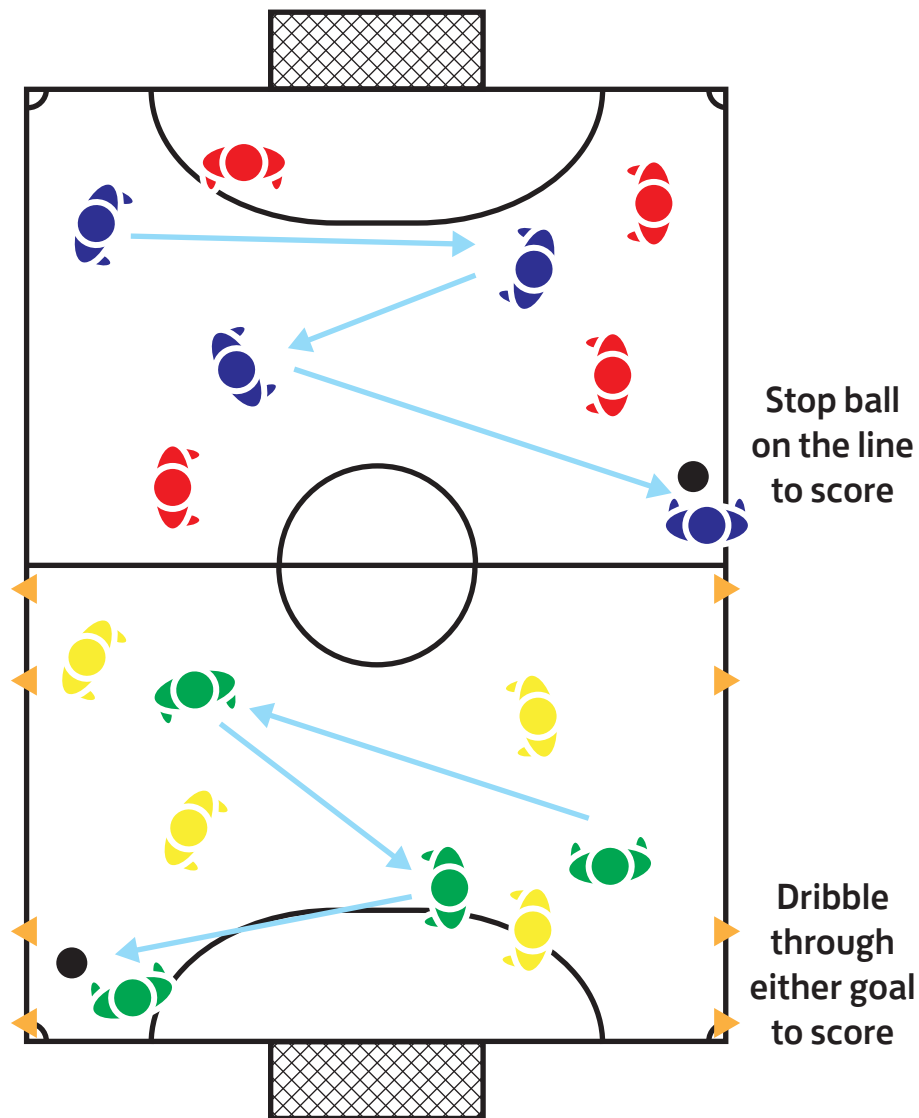


# Session Title: Welcome Back To Futsal!

Date: 21/09/25



Continue to get back into futsal, re-emphasis the core elements of the game - sole of the foot, recovery, limited touches

Phase	Week 02 - More game time! Small sided games across the court
Time	6min games, then swap opposition
Players	4v4 or how many we have
Organisation	<p>Set up two games across the court, using the following to score:</p> <ol style="list-style-type: none"><li>1 - Stop the ball on the end goal line using the sole of your foot.</li><li>2 - Two small goals with cones at either - dribble through to score.</li><li>3 - One single goal in the middle</li></ol> <p>Work on players not just kicking the ball away, can they run with the ball when possible.</p>
Key Coaching Points	<p>Why can't you just kick the ball away?</p> <p>Why could you run with the ball?</p> <p>Why must you play with your head up?</p> <p>Why should you not stand still on the court?</p> <p>Why is recovery important?</p>

1st Hour - PW fun warm-up  
2nd - PW/SC/CC warm-up  
Max time for warm up 15mins  
Include EST & others when available

