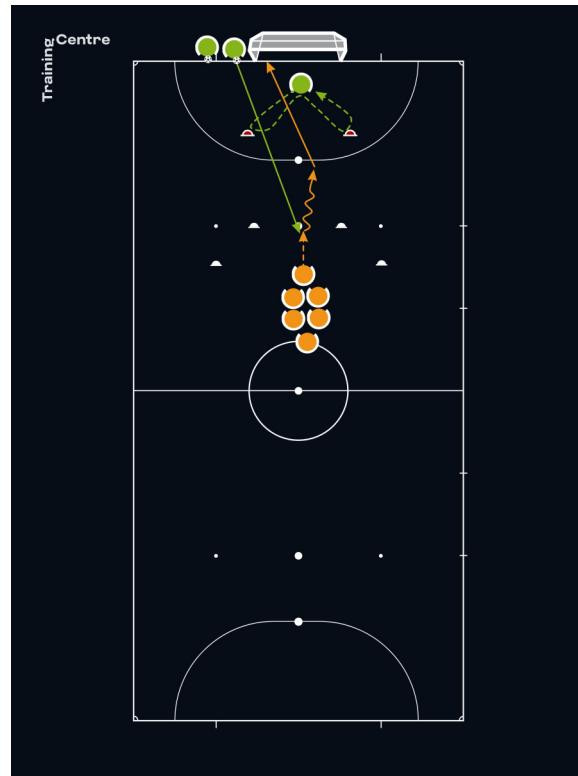


Futsal- Block saves and continuing play



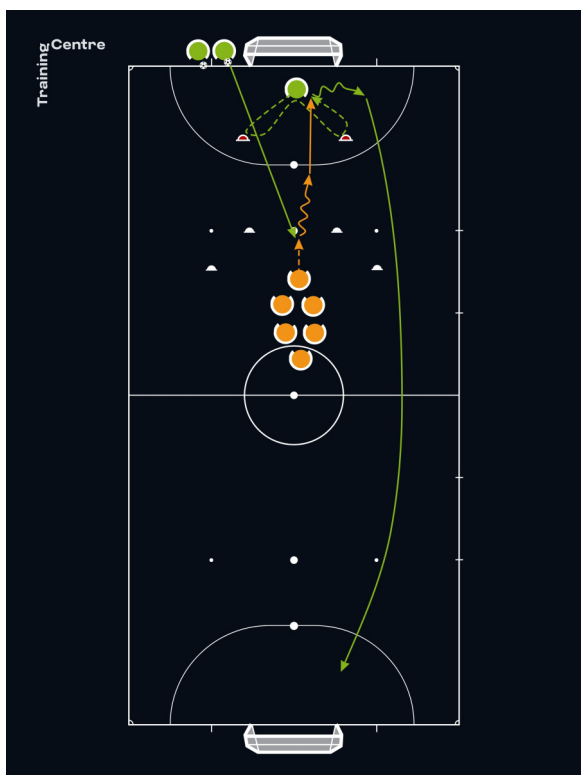
Starting sequence

Organisation

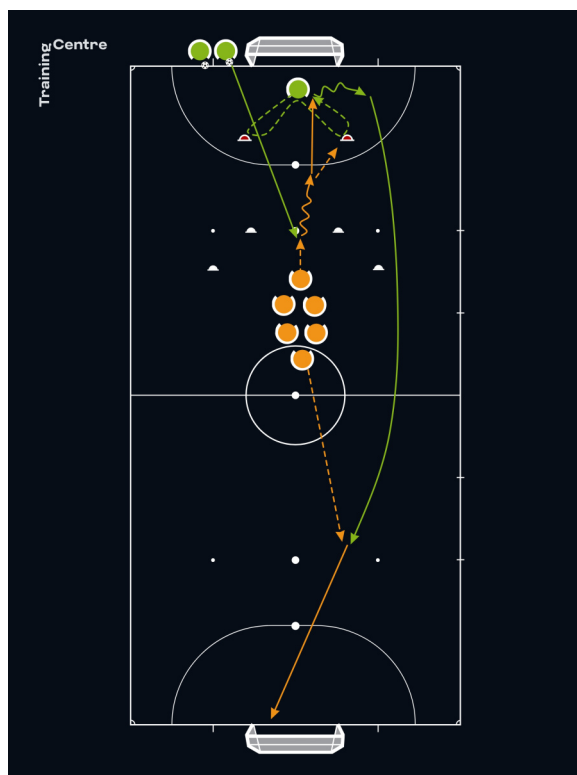
- Use the full court.
- Place a goal at either end of the court.
- Mark out a dotted line 9m from the goal line of one of the goals using cones.
- Set up with three goalkeepers: one in goal and the other two (goalkeepers 2 and 3) beside the goal.
- Give goalkeepers 2 and 3 a ball.
- Line six attackers up behind the 9m line.
- Place a cone 5m directly in front of each goalpost.

Explanation

- Goalkeeper 1 moves alternately between a point slightly in front of the midpoint of the goal line and the two cones.
- As goalkeeper 1 performs these movements, goalkeeper 2 rolls the ball to the first attacker in the queue, who has two options: either to take a first-time shot on goal from behind the 9m line or to take a touch to control the ball behind the 9m line that sees them advance into the zone between the 9m line and the edge of the penalty area before finishing on goal in 1v1 scenario within three seconds.
- If the goalkeeper parries the attacker's shot back out to them, they have a maximum of two touches in which to finish on goal.
- The sequence ends when the ball goes out of play, the goalkeeper gains possession or a goal is scored.
- Once the sequence is over, the goalkeepers rotate positions, with goalkeeper 3 rolling the ball from beside the goal to the second attacker in the queue, goalkeeper 2 taking up a position in goal and goalkeeper 1 occupying a position beside the goal.



Variation 1



Variation 2

Variations

Variation 1

- If the goalkeeper gains possession of the ball, they try to score directly in the opposing goal with a goal clearance. If the goalkeeper fails to score from the goal clearance, they face another attacking sequence.

Variation 2

- If the goalkeeper gains possession of the ball, they launch a quick counter-attack by playing an overarm throw towards the last attacker in the queue, who takes up a position in the opposing half and has to finish first-time and within four seconds of the goalkeeper gaining possession of the ball. The attacker can jockey the goalkeeper.

Variation 3

- After gaining possession of the ball, the goalkeeper can choose between shooting directly into the opposing goal with a goal clearance or combining with the last attacker in the queue.

Coaching points

- The goalkeeper should read the attacker's body language to decide whether to come off their line and close them down.
- If the attacker is preparing to take a shot on goal and the goalkeeper has already begun to close them down in anticipation of a 1v1 scenario, the goalkeeper should adopt a stationary position to avoid facing the attacker's shot on the move.