

The game of Futsal started in Uruguay in 1930 and follows some very simple rules. Its 5 a side, with ball is slightly smaller and heavier than a tradition soccer ball, the goals are hockey goals and the dimensions of the pitch are very small. To create a constant style of play, there are only “kick ins” rather than throw ins which must be taken within 4 seconds to limit breaks in

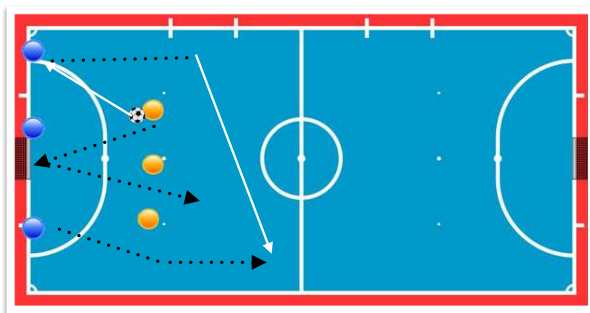


play. Slide tackling is forbidden and there is a larger emphasis on reading the game and intercepting play because of this. Since the field dimensions are small there is a bigger emphasis on individual technical ability, forcing players to engage in 1v1 situations and perhaps look for a creative pass they wouldn't usually play in any average game of Soccer. It's a game that constantly has the players involved and touching the ball. The sport is commonly seen as an additional training tool for youth soccer players to aid in their development of close control and game intelligence.

One of the main priorities in Futsal is to expose and motivate players in an environment that is conducive to learning, with the coach assuming the role of facilitator, allowing the game to be the teacher by exposing players to a fast paced, fast thinking game with many different game scenarios played out and repeated in a very short space of time. Since the number of players per team is low and the amount of time the ball spends out of play is limited, it allows each player on the field the opportunity to gain more touches on the ball in full pressure situations. This allows players to develop their skills through in a shorter span of time.

The game encourages players to regain possession and use it wisely; often the goalkeeper has as much of a duty to help recycle possession for their team as they do to defend the goal. Due to the small field dimensions, players will often find an increase in shooting opportunities; this increases the fun factor for all players, as games are often high scoring. This is great for developing shooting technique, developing attacks and also allowing the goalkeepers to make plenty of saves too.

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20 Futsal Training Sessions



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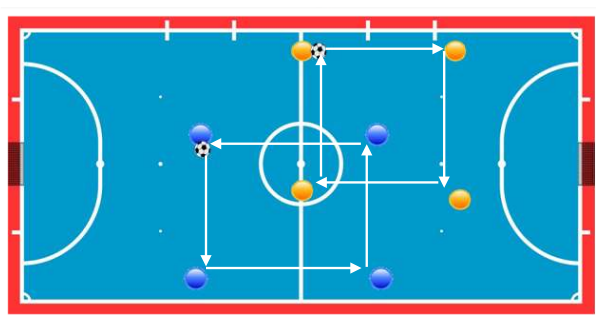
3v2 Quick Counter

3v3 defender passes to attacker and must touch a goalpost before joining in defending.

Attacking team tries to exploit the 3v2 situation before the defender recovers.

Focus:

- Direct attacking
- Taking advantage of spare man
- Making good off the ball runs
- Using space
- Moving the ball quickly
- Committing defenders



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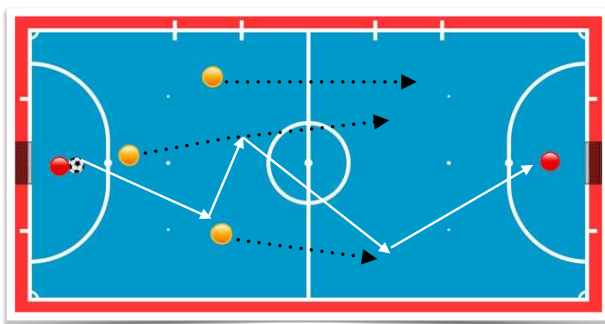
Overlapping Passing Squares

Two teams of 4 players stand in overlapping squares. Pass one ball per team counter clockwise avoiding collisions between balls.

