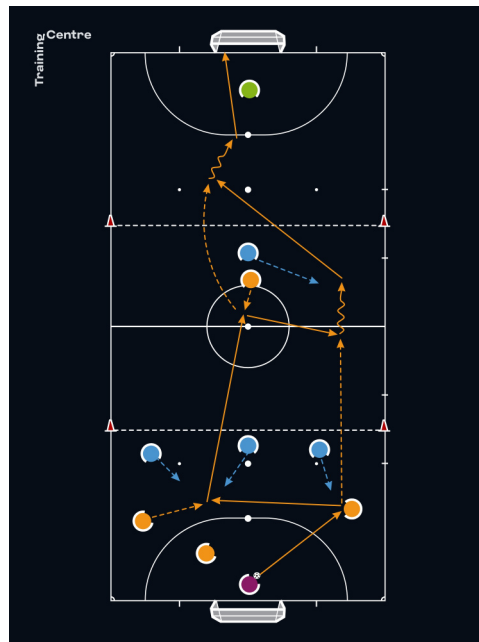


Futsal- Using the pivot to overcome the press



Organisation

- Divide the court into thirds.
- Set up a 3v3 (plus a goalkeeper) in zone 1.
- Set up a 1v1 in zone 2.
- Place a goalkeeper in the goal in zone 3.

Explanation

- The objective for each team is to score in the opposition goal by progressing play through the zones using the support of the pivot.
- Play starts with the attacking team's goalkeeper, who can either play out short to one of their 3 team-mates in zone 1 or directly into the pivot in zone 2.
- The 3 attacking-team players in zone 1 try to play the ball into the pivot to progress play into the next zone.
- In zone 2, the pivot can only link play and has to combine with their team-mates in zone 2 before progressing play into zone 3.
- Once the ball reaches zone 3, any player can score.
- If a team lose possession, the opposition then attack towards the opposite goal.

Coaching points

- Adopting good body orientation provides players with the widest possible field of vision, which allows them to play the ball into any area of the court.
- Constantly create passing lanes to progress play into the next zone.
- Perform feints to pull opposition players out of position and create space to receive.
- Focus on ball retention and the quality of the first touch.
- Shift defenders around the court through constant on- and off-the-ball movement.
- Support the pivot by recognising when and where to move to receive a lay-off.
- Passes need to be firm and accurate.
- The pivot should focus on shielding the ball and playing with their back to goal.