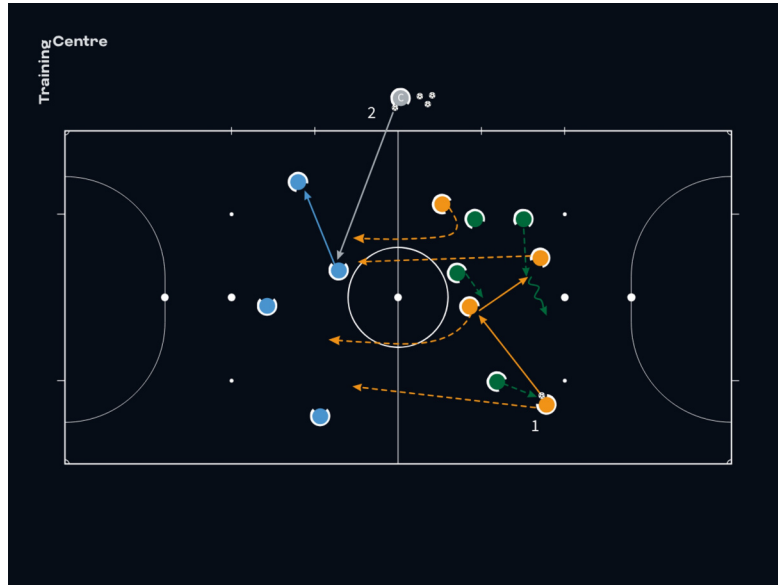


Futsal- Pressing 4v4 plus 4



Organisation

- Set up the exercise field like in the graphic above.
- Divide the group into 3 teams of 4 players (blues, oranges and greens).
- Position an attacking team in each half (oranges and blues) and assign the other team as the defending team (greens).

Explanation

- The exercise starts with the coach serving a ball to the oranges.
- The aim for the oranges and blues, whose players are limited to 2 touches, is to retain possession.
- The greens look to regain possession.
- All players are free to move in all areas of the exercise area.
- If the greens win the ball or force it out of play, the team that lost possession become the defending team.
- If an orange or blue player takes more than 2 touches, their team become the defending team.

Coaching points

- Attacking players should look to retain possession by creating passing options for team-mates.
- Attacking players should make good movement to receive the ball.
- Defending players should press aggressively as a unit to try to regain possession.