

LEARN ABOUT FUTSAL



WHAT IS FUTSAL?



PLAYED ON
hard indoor or outdoor surface
without boards

5-on-5
small sided soccer

USES
special smaller
low-bounce ball

WHO IS FUTSAL FOR?

ALL ages, skill levels,
experience levels,
or locations!

Increased skill development

Improve your reaction time

Increased ball touches

Faster pace of play

FUN!

WHY PLAY FUTSAL?

High scoring

High excitement

Cost effective

WHEN & WHERE?

Played year round, mainly during the
SUMMER & WINTER

The 12 Basic Futsal Rules of Play

1. Teams are made up of four (4) outfield players and one (1) goalkeeper.
2. Kickoff can go in any direction.
3. A goal cannot be scored from a kick-in unless it touches another player.
4. The goalkeeper can throw the ball over halfway line on the full.
5. Goalkeeper throws the ball in (instead of a goal kick) unless he/she saves it, then it can be drop kicked, punted, thrown, or dribbled.
6. Goalkeeper has 4 seconds time limit to control the ball in general play unless he is in the opposition's half of the court.
7. Goal keepers are not allowed to pick up a back pass from any of their team players
8. Once the goalkeeper has released the ball from his possession, he cannot receive it back unless it has been over the halfway line or touched by an opposing player. This is called two touch – indirect free-kick against.
9. 4-second time limit on kick-ins and free kicks starting when player is in position to play ball in.
10. Should the ball hit the ceiling, the opposing team restarts play with a kick-in.
11. When the goalkeeper restarts the game with a throw in the ball must go outside the "D" before any other player touches it.
12. Any contact made from behind the player dribbling the ball, whether it is by hand or foot, is deemed a foul.

Simplified Futsal Rules



This is an overview of the Futsal. Some State, Regional and National Tournaments may have modified rules for their events. For rules specific to an event, please refer to the website of that event

General Rules

Teams may call one one-minute timeout per half (when in possession of ball, ball out of play).

There is no overtime, injury time or stoppage time.

Teams are comprised of four outfield players and one goalkeeper.

The goalkeeper must wear a different color jersey than the outfield players.

There is no offsides in futsal.

Substitutions

All substitutions are on the fly, this includes goalkeeping substitutions. Referees will not stop play for goalkeeping substitutions. A substitute may not enter the pitch until the player leaving the pitch leaves through the substitution zone in front of his teams' bench. Any substitute who enters the pitch before the player being replaced has completely left the field of play may be shown a yellow card. All substitutions must take place through the substitution zone in front of his teams' bench -- *not* at the half-way line.

Both teams will switch benches (and ends) at the beginning of halftime, ensuring that all substitutions take place in the defensive half.

Restarts

Kickoffs: A goal may not be scored directly from a kick-off. The ball must be played forward first. Tapped balls are not in play – the ball must move forward.

Kick-ins: are indirect. The ball must be placed on or no more than 10 inches behind the line and the kick must be taken within 4 seconds. The kicker's non-kicking foot must be out of bounds or on the line. (A kick-in that goes directly in the opposing goal is a goal clearance for the opposing team. A

Kick-in that goes directly in the defensive goal is a corner kick of the opposing team.) If the kick-in does not enter the pitch or if the kick is not taken within 4 seconds the kick-in is taken by the opposing team.

Goal Clearances: are taken when the ball wholly crosses the goal line and not under the crossbar and between the goalposts and after being touched last by the attacking team. The goalkeeper must use his hands to roll, bounce or throw the ball from anywhere inside the penalty area to outside the penalty area.

Corner Kicks: are direct. The ball must be placed directly on the corner arc and the kick must be taken within 4 seconds. If the kick is not taken within 4 seconds the restart becomes a goal clearance for the opposing team.

Free Kicks: may be indirect or direct. The ball must be stationary before the kick may be taken.

Penalty Kicks: are taken from the penalty spot and must be taken by a clearly identified kicker. Defenders may not be nearer to the ball than 16 feet and even or behind the ball when the kick is taken.

Fouls and Misconduct

Indirect Free Kicks: When a player plays in a dangerous manner, impedes an opponent, prevents the goalkeeper from releasing the ball with her hands, goalkeeper takes more than 4 seconds to release the ball when in possession in his own half, plays the ball again within his own half after releasing the ball and the ball doesn't touch an opponent or has gone out of play, or commits any offense for which play is stopped to caution or eject a player.

Direct Free Kicks: When a player kicks an opponent, tackles an opponent, trips an opponent, jumps at an opponent, charges an opponent, strikes an opponent, pushes an opponent, holds an opponent, spits at an opponent or handles the ball deliberately.

Yellow Card / Caution: The offending player is shown a yellow card. If a player is shown two yellow cards in a match, he is shown a red card.

Red Card / send-off: The offending team plays with one less player for two full game minutes or unless scored upon before the two-minute penalty expires. The offending player serves a minimum one-match suspension.

Accumulated Fouls: All direct free kick fouls are recorded on the scoresheet and on the scoreboard. If one team accumulates 6 or more direct free kick fouls in one half, the opposing team will take a direct free kick without a wall. If the foul occurs farther from the attacking goal than the second penalty spot, the Direct Free Kick Without a Wall is taken from the second penalty spot. If the foul occurs nearer to the attacking goal than the second penalty spot (but outside the penalty area, of course), the attacking team may choose whether to take the Direct Free Kick Without a Wall from the second penalty spot or from the spot of the foul. All Direct Free Kicks Without a Wall must be kicked with the intention of scoring a goal by a clearly identified kicker. The defending team may not make a wall and may not be nearer to the ball than 16 feet and even or behind the ball when the kick is taken. The goalkeeper may be off the goal-line but may not be nearer than 16 feet from the ball. Accumulated fouls are reset to zero at the beginning of the second half and carry over into extra-time if being played.

Second Penalty Spot: 30 feet from goal-line and the center of the goal

Penalty Spot: 20 feet from goal-line and the center of the goal and placed at the top of the penalty area line.

Advantage: Advantage is applied in Futsal. Direct free kick foul will count as accumulated fouls if advantage is applied even if play is not stopped by the referees. If the referee gestures with both arms, the foul was a direct free kick foul and will be counted accordingly. If the gesture is with one arm, the free kick would have been indirect and will not count as an accumulated foul.

