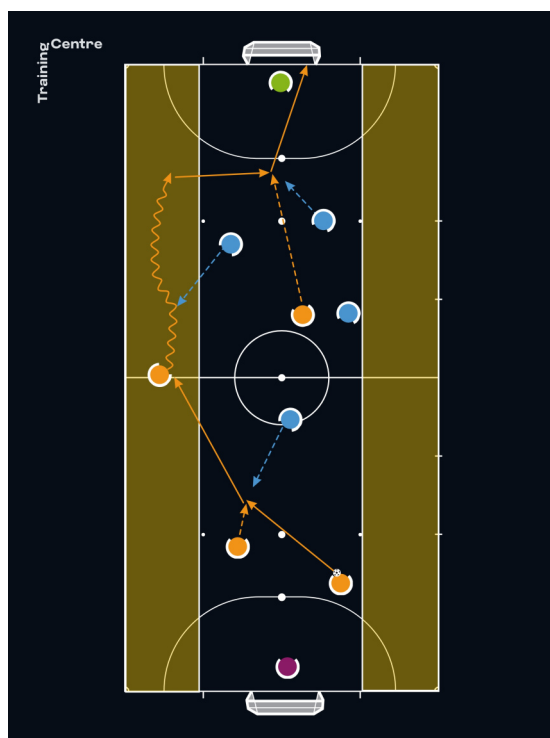


Futsal

—•— Dribbling to beat an opponent



Organisation

- Use the full length of the court.
- Mark out a wide channel on either side of the court that ends 3m from the touchline.
- Place a goal at either end of the court.
- Set up a 5v5 game.

Explanation

- Players are restricted to a maximum of two touches except when inside the wide channels inside the opposition half, where there is no limit on touches.
- Every attack is initiated by the goalkeeper.

Variation

- Only one player can enter the wide channel at once.

Coaching points

- Attacking players are encouraged to perform shimmies, feints and other movements to beat their defender.
- When an attacking player engages a defender, it can free up space for team-mates to exploit.
- When possible, players should dribble at pace to progress towards goal more quickly.
- Using a range of dribbling techniques helps to make the attack unpredictable for the defenders.