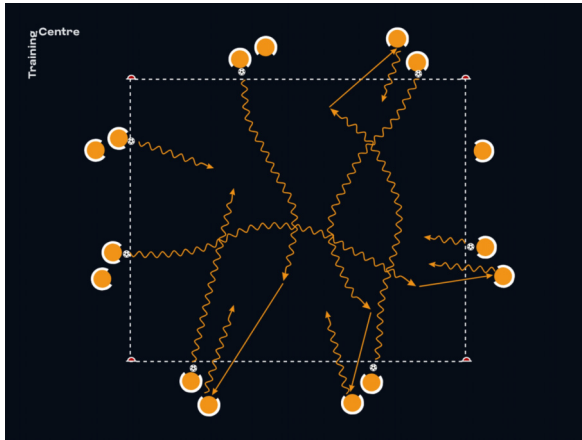
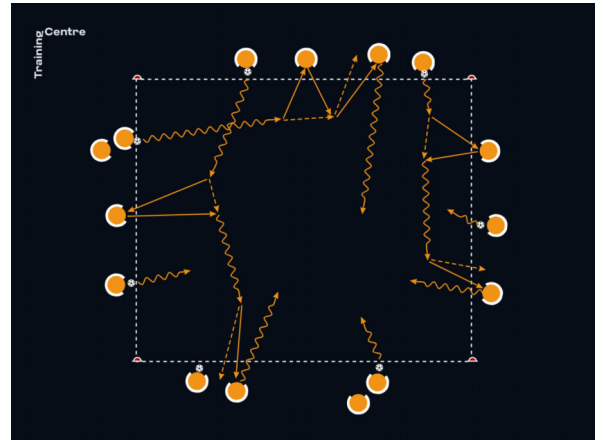


Futsal- Multiball passing



Basic sequence



Variation 1: with bounce passes

Organisation

- Mark out an 11m x 11m exercise area.
- Distribute the players evenly around the edges of the exercise area.
- Give 5 players a ball.

Explanation

- The players with a ball dribble into the exercise area simultaneously.
- Each player makes eye contact with a player positioned around the outside of the exercise area before passing the ball to them.
- The passer swaps position with the recipient, and the recipient dribbles the ball into the exercise area.

Variation 1

- The passer plays a bounce pass with a player on the outside of the exercise area before passing the ball to another outside player.

Variation 2

- Introduce more balls into the exercise and ask players to increase the tempo at which they perform the exercise.

Coaching points

- Players should dribble at pace while keeping their head up in order to make eye contact with the intended recipient of their pass.