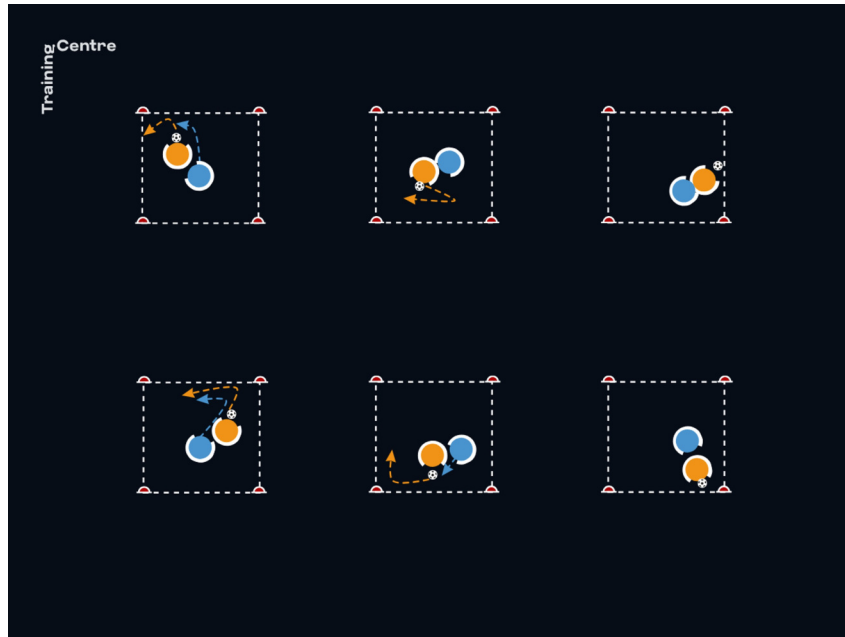


## Futsal- Strength through shielding



### Organisation

- Mark out a series of 4m x 4m squares in both halves of a full pitch.
- Divide the group into 2 teams (oranges and blues).
- Set up a 1v1 scenario in each square and give each pair of players a ball.

### Explanation

- The attacker tries to shield the ball from the defender while keeping the ball inside the square.
- The defending player tries to dispossess the attacker.
- The players in each square swap roles after 30 seconds.

### Coaching points

- Players shielding the ball should stay strong and position their body between their opponent and the ball.
- Players shielding the ball can extend their arms to create space between themselves and their opponent whilst taking in information without having to look.
- Players shielding the ball should keep it out of their opponent's reach by using their furthest foot to move it around the square.