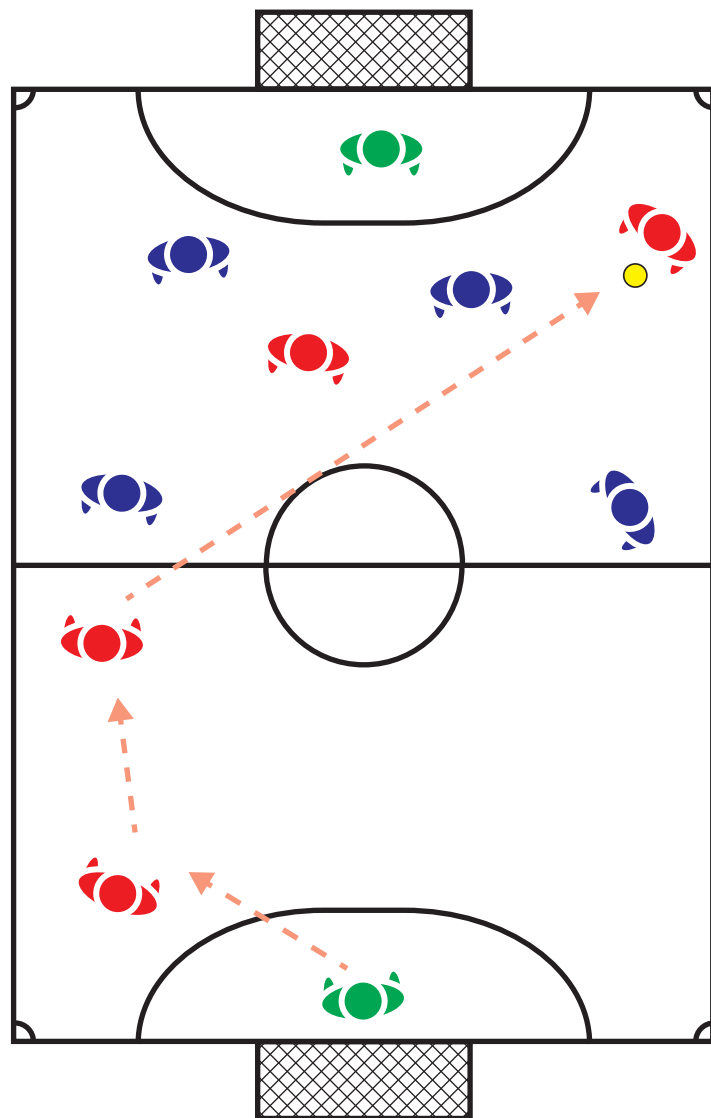


Session Title: Back To Futsal!

Date: 14/09/25



Emphasis the first touch with the ball - SOLE OF THE FOOT - habits!

Phase	Week 1 - Fundamentals of the game - work hard but smile!
Time	6 Minute games with normal rules
Players	2 Teams
Organisation	<p>Normal Game</p> <p>When your team loses the ball, all your players must drop back into their own half BEFORE you can try and win the ball.</p> <p>PROG 1 - One player can try and win the ball anywhere on the court</p> <p>PROG 2 - Two players can try and win the ball anywhere on the court BUT they can only do this when the others are in their own half.</p>
Key Coaching Points	<p>Why do we retreat/recover to our own half?</p> <p>How hard do we have to work for this?</p> <p>Why is this hard for the attackers?</p> <p>How fast can the attacking team play</p> <p>Fundamentals of the game?</p>

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

