

SUPPORTING GRASSROOTS FOOTBALL

**GROW
YOUR
GAME**



ARRIVAL ACTIVITY





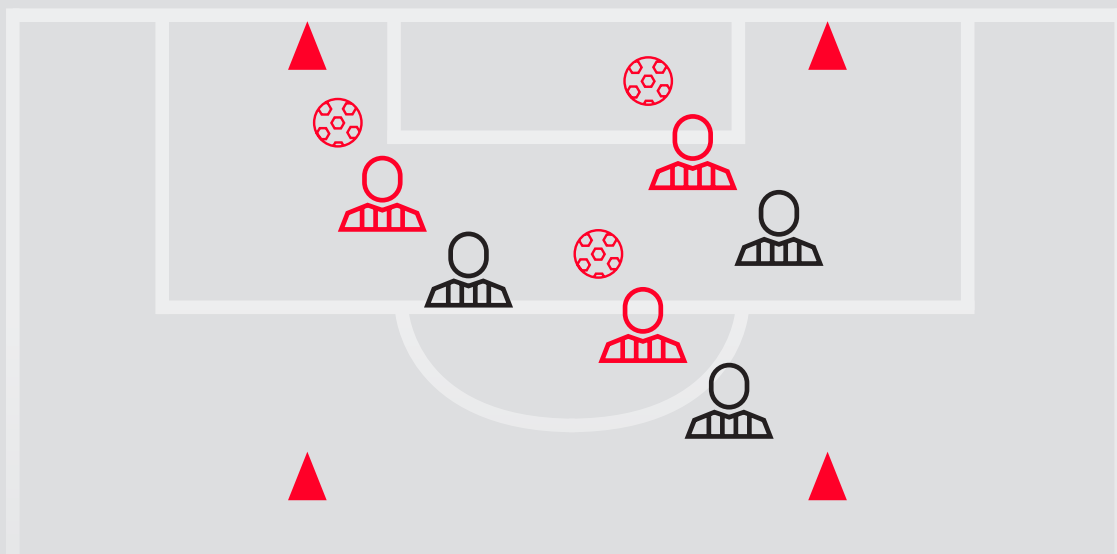
1V1 ARRIVAL ACTIVITY

STEAL THE BALL, KEEP THE BALL



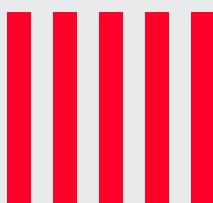
AGE: For all age groups

EQUIPMENT: 1 ball for each group



HOW IT WORKS:

- Groups of 2.
- A ball between each group.
- One player starts with the ball and tries to keep it.
- The other player tries to steal the ball.
- If they manage to get it then the roles reverse.





