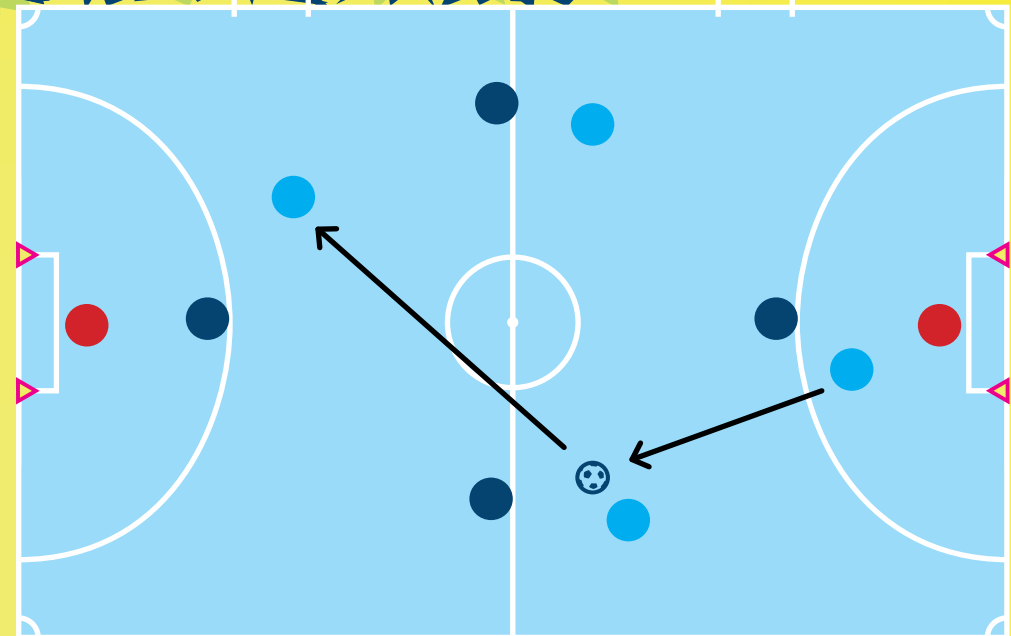


FMU FUTSAL SESSION CHECKLIST

GAME NAME: '21S'

To Consider	The Plan...
<p>What CONTENT will I offer to the players?</p> <p>Relevance Is it appropriate for the age / ability of players?</p> <p>Repetition Is there a chance to practice the learning focus lots of times?</p> <p>Realism Does this happen in the game?</p>	<p>Game Challenge:</p> <p>Players pass 'n' move the ball and try to prevent the opposition from touching the ball finishing with a goal. If they do this successfully they will get a point per pass plus the goal e.g. 10 passes and a goal is 11, the first team to reach '21' (or over) wins.</p>
<p>How will I CONNECT with the Players?</p> <p>Conversation How do I build rapport with ALL players?</p> <p>Consistency Do I do, what I say?</p> <p>Challenge How do I challenge the player's appropriately?</p>	<p>Ensure you get around the pitch to INTERACT with ALL players</p> <p>Set rules at the start / ensure GKs are changed regularly</p> <p>Praise effort and intention</p> <p>Challenge players to 'match' the teams</p> <p>Offer a technical challenge (see right)</p>
<p>How will I COORDINATE the session?</p> <p>Play Is it easy for me to setup and progress?</p> <p>Position Where do I position myself to see ALL players?</p> <p>Observation Is there an opportunity to interact with the players and develop the game?</p>	<p>HARDER</p> <ul style="list-style-type: none"> Introduce all goals first time finish Smaller pitch – up the pressure <p>EASIER</p> <ul style="list-style-type: none"> Play without GKs – ↑ goals scored Larger pitch will provide more time to make decisions <p>Don't forget: Time Limit / Keep Score</p>



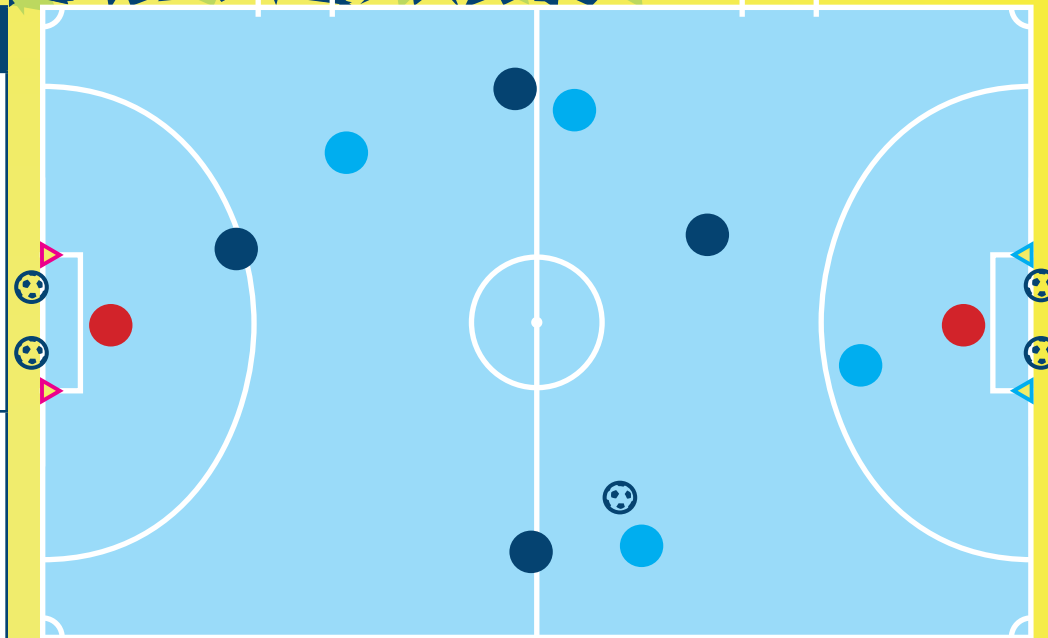
<p>Technical</p> <ul style="list-style-type: none"> Can you create space especially behind the Defence Can you control the ball with the sole of your foot? When to pass? When to dribble? When to protect / shield ball? 	<p>Psychological</p> <ul style="list-style-type: none"> Opportunities to increase confidence, motivation, self-esteem both individually & collectively – score / create a goal! Encourages players to try new techniques & challenge existing ones
<p>Physical</p> <ul style="list-style-type: none"> Running, kicking, striking & jumping. Agility, balance, coordination & speed 	<p>Social</p> <ul style="list-style-type: none"> Teamwork & communication. Discussions around team strategies & tactics to score different types of goals. Healthy competition, bragging rights & appropriate banter



