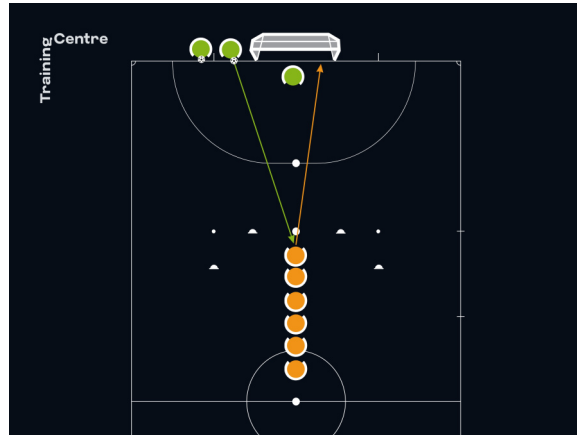


## Futsal- Central area —•— shot-stopping



Starting sequence

### Organisation

- Set up a 15x20m playing area.
- Place a goal at one end of the playing area.
- Mark out a dotted line 9m from the goal line 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.

### Explanation

- Goalkeeper 2 rolls the ball towards the first attacker in the queue, who takes a first-time shot on goal from behind the 9m line.
- 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.
- 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.

### Variations

#### Variation 1

- Introduce a second attacker to the sequence to increase the level of uncertainty for the goalkeeper.
- The goalkeeper performs lateral movements between the two goalposts (slightly in front of the goal line), touching each of them before becoming active once the attacker receives the ball.
- If the goalkeeper parries the attacker's shot back out to them, the second attacker becomes active to create a 2v1 scenario.



Variation 1

## Variation 2

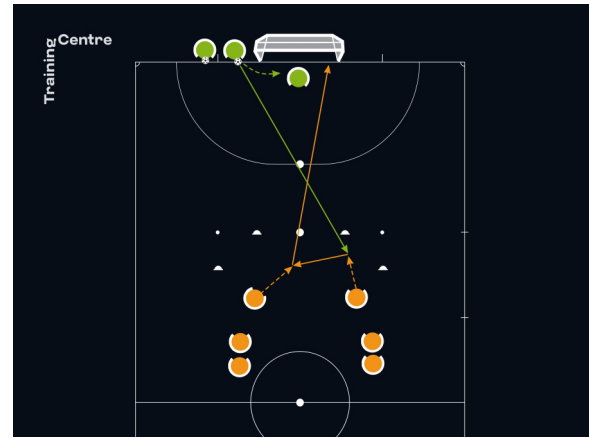
- The attacker has the option to finish on goal or set their team-mate up for a shot on goal.

## Variation 3

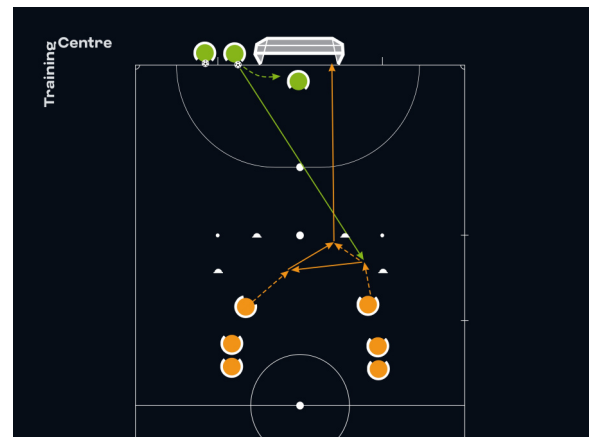
- The two attackers can play up to three passes before finishing on goal.

### Coaching points

- The attacker should be alert to any rebounds following their initial shot on goal.
- The goalkeeper should parry shots into wide areas to avoid presenting the attacker with another shooting opportunity.
- The goalkeeper should be stationary and anchored to the ground when the attacker shoots at goal.



Variation 2



Variation 3