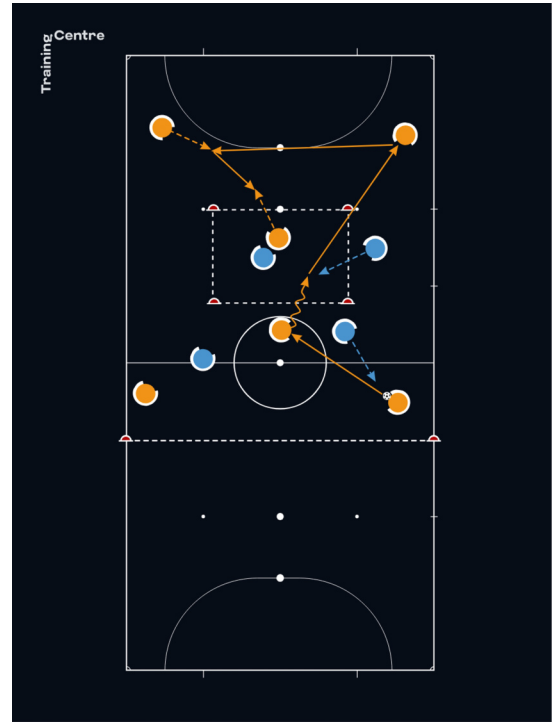
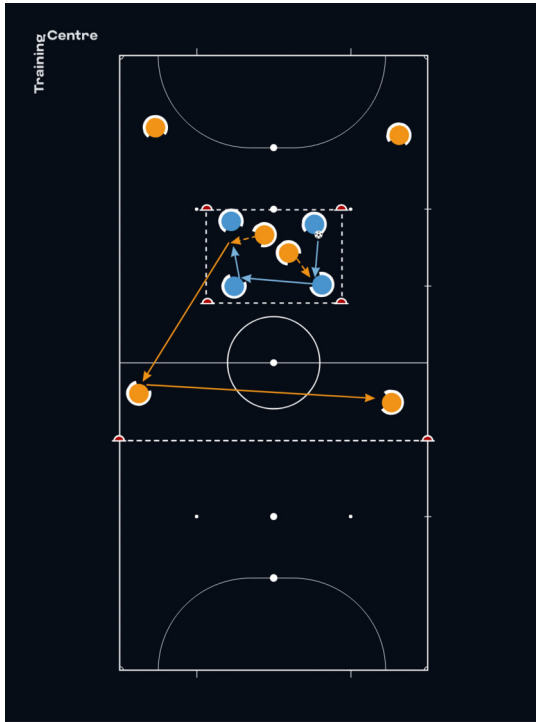


## Futsal- Transition and pressing — from 4v2 to 4v6



### Organisation

- Mark out a 30m x 20m exercise area.
- Create a 5m v 5m square in the middle of the exercise area.
- Divide the group into 2 teams (6 oranges and 4 blues).
- Set up a 4v2 scenario inside the square, with the numerical advantage in favour of the blues.
- Position an orange player in each corner of the exercise area.

### Explanation

- The coach plays the ball to a blue player.
- The blues try to keep possession in the square, while the oranges attempt to win the ball.
- If the oranges manage to gain possession, they play the ball to a team-mate positioned outside the square and all players leave the square to create a 6v4 scenario.
- The blues become the pressing team and try to win the ball back within 30 seconds.
- If they do not manage to do so, the coach stops play and the sequence is restarted.
- If an orange player plays the ball out of the exercise area, the sequence is restarted.

### Variation

- To keep player motivation and intensity levels high, challenge each team to complete 10 passes (the blues inside the square, the oranges outside it).

### Coaching points

- In-possession players should look to secure the first pass after winning possession with a view to initiating the next action successfully.
- In-possession players should provide clear passing lanes to offer the ball carrier as many options as possible.