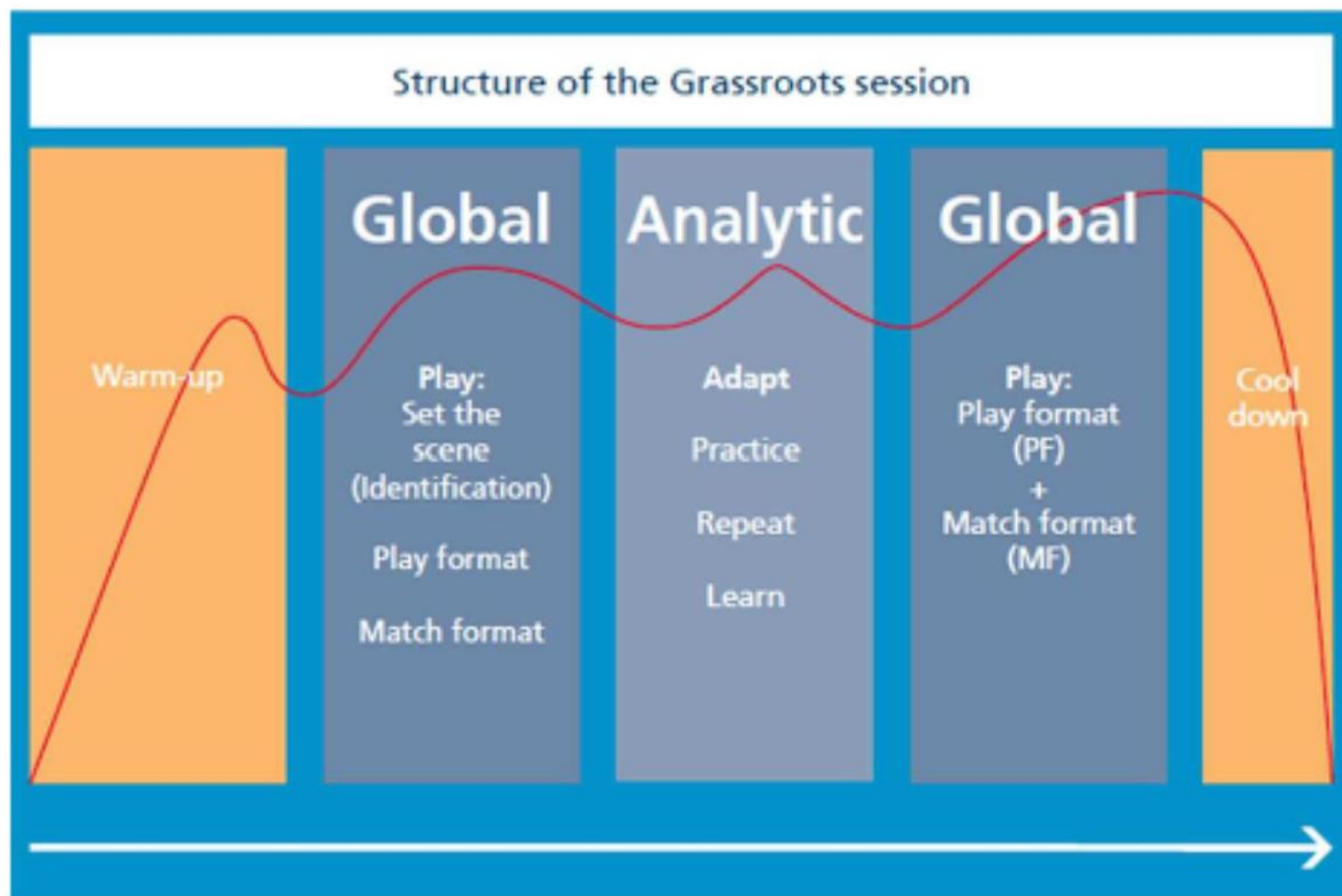


The timetable for a session

Grassroots Training Sessions




The Global-Analytic-Global (GAG) method

GAG is the training method used by the South African Football Association (SAFA) for grassroots football.

The method is used to alternate between games and exercises to teach and have fun

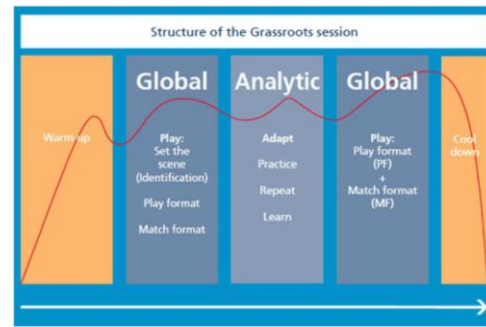


- 
- A close-up photograph of a soccer ball hitting a goal net. The ball is white with black pentagonal panels and is positioned in the center of the frame, slightly to the right. The net is white and made of a hexagonal mesh. The background is a blurred green field. The image is partially obscured by a white curved shape on the left side of the slide.
- GAG is the training method used by the South African Football Association (SAFA) for grassroots football.
 - The method is used to alternate between games and exercises to teach and have fun

