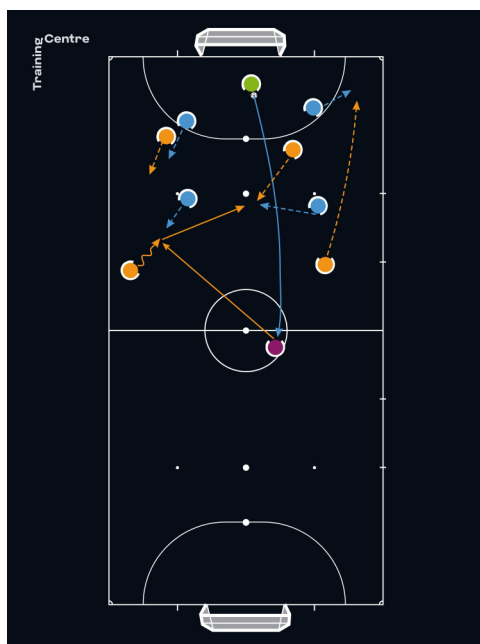


Futsal —•— Low-block press



Organisation

- Use a full court.
- Set up a 4v4 attack v. defence scenario inside one half of the court.
- Place a goalkeeper in the goal at either end of the court.

Explanation

- The exercise starts with the defending team's goalkeeper playing a goal clearance to the attacking team's goalkeeper.
- The attacking team's goalkeeper advances towards the halfway line and plays the ball to one of the two players positioned in wide areas, which triggers the defending team's press.
- If the defending team turn over possession, the ball is played to the attacking team's goalkeeper, and the teams switch roles.
- If the defending team's goalkeeper saves an attempt on goal or a goal is scored, the attacking team retreat and the defending team attack towards the opposite goal, i.e. there are no counter-attacks.

Coaching points

- Increase the intensity of the defensive press when the attacking team play the ball into wide areas.
- Adopt a low centre of gravity when engaging with the ball carrier.
- When pressing the ball carrier in wide areas, get as close to them as possible to prevent them from scanning their options.
- If the attacking player dribbles with the ball, track them by using lateral movements.