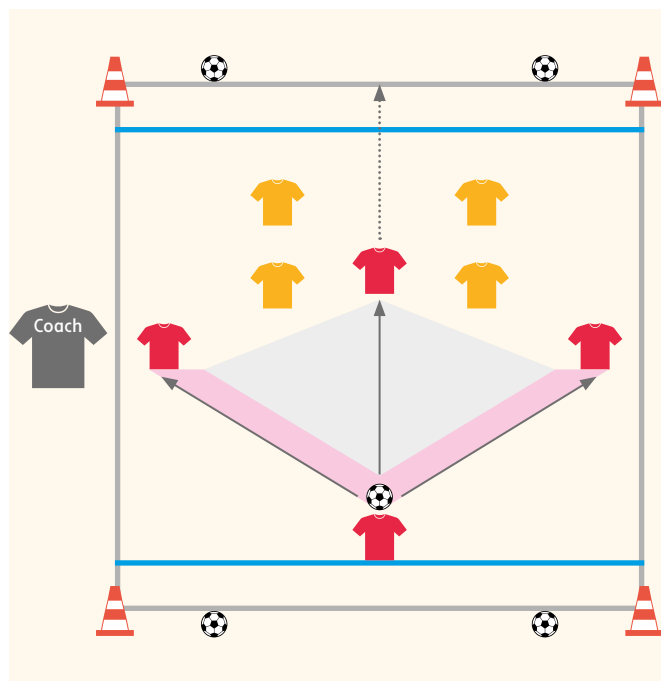
- ⊕ The players are allowed to make only 2 touches on the ball

Rules:

- ⊕ If the ball is out of the side line, the ball should be kicked in
- ⊕ Each team counts their goals
- ⊕ No goalkeepers are allowed
- ⊕ No off-side

Time: Max. playing time for each 4v4 is 4 minutes

EXERCISE 3



Size of the field:

20 meters length, 40 meters width, 1 meter dribble line

Equipment:

⚽ = 1 ball (reserve balls on the side)

🚧 = 4

👕 = 4

👕 = 4

Aim:

4v4 – the players who are in ball possession have to dribble over the opposite blue line in order to score.

Coaching points:

- ⊗ Attacking players should use the whole of the width and the depth of the field in order to dribble over the line. The teammates have to support the player with the ball. A triangle (pink) and a diamond (grey) shape is essential in order to have enough space to play together with the teammates, so that the defenders will not be able to take the ball easily
- ⊗ The attacker speeds up and makes a dummy in order to pass the player
- ⊗ The defender will stay slightly sideways with her knee bent. The defenders collectively try to intercept in order to gain the ball from the opponents. If the defenders have taken the ball, they should quickly try to score a goal

Sequence from easy to difficult and complex:

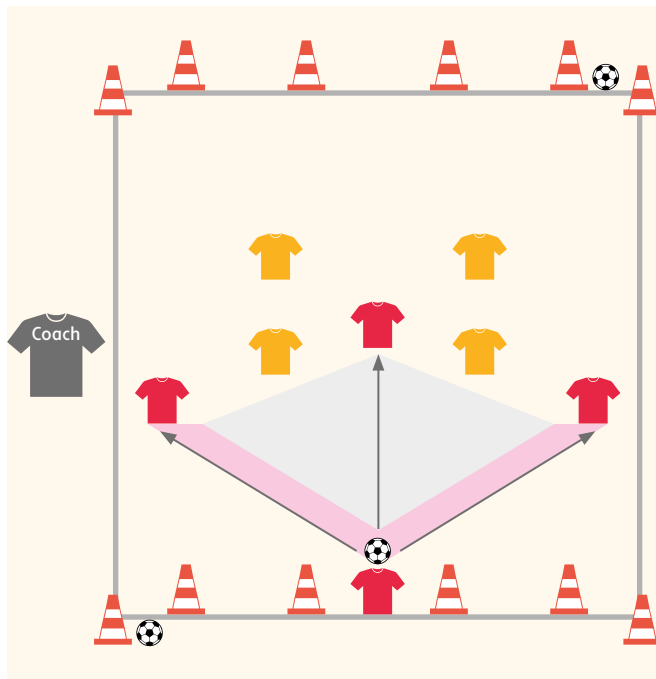
- ⊗ The players are allowed to make only 2 touches on the ball

Rules:

- ⊗ If the ball is out of the side line, the ball should be kicked in
- ⊗ Each team counts their goals
- ⊗ No goalkeepers are allowed
- ⊗ No off-side

Time: Max. playing time for each 4v4 is 4 minutes

EXERCISE 4



Size of the field:
20 meters length, 40 meters width, 4 goals 3 meters wide

Equipment:

⚽ = 1 ball (reserve balls on the side)

🚧 = 12

👕 = 4

👕 = 4

Aim:

4v4 – the players have 2 goals to defend and 2 goals to attack.