The Global Analytic Global (GAG) method

Structure of the Grassroots session





Grassroots Training Session - Structure

Warmup



Purpose

Physically and mentally prepare the players for the training session

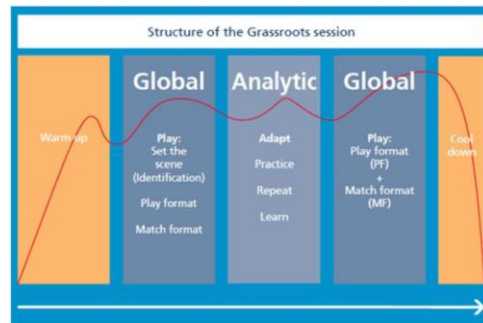


Activities

Simple, dynamic movements or games

Football related exercises which focus on mobility and coordination

Engage players in a way that connects with the session's theme



Grassroots Training Session - Structure

Play

set the scene (identification)



Purpose

Introduce the session's theme and create a connection the stretching exercises session objective

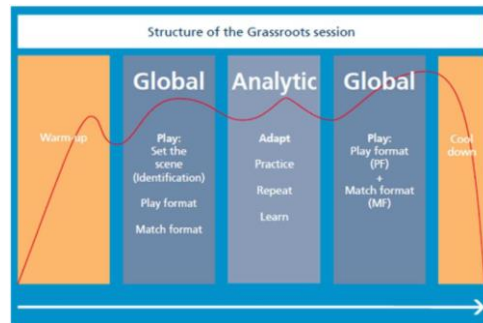


Activities

Small-sided games or activities designed to encourage free play

Coaches should observe and identify skill levels and key areas for development

Minimal instruction – allow children to explore the game



Grassroots Training Session - Structure

Play

format (small games)



Purpose

Practice skills in realistic and engaging scenarios



Activities

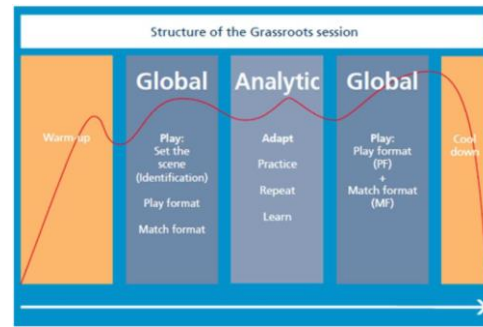
Small-sided games (e.g. 2v2, 3v3 or 4v4)

Emphasise interaction, decision-making and involvement for every player

Minimal instruction – allow children to explore the game

Global

Play:
Set the scene
(Identification)
Play format
Match format



Grassroots Training Session - Structure

Play

opening match



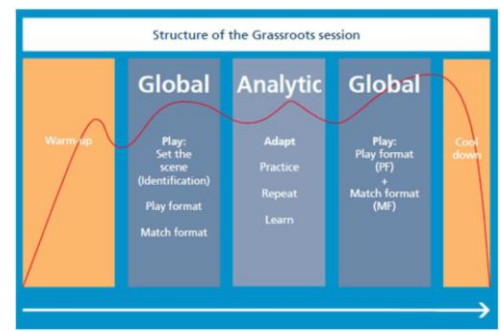
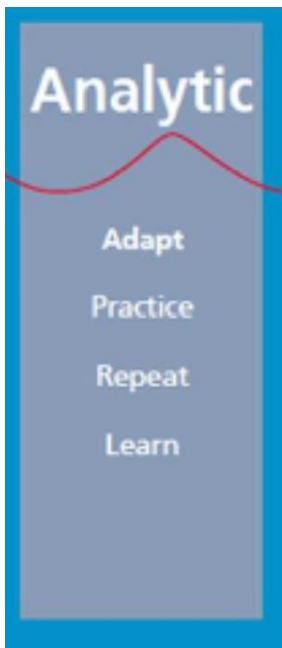
Purpose

Simulate real match conditions



Activities

A larger competitive game (e.g. 5v5, 7v7)
Encourage applying skills in competitive but enjoyable situations



Grassroots Training Session - Structure

Adapt, Practice, Repeat, Learn



Purpose

Refine technical skills through targeted practice



Activities

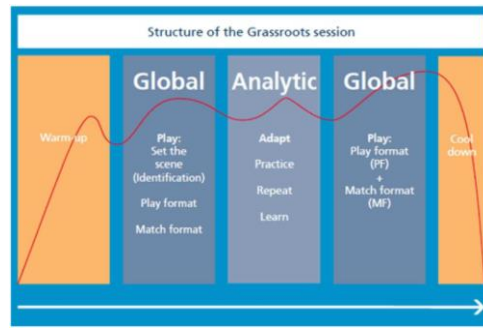
Focused exercises and drills based on the session's theme (e.g. passing, shooting, dribbling)

Provide feedback and adapt the difficulty level to suit the player ability

Repeat exercises and drills to reinforce learning

Global

Play:
Play format (PF)
+
Match format (MF)



Grassroots Training Session - Structure

Play- closing match

play and match format



Purpose

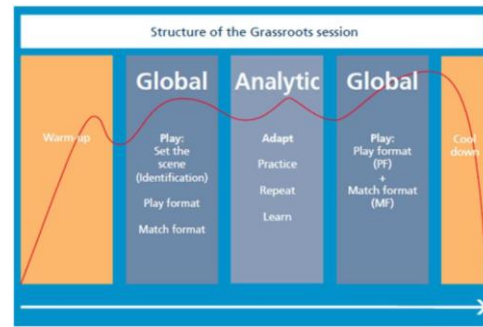
Apply learning in a game setting



Activities

Use a combination of small-sided and match-like games

Focus on creativity, teamwork and enjoyment while implementing the skill learned earlier



Grassroots Training Session - Structure

Cooldown



Purpose

Allow players to relax, recover and reflect on the session



Activities

Light games or stretching exercises
A brief discussion with players to highlight what they learned and celebrate achievements