



The Lights Futsal



One Culture The Lights Futsal Program!

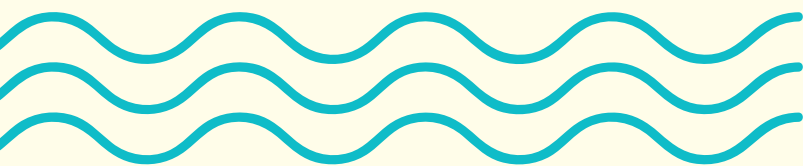


Meet our Head Coach, Garba!



Garba is focused, resourceful and reliable. His aim as a One Culture worker is to empower individuals from diverse backgrounds achieve their goals.

In his spare time you can find Garba playing football (soccer), watching movies, playing video games, travelling, exploring and doing photography.

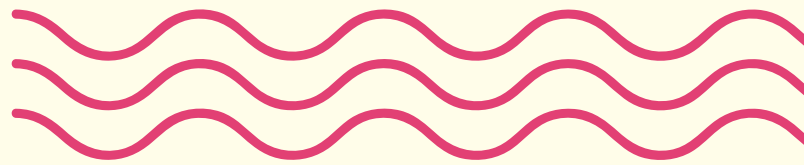


You will be attending our Futsal Program at...

The Lights Community and Sports Centre

Hamstead Rd, Lightsvue

Wednesdays: 5pm - 6:30pm, throughout the school terms



Here are some pictures of the location



Here is some of the equipment we will be using



Futsal Ball



Cones



Bibs



Goal



What other equipment do you like to use?

Let Garba know!

This is what your futsal session might look like



Hello/Greeting

We might start the session discussing what you did that day and something that made you feel happy.



Free Play

This may be kicking and passing the ball or practicing some shots on goal with our Coaches or other participants.



Warm Up Activities

We get your body warmed up through stretches, runs and fun games to get you ready for the session.



Skill Activity

We will be focusing on certain skills for you to practise and learn to improve your football abilities.



Game Play

Now it's time to put those skills you've learnt to use and play some football!



Cool Down and Session Closure

What did we learn today?

Garba's Rules



Garba has 3 rules on the court that help to keep you safe!

1 Make sure you are careful when kicking the ball and tackling others.

2 Listen as best as you can.

3 HAVE FUN!

Here's what staying safe while having fun can look like



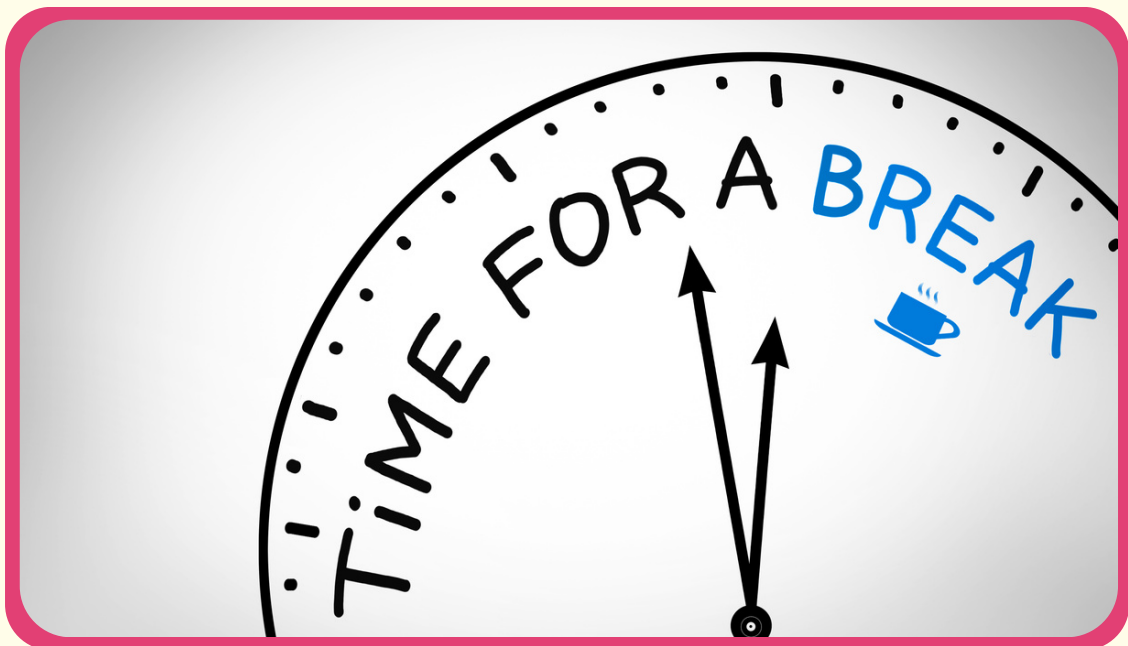
Breaks



If you need a break, you can ask Garba and tell him what you need.

You can tell Garba that you are ready to join in again returning to the group session.

Make sure if you need a break that you stay to the side of the pitch where Garba can see you.



Thank you



Thank you for taking the time to read through our Social Story.

If you have any feedback, recommendations, questions, or comments please email us at the address listed at the bottom of the page.

We can't wait to see you out on the pitch!



Phone: 08 7080 3894

Email: info@oneculturegroup.org