The Goalkeeper

- Must wear a different color shirt.
- He may wear long pants and/or other padding as deemed safe by the match referee.
- May receive a kick-in directly.
- May kick the ball directly over the half-way line.
- May score directly with his feet during the run of play.
- May not possess the ball for more than four seconds in his own half.
- May throw the ball directly across the half-way line.
- May not score a goal by using the hands (cannot throw or hit the ball directly into the goal)
- Cannot touch the ball again in any way within his own half after releasing the ball into play unless an opponent has touched it or it has gone out of play.

U.S. FUTSAL



US Futsal Training Session

Grassroots Session

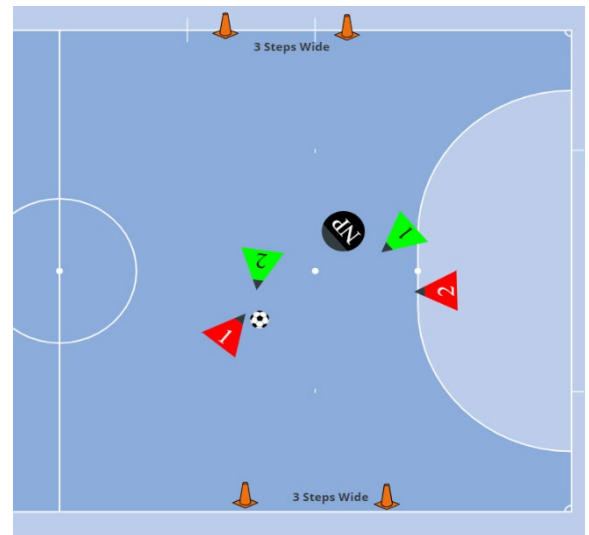
U.S. FUTSAL

| | |
|--------------------|--------------------------------------|
| Training Objective | Attacking – Creating Scoring Chances |
| Function | Attacking |
| Name of Game | 2v2 Plus a Joker; 3v2 |

First Play Segment {Greet players as they arrive and simply have them “free” play}

First Training Activity

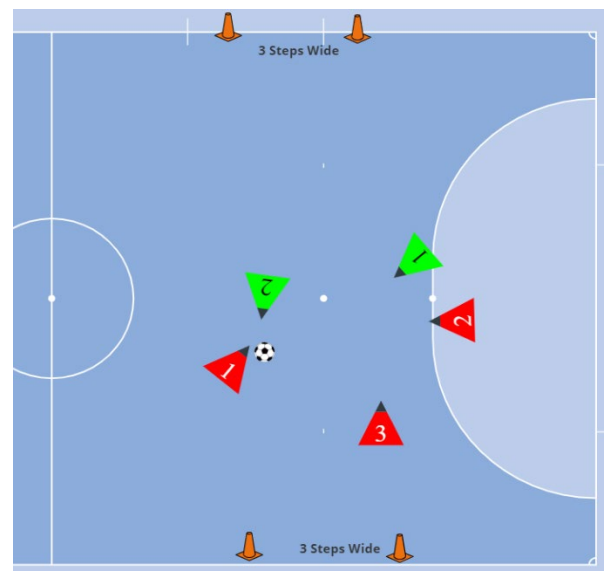
| | |
|----------------|--|
| Moment | Attacking |
| Objective | Work on dribbling/passing technique; movement off the ball; create scoring chances. |
| Player Actions | Pass or dribble forward; spread out; create passing options; change point of attack |
| Key Qualities | Decision making; clean 1 st touch; quality in passing accuracy; create 1v1 or 2v1's |
| Organization | Pairs with one ball attempt to pass through a coned goal, with the Joker (neutral player) playing as an all-time attacker. |
| Key Words | Head Up; follow through on shot; move after pass; take players on |



Second Play Segment {Look for moments when player actions are correct based on the first training activity}

Second Training Activity

| | |
|----------------|---|
| Moment | Attacking when we have the ball |
| Objective | Work on penetration; create scoring chances; as well as movement off the ball. |
| Player Actions | Pass or dribble forward; spread out; create passing options; change point of attack |
| Key Qualities | Decision making; clean 1 st touch; create 1v1 or 2v1's; read the game |
| Organization | 3v2 in small groups; attempt to pass through a coned goal; 1 point for each goal. |
| Key Words | Head Up; follow through on shot; move after pass; take players on |



Final Play Segment {Look for moments when player actions are correct based on both training activities}



US Futsal Training Session

Grassroots Session

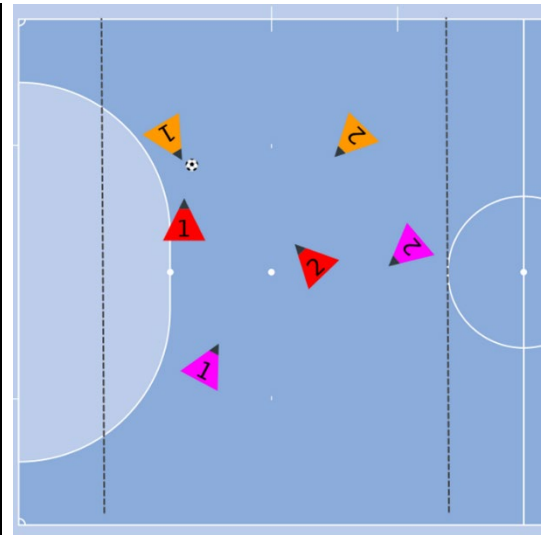
U.S. FUTSAL

| | |
|--------------------|----------------------------------|
| Training Objective | Attacking – Possess to Penetrate |
| Function | Attacking |
| Name of Game | 2v2+2 7-Up; 3v3 to Endzones |

First Play Segment {Greet players as they arrive and simply have them “free” play}

