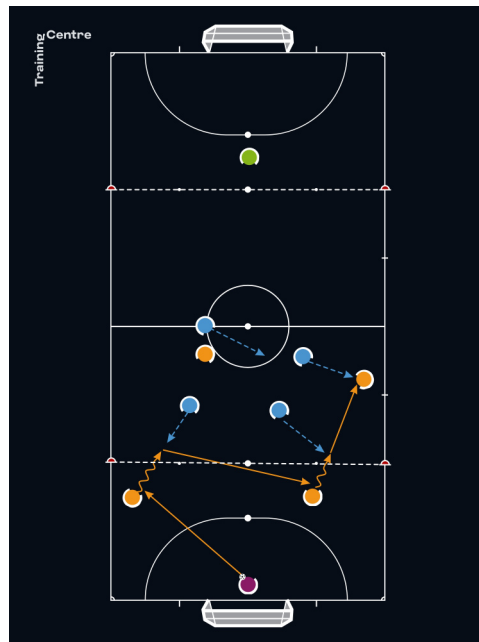


Futsal- Defending in a mid-block



Organisation

- Use a full court.
- Split the court into quarters.
- Set up a 5v5 (attack v. defence).

Explanation

- The exercise begins with the attacking team's goalkeeper in possession.
- Two attacking-team players begin the action unopposed in the build-up zone, while the other two attacking players are free to position themselves in any other zone.
- The defending-team players are restricted to the two central zones. They can only drop back if the attacking team succeed in progressing play into their half.
- The attacking team aim to progress play through each zone.
- The defending team aim to prevent the attacking team from progressing the ball through the zones by implementing a player-to-player press.
- If the defending team turn over possession, the teams swap roles and play starts from the opposite end of the court..

Variations

- When the defending team recover possession, they attack towards the opposition's goal.

Coaching points

- Press the ball-carrying player in wide areas.
- Defenders should anticipate the direction of play in order to adopt the correct defensive position.
- Press the receiving player as the pass is played towards them.