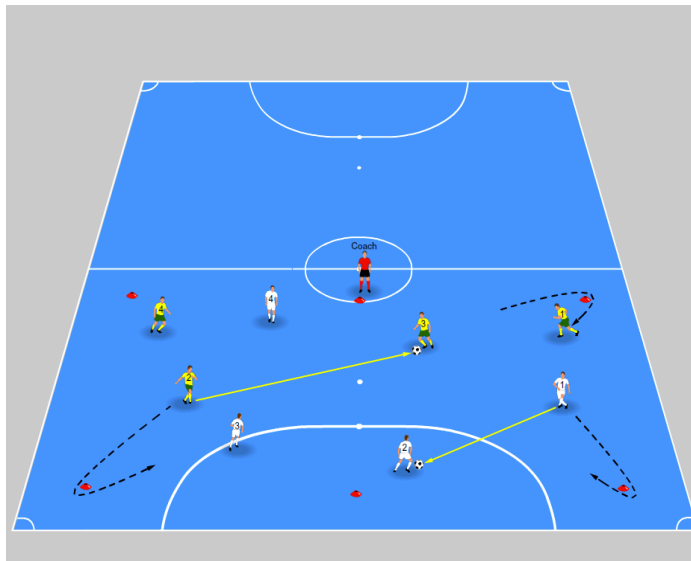


Futsal | Session 1

Suggested equipment list: two futsal goals, two futsal balls (minimum), two sets of bibs, six markers/cones



Warm Up – Passing – Round the cone

Organisation:

- Half court; divide players into two teams
- Number your players 1 - 4 etc; one ball per team

Rules/instructions:

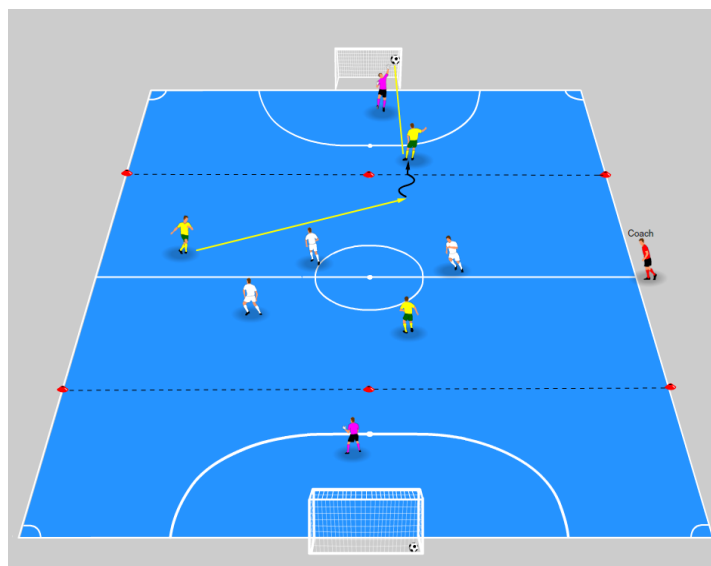
- Players move & pass to the next number
- Once player passes, they run around a cone before re-entering
- Players run around a different cone each time thus guaranteeing at least 6 actions
- Players to perform different 'dynamic stretches' as they go

Variations:

- Encourage players to use different surface areas to receive and strike the ball

Coaching Points:

- Encourage players to use both feet
- Show players appropriate part of foot to strike the ball
- Emphasise accuracy, correct weight and timing



Main Part – Passing – 3v3 or 4v4 then shoot

Organisation:

- Full court; divide players into two teams
- 3v3 or 4v4 (depending on number of players)

Rules/instructions:

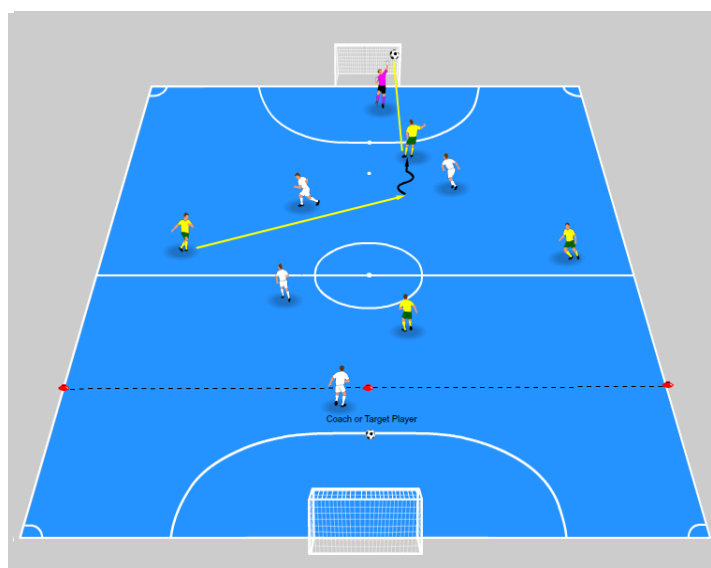
- Each team attempts to make certain number of passes (pre-determined) before they are allowed to shoot at any goal

Variations:

- Make it easier – add a player that plays for team in possession
- Make it harder – more passes, make it directional (score in one goal only)
- Facilitator to blow whistle to signal team with the ball to attack a goal

Coaching Points:

- Encourage players to use both feet
- Show players appropriate part of foot to strike the ball
- Emphasise accuracy, correct weight and timing



Final Part – Passing – only one team to goals

Organisation:

- Full court; divide players into 2 teams (e.g. 4 v4; depending on player numbers)
- Goalkeeper defends their goal and plays only on the team defending

Rules/instructions:

- Team of four tries to score against the defending goalkeeper
- The team of three try to win the ball and pass it to 'target' player inside their zone
- Once 'target' player receives the ball, the teams swap roles

Variations:

- Make it easier - add an extra player or extra 'target' player for attacking team

Coaching Points:

- Encourage players to use both feet
- Show players how to use some deception techniques
- Emphasise accuracy, correct weight and timing of passes