First Training Activity

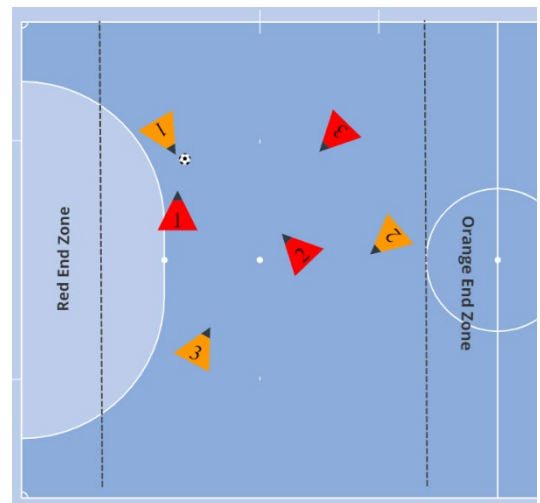
| | |
|----------------|---|
| Moment | Attacking |
| Objective | Work on dribbling/passing technique; movement off the ball; create scoring chances. |
| Player Actions | Pass or dribble forward; spread out; create passing options; change point of attack |
| Key Qualities | Decision making; clean 1 st touch; quality in passing accuracy; create 1v1 or 2v1's |
| Organization | 2 different colored pairs possess and attempt to complete 7 uninterrupted passes for a point for both pairs. Third colored pair defends. Once possession is won, team losing possession now defends. First team to 7 points wins. |
| Key Words | Head Up; follow through on shot; move after pass; take players on |



Second Play Segment {Look for moments when player actions are correct based on the first training activity}

Second Training Activity

| | |
|----------------|--|
| Moment | Attacking when we have the ball |
| Objective | Work on penetration; create scoring chances; as well as movement off the ball. |
| Player Actions | Pass or dribble forward; spread out; create passing options; change point of attack |
| Key Qualities | Decision making; clean 1 st touch; create 1v1 or 2v1's; read the game |
| Organization | 3v3 in half court with endzones. Teams attempt to pass to a teammate in their endzone or dribble into it. 1 point for each successful attempt. |
| Key Words | Head Up; follow through on shot; move after pass; take players on |



Final Play Segment {Look for moments when player actions are correct based on both training activities}



US Futsal Training Session

Grassroots Session

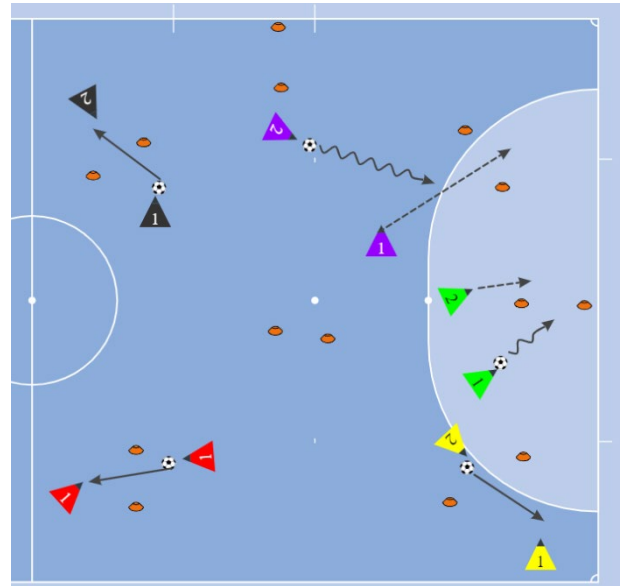
U.S. FUTSAL

| | |
|--------------------|---|
| Training Objective | Attacking – Passing & Control |
| Function | Attacking – control when we have the ball |
| Name of Game | Gate Goal Game |

First Play Segment {Greet players as they arrive and simply have them “free” play}

First Training Activity

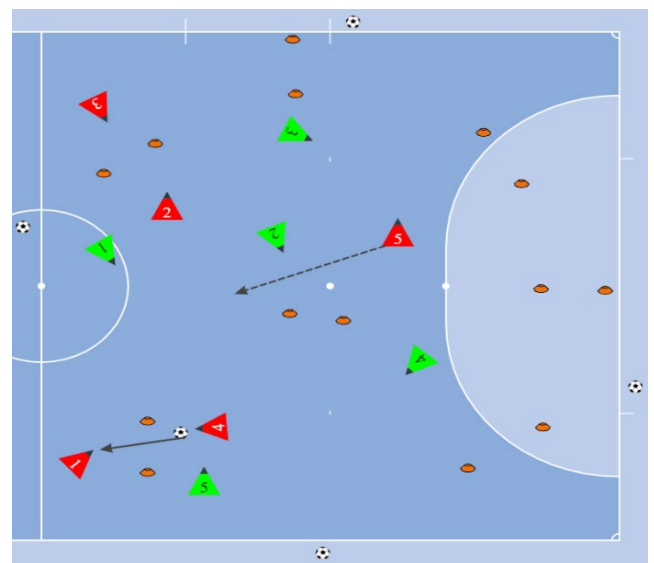
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|----------------|---|
| Moment | Attacking |
| Objective | Work on passing and control technique, as well as movement off the ball. |
| Player Actions | Pass or dribble forward; spread out; create passing options; change point of attack |
| Key Qualities | Decision making; clean 1 st touch; quality in passing accuracy. |
| Organization | Pairs with one ball attempt to pass through a coned gate and then attack a new gate. Keep score – 1 point for each gate goal. |
| Key Words | Head Up; follow through; move after pass |



Second Play Segment {Look for moments when player actions are correct based on the first training activity}

Second Training Activity

| | |
|----------------|--|
| Moment | Attacking when we have the ball |
| Objective | Work on passing and control technique, as well as movement off the ball. |
| Player Actions | Pass or dribble forward; spread out; create passing options; change point of attack |
| Key Qualities | Decision making; clean 1 st touch; quality in passing accuracy; read the game |
| Organization | 2 small groups with one ball attempt to pass through a coned gate and then attack a new gate. Keep score – 1 point for each gate goal. |
| Key Words | Head Up; follow through; move after pass |



Final Play Segment {Look for moments when player actions are correct based on both training activities}



