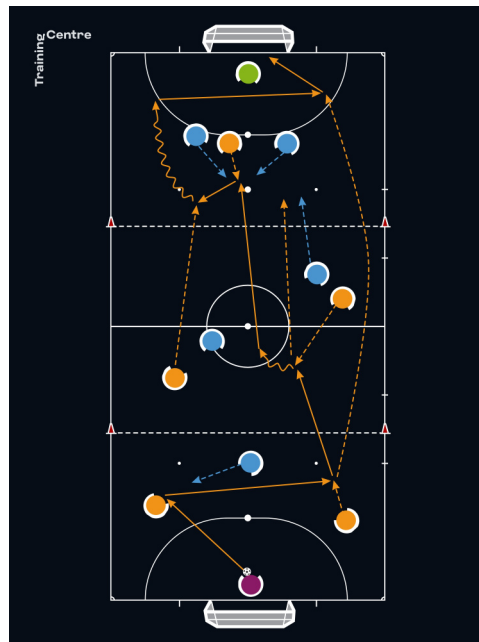


Futsal- —•— Playing out from the back



Organisation

- Divide the court into thirds.
- Set up a 5v5 (plus goalkeepers).
- Create a 2v1 scenario in the defensive third, a 2v2 scenario in the middle third, and a 1v2 scenario in the attacking third.

Explanation

- The ball must pass through all three zones before a goal can be scored.
- Play starts with the attacking team's goalkeeper.
- Both of the players in the defensive third must each touch the ball at least once before it can be transitioned into the middle third.
- The defensive player who plays the ball into the middle third can join their two team-mates in that zone to create a 3v2 scenario.
- When the ball is played into the attacking zone, only one defender from the middle third is allowed to enter the defensive third, thereby creating a 4v3 scenario.

Variations

- V1: Limit the number of defenders allowed in their own half to create a 4v3 overload in favour of the attacking team.
- V2: All defending players can defend in their own half to create a 4v4 scenario.

Coaching points

- Players should be encouraged to take good care of the ball when in possession to allow them to progress play through the thirds.
- Prioritise forward passes to enable the attacking team to penetrate the opposition's defence as quickly as possible.
- Create passing lanes for in-possession team-mates to ensure that they have multiple passing options.
- Be patient when in possession and look to create space.
- Use gestures and body orientation to visually communicate with team-mates.
- Perform feints to force the opposition into mistakes and to create space to receive.
- Play at a high tempo with lots of movement and off-the-ball support.
- Circulate the ball quickly to disrupt the opposition's defensive set-up and seek to capitalise on this