

Futsal | Shooting

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



Activity #1: Sequence of shots

Objective: Trains the frequency and speed of shooting

Organisation:

- Footballs are positioned at various points around the edge of the penalty area

Rules/instructions:

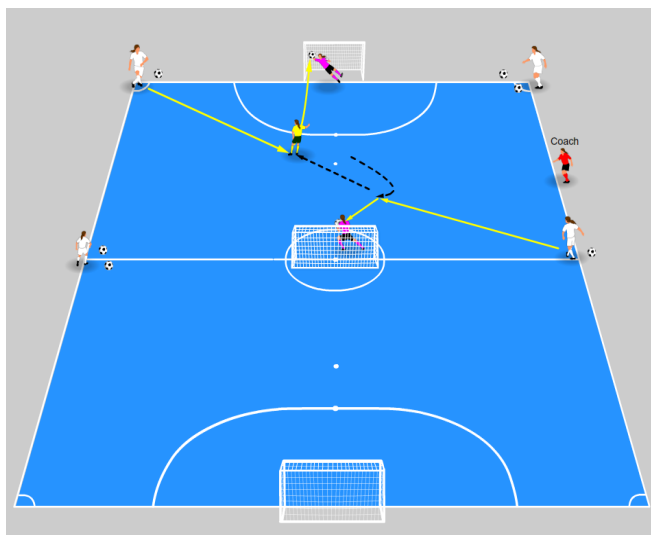
- A player has to shoot all the balls at the goal in the shortest time possible
- When this player finishes, another player steps up
- This activity can be conducted using the other goal at the same time
- Be careful if this activity is the last one of the training session as it can cause injury

Variations:

- Players shoot with one foot in the first round and other foot in the second round
- A time limit can be set for the player to complete all the shots

Coaching Points:

- Make sure that the back-lift of the leg is short
- Pay attention to the player's body position as they approach to shoot
- Encourage the goalkeeper to adjust to the position and movement of the ball



Activity #2: Four corners

Objective: Improving shooting on the move; coordinating passing and shooting

Organisation:

- Use half the pitch, with two goals and a goalkeeper guarding each goal.
- Position players in the four corners, each with a supply of balls (two balls each)

Rules/instructions:

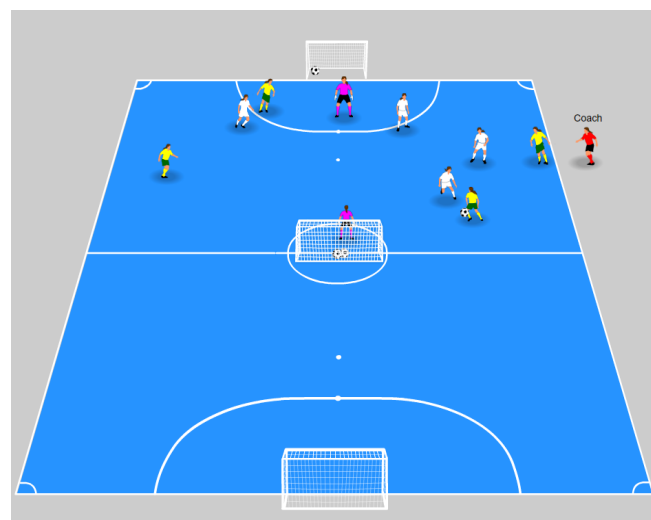
- Player in the middle of the court moves & changes direction in any way desired
- Player at the nearest corner passes the ball to allow player in the middle to shoot
- There must be constant supply of balls at each corner to maintain intensity & flow
- Player in the centre swaps with a player at the side after 8-10 shots

Variations:

- Defender can be used to make the attacker's movements & shots more authentic
- Place two players in the middle to shoot

Coaching Points:

- Pay attention to the body position for shots
- Coordinate the strength of the pass with the speed of the player who is shooting



Activity #3: Real game

Objective: Shooting in a match situation

Organisation:

- Half the court and two goals

Rules/instructions:

- A proper game using half the court and two goals
- As the goals are closer together, there are many more occasions to shoot

Variations:

- A rule can be applied that a team has to shoot before it makes seven passes
- Alternatively, the rule can be that a team has to shoot within 10 seconds of gaining possession of the ball

Coaching Points:

- Make sure that the player is not static when he/she shoots
- The player should select the best time to shoot (to avoid the ball being blocked by an opponent)