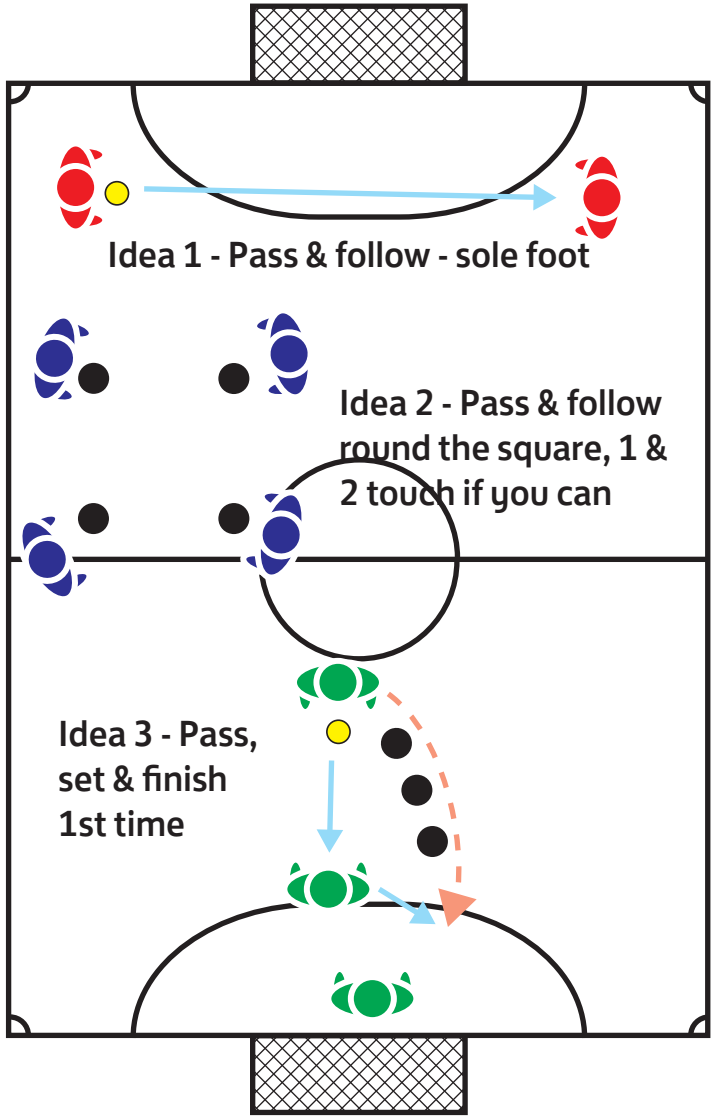
Session Title: Welcome Back To Futsal!

Date: 12/01/25



Phase	Week 12 - Re-Introducing futsal and the unique techniques the game demands!
Time	5 mins on each idea
Players	Various
Organisation	Revisiting the core techniques of the game: Sole of the foot - 1 & 2 touch play - being positive when you can - looking after the ball - patience - finish as close to the goal as possible - toe poke Constriants games to try: 1 - Everyone in the oppostions half to score 2 - Must be in the D to score 3 - One touch finish 4 - Can't score twice in a row
Key Coaching Points	Why are these skills important? Why do we not stay in one position all the time? Why do finish as close to the goal as possible? Why do we want lots of different scorers? What do these games teach you?

It is the first week back so expect players to make more mistakes than usual - it doesn't matter, praise the good!

1st Hour - CC/LP/EST fun warm-up
2nd/3rd Hour - PW/AW warm-up
3rd Hour - AW to deliver
Max time for warm up 15mins
Include EE, EST, LP & others when available