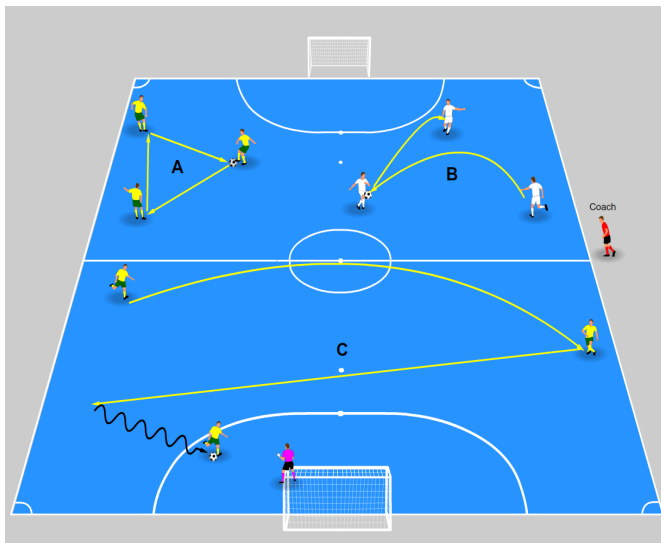


Futsal | Control

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



Activity #1: Various controls

Objective: Making control techniques instinctive

Organisation:

- A circuit with three stations is set up (A, B, C)

Rules/instructions:

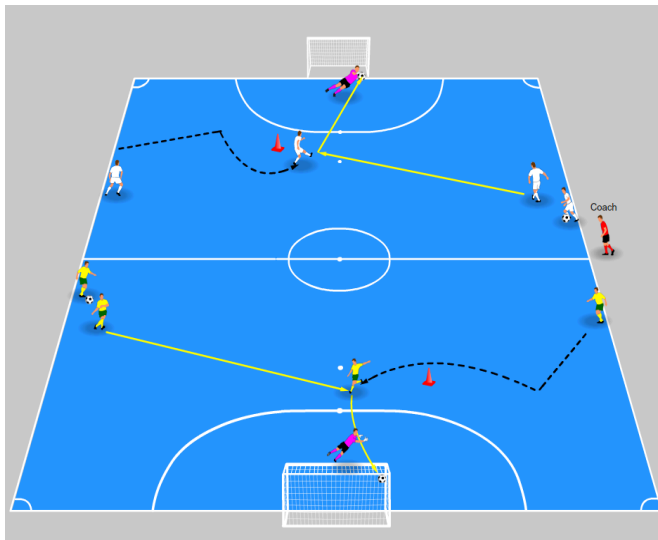
- Station A – players pass the ball along the ground to practise control with the sole
- Station B – short pass but off the ground to control with chest, thigh or foot
- Station C – longer passes and control is made with the chest, thigh or foot
- Players alternate roles and change station every five minutes

Variations:

- Station C can include finishing to make it more like a real move

Coaching Points:

- Practise exercises with boot feet
- Part of the body that is used to control the ball has to absorb the speed of the ball
- Make sure that players get used to looking left and right before receiving a ball



Activity #2: Directed control

Objective: Improving directed control

Coordination between the direction & speed of a team-mate and the power of the pass

Organisation:

- Activity is played on half the pitch or full pitch by conducting two activities

Rules/instructions:

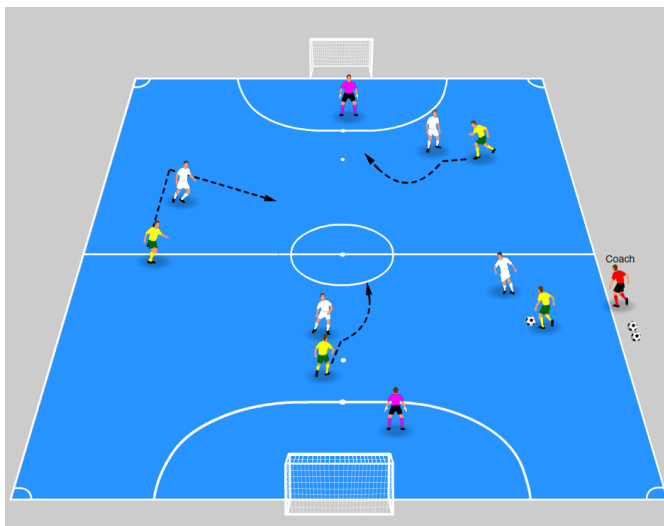
- A player passes the ball firmly along the ground from the touch line
- Another player runs from the other touch line, feints at the cone, anticipates the trajectory of the ball, carries out directed control towards the goal then shoots
- Each player changes to the opposite group after their turn
- Activity to be conducted from both sides of the pitch so players use both feet

Variations:

- A defender can be used instead of the cone (shadowing, passive, then active)

Coaching Points:

- Synchronising the strength of the pass with the speed and direction of the player who conducts the directed control



Activity #3: Real game

Objective: Practising directed control in a match situation

Organisation:

- Full court; split the group into two teams

Rules/instructions:

- The only rule is that the defenders use one-to-one marking so that the attackers have to feint in order to beat the defender
- The player anticipates the pass from a teammate so that they can use directed control to get past the opponent

Variations:

- A rule can be introduced making it necessary to control the ball before scoring if the goal is to count

Coaching Points:

- During the match, do not lose sight that the main objective is directed control