Focus:

- Good first touch with inside/outside/sole
- Accurate passing
- Awareness
- Timing of passes





Attacking Team Transitions

Pass from one target player to the other by making passes amongst your team mates. All players must be in the half of the receiving target player before the pass can be made

Focus:

- Support angles
- Passing and receiving
- Moving as a unit
- Being a passing option to your team mate

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Quick Passing and Receiving

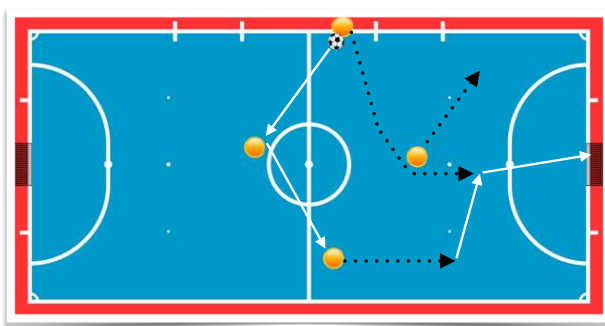
2 soccer balls per 4 players, players take it in turns to pass to the player in the middle then move to the free corner, player in the middle passes to the free player then gets ready to receive the next pass.

Focus:

- First touch, directional control
- Weight of pass
- Awareness of surroundings
- Movement off the ball

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Attacking Pivots

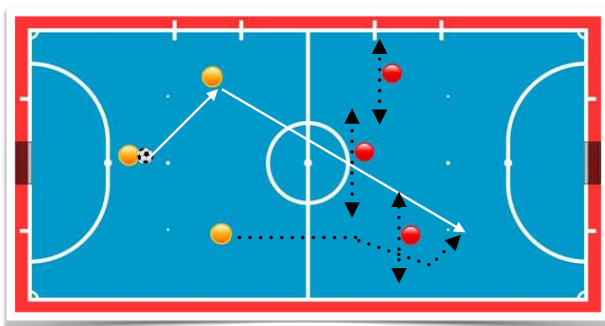
play starts with a ball in from the outside to the furthest player back in the center, that player passes out to the opposite side. The player who passed the ball in initially makes a run in centrally towards the attackers space. The attacker moves out wide to balance the field and draw a marking player out of position to give the player running centrally some space to move into.

Focus:

- Passing accuracy
- Movement off movement- adjust your position to benefit your team
- Exploiting space when available
- Taking opportunities quickly

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Working an Opportunity

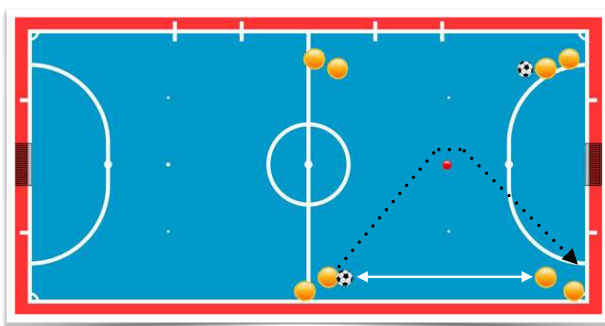
3v3 attack vs defense, defenders cannot leave their own half. Attackers attempt to break the defending team down.

Focus:

- Patience
- Creativity
- Movement off the ball
- Attacking space
- Taking chances
- Rebuilding attacks

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Passing and Conditioning

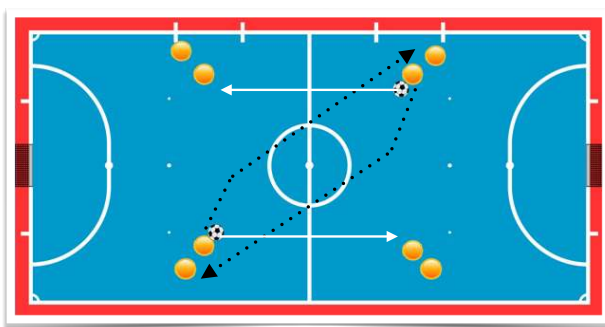
Players pass to the player opposite them and run around the cone in the middle joining the back of the line that they passed to. The pattern repeats from the other side.