U.S. FUTSAL

US Futsal Training Session

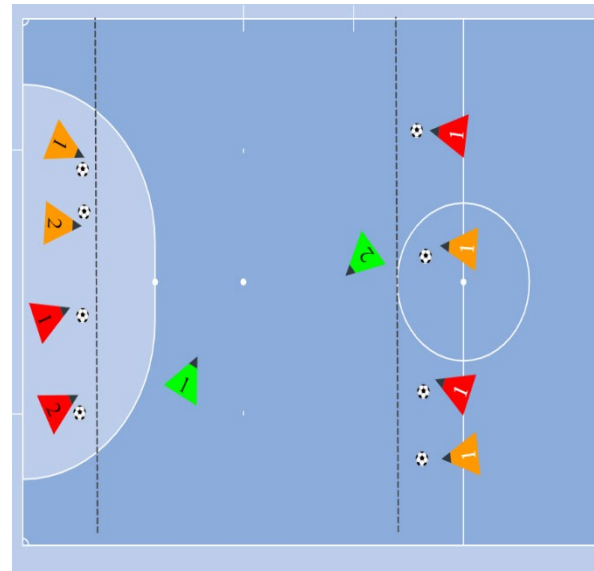
Grassroots Session

| | |
|---------------------------|----------------------------------|
| Training Objective | Attacking – Possess to Penetrate |
| Function | Attacking |
| Name of Game | Hot Box |

First Play Segment {Greet players as they arrive and simply have them “free” play}

First Training Activity

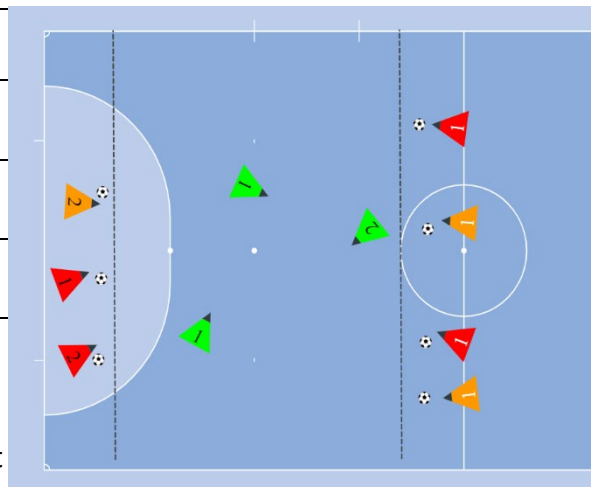
| | |
|-----------------------|---|
| Moment | Attacking |
| Objective | Work on dribbling/passing technique; movement off the ball; create scoring chances. |
| Player Actions | Dribble forward; spread out; create passing options; change point of attack |
| Key Qualities | Decision making; clean 1 st touch; quality in passing accuracy; create 1v1 or 2v1's |
| Organization | 2 different colored groups of players, each individually with a ball. Attempt to dribble through the neutral zone and get to other side without being tagged. Middle players are defending (green). 1 point for each success. Total up team scores. |
| Key Words | Head Up; follow through on shot; move after pass; take players on |



Second Play Segment {Look for moments when player actions are correct based on the first training activity}

Second Training Activity

| | |
|-----------------------|---|
| Moment | Attacking when we have the ball |
| Objective | Work on penetration; create scoring chances; as well as movement off the ball. |
| Player Actions | Dribble forward; spread out; create passing options; change point of attack |
| Key Qualities | Decision making; clean 1 st touch; create 1v1 or 2v1's; read the game |
| Organization | 2 different colored groups of players, each individually with a ball. Attempt to dribble through the neutral zone and get to other side without being tagged. Middle players are defending (green). 1 point for each success. Total up team scores. |
| Key Words | Head Up; follow through on shot; move after pass; take players on |



Final Play Segment {Look for moments when player actions are correct based on both training activities}



US Futsal Training Session

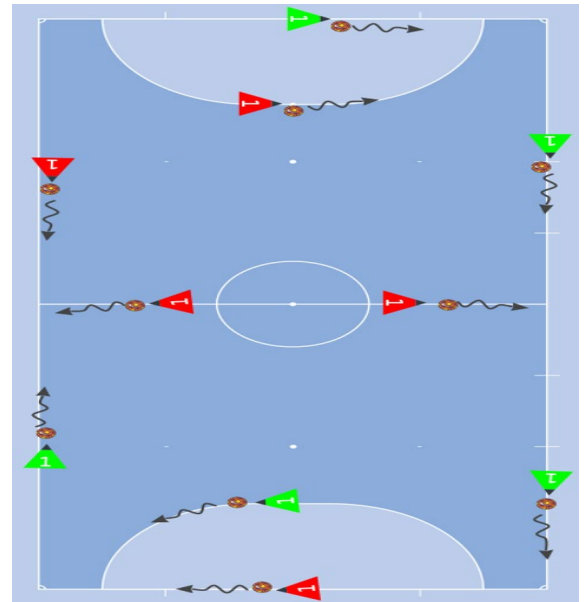
Grassroots Session

| | |
|---------------------------|---------------------------------|
| Training Objective | Moving with the ball |
| Function | Attacking when we have the ball |

First Play Segment: {Great Players as they arrive and simply have them get involved in “free” play}

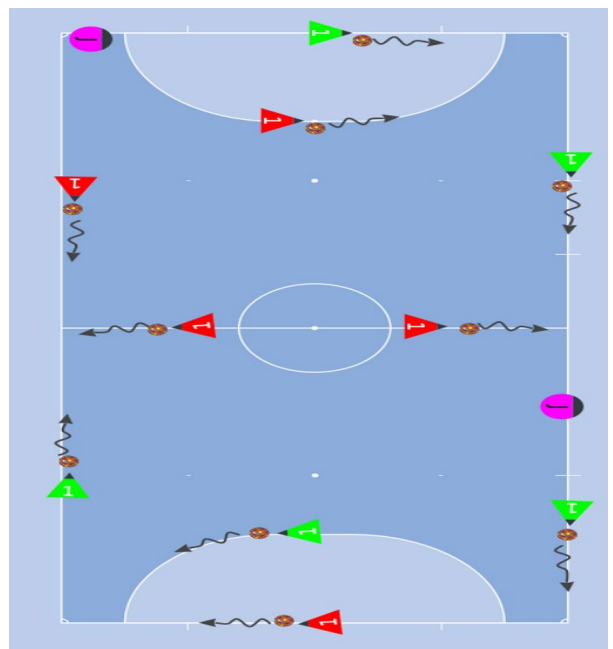
First Training Activity

| | |
|----------------------|---|
| Moment | Attacking |
| Objective | Move the ball forward Create Chances |
| Key Qualities | Take initiative Excute with optimal technical ability |
| Organization | 1 ball per player. Dribble on lines around court. Perform a skill move to get by another player and back on line. |
| Key Words | Head up; keep it close |



