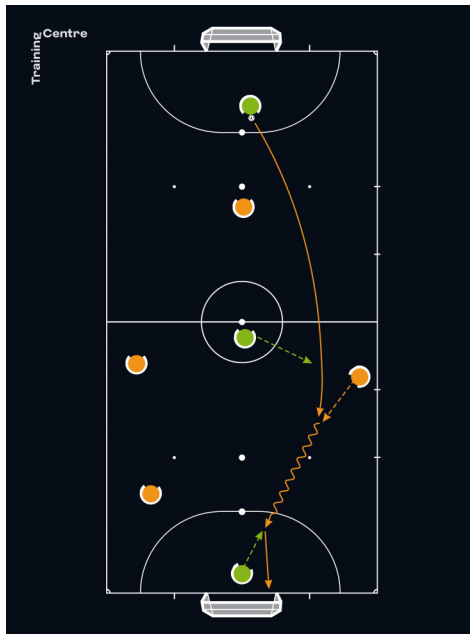


Futsal- Throw-outs and 1v1s from out wide



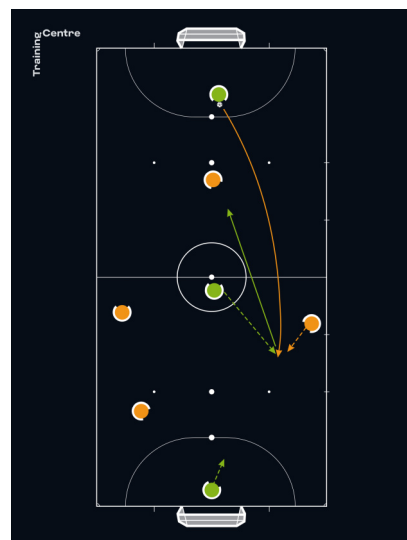
Basic sequence

Organisation

- Use a full court.
- Mark out an attacking zone at either end of the pitch between the goal line and the 10m line.
- Arrange 3 goalkeepers as follows: place a goalkeeper in each goal and a third goalkeeper on the halfway line.
- Position a pivot in the attacking zone at either end of the pitch.
- Place 2 wide attackers on the halfway line.

Explanation

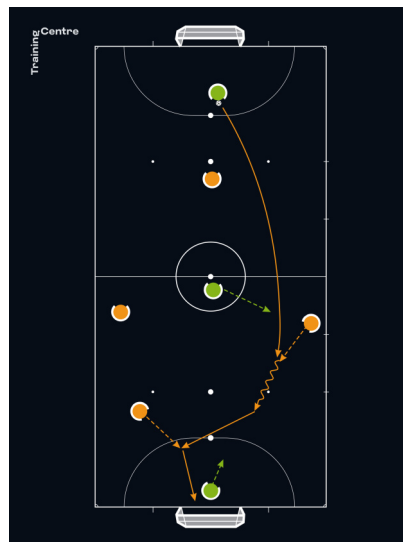
- The exercise starts with one of the goalkeepers positioned in a goal in possession. They are tasked with throwing the ball out to the pivot or one of the 2 wide attackers, all of whom must receive the ball in the attacking zone.
- After throwing the ball out, the goalkeeper must run over to the touchline before being able to return to defend their goal.
- The goalkeeper positioned in the opposite goal tries to intercept the goalkeeper's throw-out or defends their goal in a 1v1 scenario against the attacker.
- If the goalkeeper claims the ball, they must combine with the pivot positioned in the attacking zone at the opposite end of the pitch, who engages the goalkeeper in a 1v1 scenario. After claiming the ball, the goalkeeper can throw the ball out to the pivot if they catch it inside the penalty area or play a pass using their feet if they claim it outside of the penalty area. The goalkeeper may also shoot directly on goal.
- The goalkeeper positioned on the halfway line acts as a defender and can intercept the throw-out (without using their hands). If the goalkeeper intercepts a throw-out, they play the ball to the pivot attacking the goal defended by the goalkeeper who has just thrown the ball out.



Variation 2

Variations

- Variation 1: The forward has to attack the pass, controlling the ball before it hits the floor.
- Variation 2: If the goalkeeper catches the ball, they must play a low pass into the pivot.
- The goalkeeper positioned on the halfway line can use their hands to intercept aerial passes.
- Variation 3: The goalkeeper can use their feet to keep play going.
- Variation 4: The goalkeeper's passes must be played from no further than 9m from goal.
- Variation 5: Depending on the type of pass that the goalkeeper receives to restart play, they either throw an aerial ball or play a pass on the floor using their feet.
- Variation 6: The attacker can decide whether to engage the goalkeeper in a 1v1 scenario or set up a team-mate for them to finish.



Variation 6

Coaching points

- In 1v1 situations, the goalkeepers should try to position themselves centrally in relation to the ball and the posts.