

Grassroots football session

Assess a session

Objective of the season

Number of children

Assessment

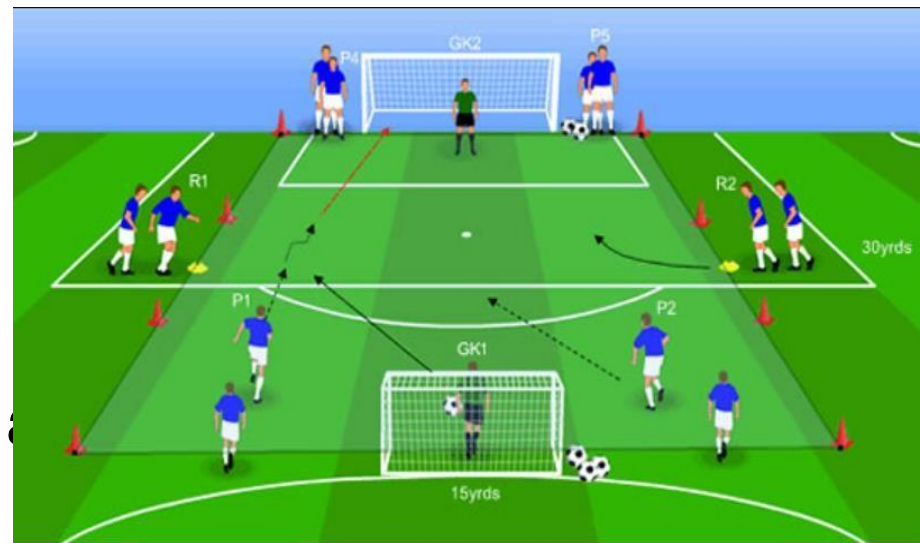
Children's level

Organisation of pitch

Equipment for the session

Choice of games and exercises

MAIN OBJECTIVE



- **Objective of the session:** Define the focus of the session.
- **Number of children:** Account for how many participants will join the session.
- **Children's level:** Consider the skill level and experience of the children.
- **Choice of games and exercises:** Select activities suitable for the session's objective and the children's abilities.