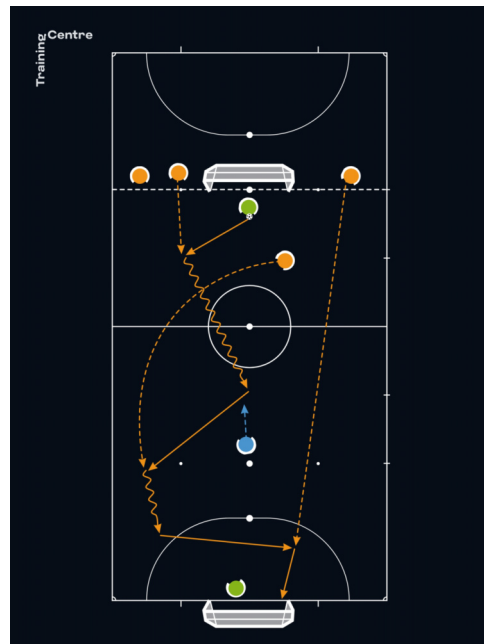
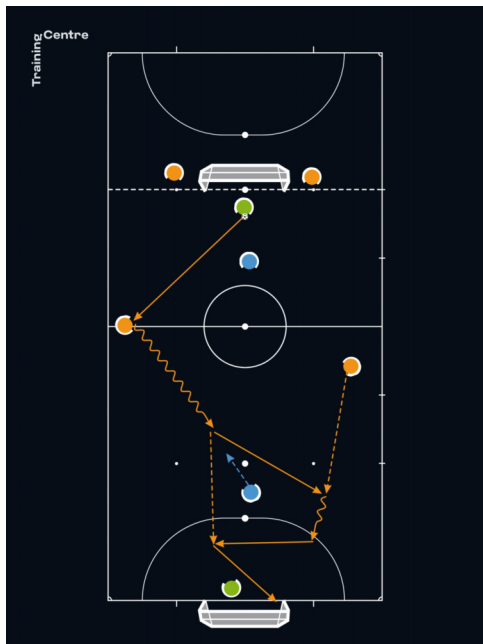


## Futsal- Counter-attacking — with speed



### Organisation

- Use three quarters of the court.
- Place a goal at each end of the exercise area.
- Position a goalkeeper in each goal.
- Place a defender in each half.
- Position a player at each end of the halfway line.
- Split the remaining group of players into two and position them behind the goals.

### Explanation

- The exercise starts with one of the goalkeepers throwing the ball to one of the players positioned at either end of the halfway line.
- This player decides which goal they wish to attack, and they are joined in attack by the player positioned at the other end of the halfway line to create a 2v1 scenario.
- Once the sequence is completed, the attacking players leave the pitch and wait behind the goal they were attacking.
- Two new attackers enter the pitch from behind the goal and attack the opposite goal along with the defending player in the previous sequence to create a 3v1 scenario.
- The two players who began the exercise occupying the role of defenders take up a position at either end of the halfway line.
- The two players who entered the pitch to set up the 3v1 scenario become the defenders.
- The two goalkeepers take it in turns to begin the sequence.

### Variation

- The counter-attack is launched by a player who dribbles the ball from behind the goal.

### Coaching points

- The goalkeepers should launch the counter-attacks as quickly as possible.
- The ball carrier should focus on attacking down the central channel of the pitch to engage the opposing defender.
- Passes should be played forwards, and directional controls should progress play forwards at all times.