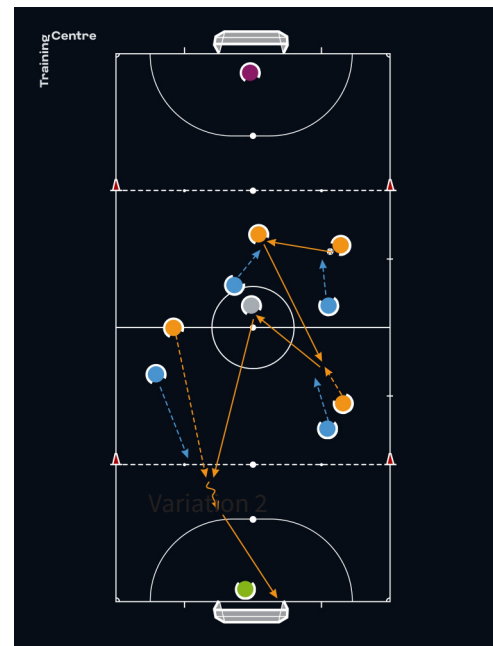
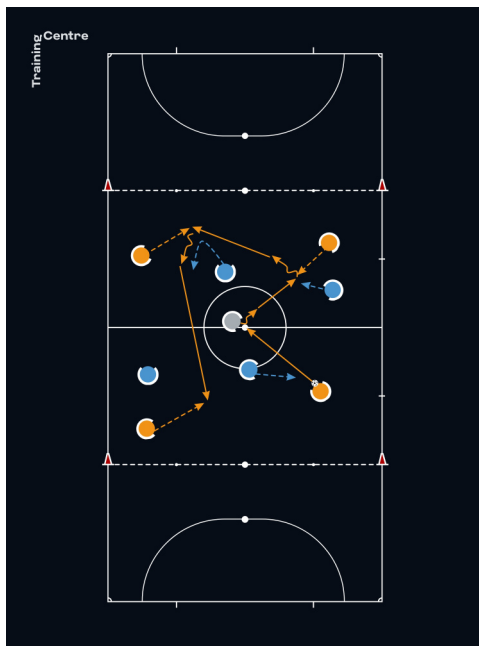


Futsal

Control under pressure



Organisation

- Mark out a 20x20m playing area.
- Split the group into two teams of 4, plus 1 neutral (attacking) player..

Explanation

- The two teams compete to keep possession of the ball.
- All players must take a minimum of two touches. This rule also applies to the neutral player, who must perform an orientated ball control each time they receive the ball.

Variations

- Place a goalkeeper in each goal. Once the in-possession team complete three passes, the playing area is extended to the whole court and the team can attack the opposition's goal.

Coaching points

- Maintaining good ball control increases a team's chances of retaining possession for a longer period.
- Players need to consider using the sole and instep of their foot to improve their control of the ball.
- By taking an orientated first touch, players can move or pass in the direction they wish to go.
- Good body orientation allow players to gain an advantage when receiving the ball.
- Scanning before receiving the ball helps players to understand how much time they will have on the ball and in which direction they can move.
- Due to the limited space involved in the exercise, feinting passes or feinting to receive the ball can be effective ways to deceive opponents and create space.
- Players should work to open up passing lines to ensure that team-mates have a passing option at all times.
- Clever movement can create space to allow players to receive passes in good areas.