

Futsal | Session 3

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



Warm Up – 1v1 attacking skills

Organisation:

- Use the full court. Each player on the end with a ball
- Divide the court as shown to maintain safety

Rules/instructions:

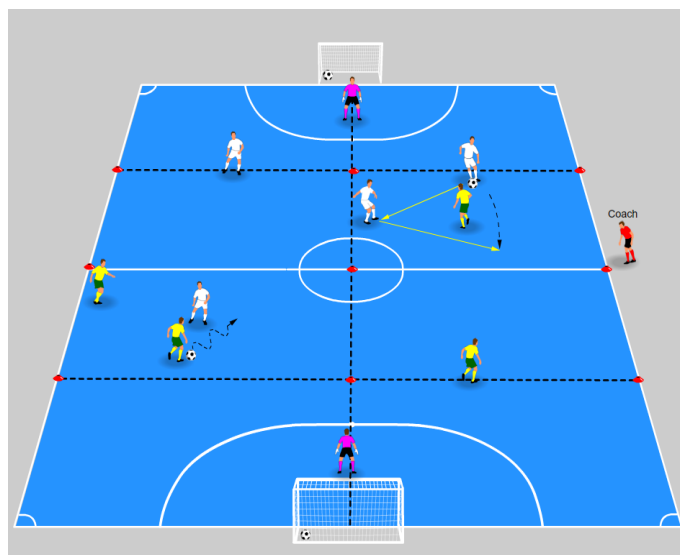
- 2 or 3 players start in the middle. The other players start at one end of the court and attempt to dribble past the defenders and across the end line
- If a player loses the ball, they swap with player in the middle who won the ball

Variations:

- Players in the middle are restricted to working inside the marked area
- Set a time limit for the dribblers to get past the defenders

Coaching Points:

- Encourage/ show the players how to keep close control of the ball
- Encourage/ show them how to change pace and direction
- Encourage/ show players how to use both feet and some deception techniques



Main Part – 1v1 attacking skills – pass or dribble?

Organisation:

- Full court
- Split the court into eight equal sections as shown

Rules/instructions:

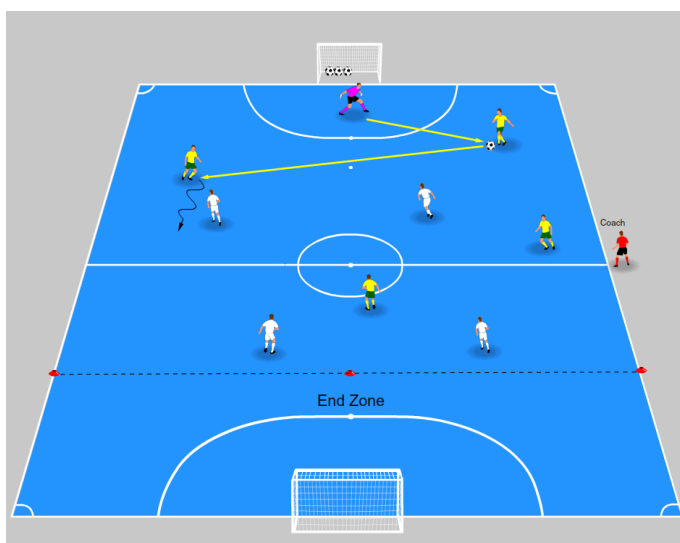
- Defenders start as shown – on the lines, the first defender on each side of the court tries to take the ball off the two attackers
- If that player does not win the ball, the next defender can try once the attackers have entered his/her square
- Should both defenders be beaten, one of the two attackers' then try to score
- Defenders restricted to staying in their area and get a point for winning the ball

Variations:

- Defenders can go into help (recover) if they have been beaten or CHANGE IT!

Coaching Points:

- Encourage players to keep close control of the ball & use deception techniques
- Supporting player presents a passing option; then it is up to player with the ball



Final Part – 1v1 attacking – Dribble to end or Score

Organisation:

- Three quarter court
- 4 plus a goalkeeper versus 4 (change numbers depending on squad size)

Rules/instructions:

- Play starts / re-starts with the goalkeeper
- One team score by any player dribbling the ball into the 'end zone'
- Other team tries to win the ball and attempt to score as normal into the goal

Variations:

- Swap teams after each score
- CHANGE IT!

Coaching Points:

- Encourage players to keep close control of the ball & use deception techniques
- Encourage / show players to use change of pace and / or direction
- Supporting players present passing options; then it is up to player with the ball