

Together #WePlayStrong

Training session worksheets

5 - 7 years old

HOW TO USE THIS BOOKLET



This booklet contains 12 fun games, which have been designed to help you to create your own training sessions. All the activities reflect the spirit of Together #WePlayStrong, and will enable parents, educators and coaches alike to organise well-structured, fun and effective training sessions for girls.

Our ethos is that each coaching session should contain one game from each category, in the following order:

- Arrival Game: ideal as a warm-up (about 10 mins)
- Multi-directional Game: maximising each players' contact with the ball and encouraging multi-directional movement (about 15 mins)
- Directional Game: honing skills in exercises related to actual match situations (about 15 mins)
- Together Game: used as a closing game, to bring the girls together and emphasise teamwork at the end of the session (about 10 mins)

You can print the session template at the end of the booklet in order to take notes and construct your own training sessions according to your specific needs, number of players, equipment, etc.

While delivering sessions, the most important thing is to create a safe, positive and rewarding environment for your players. A love of football comes from the fun of playing it, so maximise participation by ensuring that all players are included and participate at all times, touching the ball as often as possible. The Together #WePlayStrong games have been specifically designed to heighten learning and skills acquisition through match-related activities, allowing the players themselves to be the decision-makers.

“We want every girl to feel she belongs and is part of a team, because Together #WePlayStrong”

KEY

Passing the ball



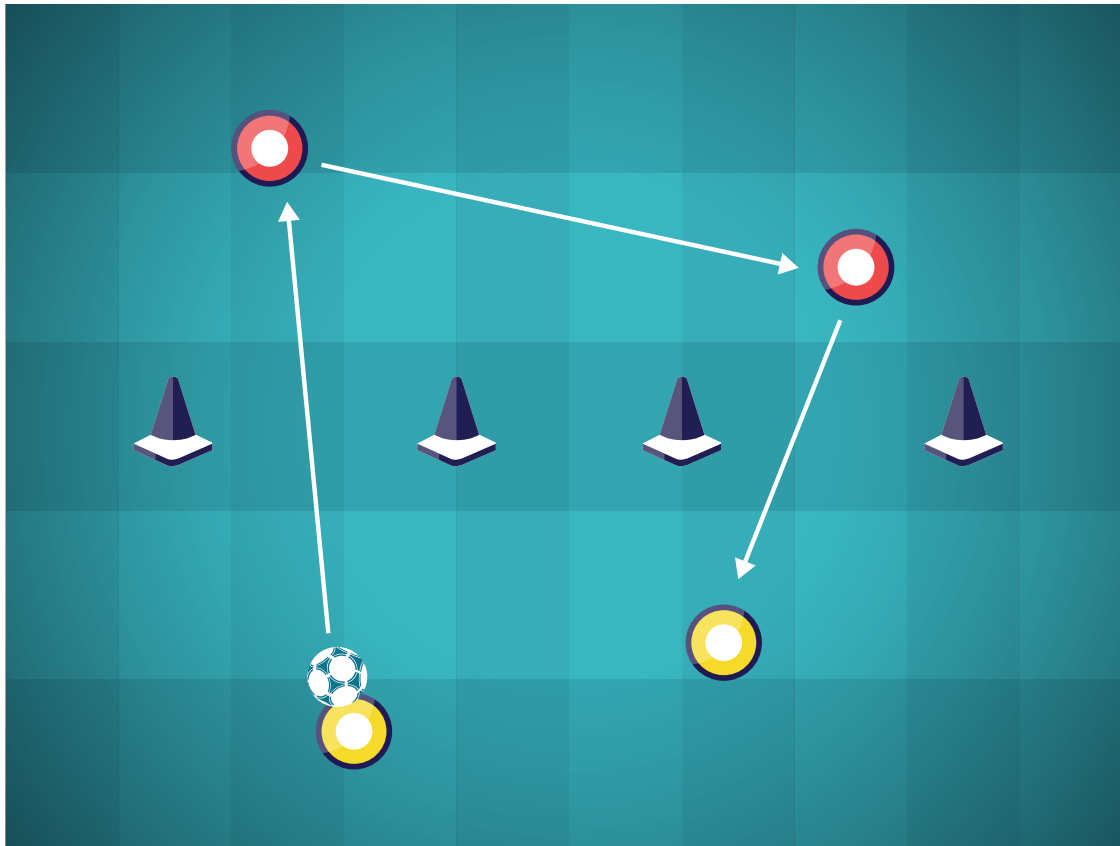
Player movement



Dribbling with the ball



THROUGH THE GAP



DESCRIPTION OF THE GAME

- Players work in teams of two, passing through the gaps between the cones
- Players work for one minute or aim for a specific number of passes
- If the ball goes outside the cones or hits a cone, the pass cannot be counted

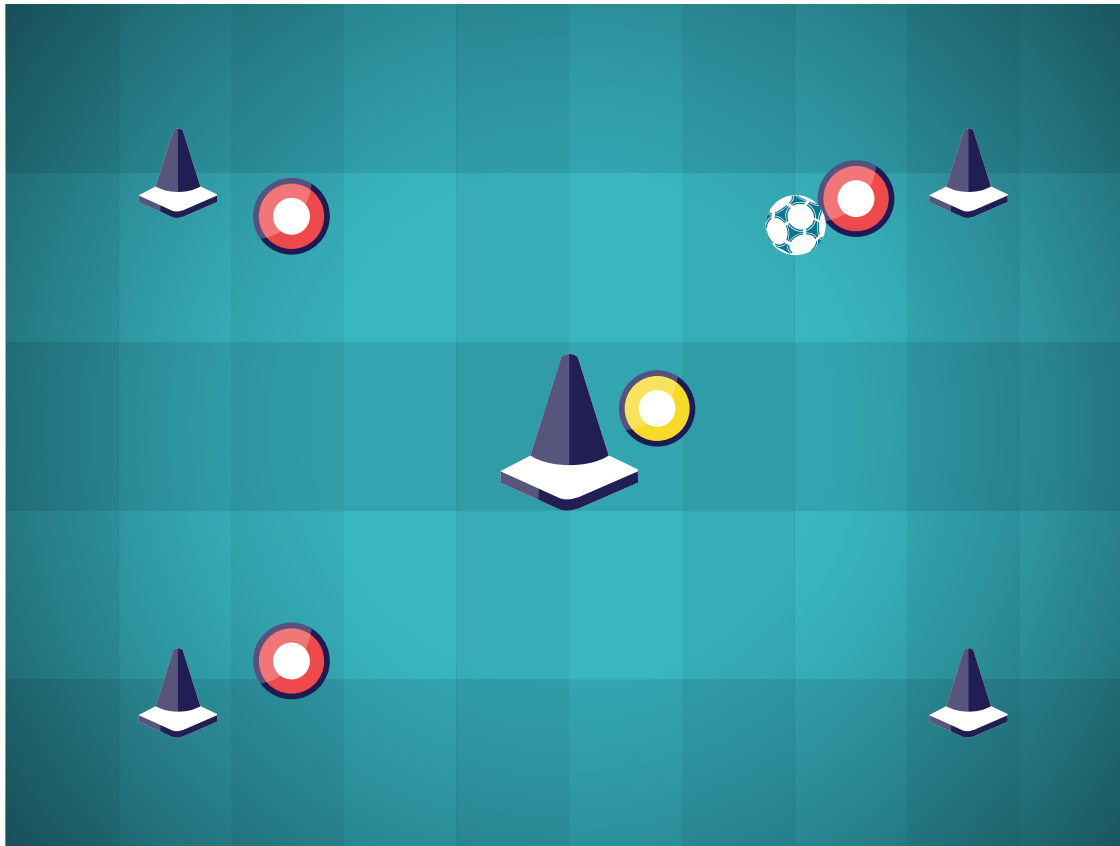
SIMPLIFICATIONS

- Make the gaps between the cones bigger
- Play one versus one

PROGRESSIONS

- Stop players from passing through the same gap twice in a row
- Get players to pass with both the left and the right foot, controlling the ball with one foot and passing with the other
- Target a certain number of passes
- Make the gaps between the cones smaller

KING PIN



DESCRIPTION OF THE GAME

- Players work in groups of four – three attackers and one defender
- A tall cone (or a ball on a smaller cone) is placed in the middle of the area
- The attacking players pass the ball around the square, trying to find space to knock the cone over with the ball
- The defender has to defend the cone, as well as trying to win/intercept the ball if possible
- If the defender wins the ball, they can swap with the attacking player who lost it, or this can be a timed activity

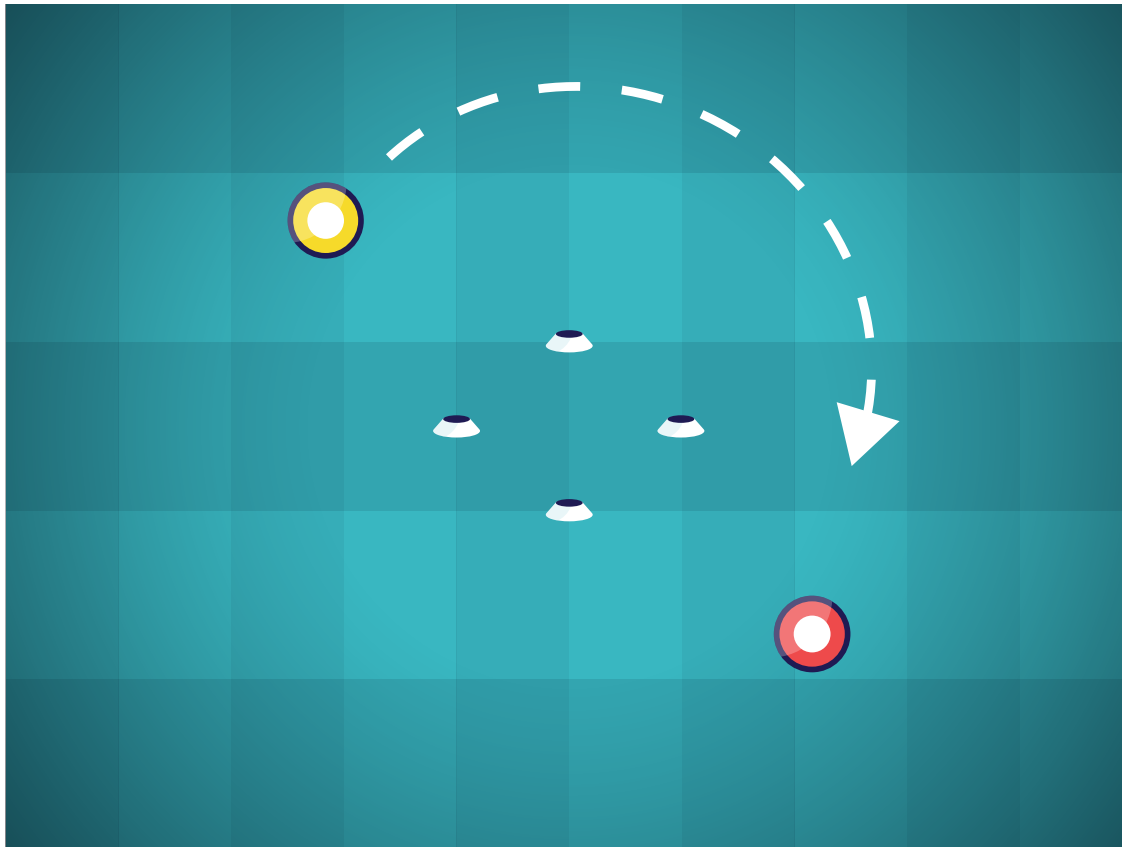
SIMPLIFICATIONS

- Allow the attackers to throw the ball to each other and knock the cone over by rolling or bouncing the ball at it
- Remove the defender entirely