Second Play Segment: {Look for moments when player actions are the desired behavior based on first activity}

| | |
|-----------------------|---|
| Moment | Attacking |
| Objective | Move the ball forward Create Chances |
| Player Actions | Dribble or pass forward create 1v1 or 2v1 |
| Key Qualities | Read the game Excute with optimal technical ability |
| Organization | 1 ball per player; 2 jokers without ball. Jokers try to win a ball by tagging a player with a ball. If tagged, that player becomes the Joker |
| Key Words | Head up; keep it close |



Final Play Segment: {Look for moments of desired behavior based on both training activities}



US Futsal Training Session

Grassroots Session

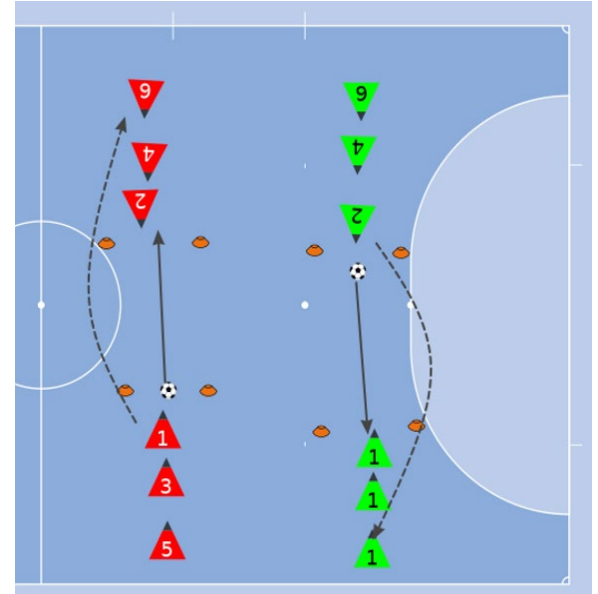
U.S. FUTSAL

| | |
|---------------------------|---|
| Training Objective | Attacking – Passing & Control |
| Function | Attacking – control when we have the ball |

First Play Segment {Greet players as they arrive and simply have them “free” play}

First Training Activity

| | |
|----------------|--|
| Moment | <i>We have the ball</i> |
| Objective | <i>Move the ball forward Create chances</i> |
| Player Actions | <i>Pass or dribble</i> |
| Key Qualities | <i>Read and understand the game and make decisions Execute with optimal technical abilities Take responsibility and accountability</i> |
| Organization | 2 small groups facing one another. Simple pass across; follow pass and join opposite line. Tight control 1 st touch |
| Key Words | Head Up; follow through; move after pass |



Second Play Segment {Look for moments when player actions are correct based on the first training activity}

Second Training Activity

| | |
|----------------|---|
| Moment | <i>We have the ball</i> |
| Objective | <i>Move the ball forward Create chances</i> |
| Player Actions | <i>Pass or dribble</i> |
| Key Qualities | <i>Read and understand the game and make decisions Execute with optimal technical abilities Take responsibility and accountability</i> |
| Organization | 2 small groups facing one another. Simple pass to teammate at an angle; follow pass and join opposite line. Tight control 1 st touch |
| Key Words | Head Up; follow through; move after pass |



Final Play Segment {Look for moments when player actions are correct based on both training activities}



National Soccer Coaches
Association of America

COACHING FUTSAL: NSCAA LEVEL 1 FUTSAL DIPLOMA

Excerpts from the NSCAA Level 1 Futsal Diploma Manual

STAGE 5: 15-18 YEAR OLD PLAYERS



[CLICK HERE TO ORDER THE FULL
Coaching Futsal: NSCAA Level 1
Futsal Diploma manual](#)

STAGE 5 // SHOOTING SEQUENCE WITH OVERLAP

Why use it?

A relatively simple passing and shooting routine providing a coach with an opportunity to work on the detail of ball and player movements. The pass exchange between players must be quick, concise and occur in a tight space. Shot selection based on the angle to the goal is another teaching opportunity.

Set up

The activity is played on half a futsal court with a goal. A mannequin/pole is placed 3-4 yards inside each sideline and 4 players line up on each side. The coach stands near the goal with a couple of defenders waiting to enter the activity.

How to play

At first play the activity without defenders to establish the correct ball and player movement patterns. The first player with a ball performs a fake around the manikin and passes across the court to a teammate cutting towards goal. The player receives with the sole of the foot and passes the ball outside to the original passer who makes an overlapping run. In close proximity to the exchange of passes, the attacker shoots across face of the goal towards the far corner. The receiver must sprint immediately towards the far post to score the cross-shot or rebound off the post. Players switch lines. The coach should add a defender entering from the end line after a couple of rotations.

Coaching notes

Coaching Objectives: Work with the players on the interchange of passes. Timing of the release to the overlapping player is critical. Too early and the ball will be intercepted and too late the overlapping player will lose the angle for a shot.

Coaching Tip: Young players in particular find movement after a pass to be challenging, preferring to watch for a second or two. Players will learn that making a run after the passing exchange will lead to goal scoring opportunities.

How to modify

Less Challenging: Play without the defenders and shorten the distance between the mannequins.

More Challenging: Add a defender and a goalkeeper.



1. The red player performs a take-on move to go around the mannequin and passes across the field.

2. A blue player on the opposite side of the field performs a bump/fake and cuts towards the goal. The pass is made to the feet of the blue player, who controls using the sole of the foot.



3. The yellow player uses a body swerve to fake movement inside and lays a well-timed pass outside to an overlapping red player.

4. The exchange of passes is exquisite and the red player shoots instantly across the face of the goal towards the far post. The yellow player sprints to tap in the cross or finish a rebound.



5. As the red and yellow players join the opposite line, the next group begins.

6. On this occasion the coach has added a defender joining from the end line. This additional player adds more realism to the game and also adds increased challenge for the attackers.