Coaching points:

- ⊕ Attacking players should use the whole of the width and the depth of the field in order to create a goal chance. The teammates have to support the player with the ball. A triangle (pink) and a diamond (grey) shape is essential in order to have enough space to play together with the teammates, so that the defenders will not be able to take the ball easily
- ⊕ The attacker speeds up and makes a dummy in order to pass the player
- ⊕ The defender will stay slightly sideways with her knee bent. The defenders will collectively try to intercept in order to gain the ball from the opponents. If the defenders have taken the ball, they should quickly try to score a goal

Sequence from easy to difficult and complex:

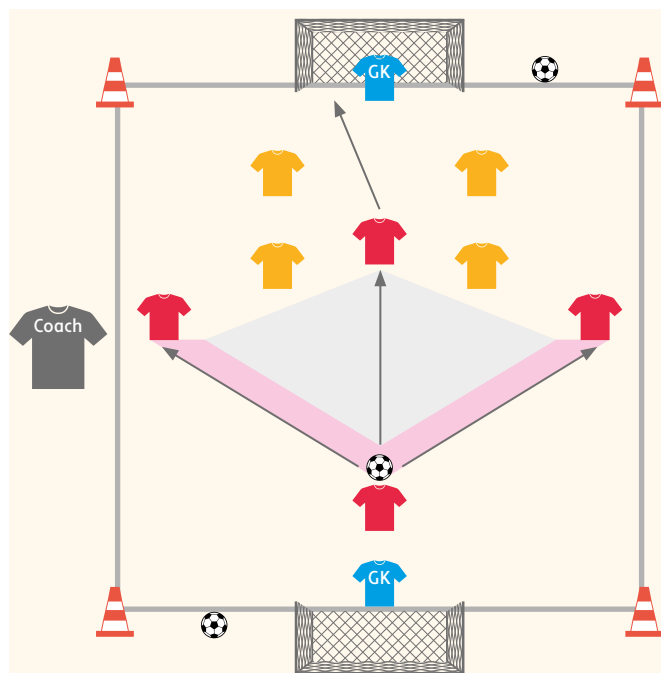
- ⊕ The players are allowed to make only 2 touches on the ball

Rules:

- ⊕ If the ball is out of the side line, the ball should be kicked in
- ⊕ Each team counts their goals
- ⊕ No goalkeepers are allowed
- ⊕ No off-side






Time: Max. playing time for each 4v4 is 4 minutes

EXERCISE 5



Size of the field:
25 meters width, 35 meters length

Equipment:

-  = 1 ball (reserve balls on the side)
-  = 4
-  = 4
-  = 4
-  = 2

Aim:

4v4 – The players who are in ball possession can shoot at the big goal.

Coaching points:

- ⊗ Attacking players should use the whole of the width and the depth of the field in order to get behind the defence line
- ⊗ The team players have to support the player with the ball. A triangle (pink) and a diamond (grey) shape is essential in order to have space to play combination and the defenders cannot take the ball away easily
- ⊗ As soon as the attacker has free space, she should shoot at the goal
- ⊗ The defenders should communicate with each other very well in order to get the ball. The defenders should switch into the defence and if they gain the ball they try to score as soon as possible. When they lose the ball again, they should quickly make the transition to the defence. These actions should continue throughout the game – Transition: Defend to attack and from attack to defend at any time of the game

Sequence from easy to difficult and complex:

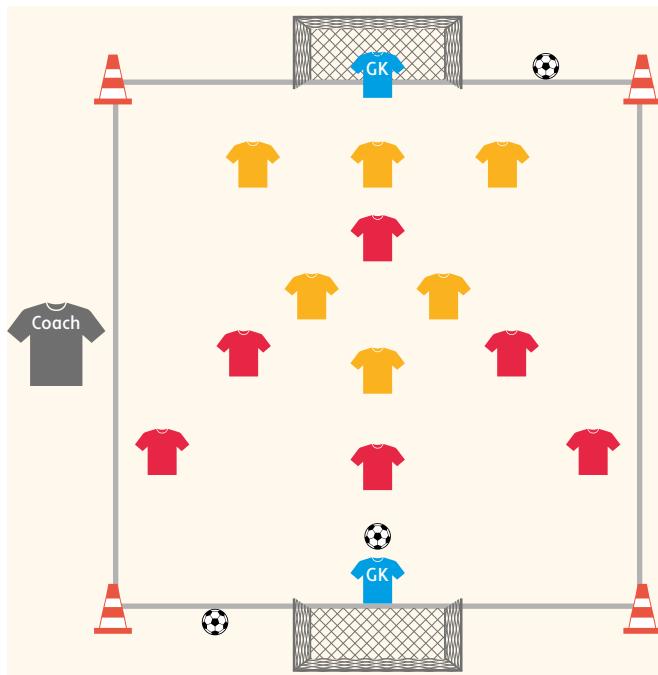
- ⊗ The players are allowed to make only 5 touches within their team and then they have to score

Rules:

- ⊗ If the ball is out or a corner, the goalkeeper from the opposite team will bring the ball in again
- ⊗ Every shot counts for 1 point and goals count for 2 points

Time: Max. playing time for each 4v4 is 4 minutes

EXERCISE 6



Size of the field:
25 meters width, 50 meters length

Equipment:

⚽ = 1 ball (reserve balls on the side)

🚦 = 4

👕 = 6

👕 = 6

🧑🏆 = 2

Aim:

6 v 6 plus 2 goalkeepers – build up from the goalkeeper, have more of your team players in the defence line than your opponent (3v1).

