



INTRO 2 FUTSAL

U4-U6 CURRICULUM





WEEKLY CURRICULUM

- Week 1-2: General Movements Without Ball
- Week 3-4: Dribbling/Awareness
- Week 5-6: Passing and Receiving
- Week 7-8: Shooting
- Week 9-10: Change of Direction/Creativity
- Week 11-12: General Movements With Ball
- Week 13-14: Dribbling/Awareness
- Week 15-16: Passing and Receiving
- Week 17-18: Small Sided Games (1v1, 2v2, 3v3, 4v4, 5v5)

Session Length:

- Warm-Up (15 Minutes)
- Activity (15 Minutes)
- 5v5 Game (25 Minutes)