PROGRESSIONS

- Remove the cone in the middle and make this a three versus one 'keep ball' game

DUEL



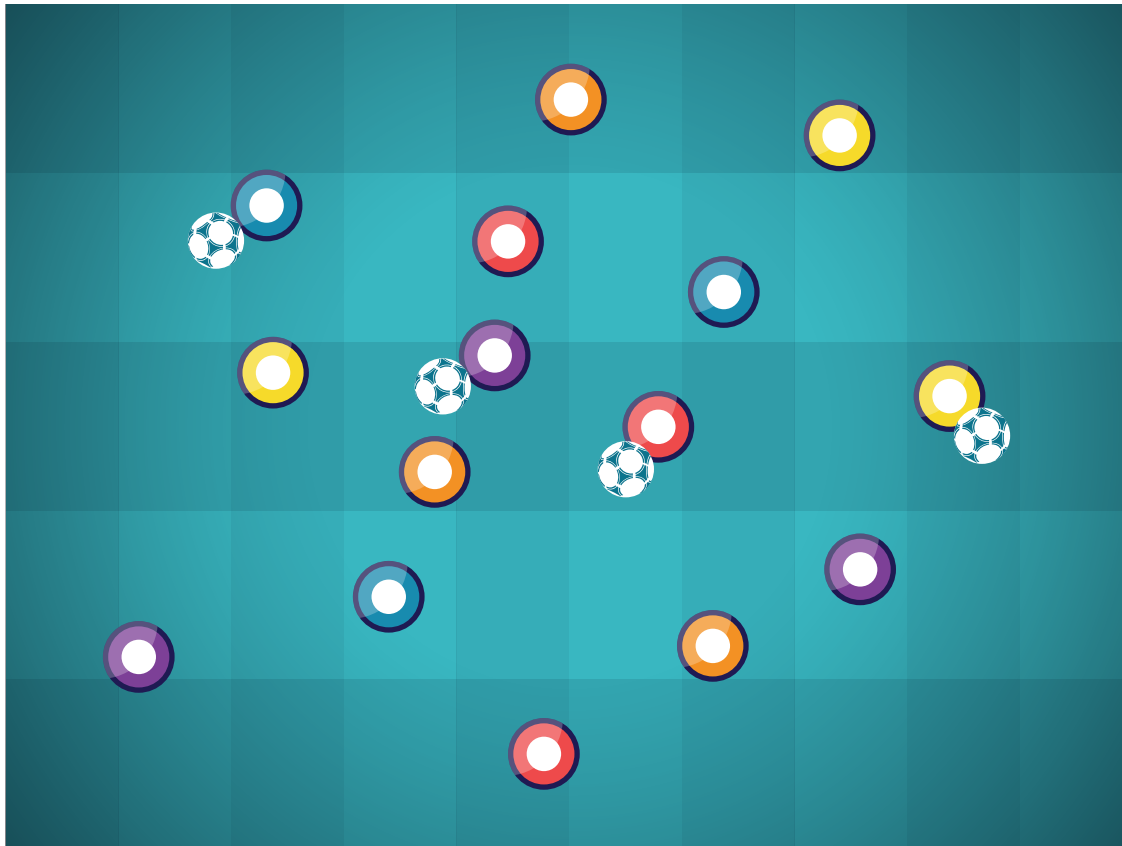
DESCRIPTION OF THE GAME

- Set up four cones in the shape of a square (or use a hoop)
- Players work in pairs
- Players stand opposite each other; one has a bib tucked in the back of their shorts
- The other player has to try to steal it
- Players need to read and react to each other's movements, without entering the square
- Keep changing partners

PROGRESSIONS

- Put bibs in both players' shorts; they have to protect and steal at the same time
- Experiment with players putting a bib on their hip (which will simulate protecting/shielding the ball)
- Give both players a ball as well; they have to keep control of the ball while trying to protect their bib and steal their opponent's

TEAM TAG



DESCRIPTION OF THE GAME

- Players form five teams of three – four teams with a ball, plus a team of ‘taggers’ (orange players in diagram)
- Taggers try to score by tagging a player who has the ball in their hands
- Players try to prevent scoring by throwing to their team-mates, leaving the ball on the ground for a team-mate to pick up, or dodging taggers
- Change the tagging team
- Play for a set period of time (e.g. one minute) or change when all players have been caught

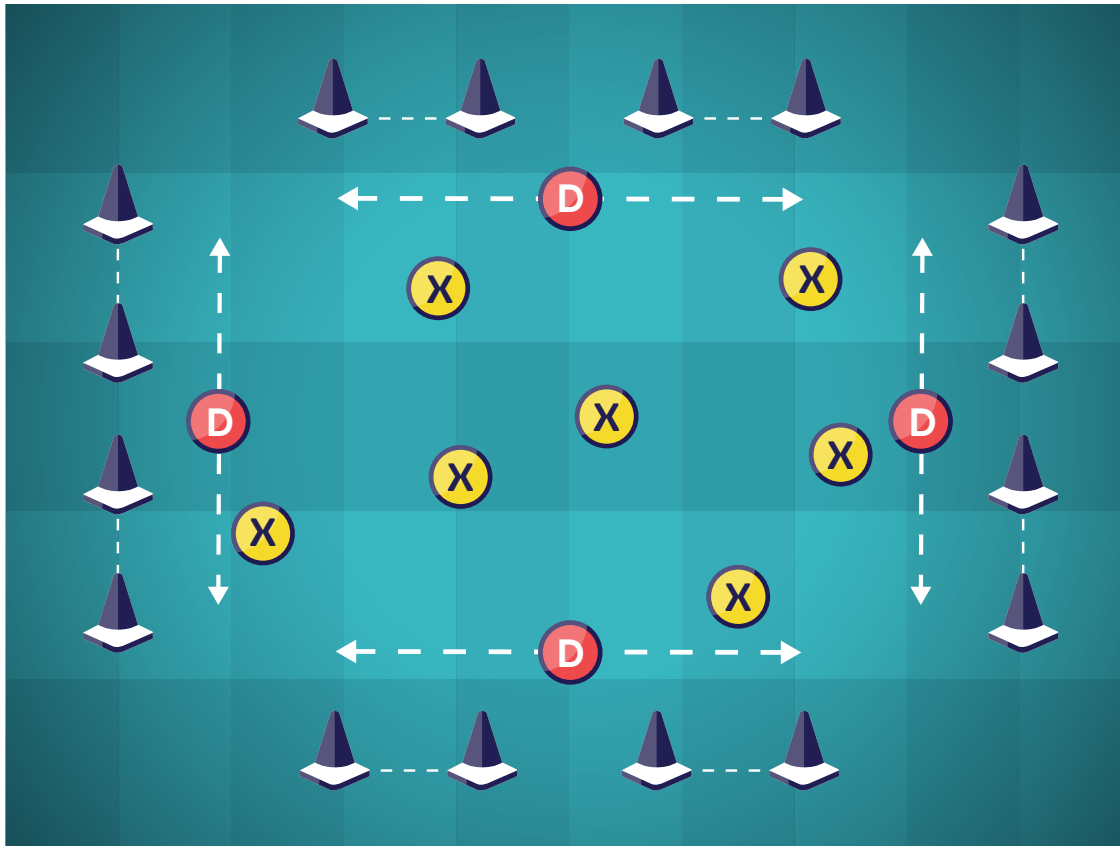
SIMPLIFICATIONS

- Create safe zones (little 4m x 4m squares) where the players cannot be caught and can rest and think about where to move next
- The game can also be played with taggers trying to score by tagging a player who does not have a ball in their hands

PROGRESSIONS

- Reducing the size of the area will make it easier for the taggers, but harder for the others; increasing the size of the area will do the opposite
- The players can be dribbling/passing balls, and the taggers can try to steal their balls instead

THE GREAT ESCAPE



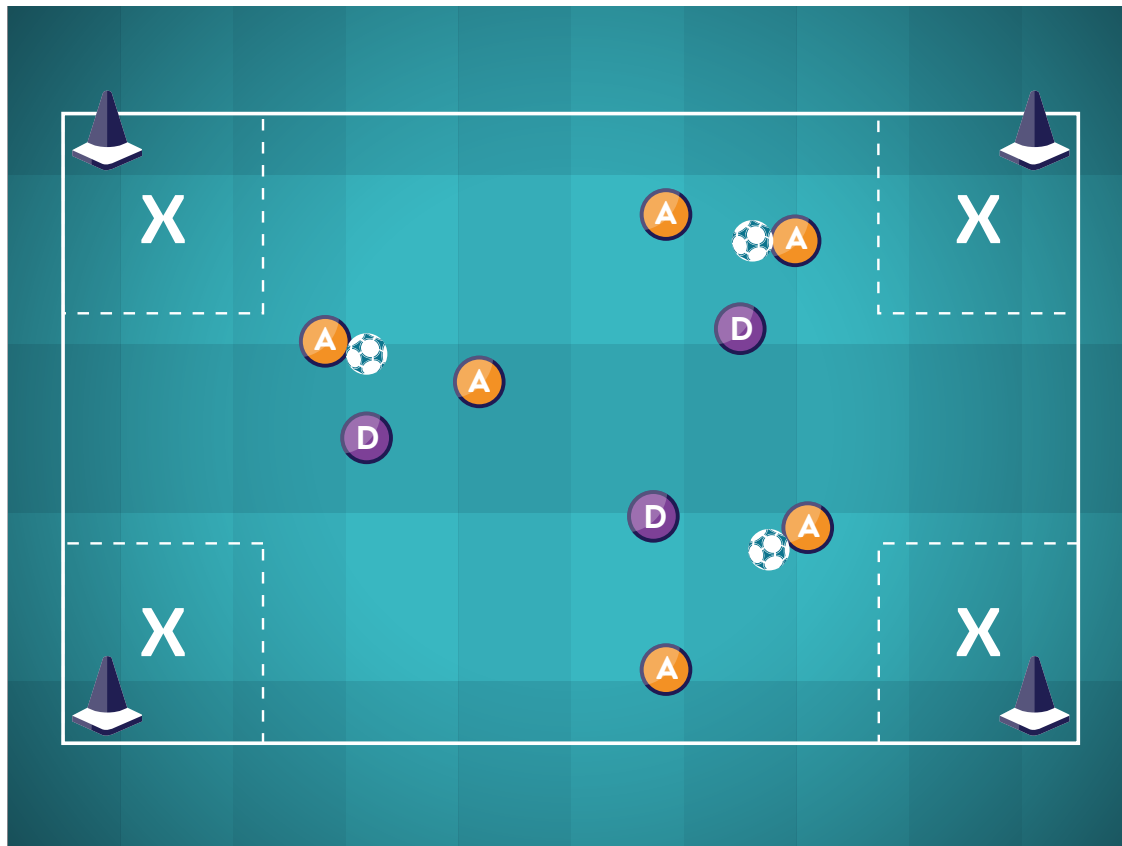
DESCRIPTION OF THE GAME

- Each guard (marked 'D' in diagram) has two gates to defend
- The other players (marked 'X' in diagram) try to escape through the gates without being tagged by a guard
- Once players have escaped, they return to the area through any unguarded gate
- The game is about dodging and avoiding players, so do not make the area too big
- Have the players escaping in lots of different ways
- You can adjust the size of the gates or the distance between them