FMU FUTSAL SESSION CHECKLIST

GAME NAME: 'EMPTY THE NET'

To Consider	The Plan...
<p>What CONTENT will I offer to the players?</p> <p>Relevance Is it appropriate for the age / ability of players?</p> <p>Repetition Is there a chance to practice the learning focus lots of times?</p> <p>Realism Does this happen in the game?</p>	<p>Game Challenge:</p> <ul style="list-style-type: none"> * Setup with two balls in each net and one ball in play. * When a goal is scored, that ball remains in the goal and the goal-scoring team restarts play using a ball from their net. * The aim of the game is to empty your nets by scoring the most goal. * Encourages playing out from the back
<p>How will I CONNECT with the Players?</p> <p>Conversation How do I build rapport with ALL players?</p> <p>Consistency Do I do, what I say?</p> <p>Challenge How do I challenge the player's appropriately?</p>	<p>Ensure you get around the pitch to INTERACT with ALL players</p> <p>Set rules at the start / ensure GKs are changed regularly</p> <p>Praise effort and intention</p> <p>Challenge players to 'match' the teams</p> <p>Offer a technical challenge (see right)</p>
<p>How will I COORDINATE the session?</p> <p>Play Is it easy for me to setup and progress?</p> <p>Position Where do I position myself to see ALL players?</p> <p>Observation Is there an opportunity to interact with the players and develop the game?</p>	<p>HARDER</p> <ul style="list-style-type: none"> • Introduce 1 touch finish to replicate a match • Smaller pitch – up the pressure <p>EASIER</p> <ul style="list-style-type: none"> • Play without GKs – ↑ goals scored • Larger pitch will provide more time to make decisions <p>Don't forget: Time Limit / Keep Score</p>



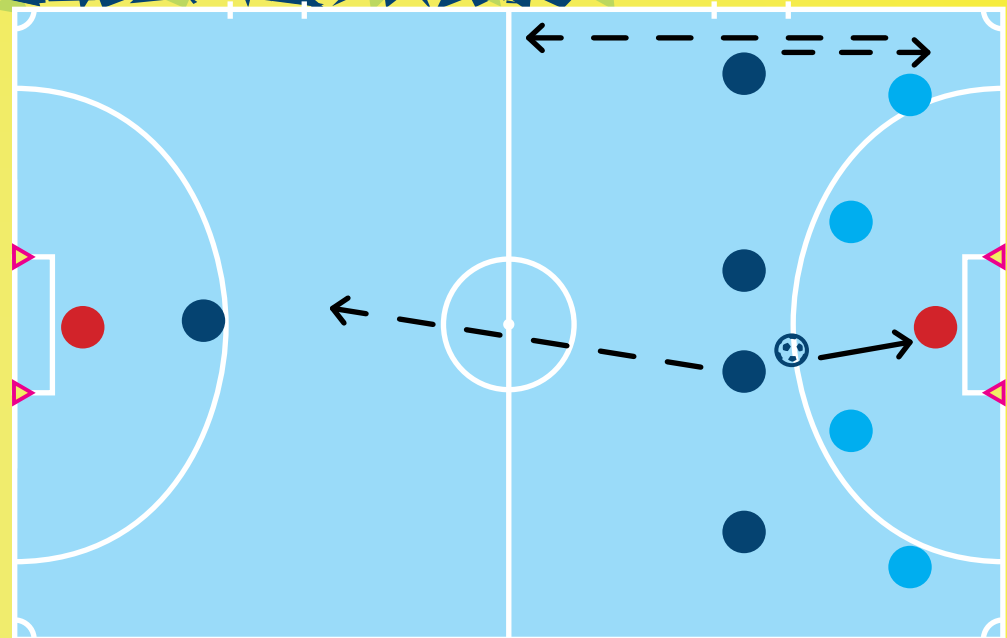
<p>Technical</p> <ul style="list-style-type: none"> • Can you get yourself in a position to receive the ball? • Can you be in a position to be able to play forward quickly? • Can you control the ball with the sole of your foot? 	<p>Psychological</p> <ul style="list-style-type: none"> • Can players 'switch on' after the highs of scoring a goal? • Can you make decisions under pressure? • Can we control the pace of the game?
<p>Physical</p> <ul style="list-style-type: none"> • Quick bursts to create space to get onto the ball <p>Can players get up and down the pitch to support attack and defence?</p>	<p>Social</p> <ul style="list-style-type: none"> • Ensure you give the players time to discuss team tactics / problem solve • Ensure you get around ALL the players to interact



FMU FUTSAL SESSION CHECKLIST

GAME NAME: 'HIT THEM ON THE BREAK'

To Consider	The Plan...
<p>What CONTENT will I offer to the players?</p> <p>Relevance Is it appropriate for the age / ability of players?</p> <p>Repetition Is there a chance to practice the learning focus lots of times?</p> <p>Realism Does this happen in the game?</p>	<p>Game Challenge: Set up 5 v 5 (inc. GKs)</p> <ol style="list-style-type: none"> 1) Player with Ball plays to GK and retreats 2) As ball is played, other 3 sprint to touchline and retreat to defend as shown 3) GK plays out with their feet as quickly as possible 4) Blues counter-attack 5) Change the ball – feeder <p>* SWAP ATH/ DEF AFTER 4 ATTACKS * TRANSITION INTO REGULAR GAME BETWEEN PLAYS</p>
<p>How will I CONNECT with the Players?</p> <p>Conversation How do I build rapport with ALL players?</p> <p>Consistency Do I do, what I say?</p> <p>Challenge How do I challenge the player's appropriately?</p>	<p>Ensure you get around the pitch to INTERACT with ALL players</p> <p>Set rules at the start / ensure GKs are changed regularly</p> <p>Praise effort and intention</p> <p>Challenge players to 'match' the teams</p> <p>Offer a technical challenge (see right)</p>
<p>How will I COORDINATE the session?</p> <p>Play Is it easy for me to setup and progress?</p> <p>Position Where do I position myself to see ALL players?</p> <p>Observation Is there an opportunity to interact with the players and develop the game?</p>	<p>HARDER</p> <ul style="list-style-type: none"> • Distance to run for DEF shorter • Allow 2 DF to retreat and delay <p>EASIER</p> <ul style="list-style-type: none"> • Play without GKs – ↑ goals scored • Longer distance or delay for DEF <p>Don't forget: Time Limit / Keep Score</p>



Technical

- Shooting & Passing – inside / outside of foot, laces, volley & header.
- Can you control the ball with the sole of your foot?
- Can GK play to highest/widest player with quality?

