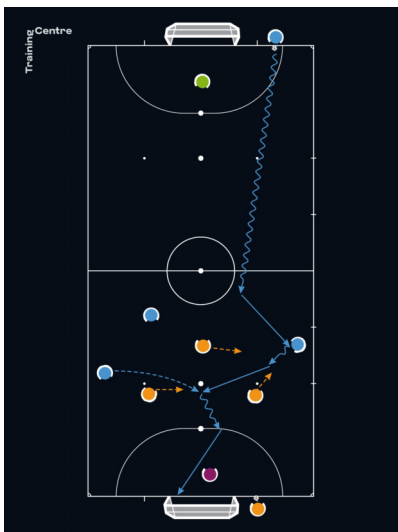
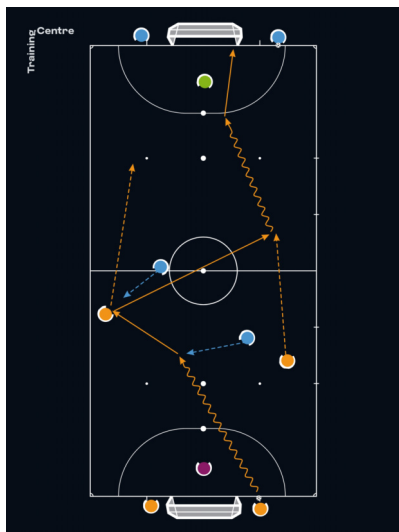
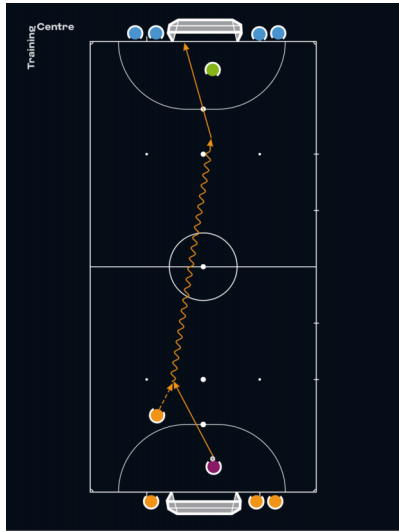


Futsal- Defending the counter — outnumbered



Organisation

- Use a full court.
- Place a goalkeeper in each goal.
- Position two teams behind each goal.

Explanation

- The exercise starts with one of the two goalkeepers throwing the ball out to an attacking player, who tries to score in the opposite goal.
- Regardless of whether the attempt on goal is successful, the attacking player, who remains on the pitch and now becomes a defender, is joined by two attacking players from the opposing team to create a 2v1 scenario.
- The goalkeeper at the opposite end of the pitch from where the exercise started throws the ball out to one of the two attacking players, who attack the opposite goal.
- The exercise continues with a 3v2, followed by a 4v3, with the direction of play switching in each attacking sequence.
- Once the 4v3 sequence has been completed, the exercise starts again, with play starting with the goalkeeper who defended the first attack last time round.

Coaching points

- When facing a 3v4 numerical disadvantage, the defending team should coordinate their movements by forming a triangle.
- When defending with a numerical disadvantage, defenders should implement a zonal marking system and anticipate the direction of the attack.