PROGRESSIONS

- Give players in the middle balls to carry; as they escape, they drop the ball and pass it through the gate
- Can players exit through a gate, turn around and come back in through the same gate?
- Players could be required to perform a skill as they go through the gate (foot on top of ball, side to side, exit backwards, exit sideways rolling ball with side of foot, do the scissors, etc.)
- How quickly can players get back in, whether through the same gate or another gate (performing the same skill to get back in)? When passing the ball back in, what type of pass is it? Hard or soft? Can players dribble it through and keep control, despite the crowd in the middle?
- To make things more difficult, put a tagger in the middle as well
- This tagger could be dribbling a ball while trying to tag, which will make it slightly easier, but you could also add more dribbling taggers
- Allow attacking players to escape without the ball
- Give the guards a ball to dribble or hold while trying to tag
- Get players to work in pairs to evade guards (either throwing or passing the ball to each other); guards can only tag the player with the ball

PASS AND MOVE



DESCRIPTION OF THE GAME

- Two attackers (marked 'A' in diagram) play against one defender (marked 'D' in diagram)
- Attackers have to pass to the players (marked 'X' in diagram) in the corners (in any order) until they have passed to all four corners
- The attackers try to do this as quickly as possible, competing against other pairs
- The defenders try to win the ball back. If they succeed, they swap with the attacker. Alternatively, they can swap once they have won the ball three times

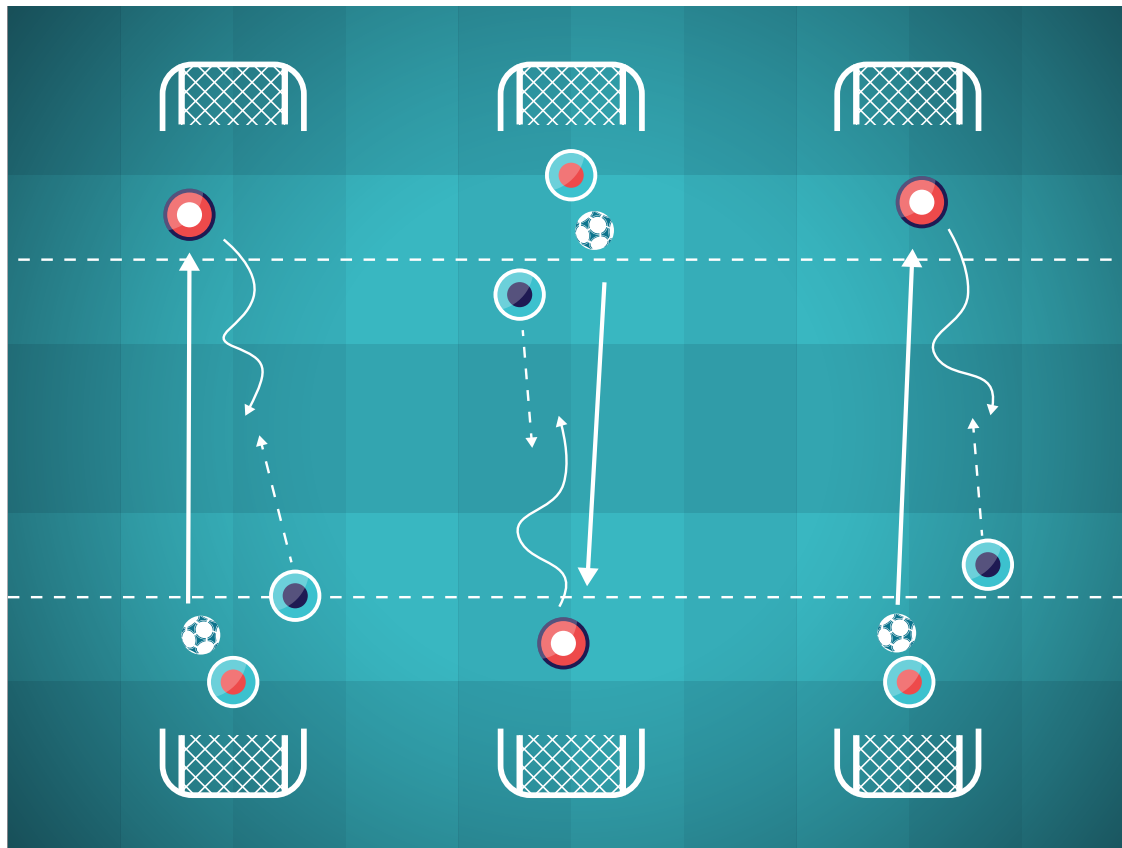
SIMPLIFICATIONS

- Increase the size of the area and the corners they are passing into
- Increase the numerical advantage – i.e. three or more attackers versus one defender
- Ask the defender to dribble/carry a ball (or slow them down in some other way), in order to reduce the pressure on the attackers
- Have support players around the outside to help attackers retain possession

PROGRESSIONS

- Specify how the ball must be passed into the corners (left foot, right foot, back-heel, chip, etc.)
- Have the player who passes the ball to the corner player change places with them
- Ask the player who does not pass the ball to the corner player to take their place
- Reverse the numerical advantage – i.e. can one attacker play against two defenders and still pass into all four corners?

ONE AGAINST ONE



DESCRIPTION OF THE GAME

- A rectangular area is divided into two halves, with a defender in one half and an attacking player in the other half
- The attacker starts with the ball. The aim is to beat the defender and score a goal. The defender tries to win the ball and just has to get into the opponent's half to score. Play a set number of games before changing positions
- Winners move up, losers move down, so that they play with someone else after an allocated time

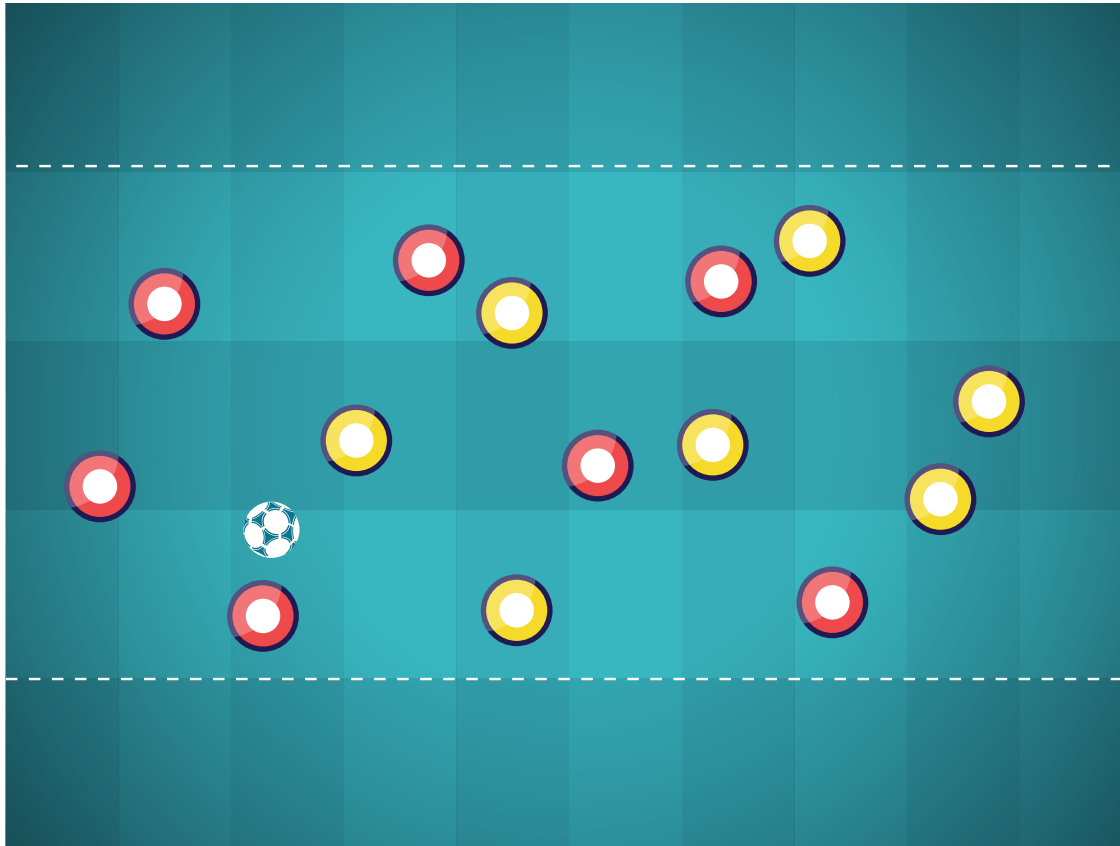
SIMPLIFICATIONS

- Make the area wider, so there is more space either side of the defender

PROGRESSIONS

- The attacker starts on the halfway line, receiving the ball side-on from a team-mate, before trying to beat the defender and score a goal
- The attacker starts on the halfway line, receiving the ball from a team-mate with their back to goal, before trying to beat the defender and score a goal. The attacker can use the team-mate for support
- The attacker can choose to receive the ball from various positions and can use their team-mate for support
- Add a goalkeeper, so the attacker has to beat both the defender and the goalkeeper to score

END-ZONE



DESCRIPTION OF THE GAME

- The ideal format with this age group would be four versus four
- Teams defend their own end-zone and attack the other, trying to run the ball into the opposition's end-zone to score
- Players can carry the ball in their hands and throw it to teammates. If a player is tagged when running with the ball, the ball is handed to the opposing team