Psychological

- Opportunities to increase Confidence, motivation, self-esteem both individually & collectively – score / create a goal!
- Encourages players to try new techniques & challenge existing.

Physical

- Running, Kicking, Striking & Jumping. Agility, Balance, Coordination & Speed.

Social

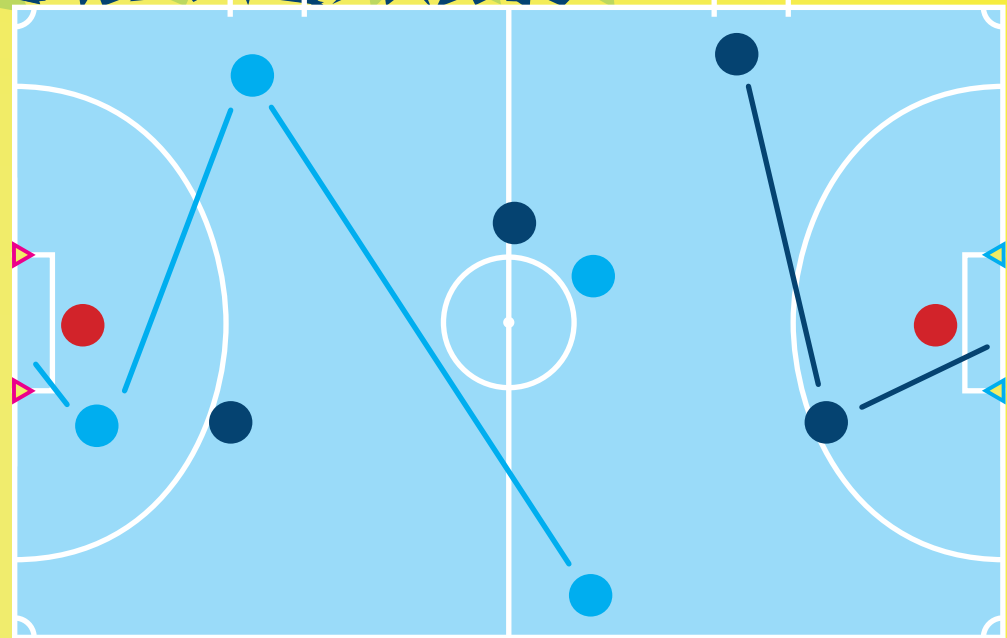
- Teamwork & communication. Discussions around team strategies & tactics to C-ATH
- Healthy competition



FMU FUTSAL SESSION CHECKLIST

GAME NAME: 'KRISS CROSS'

To Consider	The Plan...
<p>What CONTENT will I offer to the players?</p> <p>Relevance Is it appropriate for the age / ability of players?</p> <p>Repetition Is there a chance to practice the learning focus lots of times?</p> <p>Realism Does this happen in the game?</p>	<p>Game Challenge: Players are encouraged to score from crosses:</p> <p>Score normally = 1pt</p> <p>Score from a cross (1 wing) = 2pts (Shown as Blue Goal Right)</p> <p>Score from a cross (2 wings) = 5pts (Shown as light blue Goal Right)</p>
<p>How will I CONNECT with the Players?</p> <p>Conversation How do I build rapport with ALL players?</p> <p>Consistency Do I do, what I say?</p> <p>Challenge How do I challenge the player's appropriately?</p>	<p>Ensure you get around the pitch to INTERACT with ALL players</p> <p>Set rules at the start / ensure GKs are changed regularly</p> <p>Praise effort and intention</p> <p>Challenge players to 'match' the teams</p> <p>Offer a technical challenge (see right)</p>
<p>How will I COORDINATE the session?</p> <p>Play Is it easy for me to setup and progress?</p> <p>Position Where do I position myself to see ALL players?</p> <p>Observation Is there an opportunity to interact with the players and develop the game?</p>	<p>HARDER</p> <ul style="list-style-type: none"> Introduce 1 touch passes only Smaller pitch – up the pressure <p>EASIER</p> <ul style="list-style-type: none"> Play without GKs – ↑ goals scored Larger pitch will provide more time to make decisions <p>Don't forget: Time Limit / Keep Score</p>



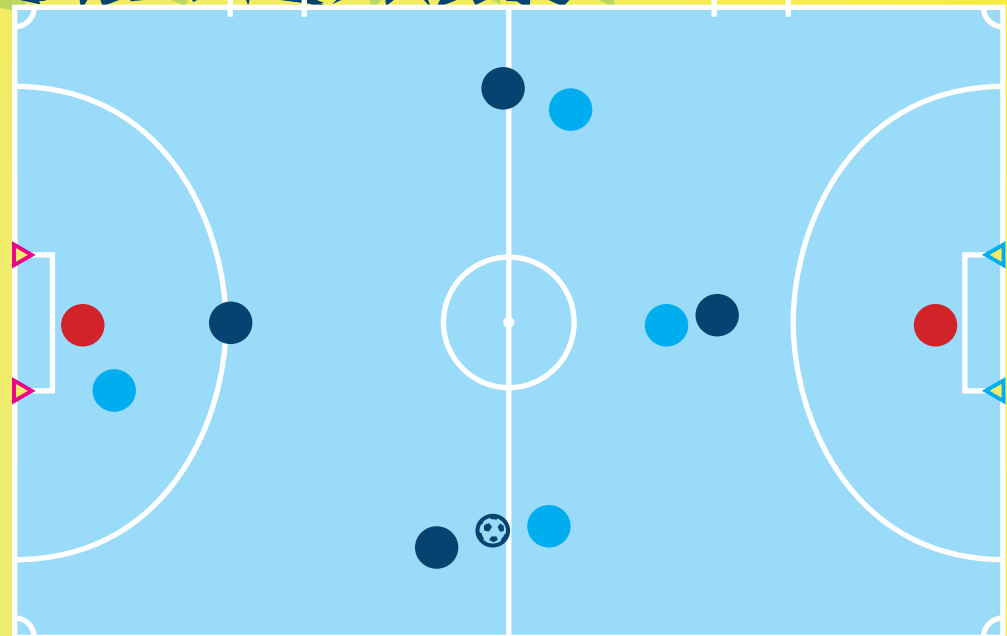
<p>Technical</p> <ul style="list-style-type: none"> Crossing & switching play Playing with width / attacking down the wings Can you create space especially behind the Defence Can you control the ball with the sole of your foot? 	<p>Psychological</p> <ul style="list-style-type: none"> Opportunities to increase Confidence, motivation, self-esteem both individually & collectively – score / create a goal! Encourages players to try new techniques & challenge existing.
<p>Physical</p> <ul style="list-style-type: none"> Running, Kicking, Striking & Jumping. Agility, Balance, Coordination & Speed. Counter attack, working at pace, Acceleration and deceleration 	<p>Social</p> <ul style="list-style-type: none"> Teamwork & communication. Discussions around team strategies & tactics to keep ball moving forward. Where do you want the cross – signal / show



