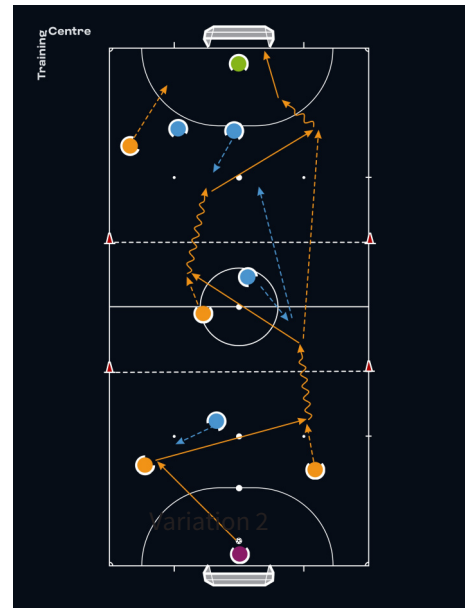
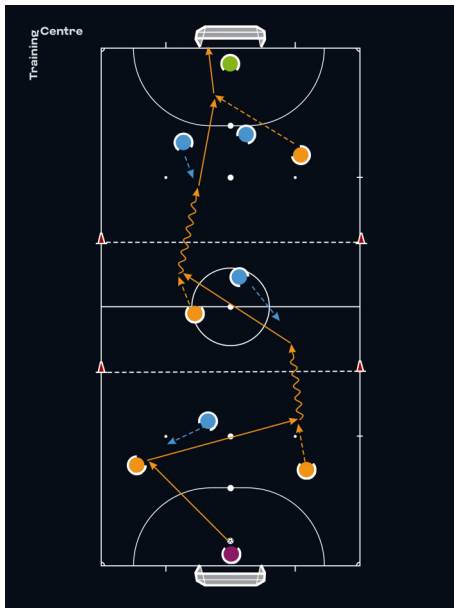


Futsal - Running with the ball with awareness and speed



Variation 1

Organisation

- Use a full-size court.
- Divide the court into three zones.
- The middle zone is marked out either side of the halfway line and is 10m in length.
- The overall game is a 5v5, including goalkeepers.
- Create a 2v1 scenario in the first zone.
- Set up a 1v1 scenario in the middle zone.
- Organise a 1v2 scenario in the third zone.

Explanation

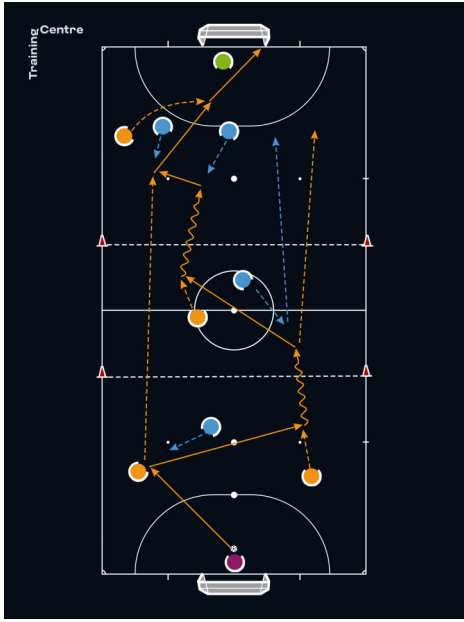
- The goalkeeper starts the play by passing the ball to a team-mate in the first zone.
- The player must try to dribble the ball into the middle zone.
- This creates an overload or a numerical disadvantage (2v1).
- The 2 players then try to progress the ball into the final third (third zone).
- The aim is to score in the opposition goal.
- When progressing play, the ball cannot be played back to a previous zone.

Variations

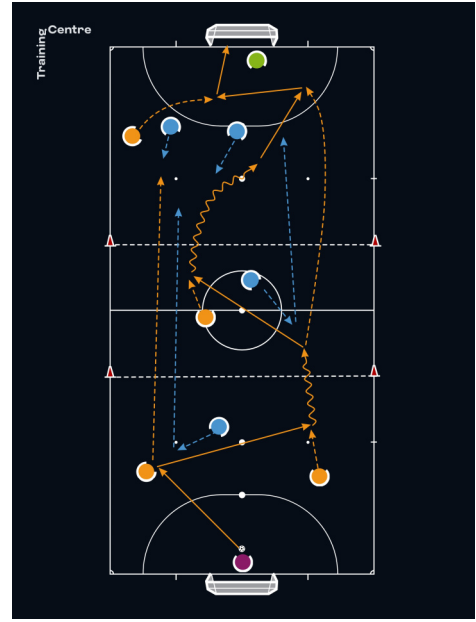
- Variation 1: once the ball reaches the final third, an extra player from each team can enter this zone to create a 3v2 or 3v3 situation.
- Variation 2: all attackers can enter the final third.
- Variation 3: all players can enter the final third

Coaching points

- Emphasis should be placed on ball retention to ensure that a team do not lose their numerical advantage.
- Players should dribble at pace, with purpose and towards the opposition goal at all times to help progress the ball through the thirds effectively.
- Intelligent off-the-ball movement can create and open up space for key passes to be played in attack.
- Player should create passing lines in the final third to help work angles for attempts on goal.
- Ball carriers must follow their pass through and offer a passing option once they progress into the next zone.
- Ball carriers can make a range of forward movements, such as running straight through the middle, running down the wings, making diagonal runs and performing directional changes.



Variation 2



Variation 3