

## Futsal- Possession in the —●— final third: Parallel movements



### Organisation

- Use the full court.
- Divide the court into three zones, with the two end zones both measuring 10m in length.
- Organise the players into three teams of 4, placing one team in each of the three zones.
- Position a goalkeeper in each goal.

### Explanation

- The exercise begins with the team in the central zone in possession.
- The two teams in the end zones are only allowed to defend inside their zones.
- If an attack breaks down or the ball is turned over, the defending team transition into attack and attack the goal at the opposite end of the court.
- If the attacking team score, they retain possession and attack the goal at the opposite end of the court.

### Coaching points

- If the ball carrier is not under pressure, their team-mates should provide longer passing options to stretch the opposition and open up the pitch.
- Adopt the correct body orientation and keep your eye on the ball at all times.
- Constantly create passing lanes to give ball-carrying team-mates multiple passing options.
- Focus on ball retention to test the defending team's concentration levels.
- Off-the-ball movement is incredibly important and helps to displace and disorganise the defence.
- Consider whether shooting is a better option than retaining and recycling the ball. Patience may be required to wait until better shooting opportunities present themselves.
- Recognise opportunities to shoot or play key passes.
- Play firm and quick passes to create gaps in the defensive line.
- Unlock the defensive block by switching play quickly, rotating positions and drawing the opposition out of position.
- Do not surrender possession easily. Take care of the ball, and only take risks when the chance of scoring is higher than conceding