FMU FUTSAL SESSION CHECKLIST

GAME NAME: 'PANNA SOCCER'

To Consider	The Plan...
<p>What CONTENT will I offer to the players?</p> <p>Relevance Is it appropriate for the age / ability of players?</p> <p>Repetition Is there a chance to practice the learning focus lots of times?</p> <p>Realism Does this happen in the game?</p>	<p>Game Challenge: Players play in a normal small-sided game but they will be awarded:</p> <p>Score normally = 1pt</p> <p>Nutmeg an opponent = 2pts</p> <p>Nutmeg an opponent then score = 5pts</p> <p>Remember – control using the sole of your foot will be beneficial in tight spaces and to get in a position to attack a player</p>
<p>How will I CONNECT with the Players?</p> <p>Conversation How do I build rapport with ALL players?</p> <p>Consistency Do I do, what I say?</p> <p>Challenge How do I challenge the player's appropriately?</p>	<p>Ensure you get around the pitch to INTERACT with ALL players</p> <p>Set rules at the start / ensure GKs are changed regularly</p> <p>Praise effort and intention</p> <p>Challenge players to 'match' the teams</p> <p>Offer a technical challenge (see right)</p>
<p>How will I COORDINATE the session?</p> <p>Play Is it easy for me to setup and progress?</p> <p>Position Where do I position myself to see ALL players?</p> <p>Observation Is there an opportunity to interact with the players and develop the game?</p>	<p>HARDER</p> <ul style="list-style-type: none"> Introduce 1 touch passes only Smaller pitch – up the pressure <p>EASIER</p> <ul style="list-style-type: none"> Play without GKs – ↑ goals scored Larger pitch will provide more time to make decisions <p>Don't forget: Time Limit / Keep Score</p>



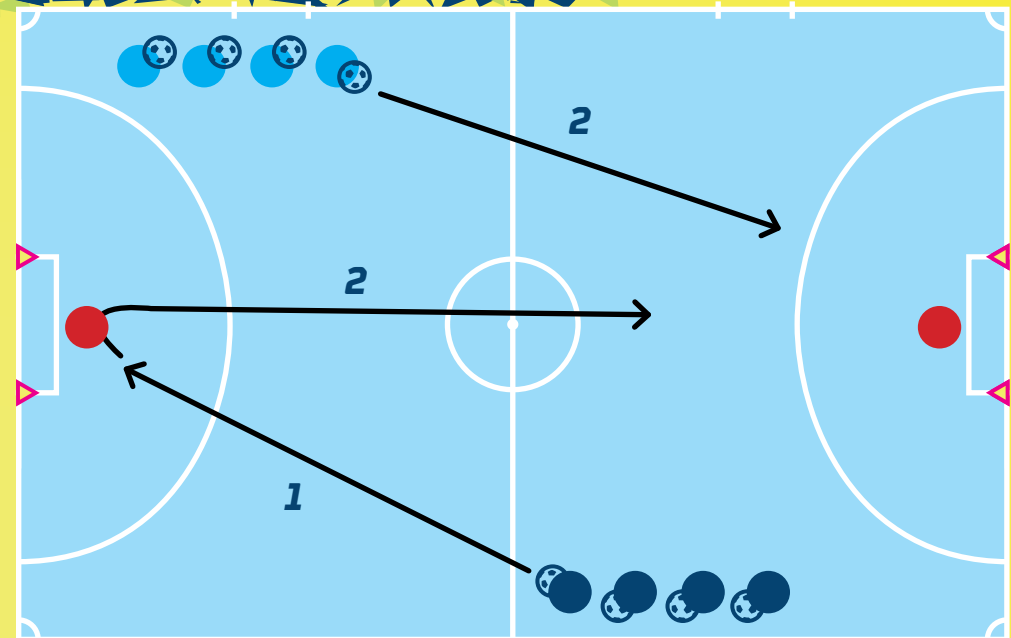
<p>Technical</p> <ul style="list-style-type: none"> Dribbling & Trickery – out smart your opponent Shooting & Passing – inside / outside of foot, laces, volley & header Control using sole of your foot 	<p>Psychological</p> <ul style="list-style-type: none"> Opportunities to increase Confidence, motivation, self-esteem both individually & collectively – score / create a goal! Encourages players to try new techniques & challenge existing
<p>Physical</p> <ul style="list-style-type: none"> Running, Kicking, Striking & Jumping. Agility, Balance, Coordination & Speed Quick Feet <p>Acceleration and deceleration – is the counter attack on?</p>	<p>Social</p> <ul style="list-style-type: none"> Teamwork & communication. Discussions around team strategies & tactics to open up opportunity to execute a nutmeg Healthy competition, bragging rights & appropriate banter



FMU FUTSAL SESSION CHECKLIST

GAME NAME: 'PLAY IN AND STAY IN'