Stages of development covered by activity

Stages 3, 4 & 5: 9-18 year old players

Development themes and competencies

Top 3 themes: Combination play, movement off the ball and shooting.

Top 3 competencies: Passing over short and medium distances, support movement and shooting technique.

STAGE 5 // ATTACKING PATTERN PLAY - INTERMEDIATE 1-3-1



1. 4 red attacking players set up in a 3-1 formation with 1 target player, 2 wide players and a center. The yellow defenders are passive to begin.

2. The coach should establish the passing and movement rhythm and move to game conditions quickly. After passing to the right the red center player runs centrally towards the goal.



3. The right flank player receives the ball and turns to face the defender. The yellow defender must be engaged (apply pressure to the attacking player).

4. As the defender approaches the center player has managed to move into a high and wide position. The yellow defender marking the center player is slow to recover. Wide player flicks the ball down the line.



5. On the other side of the field the left attacker has moved centrally to provide cover in the event of a counter attack. The target player moves away from the center player to provide room for a dribble or shot.

6. The center player elects to shoot across the keeper and the target player is well placed to finish the rebound.

Why use it?

This is a variation of the basic attacking 1-3-1 pattern with the ball transferred into a high and wide position for a shot/cross.

Set up

The area is half a futsal court with 4 attackers, 4 defenders and a goalkeeper. One ball is needed and the coach stands in a position to observe and teach players during the movement sequence. The attackers start with possession of the ball and are set up in a 1-3-1 formation (goalkeeper not shown): a center player with players to the left and right and a target player. The 4 defenders are passive and man-marking to begin.

How to play

The objective is for the attackers to rehearse an attacking pattern of play culminating in a penetrating run by the center player into a high and wide position. When the wide players receive the ball they should turn to engage the defender to disguise the final move – play becomes predictable if attackers don't seek to penetrate when they receive the pass. The wide player on the opposite flank should move up and down the wing looking to create an opportunity for a “back door pass.” The target player must stay high and to the side of the ball. When the opportunity arises to make a move, the center player must signal. The central player runs centrally, cuts to the side line to receive a flicked or lofted pass from the wide player. On receipt of the return pass, the center player shoots across the keeper to the far corner of the goal and the target player arrives to finish rebounds.

Coaching notes

Coaching Objectives: The attacking team should be patient, passing the ball back and forth mostly between central player and the two flank players as they wait for moment to make ‘the’ move.

Coaching Tips: Once players have grasped the basic movement patterns, add defenders and transition from passive to full pressure defending. It is not realistic to just pass back and forth without penetration.

How to modify

Less Challenging: Remove the defenders and make the area smaller.

More Challenging: Instruct the defenders to apply half pressure for a few minutes and then transition to full pressure before moving to a full game.

Stages of development covered by activity

Stages 3, 4 & 5: 9-18 year old players

Development themes and competencies

Top 3 themes: Combination play, attacking individually, in pairs and small groups, and movement patterns.

Top 3 competencies: Passing for possession and penetration, creating space and shooting.

STAGE 5 // ATTACKING PATTERN PLAY - DIAGONAL 1-3-1

Why use it?

Building a repertoire of movement patterns is important for a competitive futsal team. Learning different visual cues and knowing how best to respond as play develops will keep opponents unbalanced and attacking play less predictable. This is another variation of the basic attacking 1-3-1 pattern with a long diagonal pass made across the field.

Set up

The area is half a futsal court with 4 attackers, 4 defenders and a goalkeeper. One ball is needed and the coach stands in a position to observe and teach players during the movement sequence. The attackers start with possession of the ball and are set up in a 1-3-1 formation (goalkeeper not shown): a center player with players to the left and right and a target player. The 4 defenders are passive and man-marking to begin.

How to play

The objective is for the attackers to rehearse an attacking pattern of play culminating in a pass wide and a penetrating run to the opposite side of the field by the Center player. The wide player on the opposite flank to the ball should move into a defensive position to draw the opponent higher up the field. This movement sequence is critical to the success of the move. The window of opportunity for the pass will be tight, so the pass must be firm and played into the path of the attacking player running into space. The target player must stay high and to the side of the ball, creating space for the penetrating run and pass. The center player runs centrally, and then cuts to opposite side to his/her original pass. On receipt of the return pass, the center player shoots.

Coaching notes

Coaching Objectives: Work with the flank player and target to time movements to create space for the center player.

Coaching Tips: Work on slight variations to the move in case one or more parts of the sequence don't work. For example, the center player can make a more shallow run to shorten the distance of the diagonal pass and reduce the time it takes for the ball to arrive at its destination.

How to modify

Less Challenging: Remove the defenders and make the area smaller.

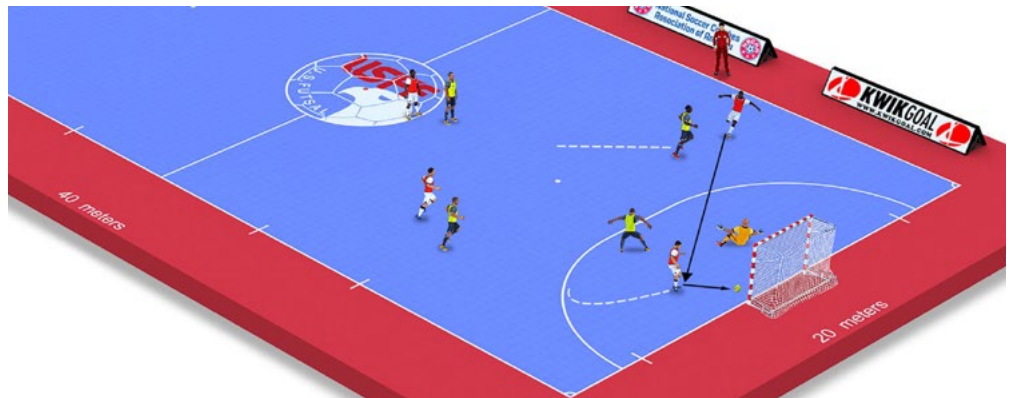
More Challenging: Defenders apply half pressure for a few minutes and then transition to full pressure.



1. 4 red attacking players set up in a 3-1 formation with 1 target player, 2 wide players and a center. The yellow defenders are passive to begin.
2. The center player passes to the right flank and sprints into the center of the field before cutting away from the ball towards the left corner.



