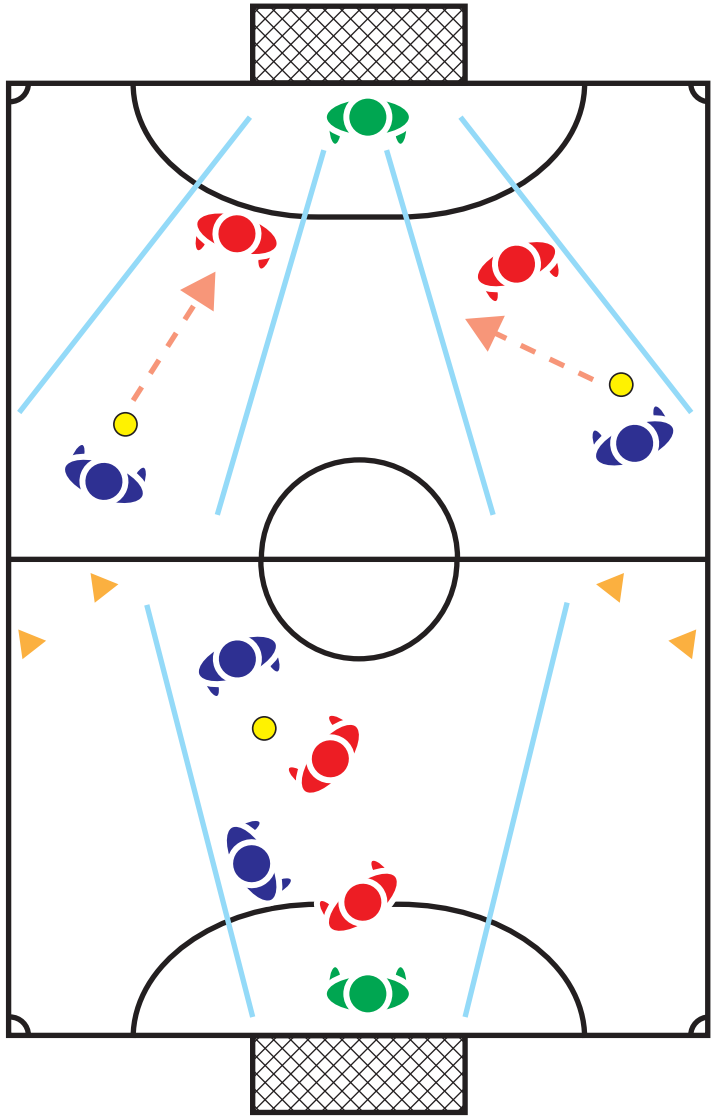
Session Title: Patience & Stealing!

Date: 09/03/25



Phase	Week 14 - Re-Introducing futsal and the unique techniques the game demands!
Time	6 mins on each idea
Players	1v1 & 2v2
Organisation	OPPs stop the player progression down the corridor and shooting at the goal. Work on being patient and not diving in - 2 rows of players. Prog - When 1 ball goes dead, game becomes 2v2 on half a court. Progress to 2v2 in centre of the court with target areas for the def to shoot at if they win the ball. Communication is key in this part for the OPP.
Key Coaching Points	Why do you need to be patient? What is your body shape and why? Why do you look at the ball? Why not get too close/tight to the attacker? Why do you try and pinch the ball?

In the matches make sure you concentrate on the out of possession, if a goal comes from good defending - its worth 5 goals!!

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