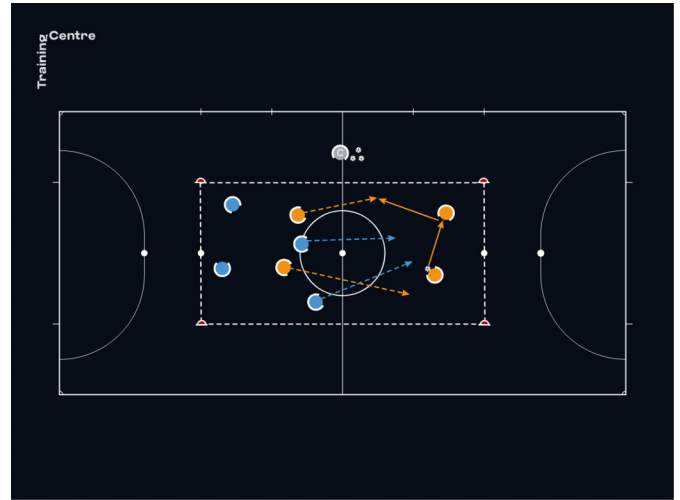
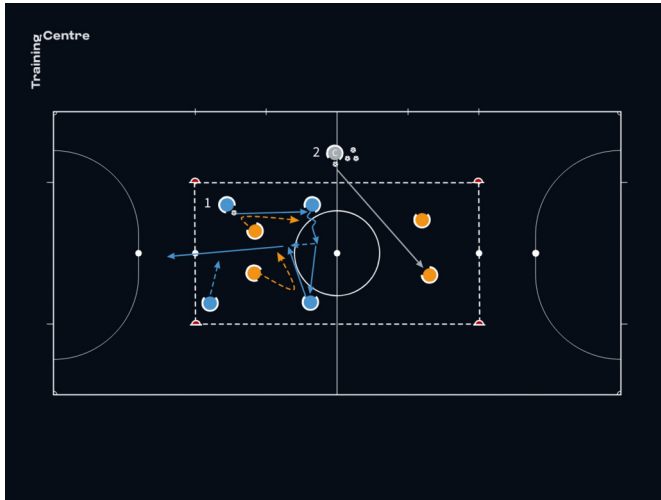


Futsal- High speed transitions



Organisation

- Mark out a 20m x 30m exercise area either side of the halfway line.
- Divide the group into 2 teams of 4 (oranges and blues) and assign a team to each half of the exercise area.
- Place 2 orange players inside the blues' half.

Explanation

- A 4v2 possession game is contested inside the blues' half.
- The blues' objective is to complete 10 passes. If they manage to do so, they are awarded a point.
- The 2 orange players try to win the ball back.
- If an orange player gets a touch to the ball or a blue player puts the ball out of play, the coach feeds a new ball into an orange player in the other half of the exercise area, and the 2 orange pressing players move into the other half and become in-possession players.
- Two blue players enter the oranges' half to try to regain possession.

Coaching points

- Pressing players should apply a coordinated press.
- Encourage in-possession players to take no more than 2 touches.
- In-possession players should create passing angles for the ball carrier.
- In-possession players should make good movement to receive the ball.
- Pressing players should press at high intensity.
- Players must recover quickly between transitions.
- In-possession players must weigh their passes.