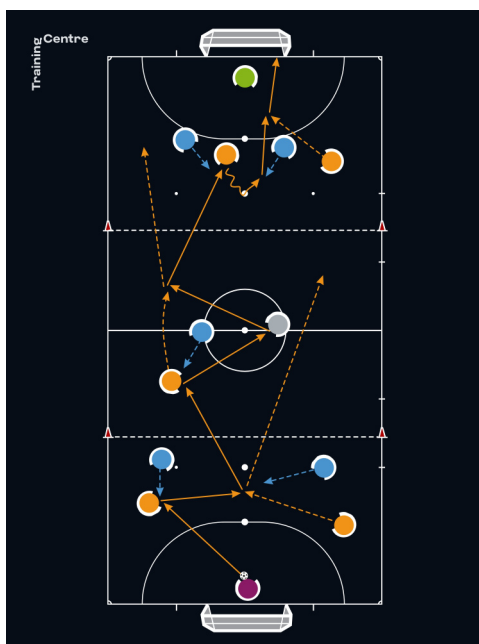


## Futsal — Playing through the thirds



### Organisation

- Divide the court into thirds.
- Create a 2v2 scenario in both end zones and a 1v1 plus a neutral player, who plays for the in-possession team, in the middle zone.

### Explanation

- Play starts with the attacking team's goalkeeper, who plays short to a team-mate in the defensive third.
- Teams can progress play into the middle third either by passing or carrying the ball.
- Once play moves into the middle zone, a 4v3 overload is created in favour of the in-possession team.
- If a team score, they keep possession and restart play at the same end in which they scored and now attack in the opposite direction.

### Variations

- V1: The neutral player is limited to one touch.
- V2: The goalkeepers must distribute the ball within four seconds.
- V3: There is no limit on the number of touches the neutral player can take, while the other players in the middle zone are limited to one touch.
- V4: Players in the middle zone can rotate positions with team-mates from other zones.
- V5: There is no limit on the number of touches the players in the middle zone can take.

### Coaching points

- Perform feints to deceive defenders and create passing lanes.
- Constantly create and open up passing lanes to give team-mates passing options.
- Adopt a mindset in which the priority is on looking forward, playing forward and moving forward at all times.
- Avoid pressure by keeping the ball moving and avoid static play, which is easier for the opposition to defend against.
- Prioritise forward passes and only play the ball backward to open space further forward through off-the-ball movement.
- Retain possession to achieve greater control of play.