To Consider	The Plan...
<p>What CONTENT will I offer to the players?</p> <p>Relevance Is it appropriate for the age / ability of players?</p> <p>Repetition Is there a chance to practice the learning focus lots of times?</p> <p>Realism Does this happen in the game?</p>	<p>Game Challenge:</p> <p>Blue 1 Plays In and plays 1v1 against GK</p> <p>As soon as the ball is out of play: Yellow plays in and Blue tracks back to DF</p> <p>Every time the ball goes out of play another player Plays in and Stays in</p> <p>This continues until there are 5 v 5 (inc GK) on court – then play a 3 minute match before Restarting the game</p>
<p>How will I CONNECT with the Players?</p> <p>Conversation How do I build rapport with ALL players?</p> <p>Consistency Do I do, what I say?</p> <p>Challenge How do I challenge the player's appropriately?</p>	<p>Ensure you get around the pitch to INTERACT with ALL players</p> <p>Set rules at the start / ensure GKs are changed regularly</p> <p>Praise effort and intention</p> <p>Offer a technical challenge (see right)</p>
<p>How will I COORDINATE the session?</p> <p>Play Is it easy for me to setup and progress?</p> <p>Position Where do I position myself to see ALL players?</p> <p>Observation Is there an opportunity to interact with the players and develop the game?</p>	<p>HARDER</p> <ul style="list-style-type: none"> Introduce all goals first time finish Smaller pitch – up the pressure <p>EASIER</p> <ul style="list-style-type: none"> Play without GKs – ↑ goals scored Larger pitch will provide more time to make decisions <p>Don't forget: Time Limit / Keep Score</p>



Technical

- Attack Quickly – if the Counter Attack is on be POSITIVE
- Utilise the Overload – create space to Attack
- Don't forget your Defending Responsibilities

Psychological

- Opportunities to increase confidence, motivation, self-esteem both individually & collectively – score / create a goal!
- Encourages players to try new techniques & challenge existing ones

Physical

- Running, kicking, striking & jumping. Agility, balance, coordination & speed
- Acceleration and deceleration – is the counter attack on?

Social

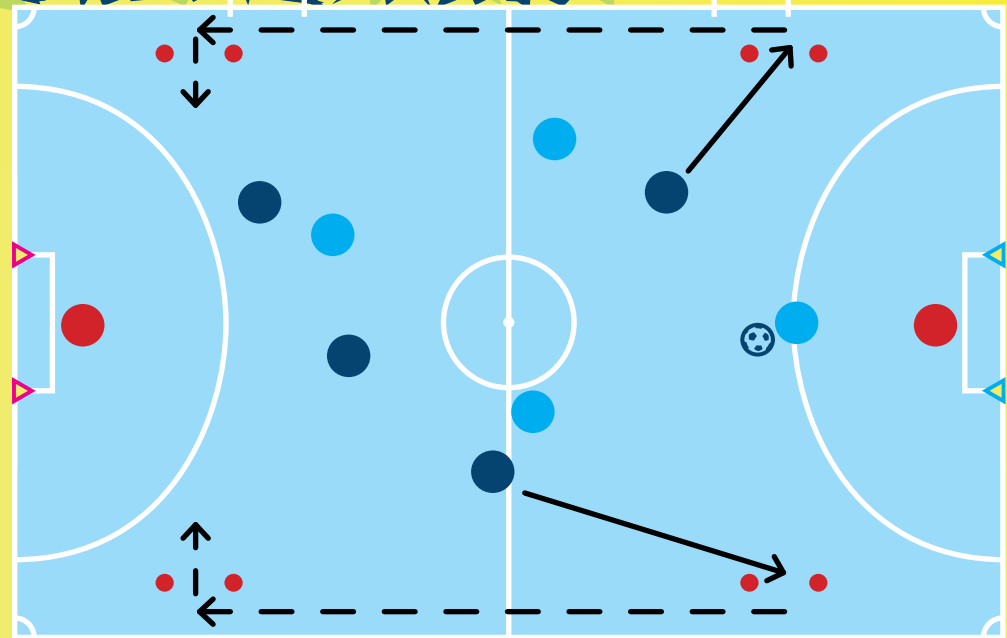
- Teamwork & communication. Discussions around team strategies & tactics to score different types of goals.
- Healthy competition, bragging rights & appropriate banter



FMU FUTSAL SESSION CHECKLIST

GAME NAME: 'POWERPLAY'

To Consider	The Plan...
<p>What CONTENT will I offer to the players?</p> <p>Relevance Is it appropriate for the age / ability of players?</p> <p>Repetition Is there a chance to practice the learning focus lots of times?</p> <p>Realism Does this happen in the game?</p>	<p>Game Challenge:</p> <ul style="list-style-type: none"> * Create an overload for a short period of time to mirror a game of Futsal * Call out a colour and two players must leave one gate and return to the game through another (BLUE Right) <p>To up the challenge and the time of overload:</p> <ul style="list-style-type: none"> * Increase the distance the players must travel outside of the game
<p>How will I CONNECT with the Players?</p> <p>Conversation How do I build rapport with ALL players?</p> <p>Consistency Do I do, what I say?</p> <p>Challenge How do I challenge the player's appropriately?</p>	<p>Ensure you get around the pitch to INTERACT with ALL players</p> <p>Set rules at the start / ensure GKs are changed regularly</p> <p>Praise effort and intention</p> <p>Offer a technical challenge (see right)</p>
<p>How will I COORDINATE the session?</p> <p>Play Is it easy for me to setup and progress?</p> <p>Position Where do I position myself to see ALL players?</p> <p>Observation Is there an opportunity to interact with the players and develop the game?</p>	<p>HARDER</p> <ul style="list-style-type: none"> • Decrease distance to travel <p>EASIER</p> <ul style="list-style-type: none"> • Increase distance – exit one side and enter through opposite • Instead of run – players must complete a task e.g. 5 keep-ups <p>Don't forget: Time Limit / Keep Score</p>



