



UEFA Women's Euros 2025

England defeated Spain in a tense penalty shootout to retain their European title — the first successful defence since 2013, and the first Euro final decided by penalties since 1984.

How might players cope with the psychological pressure of a penalty shootout?

How can managers prepare players for the mental demands of penalty shootouts?



What is the difference between strategy and tactics?

In what ways might team tactics change between group games and knockout rounds?

Discuss: How does the success and visibility of women's football impact participation and equality in sport?