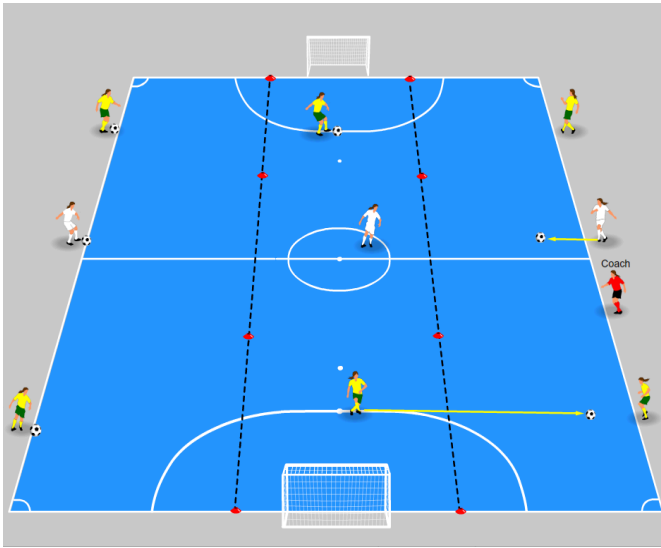


Futsal | Passing

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



Activity #1: Alternating passes

Objective: Improve accuracy and speed of passing

Organisation:

- Use the full court. Split participants into 2 or 3 groups as shown

Rules/instructions:

- Player in the centre returns the ball to team-mates at the side of the pitch, alternating rapidly from one side to the other using both feet
- Every 20 passes, a player from the side changes places with player in the middle

Variations:

- Change distances: short (5m), medium (10m) and long (20m)

Coaching Points:

- Watch the position of the body when the player strikes the ball
- Make sure that the strike of the ball is crisp, not prolonged
- Make sure that the player who is going to make the pass looks left and right to get used to gathering information



Activity #2: Possession of the ball

Objective: Improve passing on the move and when faced by an opponent

Organisation:

- Activity is played on half the pitch

Rules/instructions:

- Attacking team are assisted by a 'floating player' and try keep possession for certain number of passes, for example: 5 passes = 1 point
- If defending team wins possession of the ball, the teams change roles
- 'Floating player' always assists the attacking team

Variations:

- Change the number of passes to register a point. Make it easier or harder
- Game can be played with unlimited number of touches per player or restricted to two touches, or even one touch, per player

Coaching Points:

- Make sure players look up before receiving to see movements of team-mates
- Pay attention to team-mates losing their markers in order to facilitate passing



Activity #3: Attacking with limited number of passes

Objective: Efficient passing depending on the zone of play

Organisation:

- Full court
- Split participants into two equal teams (for example 4v4 or 5v5)

Rules/instructions:

- The players of the team in possession have a maximum of two touches in their own half of the pitch and unrestricted play in the attacking half

Variations:

- Rules can be changed depending on the objective of the activity, for example, allowing one touch in the players' own half and unrestricted play in the other half; or unrestricted in their own half and two touches in opponents' half, etc

Coaching Points:

- Constantly remind players the number of touches in each area of the pitch