

Futsal | Dribbling past opponents

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

Activity #1: Collecting the ball and dribbling

Objective: Practising dribbling against opposition

Organisation:

- Full court; position players outside the touch lines as shown

Rules/instructions:

- Organise four small teams on opposite touch lines
- The coach, in mid-court, calls out a number and drops two balls to the ground
- The players from each side with that number run towards the ball
- First player to reach the ball becomes attacker and the other player is defender
- Attacker tries to dribble the ball past the defender to reach the goal and shoot

Variations:

- Set a time limit for finishing
- Change the players numbers and roles (pre-determined attackers & defenders)

Coaching Points:

- Follow three steps: win the ball, position the body, dribble
- As soon as move is finished, players exit court quickly to make activity dynamic

Activity #2: Dribbling against two defenders

Objective: Practising dribbling in extremely difficult circumstances

Organisation:

- Activity is played on a full court

Rules/instructions:

- An attacker tries to reach the goal from the centre circle against two defenders
- After a set time, the attackers become the defenders and vice versa so that all players can practice dribbling and defending

Variations:

- Allow a limited amount of time for finishing
- Progress the defenders from passive to semi-active then active

Coaching Points:

- Make sure dribbler/s start their action from the centre of the court, as this way he/she has more space to break down the wings
- Make sure that the attacker does not turn their back on either of the two defenders, except when he/she has gone past them

Activity #3: Dribbling in a match

Objective: Practising dribbling in a match situation

Organisation:

- Full court; split the group into two teams

Rules/instructions:

- A normal game but with the rule that a goal does not count if it has not been preceded by a player dribbling past an opponent

Variations:

- Apply the rule that every time a player dribbles past an opponent to create a numerical advantage, this counts as a goal, on whatever part of the court
- In order to encourage dribbling in the attacking zone, apply the rule that dribbling past an opponent in the defending half of the pitch does not count as a goal, whereas dribbling past an opponent in the attacking half does

Coaching Points:

- Pay attention to the first feint, so that defender loses balance and can be beaten
- Remind players the areas of the court where dribbling is necessary