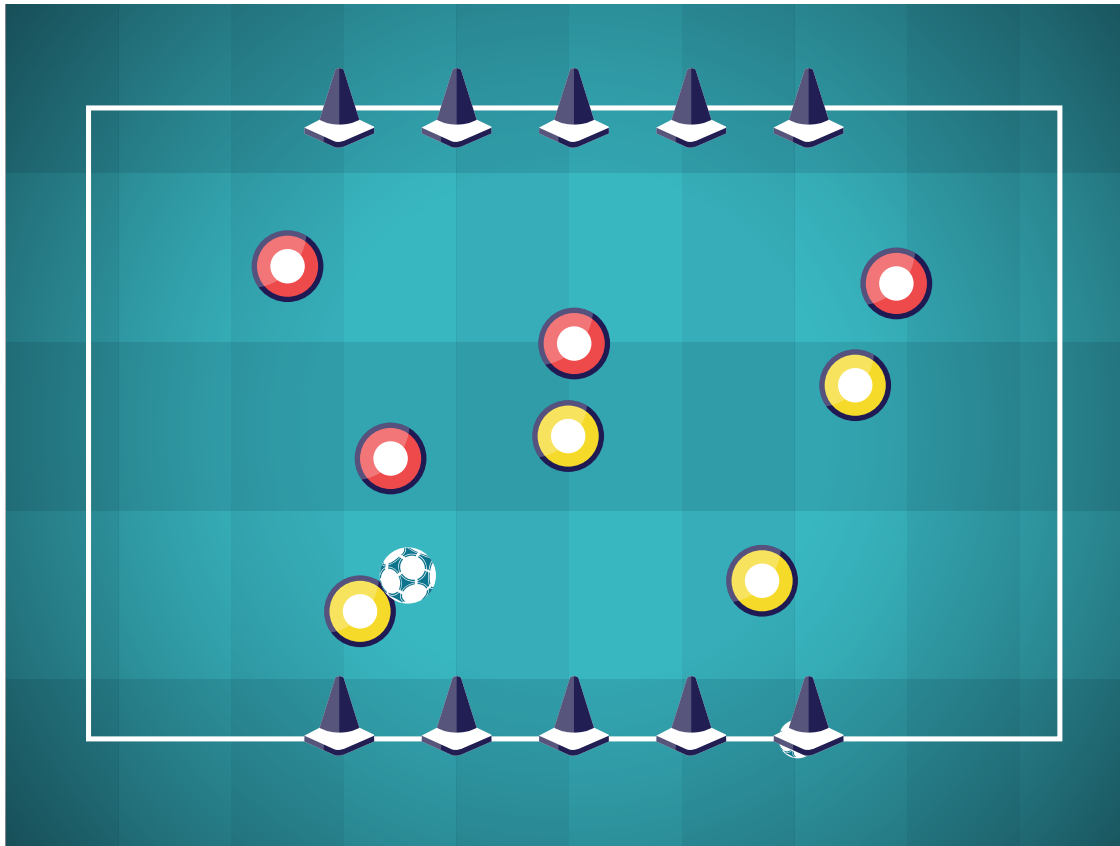
SIMPLIFICATIONS

- The ball can only be won by intercepting a throw. This will give the player on the ball more time and space to make decisions

PROGRESSIONS

- Place a goal in each end-zone
- Prevent players from passing over head height. This will force players to move in order to receive the ball
- Play with the ball on the floor. In order to score, the ball has to be dribbled into and stopped in the end-zone

CLEAR THE CONES



DESCRIPTION OF THE GAME

- The ideal format with this age group would be four versus four
- Teams defend their own set of cones and attack their opponents', trying to knock the cones over with the ball
- If a player knocks down a cone, they collect it and take it back to their end of the pitch
- If a player manages to knock over more than one cone with a single shot, they still only take one cone
- The game ends when one team has knocked down all the other team's cones

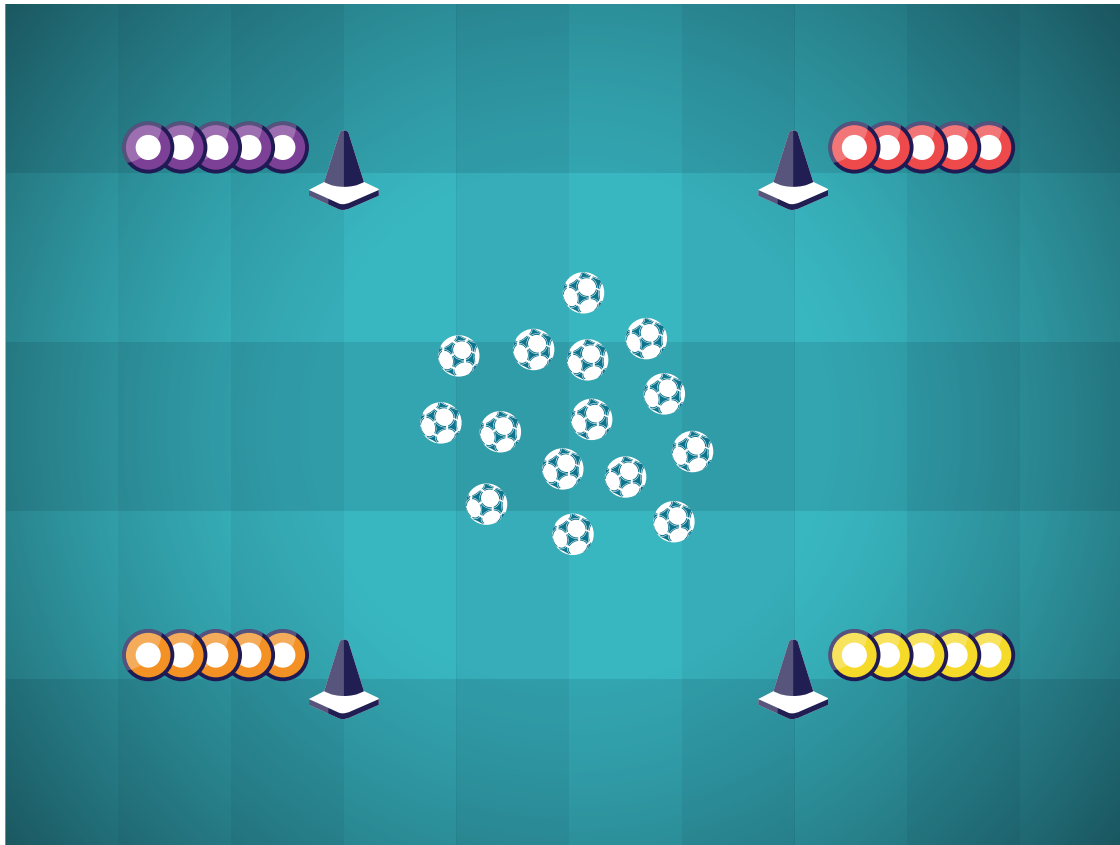
SIMPLIFICATIONS

- Play with ball in hands

PROGRESSIONS

- Add in a halfway line, with goals only able to be scored in the attacking half

STEAL THE TREASURE



DESCRIPTION OF THE GAME

- Players form four teams of four/five
- Balls are placed in the middle
- Sending one player at a time, teams try to retrieve those balls as quickly as possible
- The game ends when all the balls have gone
- The team with the most balls is the winner

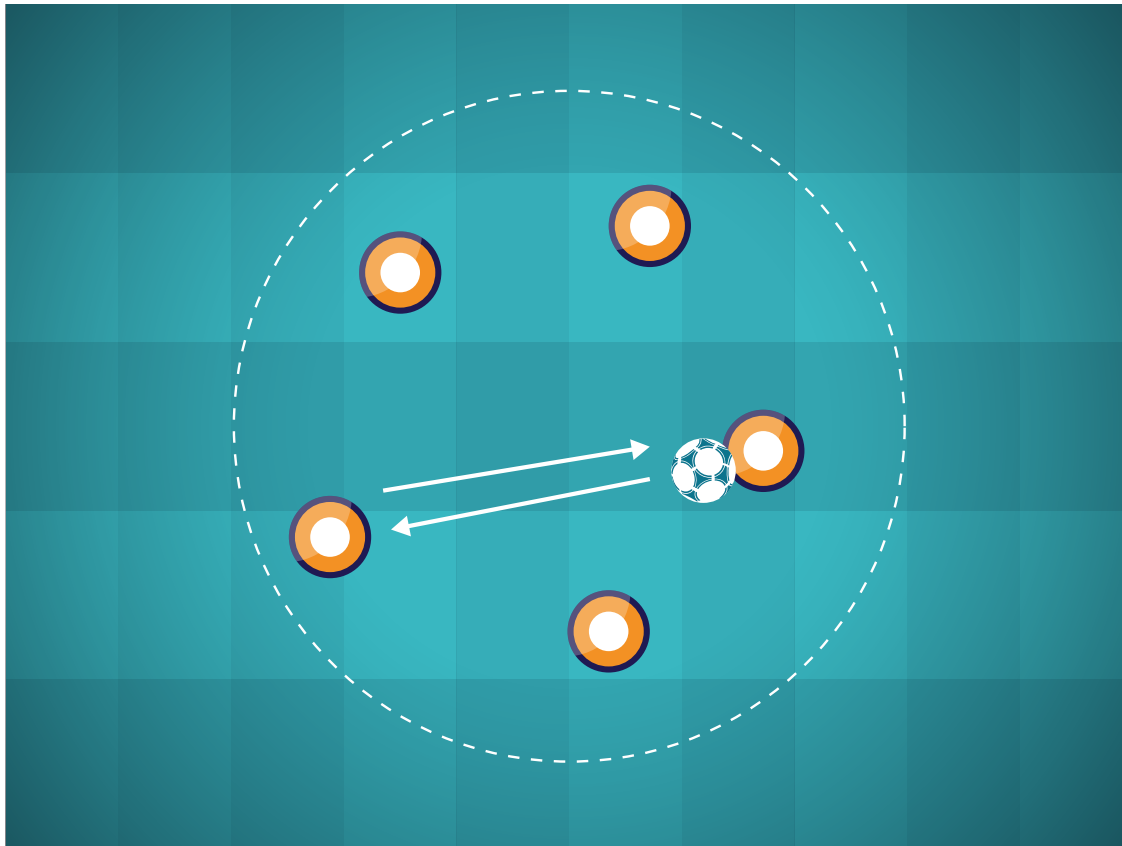
SIMPLIFICATIONS

- Allow players to pick up/carry balls
- Vary the amount of balls available, depending on the number of players

PROGRESSIONS

- Use balls of different sizes
- Set challenges for players when returning the ball to their team – e.g. requiring a specific number of touches or making them use certain parts of the foot
- When all the balls have gone, allow teams to steal from each other
- Players can steal directly from the other teams

KEEP UP CHALLENGE



DESCRIPTION OF THE GAME

- Players form small groups
- To start with, the ball is allowed to bounce between touches – i.e. one bounce, one touch of the ball (head, foot, thigh, etc.), one bounce, and so on
- Players use both left and right feet/thighs
- Players alternate between the two – left-right-left-right, etc.

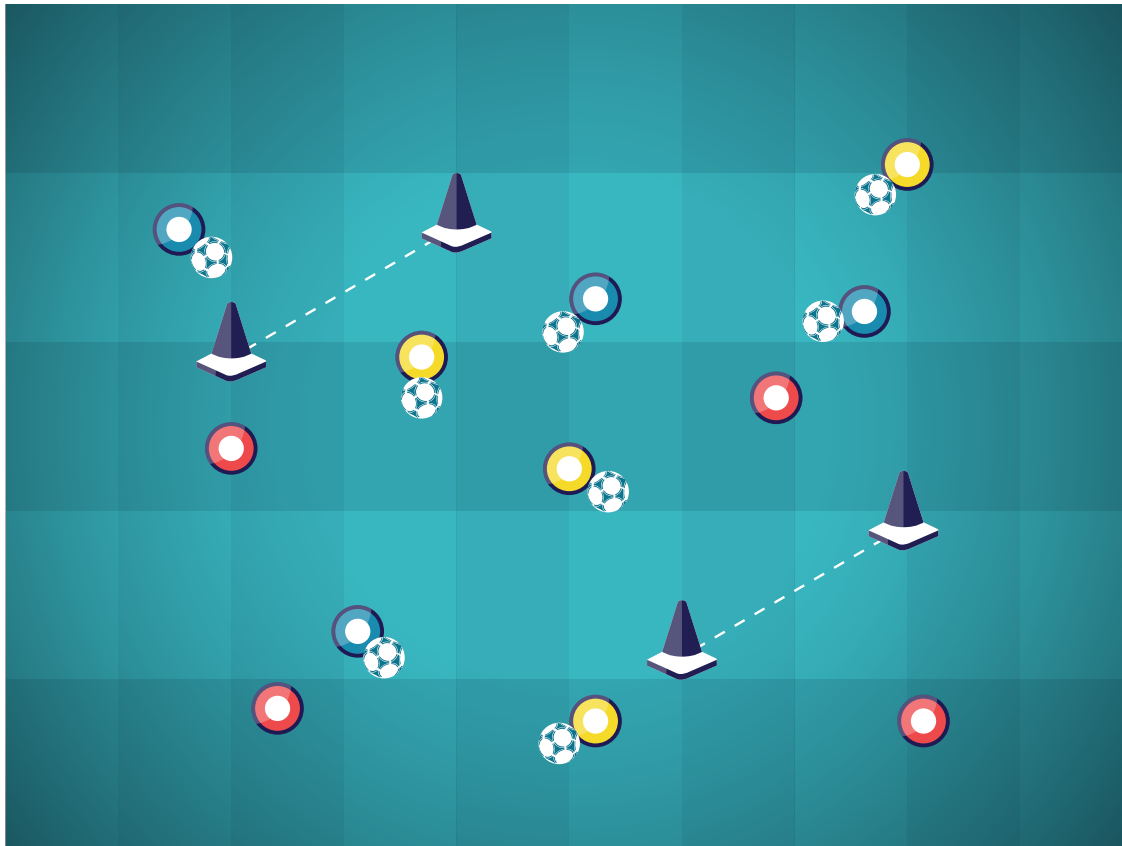
SIMPLIFICATIONS

- Allow players to catch the ball between touches until they build up to multiple touches

