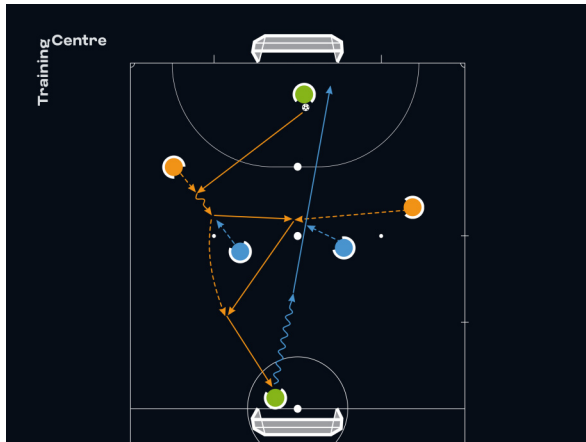


Futsal- Close-range finishing and quick restarts



Basic sequence



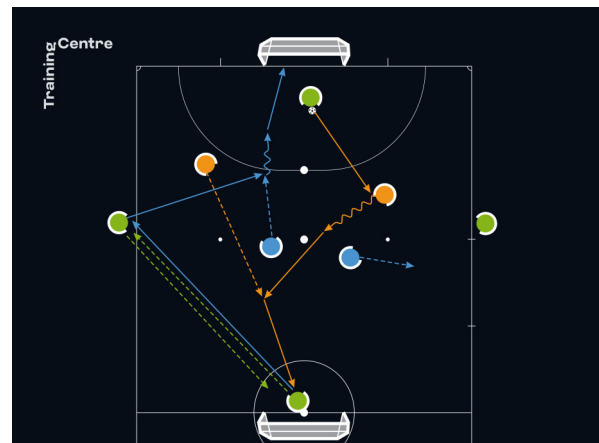
Variation 1

Organisation

- Use half of a court.
- Mark out a halfway line using cones.
- Place a goal at either end of the court.
- Position a goalkeeper in either goal (and a goalkeeper on each touchline – see variation 1 below).
- Set up a 2v2 scenario.

Explanation

- The exercise starts with one of the goalkeepers in possession.
- The goalkeeper plays the ball to a team-mate inside their own half.
- The team in possession have a maximum of 4 passes or 6 seconds in which to finish on goal.
- After each attack ends, the goalkeeper has the following two options to restart play:
 - Pass to a team-mate positioned beyond the halfway line
 - Drop the ball and dribble towards goal before shooting



Variation 2

Variations

- Variation 1: If the goalkeeper gets hold of the ball or restarts play quickly, they can play to either of the off-court goalkeepers before swapping positions with them.
- Variation 2: On-court players can play the ball to either of the off-court goalkeepers at any time during the sequence.

Coaching points

- If the goalkeeper catches the ball, the attackers must receive it in deep attacking areas.
- In 2v1 situations, the keeper should try to anticipate the play.
- The goalkeeper should read the play and identify where the unmarked player is.