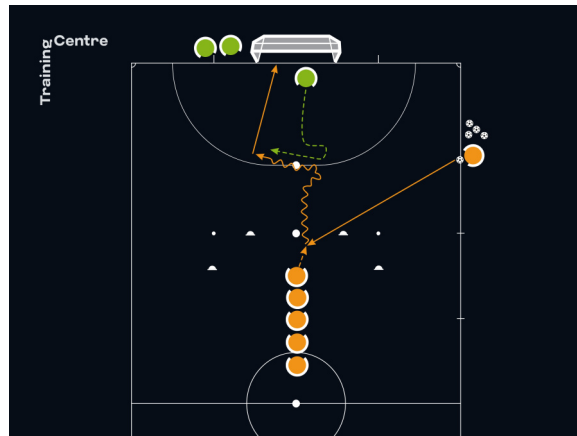


Futsal- Defending the edge of the penalty area



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.
- Line five attackers up in a queue 1m behind the 9m line.
- Set up a ball station on one of the touchlines, placing a serving player at the station.
- Set up with three goalkeepers: one in goal and the other two (goalkeepers 2 and 3) beside the goal.

Explanation

- The serving player plays a kick-in between the 9m line and the edge of the penalty area to the first attacker in the queue.
- The first attacker has an unlimited number of touches and three seconds in which to finish on goal.
- If the goalkeeper parries the ball back out to the attacker, they have 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 2 taking up a position in goal, goalkeeper 1 occupying a position beside the goal and goalkeeper 3 moving to the front of the queue beside the goal.
- If the goalkeeper gains possession of the ball, they roll it to the attacker at the front of the queue before swapping roles with the goalkeeper at the front of the queue beside the goal, who faces the attacker in a 1v1 scenario.

Variations

Variation 1

- A ball station and server player are added on the opposite touchline, with the attacker choosing from which touchline they receive the kick-in.

Variation 2

- The attacker receives a kick-in from one touchline and then from the other.

Variation 3

- Two balls are placed centrally, between the 9m line and the edge of the penalty area. After repeating Variation 2, the attacker chooses one of the two balls with which to perform the 1v1 action against the goalkeeper.

Variation 4

- The attacker chooses one of the four balls with which to perform the action. They have four seconds in which to make their decision/perform feints between the options and three seconds in which to finish after making contact with the ball.



Variation 1



Variation 2



Variation 3

Coaching points

- The goalkeeper should only leave the penalty area if they are able to make a clearance or get a foot to the ball to divert it away from goal.