Coaching points:

- ⊕ Switch from defend to attack and from attack to defend at any time of the game

Sequence from easy to difficult and complex:

- ⊕ The players are allowed to make one or 2 touches

Rules:

- ⊕ If the ball is out or a corner, the goalkeeper from the opposite team will start with the built up again
- ⊕ Play with off-side

Time: Max. playing time for each 6 v 6 is 6 minutes, active break of 2 minutes

Chapter 12:

GIRLS' FESTIVAL "INDIVIDUAL WINNER"



Basic Rules:

- ⊗ There is no referee, the girls control the rules themselves
- ⊗ There is no goalkeeper
- ⊗ Kick-off from the goal with the bibs
- ⊗ After a goal has been scored, the play goes on – no kick-off
- ⊗ Free kicks are always indirect, the distance from the opponent to the ball must be at least 3 meters
- ⊗ Instead of throw-in, the ball is kicked in from the side line (you cannot score directly)
- ⊗ There are corner kicks, but no off-side
- ⊗ Penalties from the kick-off spot without a goalkeeper
- ⊗ Players can score from any position on the pitch
- ⊗ If a team has 5 players, there must be substitutions made during the game (the players can arrange by themselves)



4V4 TOURNAMENT WITH AN INDIVIDUAL WINNER

16–100 participants 40–90 minutes with only one organiser

- ⊗ All participants play at the same time
- ⊗ Easy to organise
- ⊗ At the end, there will be one individual winner
- ⊗ Each player can have different teammates and opponents in each game
- ⊗ The duration of each game is 4–6 minutes
- ⊗ Players should find out for themselves on which pitch they will play on
- ⊗ There is no referee – someone can be appointed as a supervisor
- ⊗ Girls control the rules of the game themselves (kick-in instead of throw-in)



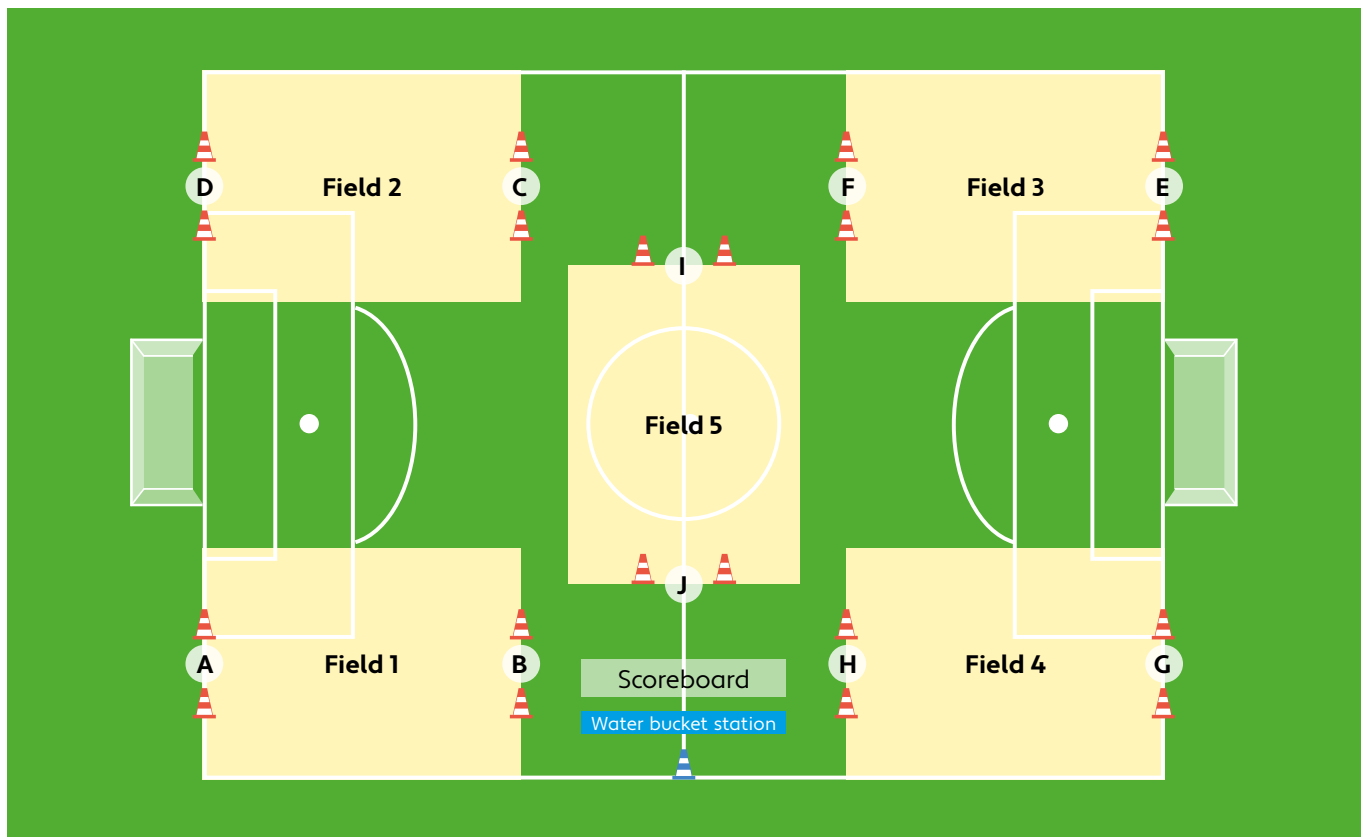
General organisation

- ⊗ 5 pitches 4v4 / 5v5 (40×20 meters)
- ⊗ Use cones to make goals: 2–3 meters wide (small goals)
- ⊗ The goals are marked with letters (see picture on page 70)
- ⊗ The pitches are indicated in a way everyone can see the scoreboard
- ⊗ At each pitch 5 bibs are left in one of the goals
- ⊗ The game schedule is displayed in a way that all participants can see and read it (flipchart or big piece of paper placed on a wooden board)



Explanation about the tournament should be given to the tournament participants about:

- ⊕ How to read the schedule
- ⊕ The scores
- ⊕ How to read the scoreboard to make the teams
- ⊕ Substitutions (when 5v4 or 4v3)
- ⊕ The start and final whistle of each game
- ⊕ One team wears the bibs