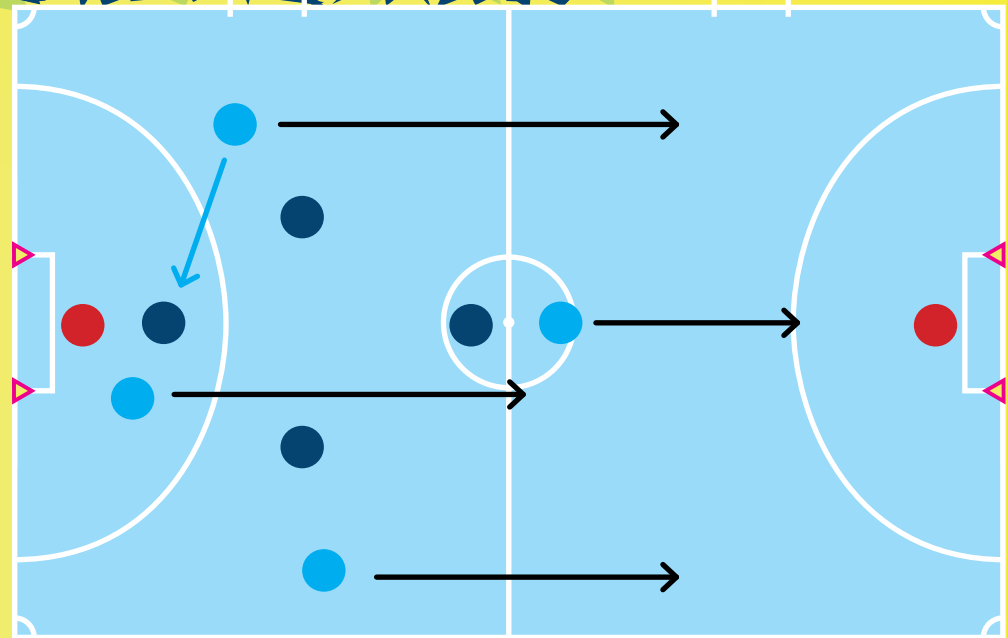
<p>Technical</p> <ul style="list-style-type: none"> • Can you create space especially behind the Defence • Can you control the ball with the sole of your foot? • Can you utilise an overload quickly 	<p>Psychological</p> <ul style="list-style-type: none"> • Can players 'switch on' when an opportunity to C-ATK is presented • Can we control the pace of the game?
<p>Physical</p> <ul style="list-style-type: none"> • Quick bursts to create space to get onto the ball • Can players get up and down the pitch to support attack and defence? 	<p>Social</p> <ul style="list-style-type: none"> • Ensure you give the players time to discuss team tactics / problem solve • Ensure you get around ALL the players to interact



FMU FUTSAL SESSION CHECKLIST

GAME NAME: 'RETREAT'

To Consider	The Plan...
<p>What CONTENT will I offer to the players?</p> <p>Relevance Is it appropriate for the age / ability of players?</p> <p>Repetition Is there a chance to practice the learning focus lots of times?</p> <p>Realism Does this happen in the game?</p>	<p>Game Challenge:</p> <ul style="list-style-type: none"> * Encourage a team to retreat into their own half if they surrender possession * A diamond shape will make it difficult for the ATK team to break down <p>To up the challenge:</p> <ul style="list-style-type: none"> * When you give the ball away – if you recognise a bad touch or an opportunity go and win it! If not RETREAT!
<p>How will I CONNECT with the Players?</p> <p>Conversation How do I build rapport with ALL players?</p> <p>Consistency Do I do, what I say?</p> <p>Challenge How do I challenge the player's appropriately?</p>	<p>Ensure you get around the pitch to INTERACT with ALL players</p> <p>Set rules at the start / ensure GKs are changed regularly</p> <p>Praise effort and intention</p> <p>Offer a technical challenge (see right)</p>
<p>How will I COORDINATE the session?</p> <p>Play Is it easy for me to setup and progress?</p> <p>Position Where do I position myself to see ALL players?</p> <p>Observation Is there an opportunity to interact with the players and develop the game?</p>	<p>HARDER</p> <ul style="list-style-type: none"> Ask players to explore different team defending tactics <p>EASIER</p> <ul style="list-style-type: none"> Larger pitch will provide more time to make decisions for ATK – smaller pitch will be easier for DF <p>Don't forget: Time Limit / Keep Score</p>



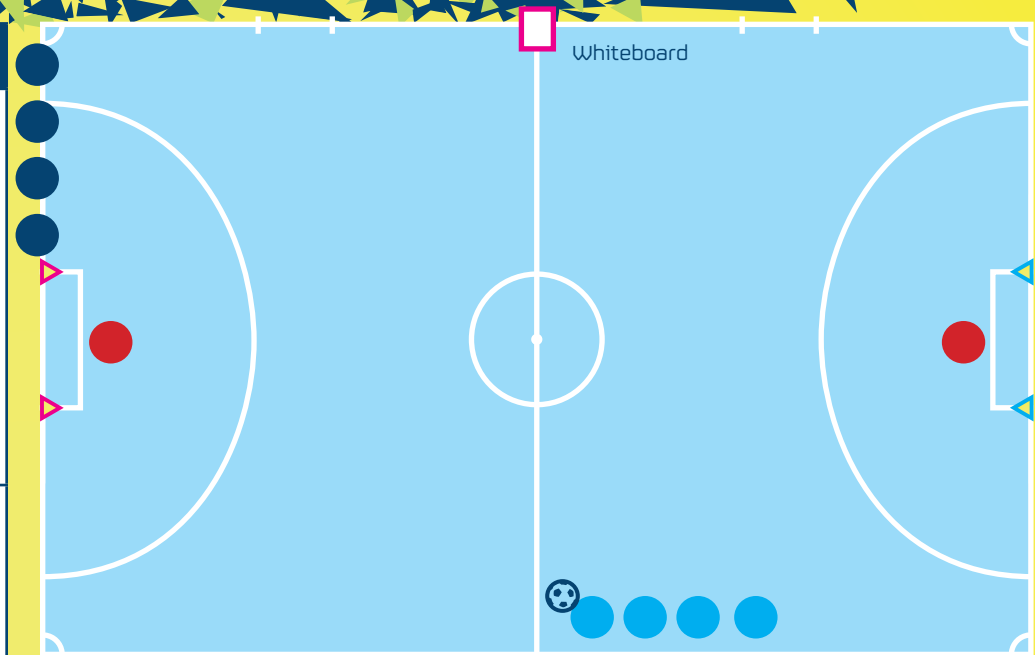
<p>Technical</p> <ul style="list-style-type: none"> Can you get yourself in a position to cut out passing lines? Can you prevent the ATK from playing between your DF team? 	<p>Psychological</p> <ul style="list-style-type: none"> Can players 'switch on' after the highs of an Attack Can you force ATK away from your goal Can we control the pace of the game?
<p>Physical</p> <ul style="list-style-type: none"> Quick bursts to create space to get onto the ball Can players get up and down the pitch to support attack and defence? 	<p>Social</p> <ul style="list-style-type: none"> Ensure you give the players time to discuss team tactics / problem solve Ensure you get around ALL the players to interact