PROGRESSIONS

- Set targets, or get players to beat their own scores or those of their team-mates
- Get players to challenge each other: a player calls a number between one and five, and their team-mate has to try to keep the ball up for that many touches

GHOSTBUSTERS



DESCRIPTION OF THE GAME

- Players form three teams of three/four – two with balls (one ball per player) and one without
- The team without balls are the ghostbusters, and they try to tag the other players (the ghosts)
- If a ghost is caught, they have to pick up the ball and place it under their arm with their legs apart
- Caught ghosts can be freed if their team-mates pass the ball through their legs; they are then free to dribble around again
- If all the ghosts get caught, the ghostbusters win
- You can play until all the ghosts are caught or for a set period of time

SIMPLIFICATIONS

- The cone gates can be used as safe areas for players; when players stand in a gate, they cannot be caught

PROGRESSIONS

- Increasing the size of the area will make things easier for the ghosts, but harder for the ghostbusters; making it smaller will do the opposite



Together
#WePlayStrong

TOPIC:

OBJECTIVES:

DATE:

SESSION:

TIME:

PLAYERS

MATERIAL

ORGANISATION

Arrival Game

GRAPHIC

TIME

Multi-Directional Game

Directional Game

Together Game

(Use this space to organise your groups of players for the different activities before you begin your session)

NOTES

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KEY

Passing the ball



Player movement



Dribbling with the ball



SEQUENCE PASSING



ORGANISATION

Players:

Minimum of two teams of at least 4 players

Area:

20m x 20m (divided into four quarters)

Materials:

- 4 x 5 cones in different colours (not compulsory)
- Different coloured bibs for each team (not compulsory)
- Two balls for each team (one at the beginning and another for later on)

DESCRIPTION OF THE GAME

- Players form two, three or four teams of at least 4 players each
- Each player on each team has a number
- No. 1 passes to No. 2; No. 2 passes to No. 3; No. 3 passes to No. 4; No. 4 back to No. 1, etc
- All teams have the same task, and all teams use the whole of the area

General:

- Players pass the ball to their team-mates in numerical order
- All four zones must be occupied by at least one player from each team
- All players are constantly moving and changing zones

Variation:

- A) Passes must be played to feet
- B) Passes must be played into space
- C) Change of direction (No. 5 to No. 4; No. 4 to No. 3, and so on)

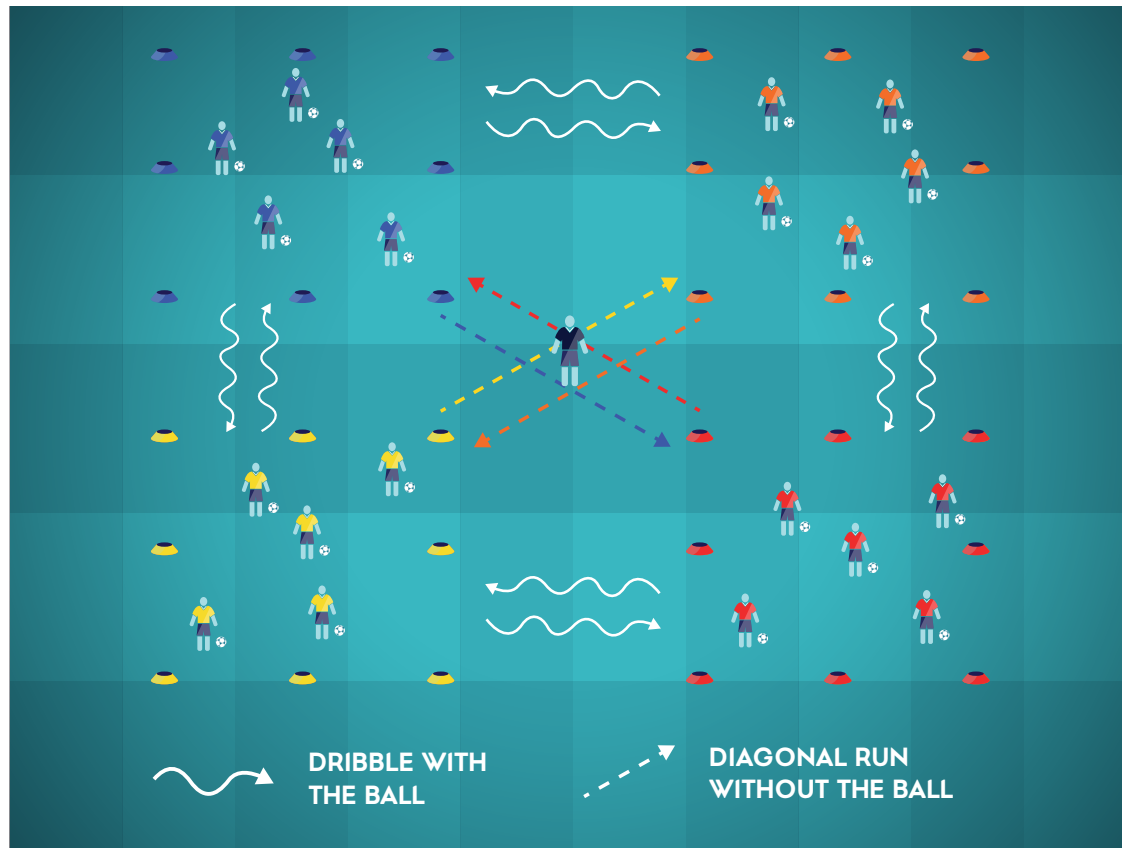
SIMPLIFICATIONS

- Players allowed unlimited touches
- Teams play in their own designated area at first (away from other teams)

PROGRESSIONS

- Two balls per team; for example, No. 1 and No. 3 could start passing at the same time
- Players only allowed two touches
- Only one touch allowed
- Players alternate long and short passes (short-long-short-long, etc.)

DRIBBLING QUEEN



ORGANISATION

Players:

Minimum of 12 players
(three in each square)

Area:

15m x 15m (divided into
four squares); sizes can
be altered easily

Materials:

- Cones
- Bibs
- One ball per player

DESCRIPTION OF THE GAME

- Four teams dribbling in their own designated squares
- Coach stands in the middle and issues instructions
- All exercises must be performed using both feet

- Dribbling with both feet
- Strike the ball with the sole
- Strike the ball with the inside of the foot

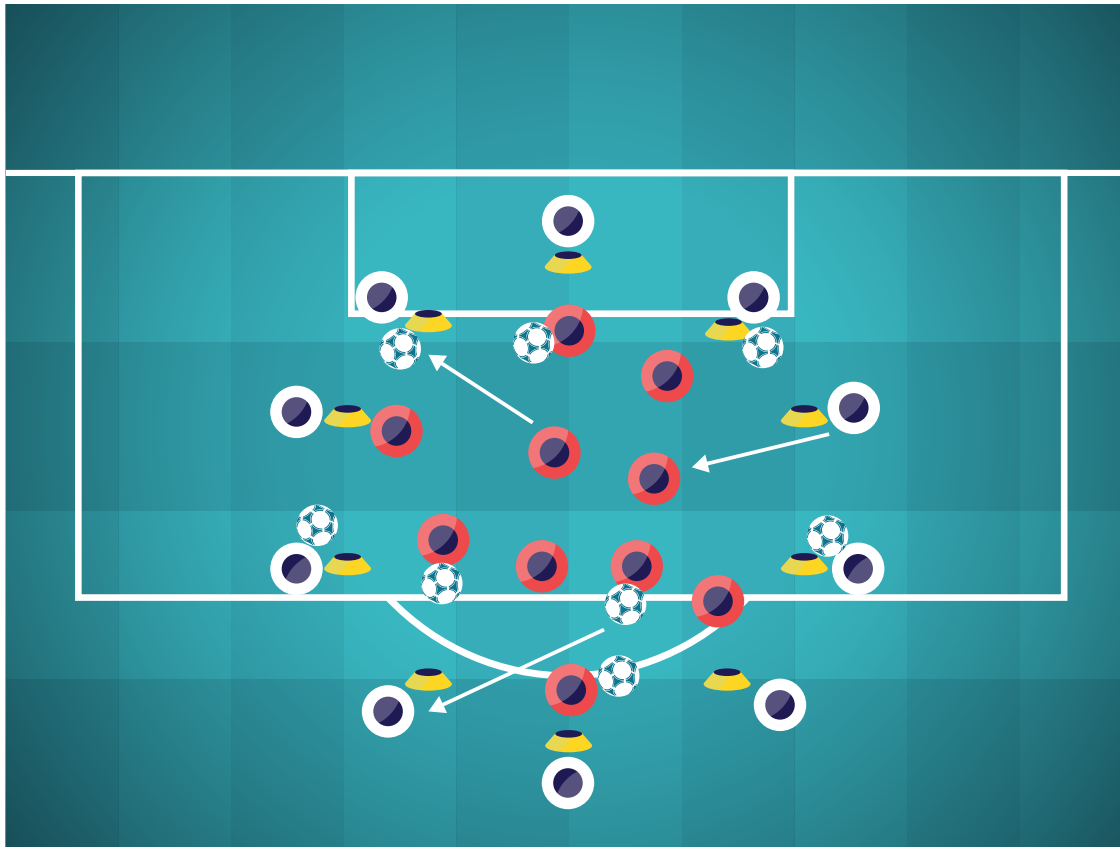
SIMPLIFICATIONS

- Use fewer feints
- Allow players to just dribble freely, with a change of direction on command
- Focus on precision of execution, rather than the competitive element

PROGRESSIONS

- When the coach says 'one', players have to perform a step-over with the right foot and then continue dribbling with the left foot. When the coach says 'two', players have to perform a step-over with the left foot and then continue dribbling with the right foot. When the coach says 'three', players have to perform a double step-over and then continue dribbling.
- The coach gives visual signs using two different coloured cones. When the coach holds up one cone (e.g. a pink one), all players dribble in a clockwise direction to the next square. When the coach holds up the other one (e.g. a turquoise cone), all players dribble in an anti-clockwise direction to the next square. When the coach holds up both cones, all players have to run to the square that is diagonally opposite, leaving their balls for the next team to collect.
- The team that reaches its new square first receives a point.

