

Futsal- —•— Defensive low block



Organisation

- Use a full court.
- Set up a 4v4 attack v. defence scenario inside one half of the court.
- Set the defending team up in a 1-2-1 defensive diamond.
- Place a goalkeeper in the goal at either end of the court.

Explanation

- The exercise starts with the attacking-team player closest to their own goal in possession of the ball.
- The attacking team's objective is to progress play and score.
- The defending team try to prevent the attacking team from having an attempt on goal.
- If the attacking team score or possession is turned over, they retreat their own half, and the teams swap roles and play switches to the opposite half of the court.

Coaching points

- Force the opposition to play wide and away from goal.
- Press the ball carrier immediately after they receive the ball to prevent them from scanning their options.
- When an attacking player dribbles with the ball, avoid retreating towards goal.
- Anticipate the attacking player's movements to avoid being pinned and eliminated from the play.