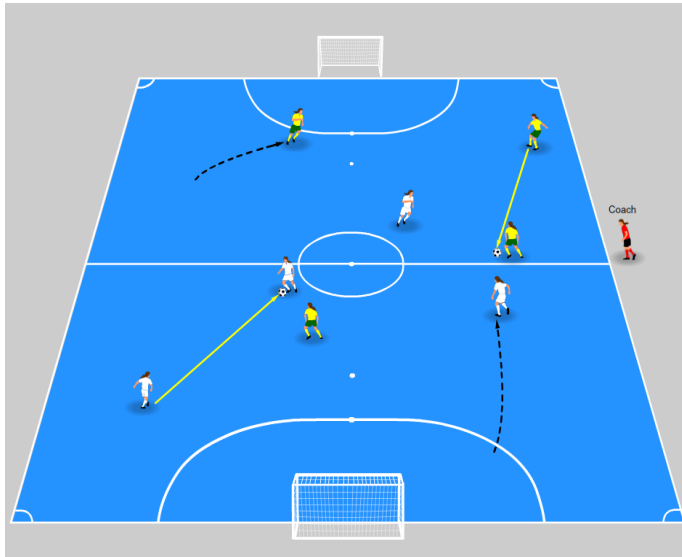


Futsal | Session 2

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



Warm Up – Controlling / trapping the ball – 3 v 1

Organisation:

- Full court. Players are put into groups of four with one player as a defender
- Players must use entire court

Rules/instructions:

- Players receiving the ball must play a minimum two-touch game
- Switch players after an interception or a touch of the ball by the defender
- How many passes can they make before the defender gets the ball?

Variations:

- Add other players, for example, 4v2, 5v3, joker who plays on team with the ball

Coaching Points:

- Encourage players to use both feet with different surface areas (e.g. sole of foot)
- Emphasise passing and receiving on the move
- Encourage a 'soft' touch to control the ball or move it in a certain direction



Main Part – Controlling the ball – Multi Goals

Organisation:

- Full court; 4v4 or equivalent
- A number of goals made up of pairs of cones, if available, in different colours

Rules/instructions:

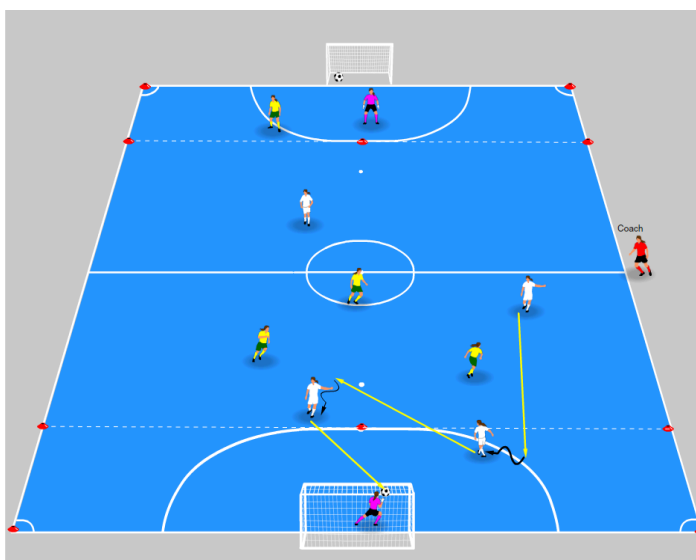
- Each team must pass the ball through the 'gates' and their team-mate must trap 'dead' the ball in order to score a point.
- Once this is done, they must move the ball using the sole of their foot to continue
- A team cannot score through the same goal twice in a row

Variations:

- Change the number of goals * Change the size of the goals (gates)
- Add or remove players or just CHANGE IT!

Coaching Points:

- Encourage players to use both feet and some deception techniques
- Emphasise passing and receiving on the move
- Encourage accuracy; correct weight; timing of runs/passes



Final Part – Controlling the ball – find front player

Organisation:

- Full court; divide players into 2 teams (e.g. 4 v4; depending on player numbers)
- Each team has 'forward zone' marked by cones 7m from goal and width of court
- One player from each team shall occupy 'forward zone' + opposing GK only

Rules/instructions:

- In order to score, each team must pass to their player in the 'forward zone'
- Initially, this player must lay the ball off to a team-mate for a shot on goal and the 'target player' can only score from a rebound

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