FMU FUTSAL SESSION CHECKLIST

GAME NAME: 'RISKY BUSINESS'

To Consider	The Plan...
<p>What CONTENT will I offer to the players?</p> <p>Relevance Is it appropriate for the age / ability of players?</p> <p>Repetition Is there a chance to practice the learning focus lots of times?</p> <p>Realism Does this happen in the game?</p>	<p>Game Challenge:</p> <p>Attack v Defence Game</p> <p>5 Attempts at Goal for light blue – SWAP</p> <p>Attacking Team chooses method of ATK and points on offer</p> <p>3v1 = 1 point</p> <p>3v2/2v1 = 2 points</p> <p>MATCHED = 3 points</p> <p>2v3/1v2 = 4 points</p> <p>1v3 = 6 points</p>
<p>How will I CONNECT with the Players?</p> <p>Conversation How do I build rapport with ALL players?</p> <p>Consistency Do I do, what I say?</p> <p>Challenge How do I challenge the player's appropriately?</p>	<p>Ensure you get around the pitch to INTERACT with ALL players</p> <p>Set rules at the start / ensure GKs are changed regularly</p> <p>Praise effort and intention</p> <p>Offer a technical challenge (see right)</p>
<p>How will I COORDINATE the session?</p> <p>Play Is it easy for me to setup and progress?</p> <p>Position Where do I position myself to see ALL players?</p> <p>Observation Is there an opportunity to interact with the players and develop the game?</p>	<p>HARDER</p> <ul style="list-style-type: none"> Smaller pitch – up the pressure If DF win the ball they can ATK and receive the opposite points i.e. ATK play3 v 2, DF win and score = 4 points <p>EASIER</p> <ul style="list-style-type: none"> Larger pitch will provide more time to make decisions <p>Don't forget: Time Limit / Keep Score</p>



Technical

- Attack Quickly – if the Counter Attack is on be POSITIVE
- Utilise the Overload – create space to Attack
- Don't forget your Defending Responsibilities

Psychological

- Opportunities to increase confidence, motivation, self-esteem both individually & collectively – score / create a goal!
- Opportunities to devise tactics and problem solve to win the game

Physical

- Running, kicking, striking & jumping. Agility, balance, coordination & speed

Acceleration and deceleration – is the counter attack on?

Social

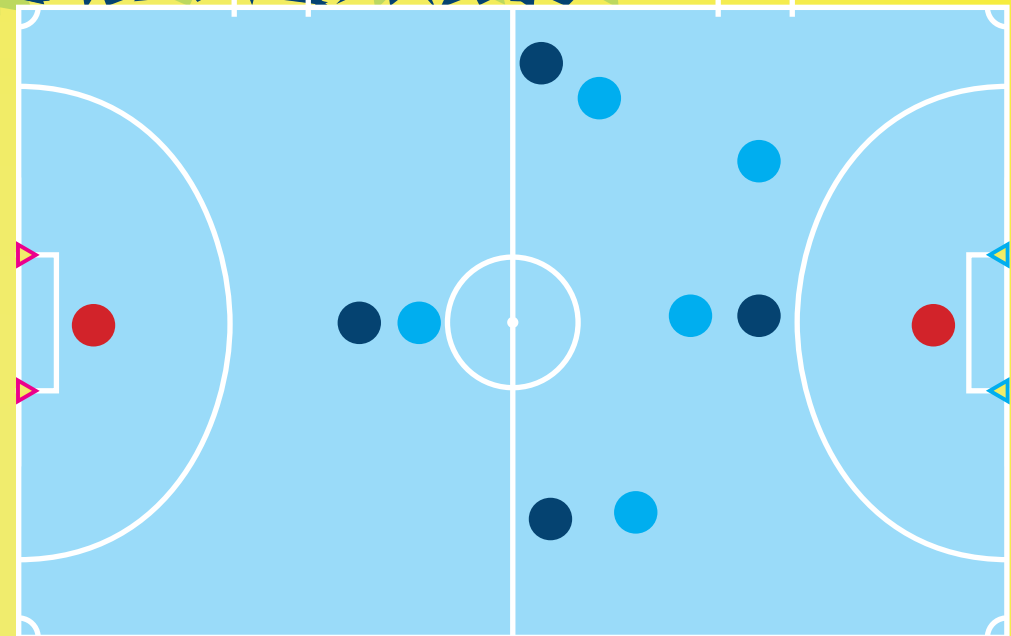
- Teamwork & communication.
- Discussions around team strategies & tactics to score different types of goals.
- Encourages players to lead and be part of a team



FMU FUTSAL SESSION CHECKLIST

GAME NAME: 'SCENARIO FUTSAL'

To Consider	The Plan...
<p>What CONTENT will I offer to the players?</p> <p>Relevance Is it appropriate for the age / ability of players?</p> <p>Repetition Is there a chance to practice the learning focus lots of times?</p> <p>Realism Does this happen in the game?</p>	<p>Game Challenge: Players play out a scenario from a recent or memorable Futsal / Football Match e.g. Dark Blues have had a player sent off but have 1 time-out still remaining Alternative Idea – Make a defensive team vs attacking team. Play with an overload (ATT)</p>
<p>How will I CONNECT with the Players?</p> <p>Conversation How do I build rapport with ALL players?</p> <p>Consistency Do I do, what I say?</p> <p>Challenge How do I challenge the player's appropriately?</p>	<p>Ensure you get around the pitch to INTERACT with ALL players</p> <p>Set rules at the start / ensure GKs are changed regularly</p> <p>Praise effort and intention – particularly shooting and getting into opportunities to score, BUT also defending, willingness to close down opponents and work rate</p>
<p>How will I COORDINATE the session?</p> <p>Play Is it easy for me to setup and progress?</p> <p>Position Where do I position myself to see ALL players?</p> <p>Observation Is there an opportunity to interact with the players and develop the game?</p>	<p>HARDER</p> <ul style="list-style-type: none"> Introduce 1 touch passes only Smaller pitch – up the pressure <p>EASIER</p> <ul style="list-style-type: none"> Play without GKs – ↑ goals scored Larger pitch will provide more time to make decisions <p>Don't forget: Time Limit / Keep Score</p>



