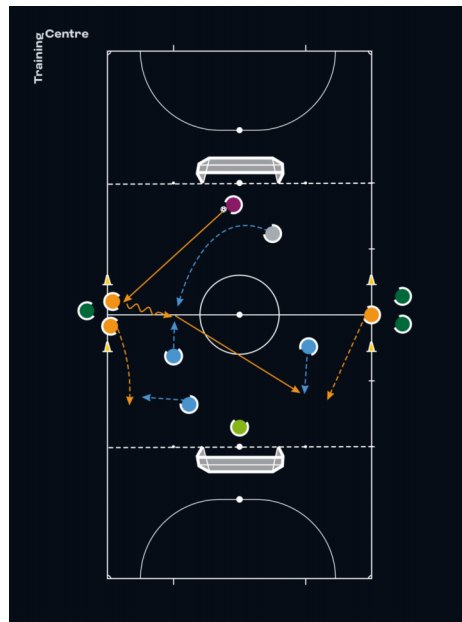


Futsal- Delay, dictate and deny the opposition



Organisation

- Use three quarters of the court.
- Set up a goal at each 6m mark.
- Position a goalkeeper in each goal.
- Arrange three teams comprising three players each.
- Set up a 3v3 plus a defensive joker on the court to create a 4v3 in favour of the defending team.
- Place the members of the remaining team at each end of the halfway line, with two players at one end and one player at the other.

Explanation

- The exercise starts with one of the goalkeepers playing the ball to one of the players positioned at either end of the halfway line.
- Once this player receives the ball, their team-mates join them to attack the goal at the opposite end of the playing area from where they received the goalkeeper's pass.
- The attacking team aim to score, while the defending team look to prevent them from doing so.
- Once the attacking move is over, the defending team take up positions on the halfway line and becoming the attacking team.
- The team that were waiting on the halfway line become the defending team.

Coaching points

- Try to delay the opposition's passes to slow the pace of the counter-attack.
- Press the ball carrier at all times while coordinating with team-mates providing defensive cover.
- Make a quick mental switch from attack to defence as soon as possession is lost.
- The joker should try to dictate to which side of the pitch the goalkeeper throws the ball, based on the team's defensive set-up.