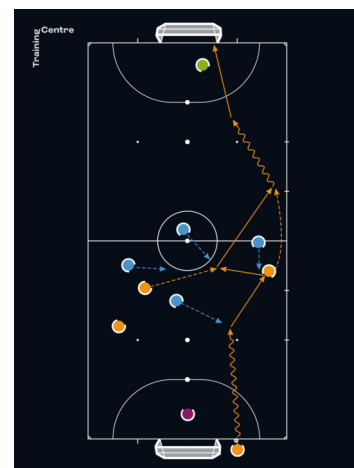
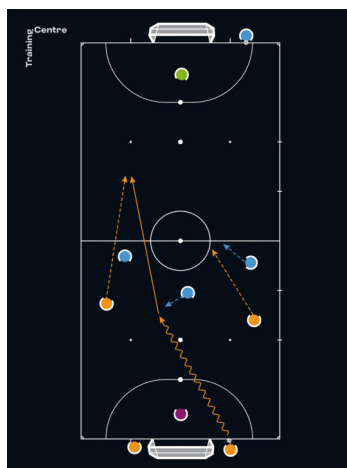
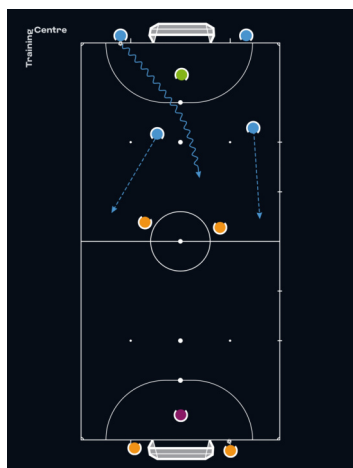
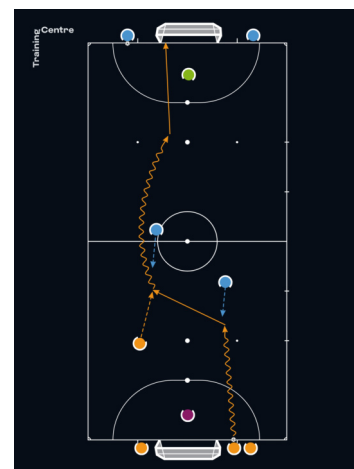
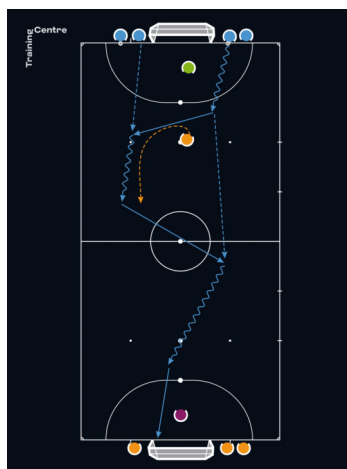
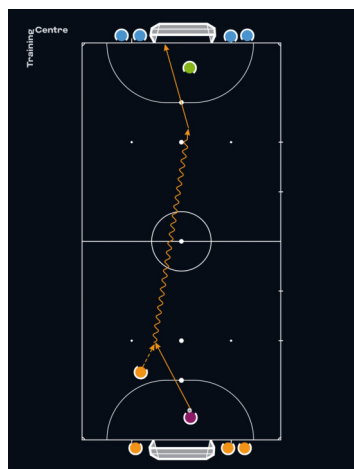


## Futsal — Progressive attacking waves



### Organisation

- Use a full court.
- Place a goalkeeper in each goal.
- Position two teams of four players 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.
- Once the 2v1 sequence is over, another player enters the pitch to create a 2v2 scenario and the direction of the attack switches to the opposite end.
- The exercise continues with a 3v2, 3v3, 3v4 and ends with a 4v4.
- Once the exercise progresses into a 4v4 end-to-end game, it is restarted.

### Coaching points

- Out-of-possession players should look to create good passing lanes for the ball carrier.
- Take good care of the ball when in possession.
- Look to open the court up by playing in wide areas.
- Focus on the speed of the counter-attack and identify when to speed play up and when to slow it down.
- Ensure that the size of the exercise area is appropriate to the age and ability of the players.