



## Summary

The grassroots football session comprises games and exercises. These should cover a range of activities and be varied. Most importantly, the activities should cover the objectives that the coach-educator has set for the session. The session should include small-sided games as a major component. The main way that children learn is by playing a lot; in this way the children enjoy themselves and come to love football. The coach-educator knows the game and knows the players. Of course, a coach-educator will not know everything, even in his/her own subject. However, the coach-educator must have a very good understanding of the messages to be communicated. It is important to keep the parents informed of the exercises carried out; they appreciate being told about the activities their children are involved in. In some cases, the parents can help the coach-educator run the session. It is a good idea to talk to the parents about their roles and responsibilities and involve them in the project.