3. As the center player cuts, he/she should start to turn and run sideways to see the ball.
4. Complementary movements by the left flank and target players create space. A firm diagonal ball across the court reaches the center player in space.



5. The center player can shoot, dribble or pass, but the first touch must be towards goal if the attack is going to lead to a quick score.
6. The center player elects to cross to the far post where the target player has managed to create space for a goal scoring opportunity.

Stages of development covered by activity

Stages 3, 4 & 5: 9-18 year old players

Development themes and competencies

Top 3 themes: Combination play, attacking individually, in pairs and small groups, and movement patterns.

Top 3 competencies: Passing for possession and penetration, creating space and shooting.

STAGE 5 // ATTACKING PATTERN PLAY - ROTATION 1-2-2



1. The red team is in a 2-2 formation with 2 deep-lying (near the halfway) and 2 players high-lying (near the goal). The deep-lying attacker on the left passes across the court and then runs centrally.

2. The red attacker bumps and cuts towards the left corner. The high-lying player on the left recognizes the pattern developing and vacates the space by sprinting to support the attacker with the ball.



3. Space in the center of the field and a disorganized defense is the cue for a penetrating diagonal pass to the attacker making the run to the left corner.

4. The attacker chips the onrushing keeper and the attacker from the opposite flank charges to the far post in case of a rebound.



5. In the final diagram the move is illustrated from the other side of the court. It is important to coach these moves from both left and right sides of the court.

6. If a diagonal pass is not available the deep lying players continue to pass back and forth and players move in the similar pattern.

Why use it?

A great activity to coach individual and team movement when the team has controlled possession of the ball. Players move to lose markers and create diagonal passing and goal scoring opportunities.

Set up

The activity is played in half a futsal court. 4 attacking players start in a 2-2 formation against 4 defenders and a goalkeeper.

How to play

One of the attacking players closest to the halfway line (deep lying) starts with a ball and makes a cross court pass to a teammate. The other two attacking players start in high lying attacking positions towards the corners to maximize space. The defenders are man-marking and commence the activity providing passive pressure. The attacking objective is for the deep lying attackers to exchange passes and when the moment arrives one the deep lying player with the ball makes a cross court pass and runs forward to the central part of the court near the second penalty mark. That player performs a bump/fake move and cuts towards the corner to exchange positions with a high lying attacker. As the players work hard to create space and attempt to separate from the defenders, the player on the ball should seek to play a long diagonal penetrating pass. On receipt of the pass, the attacker should attempt to score or link with the other high lying attacker supporting from the weak-side of the field. The movement patterns are then repeated down the other side of the field.

Coaching notes

Coaching Objectives: The attacking team should be patient. Keep possession until an opportunity to play a diagonal pass is available. A player making the diagonal run should bump and cut attempting to lose the marker.

Coaching Tips: Use the sole of the foot to receive the ball. Attacking players should "sell" the defender the idea of a straight run across court and then abruptly change direction.

How to modify

Less challenging: Remove all defenders and play 4v0+Keeper - a simple pattern play.

More Challenging: Add a competitive element. Allow defenders to apply full pressure. Reward points every time a goal scoring opportunity is created using the rotation of 4 through the middle.

Stages of development covered by activity

Stages 3, 4 & 5: 9-18 year old players

Development themes and competencies

Top 3 themes: Passing, movement off the ball and creating space.

Top 3 competencies: Passing over a short and medium distance, changing direction and shooting.

STAGE 5 // 3V2 OVERLOAD AND TRANSITION

Why use it?

Futsal is a fantastic environment to enhance technical proficiency and speed of play. This activity involves all players in keeping possession with quick finishing.

Set up

Use a futsal court with 2 goals with keepers at opposite sides. 2 teams wearing different color vests. 1 team with 3 players plus a keeper on the field and 2 players behind the goal line. The opponents set up with 2 players plus a keeper and 3 players behind the opposite goal line. Several balls outside the field and next to both keepers.

How to play

The keeper on the team with numbers up serves the ball to a teammate. The attackers dribble, pass and move among themselves on their own half. The defending team with 2 players are passive and wait on the other side of the court. On the coach's command the game goes live. Attackers attempt to score and defenders attempt to deny/gain possession. If the attacking team scores, misses the goal, or keeper saves, all 3 red players are replaced by 2 new players of the same color. Another player joins the team that was previously defending as an attacker and a new 3v2 play starts.

Coaching notes

Coaching Objectives: Players in possession of the ball should pass and move always keeping a triangular formation. Defenders should not be in a line. Zonal marking is recommended.

Coaching Tips: Defenders should delay and not dive in without being 100% sure of getting possession of the ball. Using the keeper as a field player when in possession creates a numerical advantage and develops the keeper as a field player.

How to modify

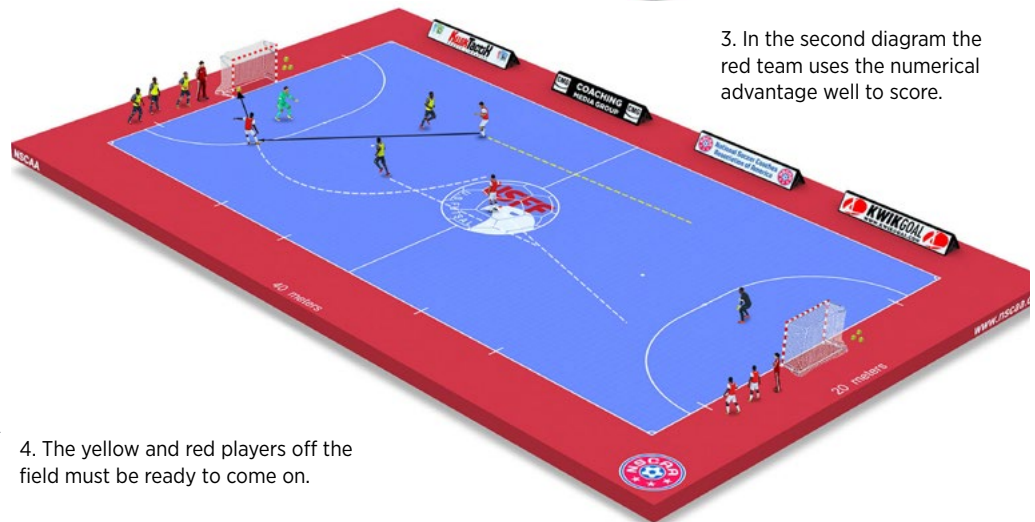
Less Challenging: Allow the team in possession unlimited touches on the ball. The coach can also favor the attacking team by removing a defender, 3v1 instead of 3v2.

