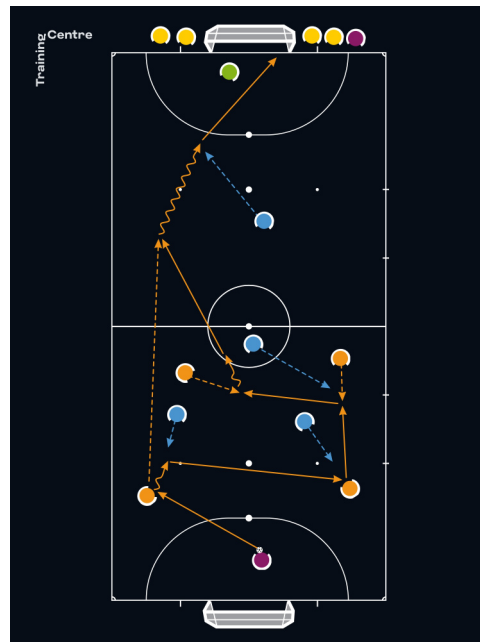


Futsal- Press with a numerical disadvantage



Organisation

- Use a full court.
- Divide the group into three teams of 5 (4 outfield players and a goalkeeper).
- Set two of the teams up on the court in an attack v. defence scenario.
- Set the attacking team up in a 4-0 formation.
- One of the defending-team players must remain inside their own half at all times.

Explanation

- The exercise starts with the attacking team's goalkeeper in possession.
- The attacking team aim to score by using their numerical advantage to progress play.
- The defending team try to prevent the attacking team from creating overloads.
- The attacking team can only dribble – and not pass – the ball past the halfway line.
- If the ball goes out of play, the out-of-possession team leave the pitch and the third team enter play.
- If a goal is scored, the team that scored leave the pitch and the third team enter play.

Variations

- Variation 1: the central defender who initiates the move must make a run up the court once they have passed the ball.
- Variation 2: the last defender begins the move on the edge of the centre circle in their own half and once the opposition complete two passes, they are free to press in any area of the pitch.

Coaching points

- Increase the intensity of the press when there is a good chance to regain possession.
- Identify in which areas of the pitch and when to adopt a player-to-player marking system.
- When engaging with the ball carrier, retain body balance and stop at the right distance from the opponent.
- Stress that players increase the intensity of the press at key moments.
- When defending close to their own goal, the defending team should seek to reduce the risk of making mistakes when apply the press.