Focus:

- First touch techniques
- Passing and control
- Quick movement and awareness

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Passing and off the ball Runs

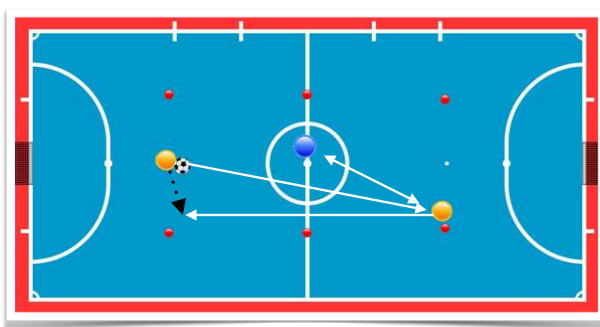
Players in opposite corners start with a ball and pass counter clockwise, after they have passed the ball they make a diagonal run to the other corner.

Focus:

- Good first touch
- Accuracy of passes
- Movement and field awareness
- Focus

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Passing and Supporting Lines

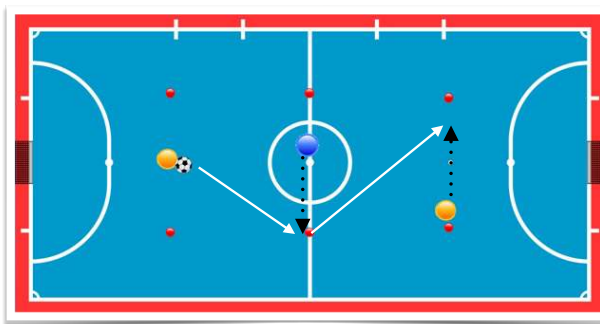
Player on the end makes a long pass into the opposite yellow. Blue midfielder adjusts their position to support the receiver and makes a quick one two with them before the ball is played long to the other side. Midfielder moves accordingly.

Focus:

- Support lines and passing angles
- First touch and passing accuracy
- Movement off and on the ball
- Field awareness and game intelligence

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Movement off Movement

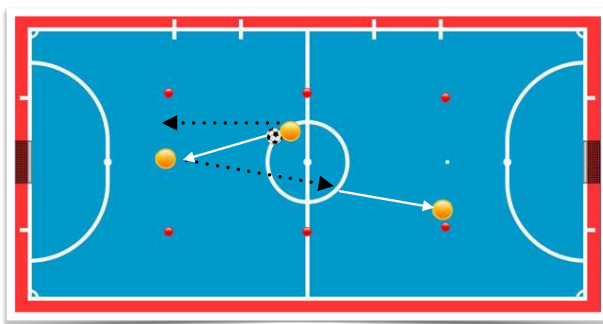
Player on the end passes to space for the middle player to collect, player on the other end must adjust their own position to give the receiving player a good passing angle to play the ball to them.

Focus:

- Concentration, awareness
- Passing angles, body position when receiving the ball
- Range and accuracy of passing
- Communication

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Rotations Angles and Filling Spaces

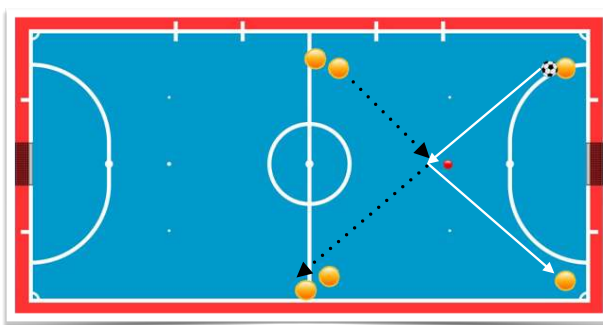
Midfielder starts with the ball and passes to a player on the end, player receiving then dribbles the ball up past the middle before passing to the other end, each time a pass is made the passing player moves to fill the space vacated by the receiving player.

