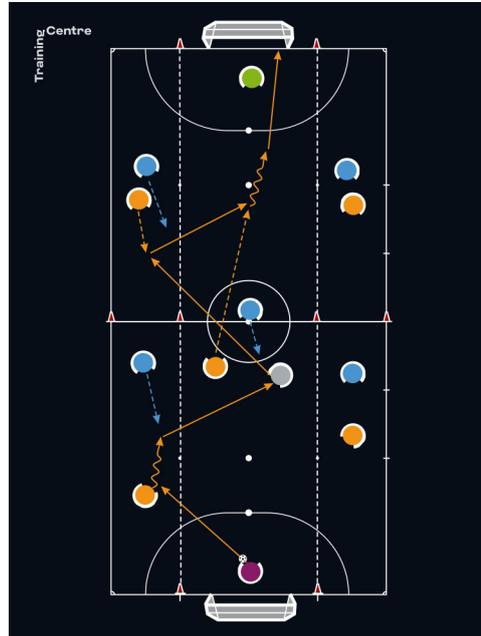


Futsal- Using width to —•— create space in attack



Organisation

- Divide the court into three vertical zones (5x40m/10x40m/5x40m).
- Create a 2v2 (1v1 in each half) scenario in the wide channels and a 1v1 plus a joker, who plays for the attacking team, in the middle zone.

Explanation

- Play starts with the attacking team's goalkeeper.
- Players must remain in their zones at all times.

Variations

- V1: players on the in-possession team can interchange zones with team-mates within the same half of the court.
- V2: wide players can interchange zones with team-mates positioned in the other half.
- V3: defenders follow the player who interchanges zones.
- V4: a match scenario in which there cannot be any more than a 5v5 (plus 1 neutral player) in one half of the court at any time.

Coaching points

- Allow the players to play freely once they have understood the exercise.
- Using goalkeepers as neutral players gives them the opportunity to practise the power play (fly goalkeeper).
- Players must think about how their positioning can aid attacking play.
- Focus on ball retention to progress play.
- Make overlapping runs in wide zones and ask wingers to cut in.
- Out-of-possession players should constantly think about how they can impact the ball carrier with their movement and body orientation.
- Displacing opponents and recovering quickly improves a player's chances of success in both defence and attack.
- Playing at a high tempo and being on the move at all times helps a team to progress play through the thirds effectively.
- Constantly create space and passing lanes off the ball to support team-mates.
- Once a wing player is engaged, teams should look to attack at pace.