GOALIES AND STRIKERS



ORGANISATION

Players:

Two teams equal size

Area:

Circle with a diameter of ca. 18m (depends on number of players)

Materials:

- One ball per goalie

DESCRIPTION OF THE GAME

- One team (strikers) inside the circle; the other team (goalies) outside the circle
 - Goalies have a ball each
 - After 90 seconds, the two teams swap over
- Goalies pass the ball on the floor to the strikers inside, who are always on the move and asking for the ball; strikers receive the ball and pass back to the goalie
 - Goalies throw high to the strikers inside, who have to volley the ball back to the goalie
 - Goalies throw high to the strikers inside, who have to head the ball back to the goalie
 - Any other activity you can think of – e.g. control with thigh and pass back

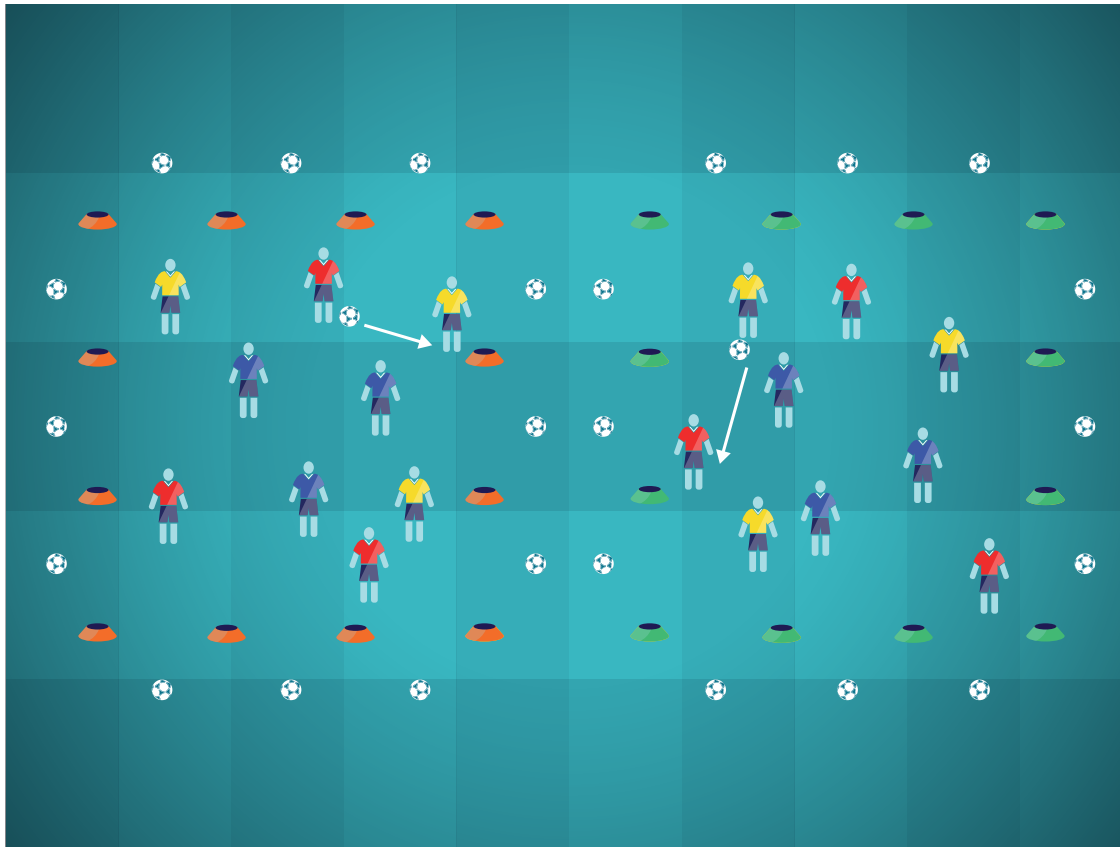
SIMPLIFICATIONS

- Try it without movement first to get the technique right – i.e. have strikers pass back to the same goalie

PROGRESSIONS

- Strikers control high balls with their thigh/chest and then volley the ball back
- After controlling the pass from the goalie (on head, chest, with foot) the strikers find a different goalie (without a ball) to dribble/pass the ball to
- Competitive element: How many times did players successfully pass/head/volley the ball back?

PASSING UNDER PRESSURE



DESCRIPTION OF THE GAME

- Six versus three: Red team and yellow team against blue team
- If the team blue wins the ball, the team that loses it must swap with the blue team

SIMPLIFICATIONS

- Make the square larger
- Players allowed unlimited touches

PROGRESSIONS

- Players only allowed two touches
- Competitive element: Which team can achieve the highest number of successful passes?

ORGANISATION

Players:

- 18 players: (2 x 6v3)
- 15 players: 1 x 6v3;
1 x 4v2
- 12 players: (2 x 4v2)
- 9 players: (6v3)
- 6 players: (4v2)

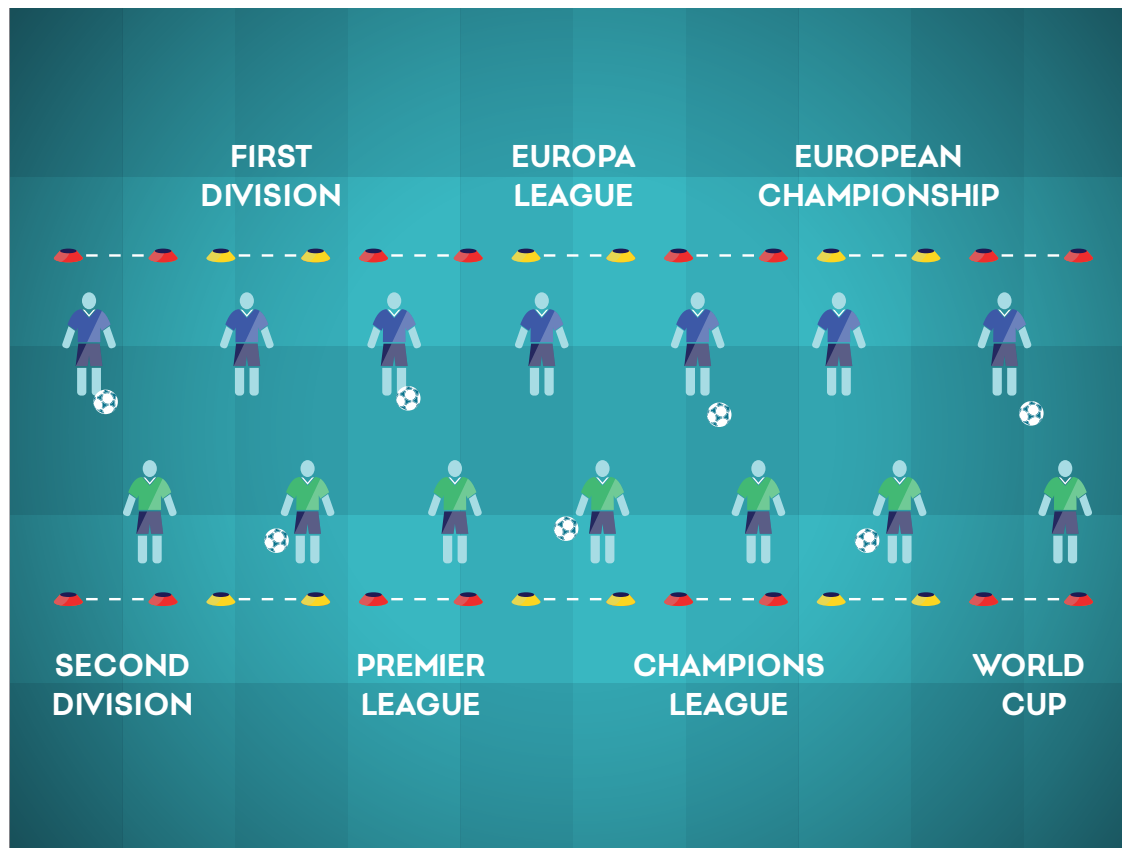
Area:

- Two 15m x 15m squares (for 6v3)
- Adapt the size of the square to the age, level and number of players

Materials:

- Balls surrounding the square; one ball in the game
- 2 x 12 cones (2 different colours)
- 3 x 6 bibs (3 different colours)

DRIBBLING TO THE WORLD CUP



DESCRIPTION OF THE GAME

- Seven stations, each with two players; players compete one versus one, seeking to dribble the ball over their opponent's goal line
- Each match lasts 45 seconds; the winner moves up a division and the loser is relegated (with the winner of the World Cup and the loser from the Second Division remaining in their places)
- In the event of a draw, the coach will determine the winner; alternatively, rock-paper-scissors could be used
- The coach should ensure that players take enough breaks during this exercise

ORGANISATION

Players:

14 players in this example, but number can easily be changed; minimum of six players (i.e. three stations)

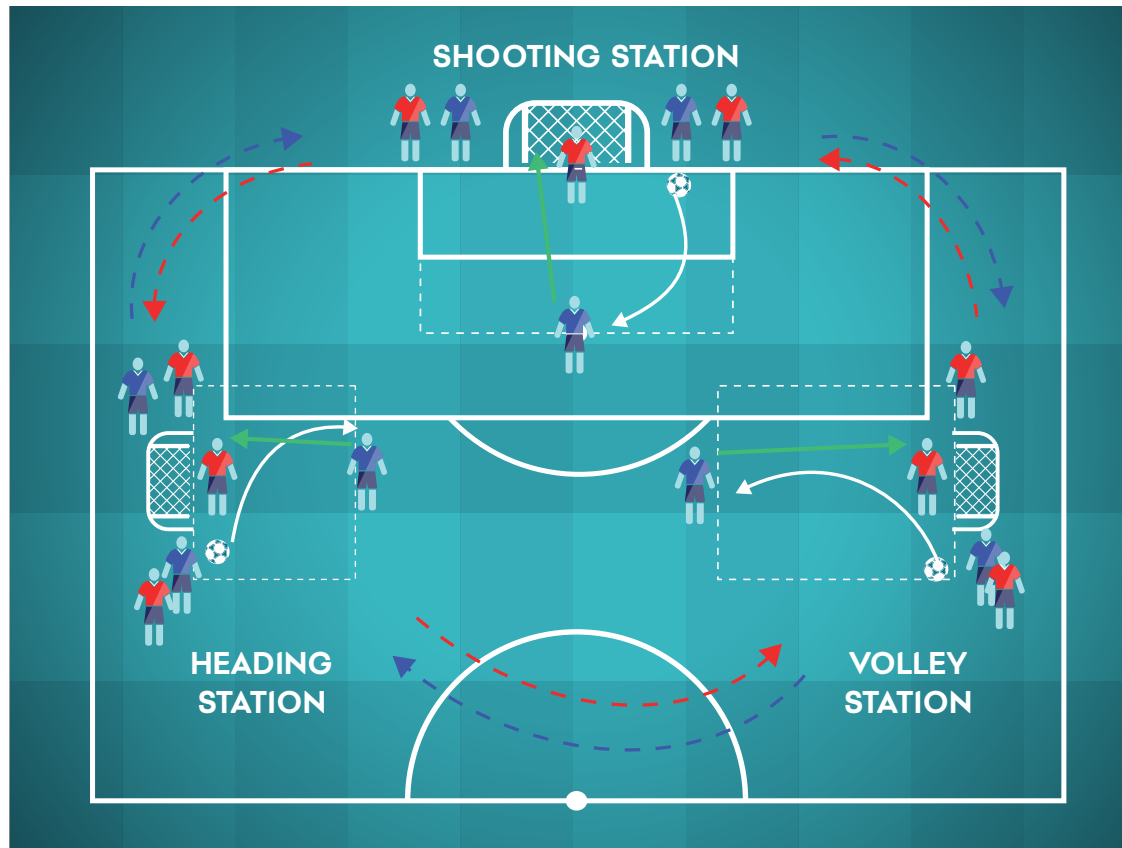
Area:

