GRASSROOTS LOCKER

BLOCK 1: MOVING WITH THE BALL & TURNING · WEEK 1 · CLOSE CONTROL

HEIST NIGHT

MINI · U7–U10

60 minutes · 8–10 players · 5v5

TELL THE PLAYERS

"Tonight we're pulling off the biggest bank job in history. To get the gold out, you need to keep the ball glued to your feet, because anything that gets away from you, the guards will take."

BY THE END, PLAYERS CAN

Keep the ball within a stride under pressure.

KIT

1 ball each, 30 cones in at least 4 colours, bibs, 4 mini goals, 1 different-coloured "golden" ball

Crack the Safe	Laser Maze	The Vault	The Getaway
Arrival · 10 min	Technical · 15 min	Opposed · 15 min	Game · 20 min

1 CRACK THE SAFE

ARRIVAL · 10 MIN



SET-UP · 20 X 20M

Six gates, 1m wide, each made from a different colour of cone. Everyone has a ball.

HOW IT WORKS

Players dribble freely. The coach calls a code, for example "Red, blue, yellow!". Players dribble through those gates in that order, then stop the ball with their sole: safe cracked. The first three to finish score a gold bar.

MINI VERSION

2–3 colour codes. Shout them slowly.

TWIST

"Alarm!" Everyone freezes with their sole on the ball. Anyone still moving loses a gold bar.

COACHING POINTS

- Small touches near the gates
- Look up to find the next colour
- Stop the ball dead with your sole

2 LASER MAZE

TECHNICAL · 15 MIN



SET-UP · 15 X 10M

Two corridors 15m long, each filled with cones in a zig-zag. These are the lasers. Split the group between the two corridors.

HOW IT WORKS

Players dribble through without touching a laser. Touch one and the alarm goes off: do 5 toe taps before carrying on. The next player starts when the one in front reaches halfway, so nobody waits.

MINI VERSION

Cones 1.5m apart.

TWIST

"Vault run." Each corridor races for the fastest team total, and every alarm adds 2 seconds.

PLAYERS' SAY

Before the last round, each crew invents a move to beat the final laser and gives it a name.

COACHING POINTS

- Soft touches with both feet
- Use the inside and outside of the foot
- Keep your body over the ball

3 THE VAULT

OPPOSED · 15 MIN



SET-UP · 25 X 20M

The vault is a 5m end zone. The guards patrol the middle zone. Robbers each have a ball and start at the far end. Two or three guards wear bibs.

HOW IT WORKS

On "Go!", robbers try to dribble through the guards and stop the ball in the vault. Guards win balls and kick them out. A robber who loses their ball swaps in as a guard.

MINI VERSION

2 guards, who must walk.

TWIST

"Blackout!" Guards freeze for 3 seconds. Use it when the guards are winning too easily.

COACHING POINTS

- Keep it close when a guard is near
- Shield by putting your body between guard and ball
- Find the gaps between guards

4 THE GETAWAY

GAME · 20 MIN



SET-UP · 30 X 20M

A mini goal on each corner of both end lines. The end lines are the getaway lines.

HOW IT WORKS

A normal game. Score in a mini goal for 1 point, or stop the ball on the opponents' getaway line for 2.

MINI VERSION

4v4 or 5v5 with mini goals only.

TWIST

The golden ball. At any moment the coach rolls in the golden ball, and the next goal with it is worth 3.

PLAYERS' SAY

In the last 5 minutes, the losing team picks one extra rule.

COACHING POINTS

- Dribble when there's space ahead
- Protect it when you're pressed
- Look up before the getaway

Run with players? ☐ Yes ☐ Not yet · Date: _____