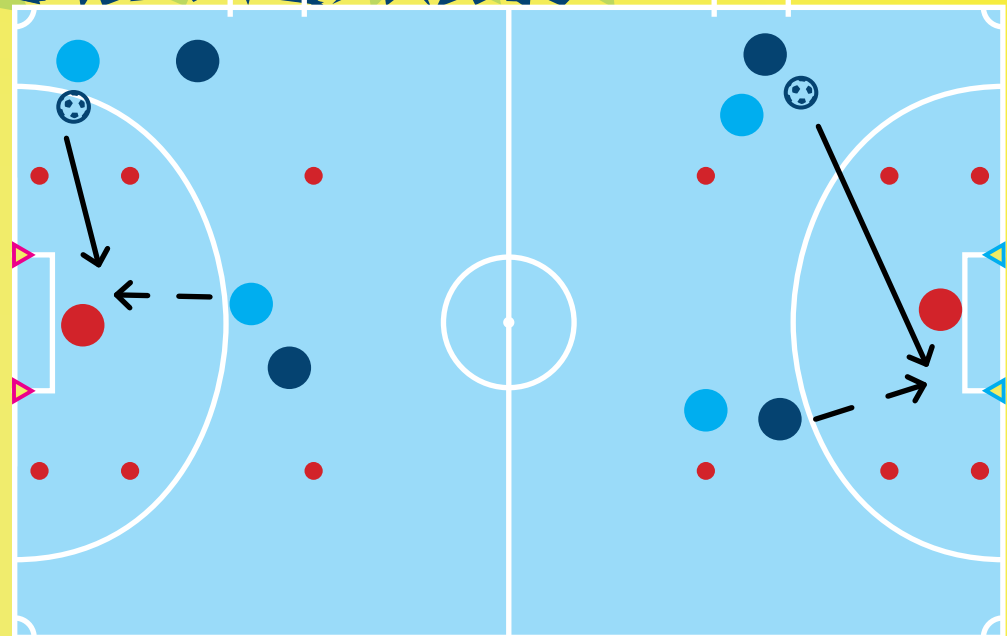
<p>Technical</p> <ul style="list-style-type: none"> Attacking principles & combination play Attacking with an overload Team Defending & 1-on-1 Defending when outnumbered Control using the sole 	<p>Psychological</p> <ul style="list-style-type: none"> Remain calm under pressure Decision Making: <ul style="list-style-type: none"> ATT – When & how to gamble? DEF – Break & score or keep ball / clear lines?
<p>Physical</p> <ul style="list-style-type: none"> Running, Kicking, Striking & Jumping. Agility, Balance, Coordination & Speed. <p>Acceleration and deceleration – is the counter attack on?</p>	<p>Social</p> <ul style="list-style-type: none"> Teamwork & communication. Discussions around team strategies & tactics to outsmart opposition Healthy competition, bragging rights & appropriate banter



FMU FUTSAL SESSION CHECKLIST

GAME NAME: 'SCORING FROM WIDE AREAS'

To Consider	The Plan...
<p>What CONTENT will I offer to the players?</p> <p>Relevance Is it appropriate for the age / ability of players?</p> <p>Repetition Is there a chance to practice the learning focus lots of times?</p> <p>Realism Does this happen in the game?</p>	<p>Game Challenge:</p> <p>To encourage scoring from wide areas</p> <p>A regular goal = 1 point</p> <p>A cut back = 2 points (shown by light Blue goal right)</p> <p>A far post Gamble = 3 points (shown by Blues goal right)</p>
<p>How will I CONNECT with the Players?</p> <p>Conversation How do I build rapport with ALL players?</p> <p>Consistency Do I do, what I say?</p> <p>Challenge How do I challenge the player's appropriately?</p>	<p>Ensure you get around the pitch to INTERACT with ALL players</p> <p>Set rules at the start / ensure GKs are changed regularly</p> <p>Praise effort and intention</p> <p>Challenge players to 'match' the teams</p> <p>Offer a technical challenge (see right)</p>
<p>How will I COORDINATE the session?</p> <p>Play Is it easy for me to setup and progress?</p> <p>Position Where do I position myself to see ALL players?</p> <p>Observation Is there an opportunity to interact with the players and develop the game?</p>	<p>HARDER</p> <ul style="list-style-type: none"> Introduce 1 touch passes only Smaller pitch – up the pressure <p>EASIER</p> <ul style="list-style-type: none"> Play without GKs – ↑ goals scored Larger pitch will provide more time to make decisions <p>Don't forget: Time Limit / Keep Score</p>



<p>Technical</p> <ul style="list-style-type: none"> Can you create space especially behind the Defence Can you control the ball with the sole of your foot? When to pass? When to dribble? When to protect / shield ball? 	<p>Psychological</p> <ul style="list-style-type: none"> Opportunities to increase Confidence, motivation, self-esteem both individually & collectively – score / create a goal! Encourages players to try new techniques & challenge existing.
<p>Physical</p> <ul style="list-style-type: none"> Running, Kicking, Striking & Jumping. Agility, Balance, Coordination & Speed. Acceleration and deceleration 	<p>Social</p> <ul style="list-style-type: none"> Teamwork & communication. Discussions around team strategies & tactics to keep ball & score a goal to maximise points. Healthy competition, bragging rights & appropriate banter.



FMU FUTSAL REFLECTIONS CHECKLIST

To Consider	What Went Well....	Even Better If...	Do Differently Next Time...
<p>What CONTENT will I offer to the players?</p> <p>Relevance Is it appropriate for the age / ability of players?</p> <p>Repetition Is there a chance to practice the learning focus lots of times?</p> <p>Realism Does this happen in the game?</p>			
<p>How will I CONNECT with the Players?</p> <p>Conversation How do I build rapport with ALL players?</p> <p>Consistency Do I do, what I say?</p> <p>Challenge How do I challenge the player's appropriately?</p>			
<p>How will I COORDINATE the session?</p> <p>Play Is it easy for me to setup and progress?</p> <p>Position Where do I position myself to see ALL players?</p> <p>Observation Is there an opportunity to interact with the players and develop the game?</p>			