Seven 10m x 5m squares (if fewer participants, fewer squares)

Materials:

- 7 balls for 14 players
- 2 x 14 cones in 2 different colours (marking the square and goal line)
- Bibs (not compulsory)

SCORERS OF THE DAY



ORGANISATION

Players:

Minimum of 12 players (4 per station); if a station has an uneven number of players, one player can have two turns

Area:

Three Stations:

- Shooting: 12m x 12m
- Volleying: 6m x 6m
- Heading: 3m x 3m

The size of the stations can be varied and depends on the age and level of the players

Materials:

- Cones for marking stations;
- Two sets of bibs for the for two teams
- Five balls for each station (to have spare balls)
- Three goals

DESCRIPTION OF THE GAME

- Two teams (blue and red), each divided across three stations
- The team which starts has one player in front of the goal and one player beside the goal to throw or pass the ball. The opposing team provides the goalkeeper.
- Each player has three attempts on goal at each station and must also be a goalkeeper at each station
- Teams keep count of the number of goals they score
- The blue team always moves clockwise to the next station, and the red team always moves anti-clockwise, so every blue team competes with every red team
- Teams visit each station twice, so each player has a total of six attempts on goal at each station. Players must use both feet!

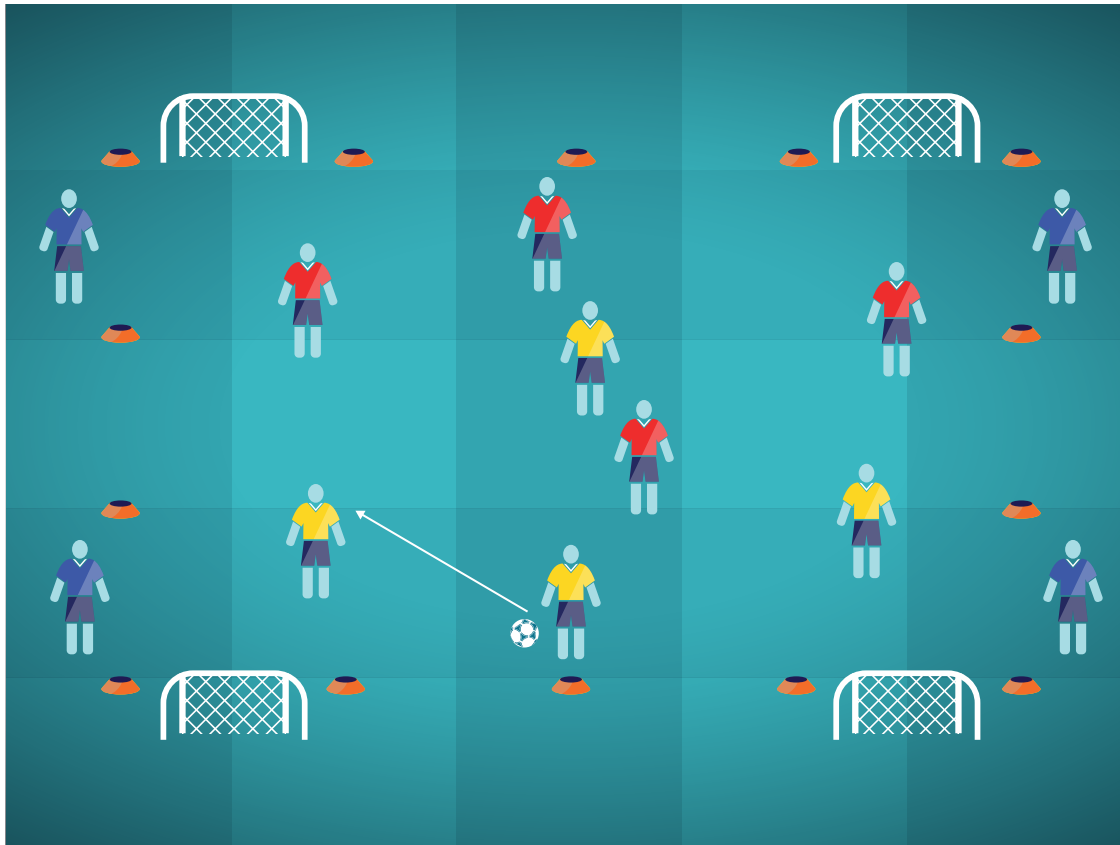
SIMPLIFICATIONS

- For all stations: Reduce the distance to the goal
- For volley station and shooting station: Allow players to control the ball with the first touch and shoot with the second touch
- For volley station: Allow the ball to touch the ground once before the player shoots

PROGRESSIONS

- Shooting station: Force the player to shoot first time with their weaker foot
- Volley station: Force the player to shoot first time with their weaker foot
- Heading station: Throw the ball from the side, rather than from next to the goal

FOUR VERSUS FOUR



ORGANISATION

Players:

Minimum of 12 players

Area:

25m x 35m; size can be varied depending on the age, level and number of players

Materials:

- Balls
- Disc cones
- Four mini-goals

DESCRIPTION OF THE GAME

- Yellow team (four players) against red team (four players)
- The team in possession has support from the blue team (four players on the sidelines)
- Players on the pitch: maximum of three touches
- Blue team: maximum of two touches
- No high balls (free kick to opposing team)
- No corners; match restarts with a short pass from the byline
- Six successful passes are worth one goal
- Goals can also be scored by passing into the mini-goals
- Each game lasts four minutes
- Teams rotate, playing each other twice

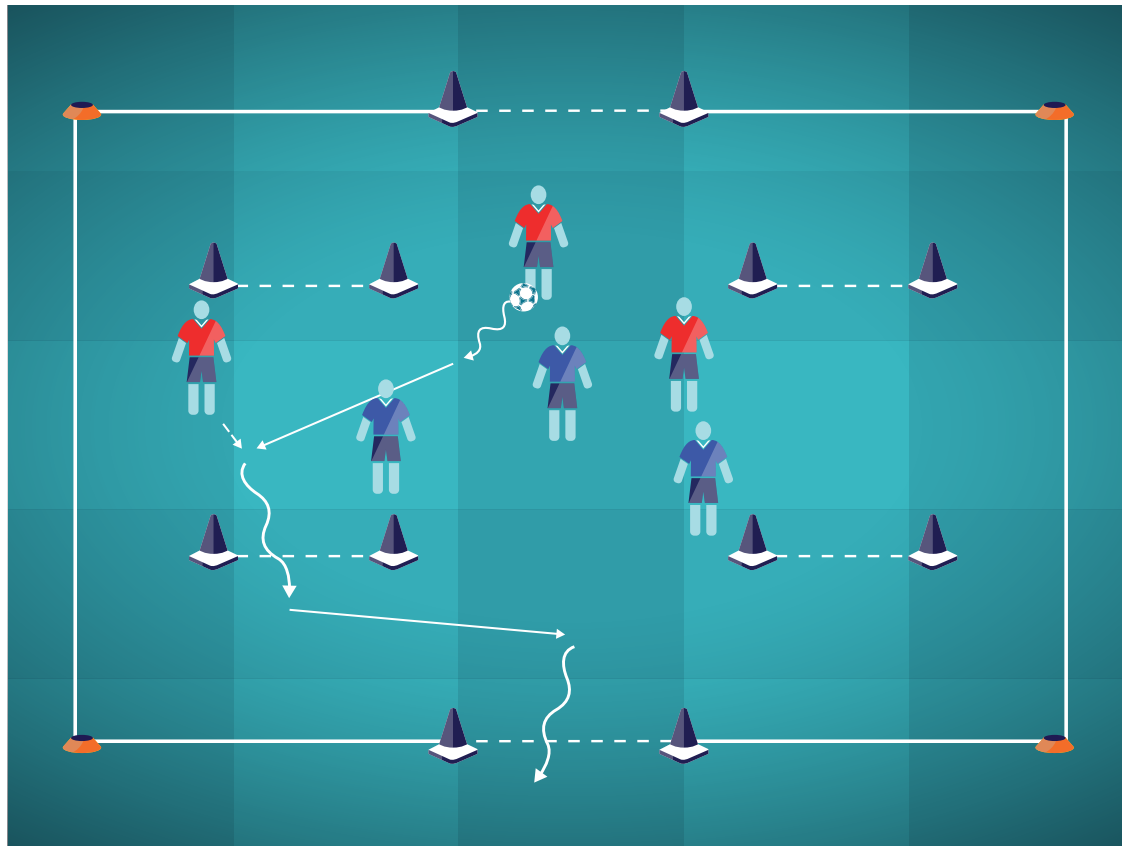
SIMPLIFICATIONS

- Players on the pitch allowed unlimited touches

PROGRESSIONS

- Players on the pitch allowed two touches
- Blue team allowed one touch only

LITTLE DRIBBLERS



DESCRIPTION OF THE GAME

- Four teams of three; two teams on each pitch
- Teams score by dribbling through 'dribble goals'
- If the ball leaves the pitch, the opposing team restarts by dribbling the ball in from the sideline
- Every team plays every other team twice (i.e. each team plays six matches)

ORGANISATION

Players:

Minimum of 12 players for a tournament on 2 pitches; minimum of 9 players for a tournament on 1 pitch

Area:

25m x 35m; size can be varied depending on the age, level and number of players

Materials:

- Balls
- Disc cones
- Six 'dribble goals' (ca 3m wide) per pitch

SCORING TOURNAMENT



ORGANISATION

Players:

Minimum of 12 players

Area:

18m x 22m; size can be varied depending on the age, level and number of players

Materials:

- Cones to mark the pitch
- Two Goals
- Balls
- Three sets of bibs

DESCRIPTION OF THE GAME

- Players form three teams of five
- The first team to score two goals is the winner; the losing team swap places with the neutral players around the outside
- Four neutral players stand on the two bylines (see diagram) and support the team in possession; the other neutral player acts as the referee
- Only neutral players are allowed to pass directly to the goalkeeper
- No corners
- Volleyed or headed goals (e.g. following a throw-in) count double
- Goals scored with a first-time shot following a pass from a neutral player count double
- Neutral players are only allowed one touch
- All players must be both a goalkeeper and a referee at some point

