



# 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?**