

## Futsal- Using the goalkeeper to create overloads



Basic sequence



Variation 1

### Organisation

- Use half of a court.
- Position a goal at either end of the exercise area.
- Place a goalkeeper in each goal.
- Position a third goalkeeper on the touchline with a number of balls.
- Set up a 2v2 scenario (plus goalkeepers).

### Explanation

- The exercise begins with the off-court goalkeeper playing a pass to either goalkeeper.
- The outfield players on the team in possession have a two-touch limit. There is no limit on the number of touches that the goalkeeper can take.
- Each time the ball goes out of play, the off-court goalkeeper restarts play by playing the ball to the in-possession team's goalkeeper.
- The team to score the most goals win.



Variation 2

### Variations

- Variation 1: The goalkeeper occupies a starting position on the flank (instead of in a central area).
- Variation 2: Mark out a central zone, in which the goalkeepers are restricted to two touches and four seconds while they have complete freedom on the flanks.

### Coaching points

- Encourage goalkeepers to actively participate in building attacks.
- Utilize the goalkeeper's skills to initiate offensive plays.
- Encourage goalkeepers to find solutions rapidly by distributing the ball efficiently.