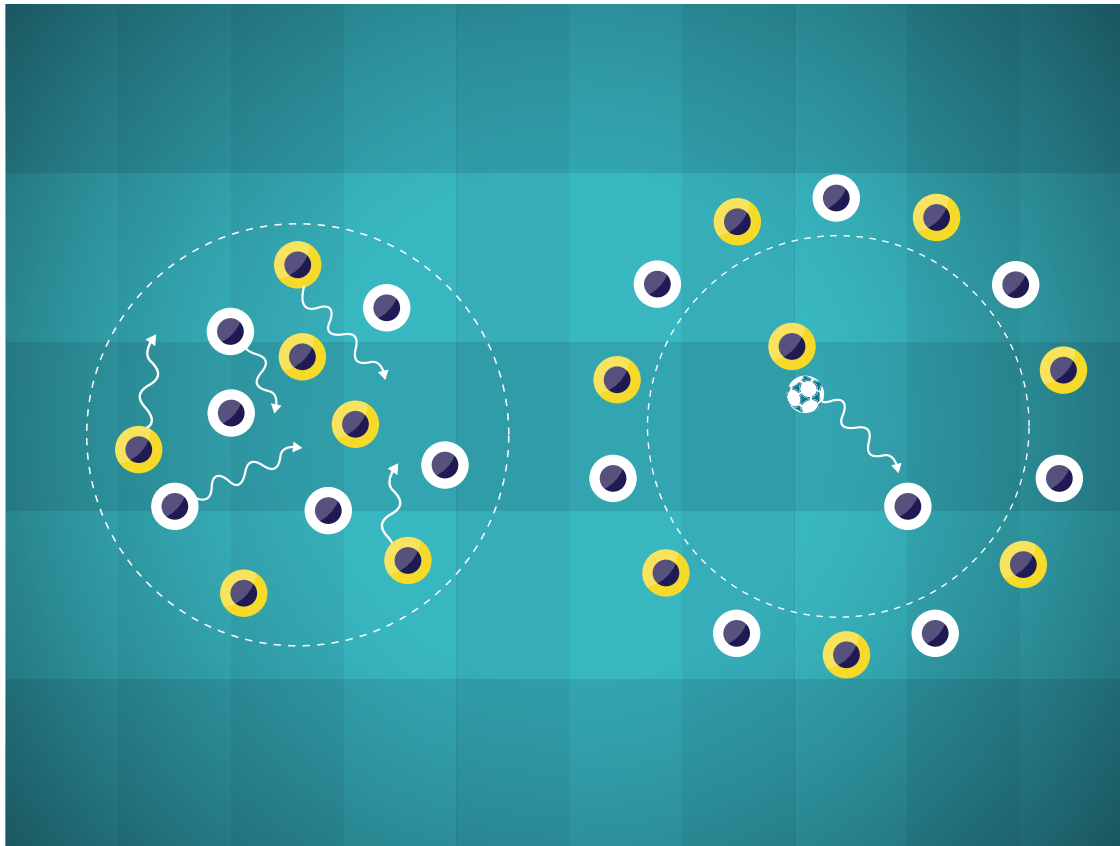
SIMPLIFICATIONS

- Neutral players are allowed two touches

PROGRESSIONS

- Time pressure: If, after two minutes, neither team has scored twice, the team that won the previous match leaves the field

FREESTYLE



DESCRIPTION OF THE GAME

First part:

- Every player has a ball
- Players dribble around the circle and try to perfect their favourite feints and tricks, without any pressure

Second part:

- A volunteer from one team performs feints, tricks and dummies in the middle of the circle, before challenging a player from the opposing team; all other players stand outside the circle and provide vociferous support
- The player who is deemed to have won the battle remains in the circle; the losing player is replaced by another member of their team
- All players should appear in the circle at least once

ORGANISATION

Players:

Minimum of six players

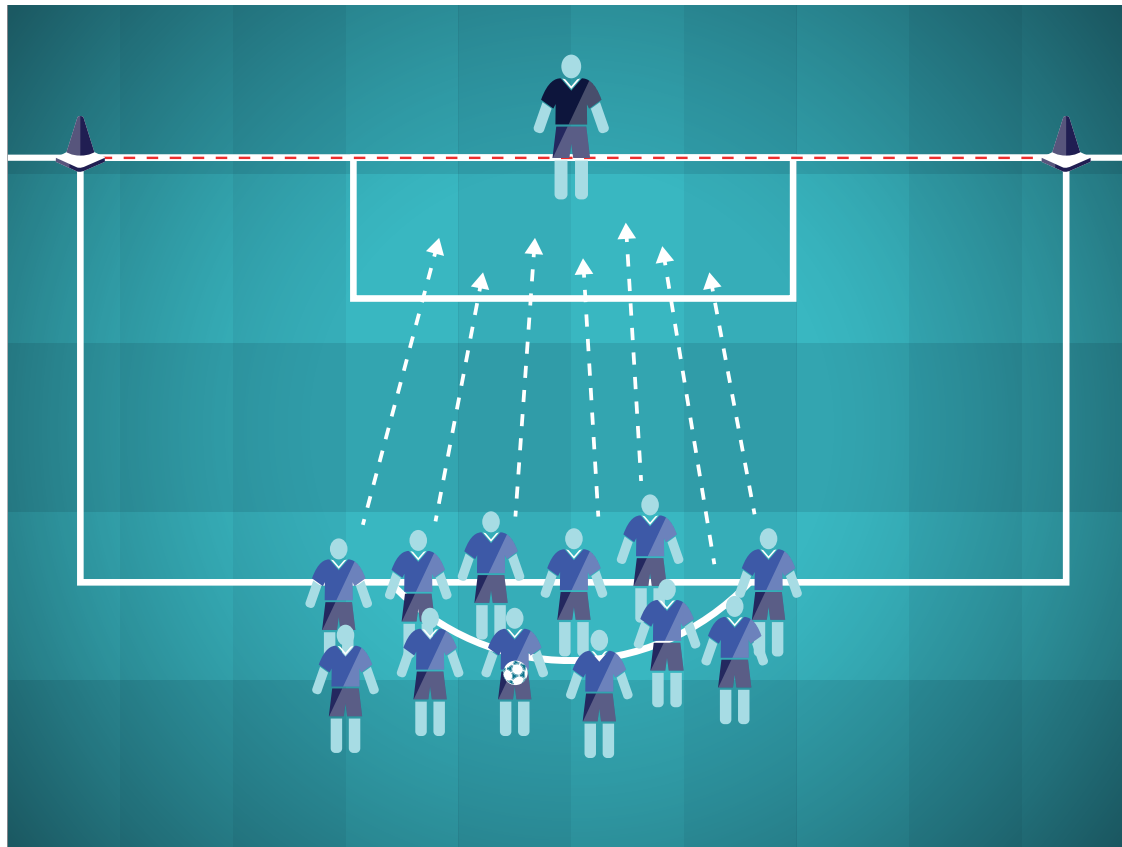
Area:

Circle with a diameter of ca 18m (e.g. the centre circle)

Materials:

- One ball per player

GOLDEN BALL



DESCRIPTION OF THE GAME

- Coach stands on the goal line with their back to the team, who are stood ca 20m away
- Team walk towards the goal line, with one player hiding the ball behind their back
- As soon as the coach calls 'stop', the team stop moving
- The coach turns around and tries to guess which player has the ball
- If the coach is wrong, they turn around again; the game continues until either the coach guesses correctly or the team reaches the goal line
- The ball can be moved from player to player between rounds

ORGANISATION

Players:

Minimum of five players

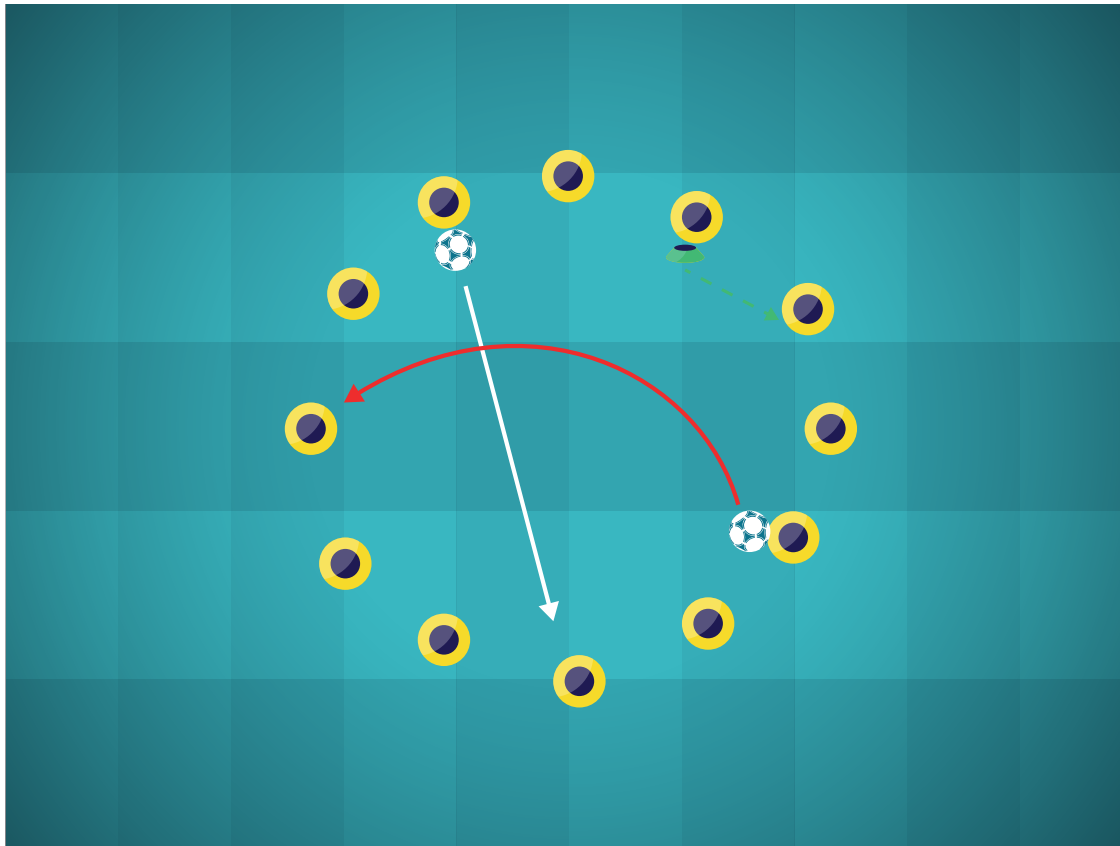
Area:

Starting position ca 20m from goal line

Materials:

- One ball and something to mark starting position

WORK TOGETHER



ORGANISATION

Players:

Minimum of eight players

Area:

Circle with a diameter of ca 18m (e.g. the centre circle)

Materials:

- Two balls
- One cone

DESCRIPTION OF THE GAME

- Players stand in a circle, passing a ball to each other; they each have to remember who passed it to them and who they passed it to

First round:

- In the first round, a single ball is used and is passed on the floor

Second round:

- Additional a 2nd ball is in the game. The high ball is used at the same way as the flat ball (just throwing with the hands)

Third round:

- In this round, a cone is passed clockwise from player to player, in addition to the two balls

SIMPLIFICATIONS

- Use only one ball

PROGRESSIONS

- Add a third ball



Together
#WePlayStrong

TOPIC:

OBJECTIVES:

DATE:

SESSION:

TIME:

PLAYERS

MATERIAL

ORGANISATION

Arrival Game

Multi-Directional Game

Directional Game

Together Game

GRAPHIC

TIME

(Use this space to organise your groups of players for the different activities before you begin your session)

NOTES

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