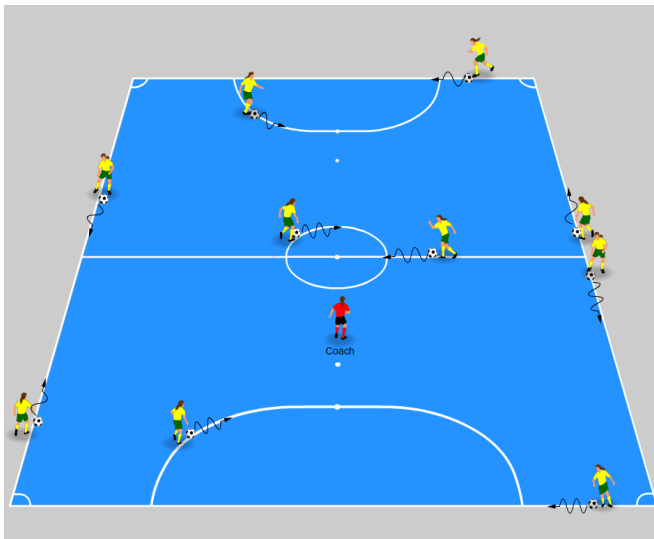


Futsal | Running with the ball

Suggested equipment list: two futsal goals, one futsal ball per player, two sets of bibs, six markers/cones



Activity #1: Running with the ball along the lines

Objective: Using both feet & different surface areas of the feet (inside, outside & sole)

Organisation:

- Full court; position players evenly on the lines of the court

Rules/instructions:

- The players move along the lines of the pitch while maintaining control of a ball
- When meeting a team-mate coming the other way, they turn away along a line

Variations:

- The coach stands on the court and indicates with gestures (without speaking) which foot the players should use, and even which part of the foot. This makes the player maintain control while looking up to see the coach's instructions

Coaching Points:

- For the player to have a wide field of vision (does not look continually at the ball)
- The ball should not leave the foot
- Use both feet and different surface areas of the feet (inside, outside & sole)



Activity #2: Eliminating opponents

Objective: Running with the ball while maintaining a good field of view

Organisation:

- Activity is played on half the court

Rules/instructions:

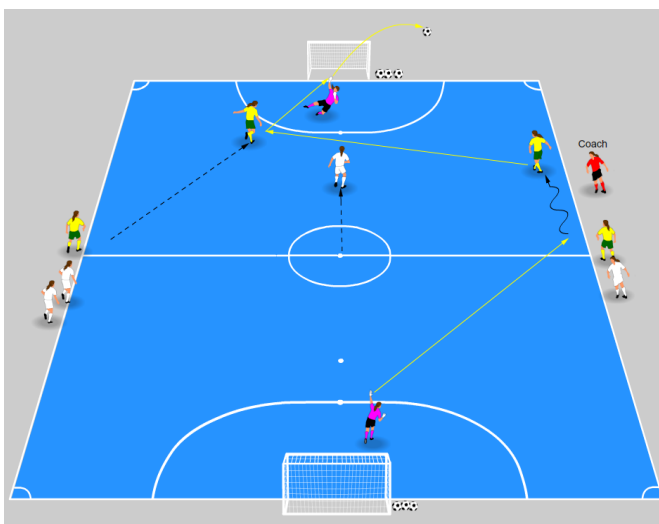
- The players run with the ball in a restricted area
- Coach stands outside area with an arm raised showing certain number of fingers
- Players must run with their ball while raising their hand showing the same number of fingers as the coach
- They try to kick the other balls out of the area while protecting their own ball

Variations:

- Coach can instruct what part of the foot should be used to control the ball
- Coach can change which hand is raised to indicate which foot should be used

Coaching Points:

- Make sure players look up to get information about their surroundings
- Use other arm to gain information about the location of opponents



Activity #3: Counterattacks while running with the ball

Objective: Running with the ball in a match situation

Organisation:

- Full court; split the group into two teams

Rules/instructions:

- The goalkeeper (GK) passes the ball to one side of the pitch
- Player receiving the ball runs with it, using at least 3 touches, before passing to a team-mate on the other side of the court who runs in to shoot at goal
- After the GK has played the ball out, the defender (white) drops back to defend
- When the move is finished, it is repeated towards the other goal using the players at the halfway line (yellow) with a white player coming on to defend

Variations:

- Restriction on the amount of time before finishing can be imposed (5-10 seconds)

Coaching Points:

- Make sure players body shape in correct to view the ball, team-mates and goal
- Attackers running off the ball must time the speed of their run to offer an option