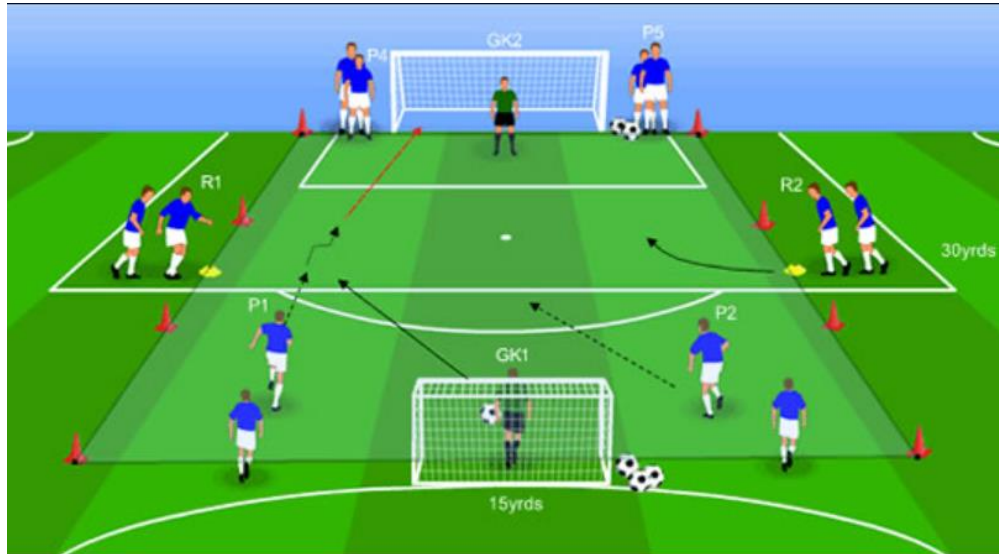


FOOTBALL TRAINING PLAN FOR GRASSROOTS, U3-U10 AND BEGINNERS.



MAIN OBJECTIVE

Grassroots football is not limited to festivals and tournaments; it is also organised as a training activity as part of the children's facilities offered by clubs as well as school and community associations



The training session must never overlook the children's need to play