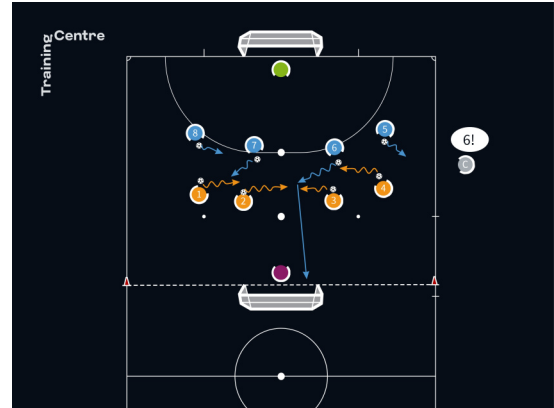
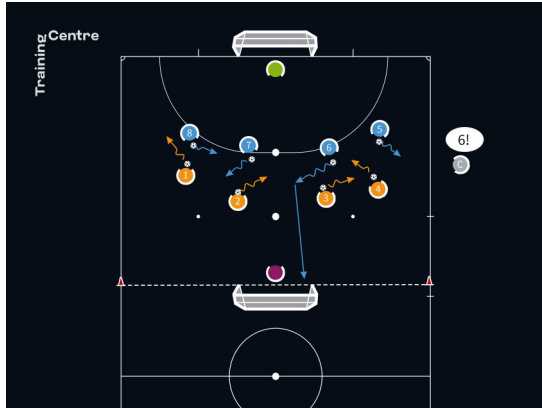


Futsal — Progressive shooting



Variation 1

Organisation

- Mark out an 18x20m playing area inside one half of the court.
- Split the group into two teams of 5, including goalkeepers.
- Give each player a ball.
- Each player is assigned a number from one to eight.

Explanation

- The coach calls out a number at random and that player must immediately shoot on goal.

Variations

- Variation 1: when a player is taking a shot, opposition players can try to disrupt them, without losing control of their own ball.
- Variation 2: play a 5v5 game with one ball. The goalkeepers are allowed to be in possession of the ball for more than four seconds.
- Variation 3: the goalkeeper and the off-court pivot take it in turns to take the restarts, based on the coach's instructions.
- Variation 4: the pivot takes the restarts.
- Variation 5: when a goal is scored, play is restarted by the team that scored.

Coaching points

- Vary the part of the foot used to take shots, e.g. outside of foot, toe end, instep, etc.
- Players can offer their team-mates different options to help them to get into positions to finish on goal.
- A player can indicate where they wish to receive the ball by adopting an open body orientation, which serves to make passing sequences more successful.



Variation 2



Variation 4