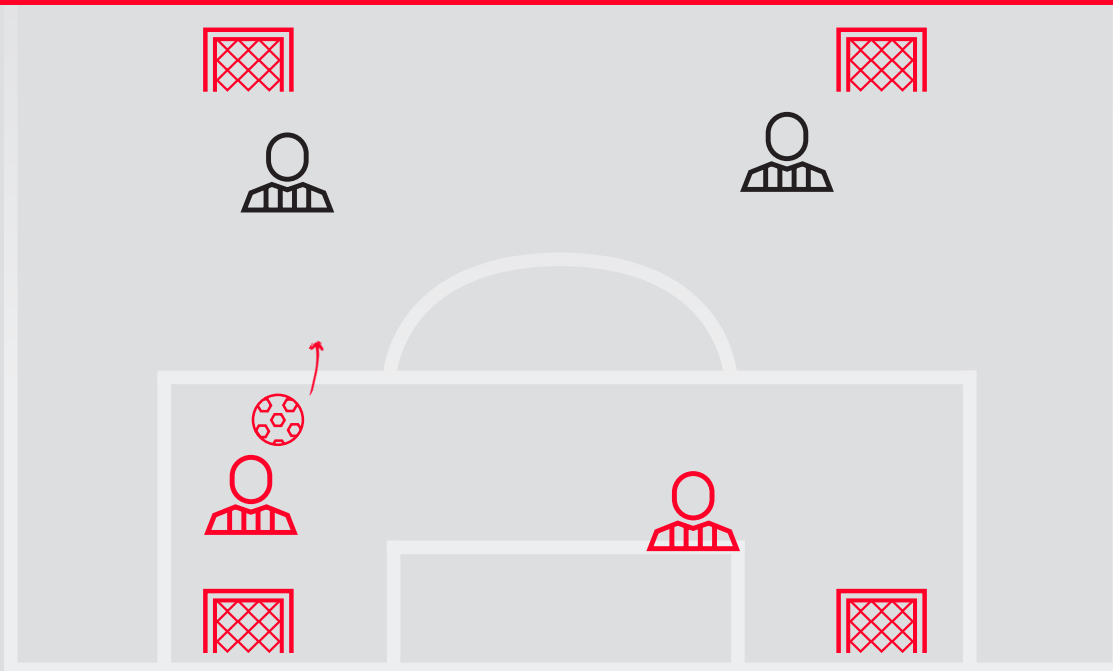
2V2 ARRIVAL ACTIVITY



AIM FOR TWO

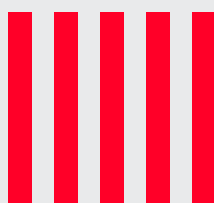
AGE: For all age groups

EQUIPMENT: 1 ball each between the 2V2



HOW IT WORKS:

- 2V2 game.
- 2 goals with the aim to score in.
- If not enough goals, use cones to pass through.





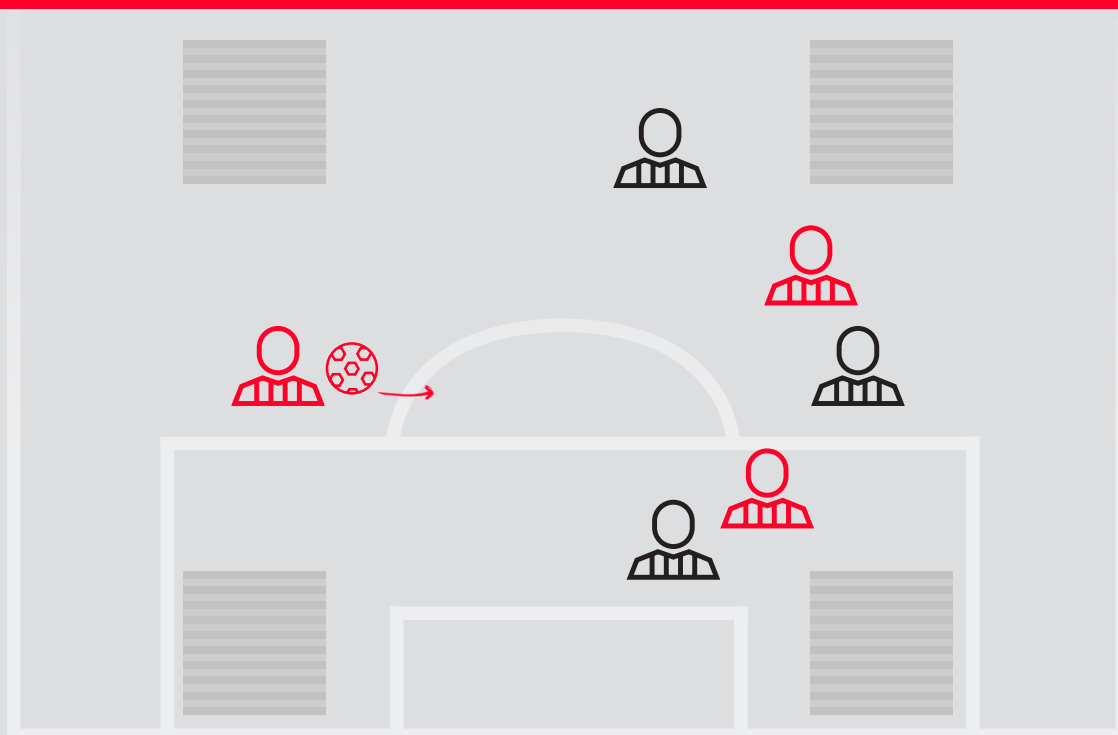
3V3 ARRIVAL ACTIVITY

ALL SQUARE



AGE: For all age groups

EQUIPMENT: 1 ball each between the 3V3



HOW IT WORKS:

- 3V3 game.
- To score a goal, you must get the ball into one of the four squares by dribbling or passing to a teammate.
- Both teams can score in any square.
- If you score you get a point and keep the ball.