Score Sheet:

Win = 10 points / draw = 5 points / a loss = 0 points / each goal = 1 point

GAME 1		
Score	Points	
A v B = 3 - 1	A 10 + 3 = 13	B 0 + 1 = 1
C v D = 1 - 1	C 5 + 1 = 6	D 5 + 1 = 6
E v F =		
G v H =		
I v J =		



GAME 2		
Score	Points	
A v B = 1 - 5	A 0 + 1 = 1	B 10 + 5 = 15
C v D = 3 - 2	C 10 + 3 = 13	D 0 + 2 = 2
E v F =		
G v H =		
I v J =		

At the end of the tournament, the organiser has to add all the points from each player for each game and the individual winner will be determined. You can give a small prize (biscuits or some sweets) to the winner.



SCOREBOARD – 4 v 4 tournament with an individual winner

Number or Name	Game 1		Game 2		Game 3		Game 4		Game 5		TOTAL	
	Pitch	Points	Pitch	Points	Pitch	Points	Pitch	Points	Pitch	Points	Points	Rank

A scoreboard needs to be drawn on a big piece of paper (flipchart) before the tournament starts. If you do not have a flipchart, use 2 papers stuck together.

How to fill in the scoreboard

The names or the numbers of the players will be filled in as they arrive in the field. If you have a high number of players, write with a marker their numbers on their hands or have a small card with the numbers on it and place it with a pin on their shirts. They should always have the same number in each game.

Enter the letters randomly for each game – make sure you have 4 As and 4 Bs and 4 Cs and 4 Ds etc.

Enter the score after each game. After all the games have been played, add up all the scores from each game. Identify the winner (second/third place) and hand out a small present as a reward for winning the tournament.

SCOREBOARD – 4 v 4 tournament with an individual winner

Number or Name	Game 1		Game 2		Game 3		Game 4		Game 5		TOTAL	
	Pitch	Points	Pitch	Points	Pitch	Points	Pitch	Points	Pitch	Points	Points	Rank
1 FATOU	A	13	C	13	B	2	D	0	C	12	40	7
2 BINTA	B	2	B	15	A	13	B	6	D	0	36	9
3 MUSUKUTA	C	6	C	13	B	2	C	12	A	7	40	7
4 MARIAMA	D	6	A	1	C	18	A	6	C	12	43	5
5 ISATOU	A	13	C	2	D	1	C	12	B	7	35	10
6 ADEL	B	2	B	15	A	13	B	6	C	12	48	3
7 ANGELIC	C	6	A	1	B	2	A	6	D	0	15	13
8 SUNA	D	6	B	15	C	18	D	0	A	7	46	4
9 PHILOMENA	A	13	C	13	D	1	B	6	D	0	33	11
10 NYIMA	B	2	A	1	D	1	A	6	B	7	17	14
11 FANTA	C	6	D	2	A	13	B	6	C	12	39	8
12 JAINABA	D	6	B	15	D	1	C	12	A	7	41	6
13 OLIMATOU	A	13	C	13	A	13	A	6	B	7	52	2
14 HADDY	B	2	D	2	C	18	D	0	D	0	22	13
15 FATOUMATTA	C	6	A	1	B	2	A	6	C	12	27	12
16 KADDIJATOU	D	6	D	2	A	13	C	12	B	7	40	7
17 AWA	A	13	B	15	C	18	D	0	A	7	53	1
18 RAMATOULIE	B	2	A	1	B	2	B	6	D	0	11	15
19 AMIE	C	6	C	13	D	1	C	12	B	7	39	8
20 ADAMA	D	6	D	2	C	18	D	0	A	7	33	11

Chapter 13:

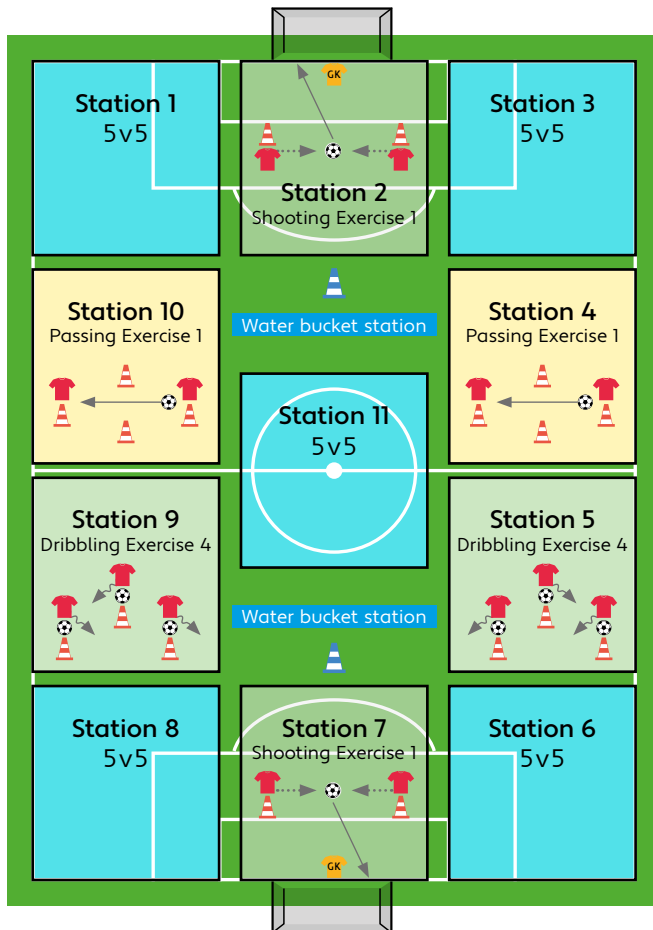
STATION TRAINING



STATION TRAINING/FESTIVAL

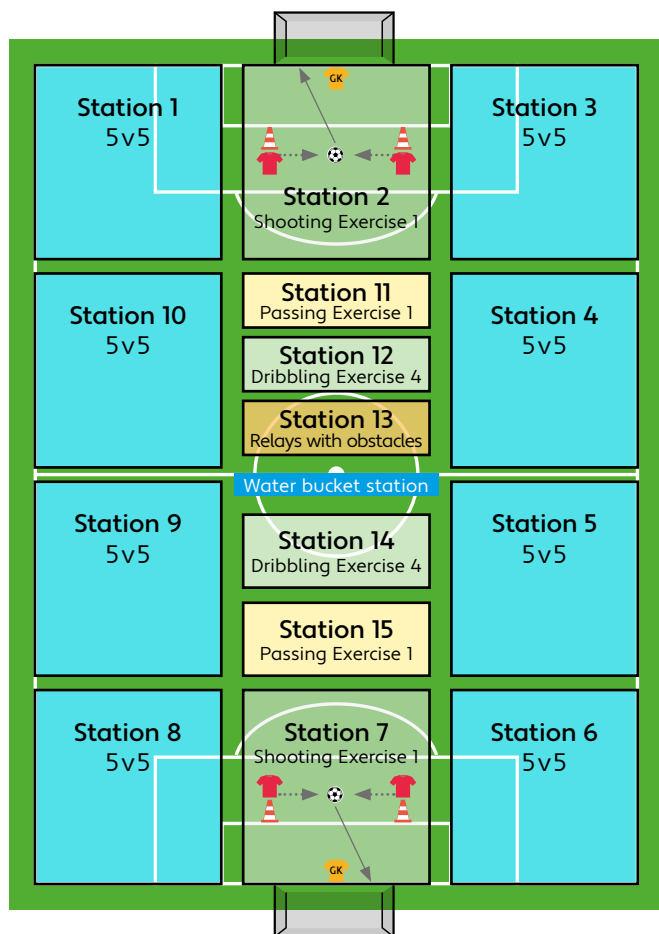
- ⊗ The main aim of a station training/ festival is to make as many girls as happy as possible
- ⊗ Conducting a station training/festival is most important in order to keep all the girls interested in playing football. Throughout the station training, they will be occupied and very active all the time
- ⊗ Very often, half of the girls are seated outside the field and are not being involved in the activities. Only if the girls are touching the ball, they will have a great chance of developing their football skills and stay motivated to continue playing football
- ⊗ They should always experience **FUN**, which is fundamental in learning the game
- ⊗ Often many girls are interested in playing football and like to participate in football activities. The following station training will guide the teacher/coach on how to organise a station training/girls' festival, where many girls can enjoy playing football
- ⊗ You can also include a station training in your regular training sessions – to make sure that all the girls are always active
- ⊗ It is important that the teacher/coach sets up the stations in advance before the girls arrive on the field in order to start on time
- ⊗ Once all the girls have arrived, divide them into different groups (10 players each) – possibly get them into the same age group or divide them by body size
- ⊗ The teacher should be placed at one station. The teacher should explain to the players what they have to do at the station
- ⊗ If possible, hand out bibs to one team. The station training should start and end all together done at the signal of the teacher. The duration of each station should not be longer than 10 minutes
- ⊗ After the players have done two stations, there should be a water break (make sure there are enough buckets of waters at different stations in the field – also have enough drinking cups)
- ⊗ Every team should play at least one game (5v5) and all the technical stations like shooting, passing and dribbling
- ⊗ If there are a lot of girls coming to the festival, the amount of players in each group can be increased – for instance play 6v6 or even 9v9 – this adaption will depend on the final number of the girls who will participate in the festival

ALL 11 STATIONS (110 GIRLS)



- ⊗ **Station 1:** 5v5
→ 20×30 meter field + 3 meters goals
- ⊗ **Station 2:** Shooting
→ set up like in training session shooting exercise 1
- ⊗ **Station 3:** 5v5
→ 20×30 meter field + 3 meters goals
- ⊗ **Station 4:** Passing
→ set up like in training session passing exercise 1
- ⊗ **Station 5:** Dribbling
→ set up like in training session dribbling exercise 4
- ⊗ **Station 6:** 5v5
→ 20×30 meter field + 3 meters goals
- ⊗ **Station 7:** Shooting
→ set up like in training session shooting exercise 1
- ⊗ **Station 8:** 5v5
→ 20×30 meter field + 3 meters goals
- ⊗ **Station 9:** Dribbling
→ set up like in training session dribbling exercise 4
- ⊗ **Station 10:** Passing
→ set up like in training session passing exercise 1
- ⊗ **Station 11:** 5v5
→ 20×30 meter field + 3 meters goals

ALL 15 STATIONS (150 GIRLS)



