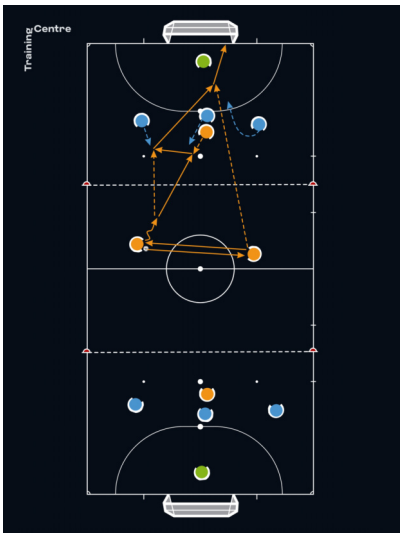
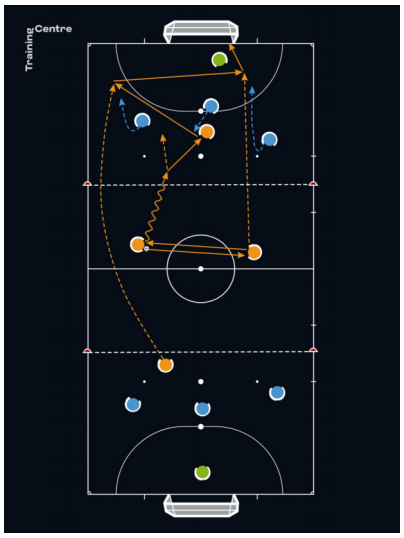
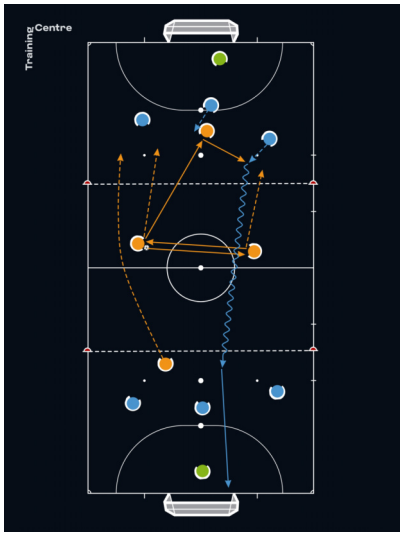
Futsal- Exploiting overloads on the counter-attack







Organisation

- Use a full court.
- Split the court into thirds.
- Set up goals at either end of the court.
- Place a goalkeeper in each goal.
- Position two attackers in the middle zone.
- Set up three defenders and one attacker in each end zone.

Explanation

- The exercise starts with the two attackers in the middle zone passing the ball diagonally between themselves.
- These two attacking players decide which of the two goals to attack and aim to link up with the attacking player in either of the end zones.
- If they succeed in combining with the attacking player, they may enter the end zone to create a 3v3 scenario.

Variations

- Once the attacking players in the middle zone have played the ball into one of the end zones, the attacker in the opposite end zone can join the attack to create a 4v3 scenario.
- If the defending team win the ball, they can counter-attack.

Coaching points

- When passing the ball to each other, the attacking players in the middle zone should position themselves diagonally to each other to allow them to see their team-mates' movement in both end zones.
- The attacking players in the end zones should look to introduce some depth and width to the attack to avoid their first touch taking them back towards their team-mates.