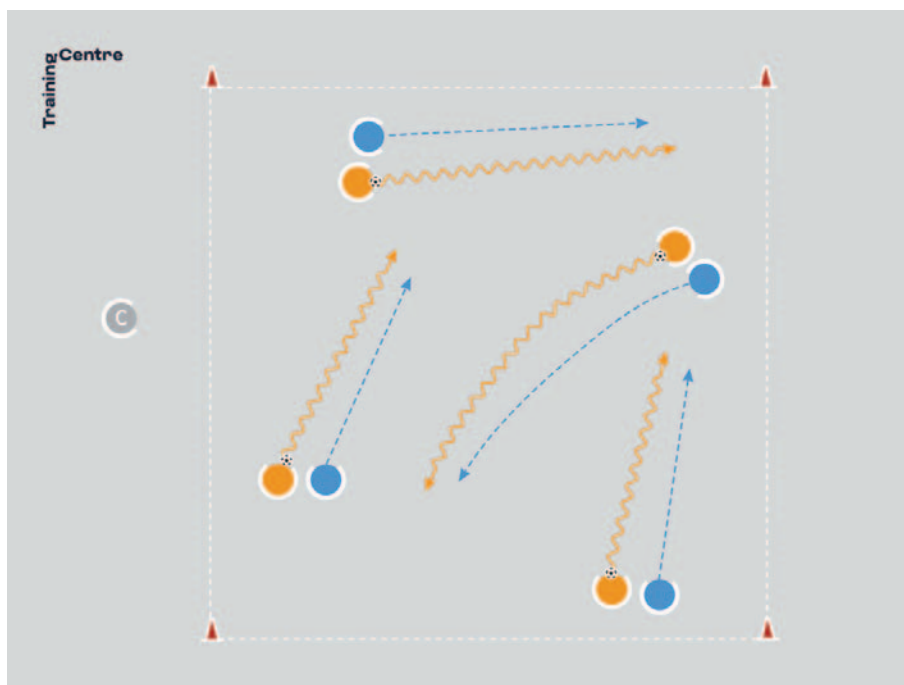


Futsal style

WARM-UP: HEART-TO-HEART: HEART-RATE PRACTICE IN PAIRS



Organisation

- Begin by teaching the players to check their heart rate
- Explain that the easiest way is by placing two fingers on your wrist or neck to check the pulse, counting for 30 seconds and then doubling the number
- The players then work in pairs to complete various short exercises, checking their heart rate at the end of each
- Promote a discussion among the group about differences in heart rate and the reasons for them
- Ask the players how much physical activity they typically do in a week
- Ask them if they think it's enough or could/should do more

Great questions to ask the players

- Would you like to be fitter and healthier?
- What do you think contributes to your overall wellness?
- Is there anything you could do better to help you keep fit?

Safety tips

- Do not create fear around the heart-rate numbers that the players report; use the answers as discussion opportunities
- Highlight that heart rate is a very individual characteristic and numbers should not be compared

SKILL DEVELOPMENT: 5V5, FUTSAL-STYLE, 2V2 IN EACH HALF



Organisation

- Play 5v5 on a small pitch, indoors if possible
- Split the pitch in half and play 2v2 in each half, plus goalkeepers
- The players are limited to their own half, so they are either attackers or defenders
- Give everyone the chance to play in both halves
- Use a futsal ball if you have one

Ways to make the exercise easier

- Play with two balls at the same time, starting with throws from the goalkeepers
- One of a team's defenders can move into the attacking half when his/her team has the ball

Ways to make the exercise harder

- Limit the number of touches in each half

Great questions to ask the players

- What differences does playing with a futsal ball make?
- What does the heavier ball make you do differently?
- Can you think of other ways you might pass the ball?
- Do you prefer playing as a defender or as an attacker? Why?

Safety tips

- Create a safe space to play

GAME APPLICATION: 5V5, FUTSAL-STYLE



Organisation

- Play 5v5 on a small pitch, indoors if possible
- Use a futsal ball if you have one
- Introduce the players to some basic futsal rules such as:
 - kick-ins instead of throw-ins
 - goal clearances (always throws) instead of goal kicks
 - no offsides
 - rolling substitutions
 - five-offence rule: after five offences (of certain types), the next such offences outside the penalty area lead to a direct free kick, without a wall, from the 10m spot (or the place where the foul was committed, if the team taking the kick prefers)

Ways to make the exercise easier

- Only allow players to defend in their attacking half
- Allow unlimited backpasses to the goalkeeper as a team's fifth player

Ways to make the exercise harder

- Limit the number of touches a player can take before releasing the ball
- Goalkeepers cannot throw the ball over the halfway line

Great questions to ask the players

- What differences does playing with a futsal ball and/or futsal rules make?
- What does the heavier ball make you do differently?
- Can you think of other ways you might pass the ball?

Safety tips

- Create a safe space to play