- ⊗ **Station 1:** 5v5
→ 20×30 meter field + 3 meters goals
- ⊗ **Station 2:** Shooting
→ set up like in training session shooting exercise 1
- ⊗ **Station 3:** 5v5
→ 20×30 meter field + 3 meters goals
- ⊗ **Station 4:** 5v5
→ 20×30 meter field + 3 meters goals
- ⊗ **Station 5:** 5v5
→ 20×30 meter field + 3 meters goals
- ⊗ **Station 6:** 5v5
→ 20×30 meter field + 3 meters goals
- ⊗ **Station 7:** Shooting
→ set up like in training session shooting exercise 1
- ⊗ **Station 8:** 5v5
→ 20×30 meter field + 3 meters goals
- ⊗ **Station 9:** 5v5
→ 20×35 meter field + 3 meters goals
- ⊗ **Station 10:** 5v5
→ 20×30 meter field + 3 meters goals
- ⊗ **Station 11:** Passing
→ set up like in training session passing exercise 1
- ⊗ **Station 12:** Dribbling
→ set up like in training session dribbling exercise 4
- ⊗ **Station 13:** Relays with obstacle
- ⊗ **Station 14:** Dribbling
→ set up like in training session dribbling exercise 4
- ⊗ **Station 15:** Passing
→ set up like in training session passing exercise 1

Chapter 14:

GOALKEEPER TRAINING



Goalkeeper training

- ⊕ The goalkeeper is the most important position in a football team. The referee will not start the game without a GK on the pitch. The GK is the only player in a football team who is allowed to use her hands in a designated area (18-yard box) and to wear a different colour of jersey
- ⊕ The GK is part of the team, not apart from the team. Nevertheless, GKs need a specialised training as the techniques are unique and they need special attention
- ⊕ GKs at this age group (8–12) should be rotating in a game, thus every girl can get some experience of being a GK
- ⊕ Today, the GKs functions is not only to catch the ball and to make saves – the GK acts as a sweeper on the field and can be included in all other training sessions we have mentioned in the other chapters before. GKs get bored and less motivated when they are not involved in the training session



Following techniques need to be trained:

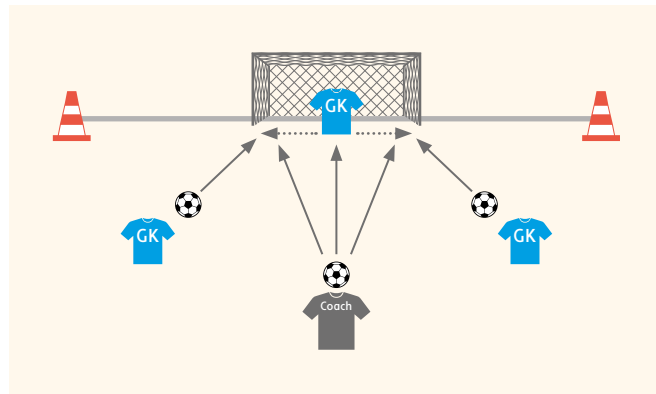
- ⊕ Footwork
- ⊕ Catching low and high balls (crosses and corners)
- ⊕ Falling and diving
- ⊕ Tipping the ball over the cross bar or punching away from the opponents
- ⊕ Distributing the ball
- ⊕ Football Technique: dribbling, passing, controlling, shooting
- ⊕ 1v1
- ⊕ Positioning Play

Defending shots on the goal:

- ⊕ Keep both feet on the ground and stand still – keep balance (the feet have to be as wide as your hip and your knees have to be bent)
- ⊕ Keep your eyes on the ball
- ⊕ When catching the ball, the hands have to be in a diamond shape when the shots are chest-high or higher
- ⊕ When the ball is at the height of your knee or hip, you use a bowl shape of your hands and arms
- ⊕ If the ball is coming high, stretch your arms towards the ball (stretch out yourself and jump towards the ball)
- ⊕ When catching the ball, the body has to stay behind the ball
- ⊕ Always be ready to make contact with the ball
- ⊕ Catch the ball at the highest point



EXERCISE 1



Coaching points:

- ⊕ First easy shots on the body, afterwards shooting stronger and then shoot in corners of the goalpost
- ⊕ Finally, shoot from different positions in the field and use opponents to simulate the same situation as it is in the game
- ⊕ GKs do also need water breaks and need to rest between the work load (if possible use two GKs – one active and the other one resting)

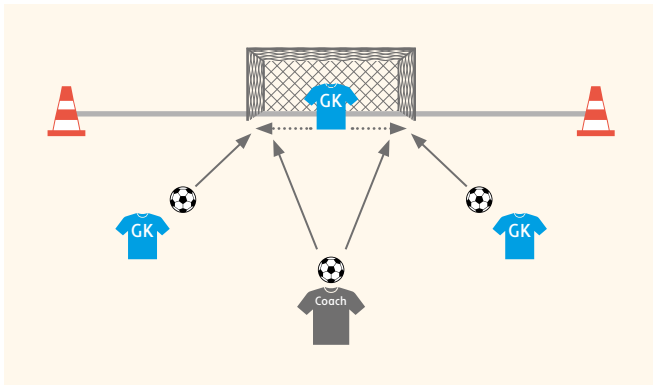


Diving saves:

- ⊗ In order to reach the ball, the GK needs to stretch herself out as much as possible
- ⊗ In order to get the ball, quick footwork is necessary
- ⊗ Keep your eyes on the ball
- ⊗ Take a step sideways and attack the ball
- ⊗ Land on the ground first with your leg, then with your hip, then the side of the upper body, then with your forearms and do not land with your elbows, back or belly
- ⊗ After catching the ball, keep the ball close to your body so that the opponent will not be able to get the ball



EXERCISE 2



Coaching points:

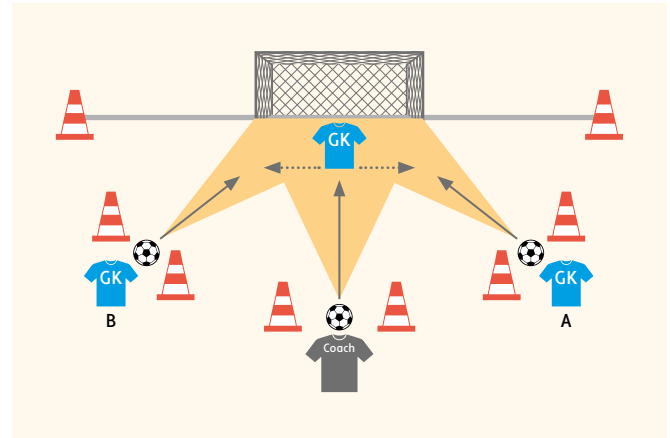
- ⊗ The GK is kneeling on her knee and the coach throws the ball left and right to her
- ⊗ Upper body is straight and falls on the sides to catch the ball
- ⊗ Stay on your feet – move forward and attack the ball and grab the ball with both hands
- ⊗ Dive forward to narrow the angle of the shots and land on the side of the body – catch the ball and keep the ball towards your body

Positioning play:

Coaching points:

- ⊕ Read the game
- ⊕ Watch the position of the ball at all times
- ⊕ Observe position of teammates and opponents
- ⊕ The body always stays behind the ball
- ⊕ Move quickly (footwork)
- ⊕ Reduce the shooting angles and equal chances to catch the ball on both sides
- ⊕ Fasten two ropes (markers) at each goal post and bring them together in an angle where the shot will be taken, so the GK can see what her position is
- ⊕ The coach adapts her position according to the movement of the ball

EXERCISE 3



Distribution of the ball with hands and foot:

- ⊗ Volley and drop kick
- ⊗ Goal kick and free kick
- ⊗ Back pass – on the side of the goal if possible
- ⊗ Throw out/throwing/rolling

Repetition – repetition – repetition: The GK needs to practice all the techniques to distribute the ball.

- ⊗ Meet with the GK before the training session starts, so that the coach can practice with the GK alone
- ⊗ The GK needs to have a specialised training and a lot of attention – do not shout at her when she makes mistakes. It will affect her performance tremendously
- ⊗ The GK needs a lot of confidence and only the coach can give her this trust. GKs will only learn by doing

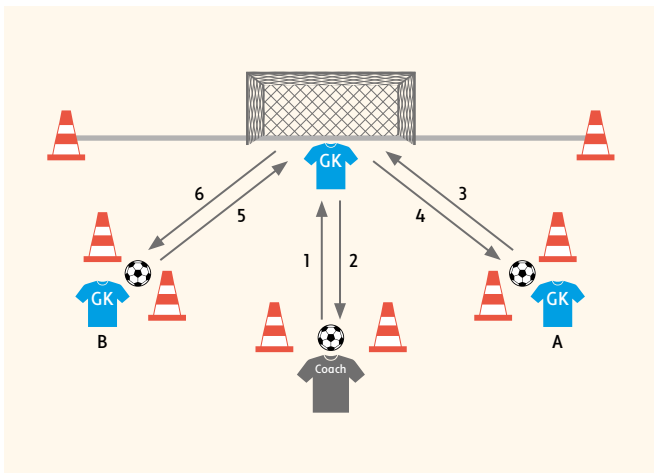
Technical Training:

- ⊗ Passing and controlling the ball
- ⊗ Dribbling
- ⊗ Kicking the ball out of their hands (volley) or from the ground (goal kick)
- ⊗ Feinting (1v1)
- ⊗ Heading

All techniques are shown in the exercises of the other chapters – the GK can always join the exercise with the other team players – especially if no GK coach is available.

Shooting exercises should always be included in the training session, thus the GK can practice to be a GK.

EXERCISE 4



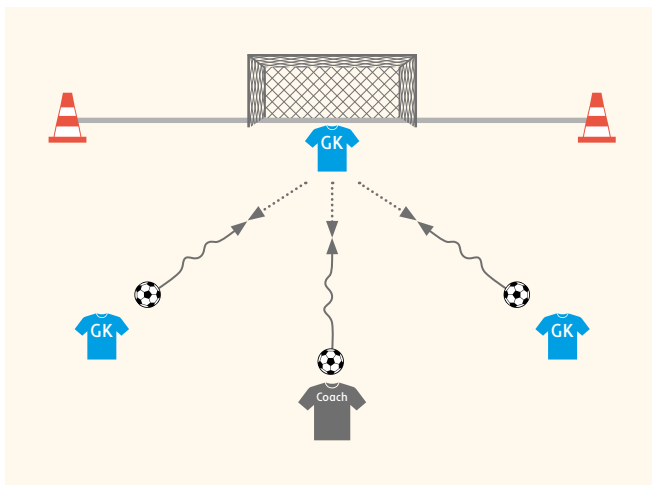
Coaching points:

- ⊗ The coach kicks the ball to the GK who will control the ball and then pass it back to the coach (1 + 2), then GK A will do the same (3 + 4) and then GK B as well (5 + 6)
- ⊗ The Coach kicks to the GK and she passes back through the gate to GK no 1 or 2
- ⊗ Change the distance of the gates (by making it smaller, it will be more difficult for the GK to pass through). Also change the distances of the back pass – the longer the distance, the more power the GK needs
- ⊗ Also the GK can roll or throw the ball through the gate
- ⊗ The coach passes the ball and puts pressure on the GK who has to pass the ball through one of the other gates