Focus:

- First touch, close control
- Dribbling techniques
- Passing accuracy and communication
- Field awareness
- Keeping your head up when dribbling

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Control and Pass Off

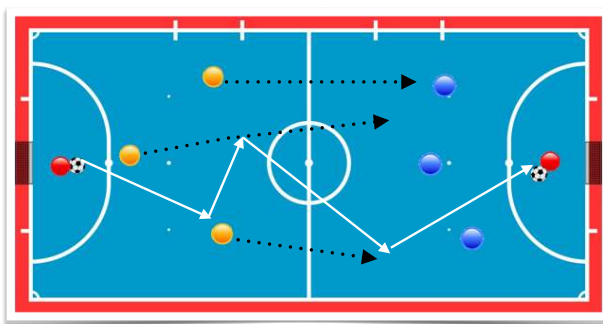
Player in one line of two moves towards the central cone and receives a pass from the player with the ball and makes a pass off to the other cone with one player occupying it. They then move to the back of the other line of two, pattern repeats from the other side.

Focus:

- Body shape when receiving the ball
- First touch, directional control
- Accuracy of pass
- Communication between passer and receiver

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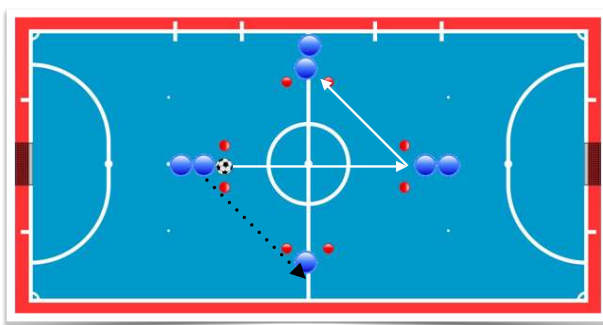
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Attacking Team Transitions

Pass from one target player to the other by making passes amongst your team mates. All players must be in the half of the receiving target player before the pass can be made. Blue and yellow teams play through each other being careful not to interfere or obstruct themselves.

Focus:

- Support angles
- Passing and receiving, field awareness and space
- Moving as a unit
- Being a passing option to your team mate



Notes:

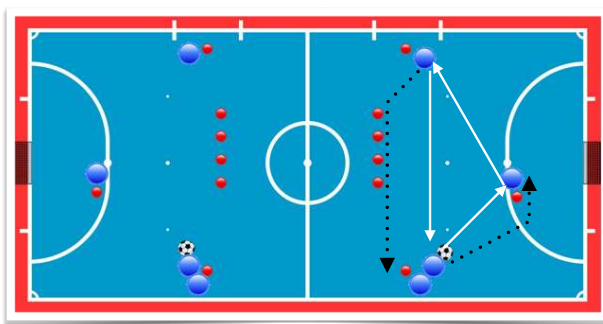
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Awareness and Decision Making

4 gates with two players at each, one gate with only one player. Pass the ball to a player at either line of two and move to the back of a line with only one player

Focus:

- First touch, control techniques
- Accuracy and technique of pass
- Communication
- Movement and awareness, be aware of the changing field



Quick passing and Footwork

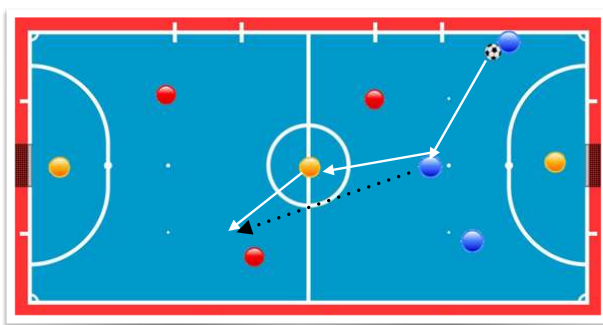
Players pass and follow their pass to each cone, the player making the long pass down the line back to the start performs a fast footwork/agility technique through the cones before joining the start line.