Tactical Training:

- ⊕ Distribution and building up from the back
- ⊕ Act as field player – defensive positional play
- ⊕ Stop shots and prevent from scoring
- ⊕ When playing 1v1: The arms will move in front of your body, your upper body will bend forward and stays forward, lower the position of your body and stay as long as possible on your feet, reduce the distance, keep the eyes on the ball and finally attack the ball
- ⊕ Set pieces: Organise your own position and the position of the other teammates before the free and corner kicks are taken

EXERCISE 5



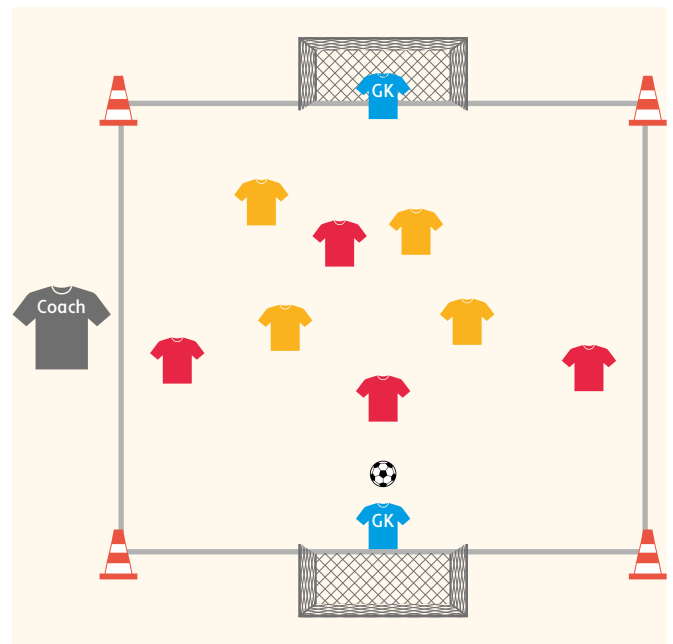
Coaching points:

- ⊕ Coach or players will dribble towards the GK and the GK tries to get the ball from the feet of the opponent

Small-Sided Games:

- ⊕ The GK should participate in all Small-Sided Games as a GK, where required – she will have a lot of 1v1 situations and will be very active
- ⊕ SSGs will give the GK the best tactical training as she has to react more often, compared to a game on a full size pitch
- ⊕ SSGs are important as the GK will experience many game-related situations
- ⊕ All SSGs are suitable – 1v1, 2v2, 3v3, 4v4, 5v5, 6v6, 7v7
- ⊕ You can find the description of the exercises in the chapter on SSGs

EXERCISE 6



RECOMMENDATIONS



**Dem
beh jekh**
Do not give up!

“ There is no more sensible form of educating than being a role model. ”

Albert Einstein

Teachers should use football as a tool to:

- ⊕ Encourage and support girls' right to play football – girls can benefit as much from football as boys can
- ⊕ Contribute to a positive development of the girls' personalities
- ⊕ As a team sport, football promotes tolerance, respect, fair-play and a team spirit
- ⊕ Give equal opportunities for girls to organise training sessions, matches, equipments, fields etc.
- ⊕ Use the potential of football to empower girls
- ⊕ Encourage girls to take leadership positions in football – e.g. become a coach or a referee
- ⊕ Organise a festival on International Women's Day or tournaments between different schools to gain competition experience – invite and involve parents in the football activities
- ⊕ Educate both boys and girls on gender-based violence in society
- ⊕ Motivate and encourage girls to have **fun**, to **learn** and to **play** the game

Code of conduct for the team:

- ⊕ I will be motivated and encouraged in all football activities
- ⊕ I will be arriving on time for training sessions and matches
- ⊕ I will notify the members of the team if I cannot make it for a practice session or match



- ⊕ I will show respect towards my teammates and our opponents
- ⊕ I will welcome our opponents before the game by shaking hands, and will encourage my teammates to do so as well
- ⊕ I will respect the decisions of the teacher and the referee
- ⊕ I will calm myself and others down when we are upset about a foul or referees decision
- ⊕ I will not insult, threaten or physically fight with anyone on and off the playing field
- ⊕ I will not gossip and not allow foul speech
- ⊕ I will apologise following a foul

“ What the teacher is, is more important than what she or he teaches. ”

Karl Menninger



Points to remember:

- ⊕ Learn to fulfill your responsibilities to the girls who look up to teachers/friends/guides for inspiration and who follow your advice – you are a role model
- ⊕ Bring up the girl to be a respectful, self-confident, positive thinking, healthy and sporty adult – lead by example – be patient
- ⊕ If possible, give every player a ball – players are more active, when they have many touches on the ball
- ⊕ Always do shooting exercises – many shoots at the goal boost the girls' self-confidence – practice in smaller groups
- ⊕ Include life skills in your training sessions – e.g. rubbish comes into the rubbish bin
- ⊕ Do not forget to have breaks for drinking
- ⊕ Improvise if sport materials are not available, for example:
 - Use water bottles – fill them with sand and use them as cones
 - Let the girls bring different coloured shirts for bibs
 - Use wooden sticks as goals
 - Use old cloths – wrap them up in a plastic bag and tie them with a string. Use it as a ball
- ⊕ Be creative – try to look for alternatives – Where there is a will, there is always a way: “Dem beh jekh”
- ⊕ Put the emphasis on promoting a perfection of skills, fun and enjoyment instead of focusing on results and winning matches



Behind every successful player is a committed coach – together we will educate and win



Imprint

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