Focus:

- Pass accuracy and weight
- Control technique
- Movement off the ball
- Technique over speed through the cones

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Possession with a Purpose

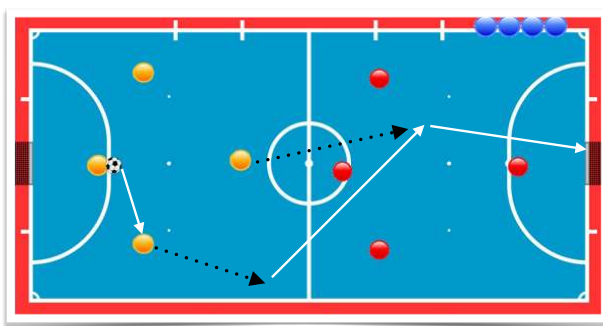
3 v 3 with three target players, the team in possession must try to move the ball down the field to the opposite target player but must link with the yellow target player in the center circle during the move for the point to count. If the other team win the ball they must pass to a target player in either goalmouth to start possession again. Neither team can touch a yellow target player when they are in possession.

Focus:

- Teamwork and communication
- Quick regrouping and organization
- Passing accuracy
- Movement and support
- Ball control, game awareness

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Rolling Changes

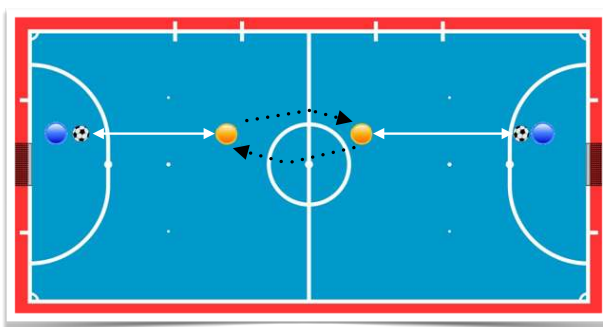
3 v 3 game, winner stays on. 1 goal to win. If the game is tied after 2 minutes the team on for the longest time comes off.

Focus:

- Teamwork and communication
- Quick regrouping and organization
- Passing accuracy
- Movement and support
- Ball control, game awareness

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Quick 1-2's

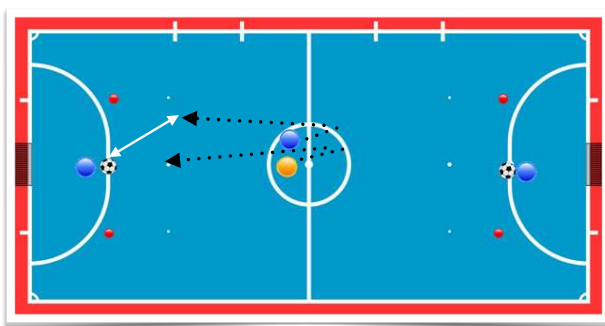
Players on the outside pass to the player facing them in the middle, the middle player returns the pass and turns to receive a pass from the player behind them.

Focus:

- First touch, control techniques
- Accuracy and technique of pass
- Communication
- Movement and awareness

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Creating Space-First Touch

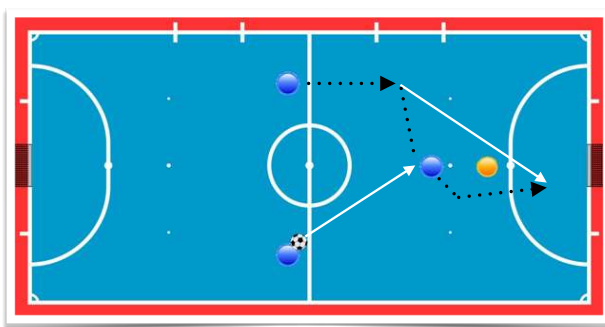
Player in the middle moves quickly to create space and lose the marking defender. Once they have created space they make a one two pass with either player on the outside. Rotate player roles after each minute.

Focus:

- Quick movement, changes of speed
- Control technique
- Shielding the ball
- Quality of pass

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Finishing 3 v 1

1 attacker passes into the pivot player who holds the ball up against the defender. The other supporting players join in the attack and the three attackers attempt to create an opportunity on goal.

Focus:

- Shielding the soccer ball
- Movement off the ball
- Quick passes
- Taking chances on goal when the develop

Notes:

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