More Challenging: Play one touch only, thereby increasing the difficulty on the team in possession. The coach can also reduce the width of the field to condense the space to make defending easier. Insist on using the keeper as an extra field player as the modern game demands.



1. 3 red players plus keeper keep possession of ball and the 2 yellow defenders plus keeper are passive to begin.

2. On the coach's command the defense becomes active and the game is live. The red team has 5 seconds to score.



3. In the second diagram the red team uses the numerical advantage well to score.

4. The yellow and red players off the field must be ready to come on.



5. In the final diagram, the 3 red attacking players leave the field and one new yellow player enters the field.

6. Two new red players enter the field to defend and the 3v2 plus keepers advantage is not in favor of the yellow team. The game starts again with passive defending and control possession by yellows.

Stages of development covered by activity

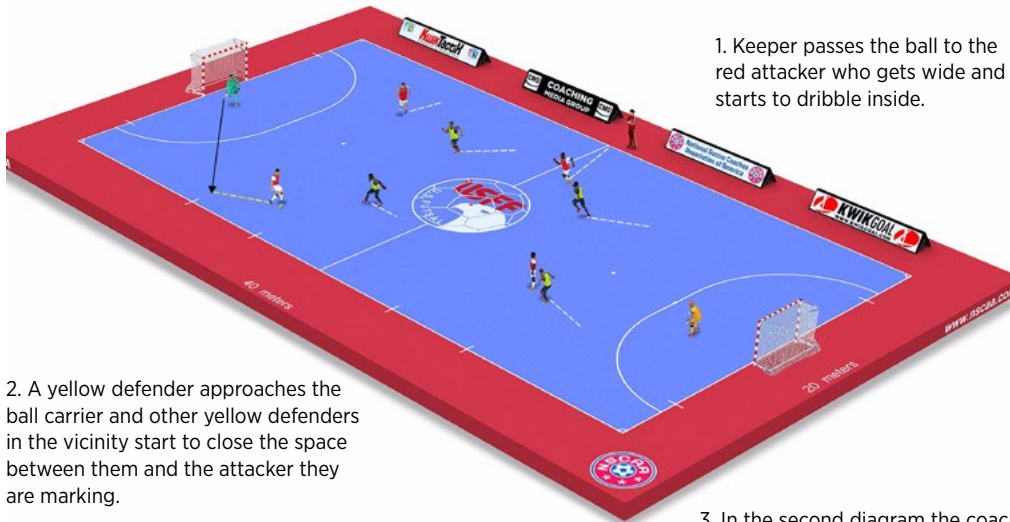
Stages 3, 4 & 5: 9-18 year old players

Development themes and competencies

Top 3 themes: Combination play, attacking individually, in pairs and small groups, and defending.

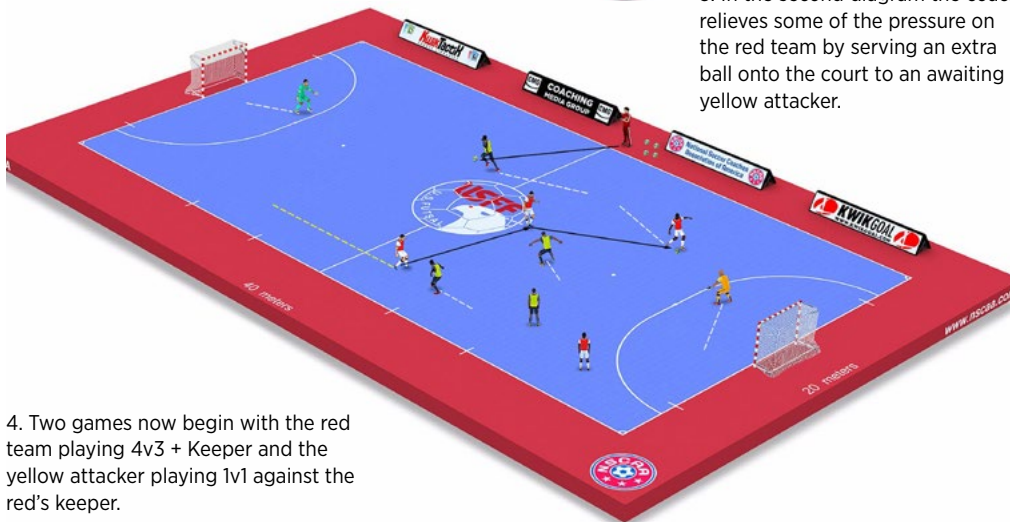
Top 3 competencies: Attacking 1v1, beating and escaping an opponent and support.

STAGE 5 // NUMBERS-UP AND DOWN 4V4



1. Keeper passes the ball to the red attacker who gets wide and starts to dribble inside.

2. A yellow defender approaches the ball carrier and other yellow defenders in the vicinity start to close the space between them and the attacker they are marking.



3. In the second diagram the coach relieves some of the pressure on the red team by serving an extra ball onto the court to an awaiting yellow attacker.

4. Two games now begin with the red team playing 4v3 + Keeper and the yellow attacker playing 1v1 against the red's keeper.



5. In the final diagram there are now 3 games occurring. The yellow player finishes the 1v1 with a sublime chip over the keeper.

6. The coach simultaneously feeds in 2 more balls and the players must now decide which game to support.

Why use it?

Very fast, enjoyable and competitive activity. Players should focus on possession and identify when a numerical advantage is established to fully commit defenders to the attack and score goals.

Set up

The area is a futsal court. 2 teams of 4 outfield players and keepers. The coach is outside the playing area towards the middle with a supply of balls. The keepers also have balls available for restarts.

How to play

The keeper starts a 4v4 game. As the first game progresses, the coach will select one of the defending players and serve him/her a ball to start a second game. At this point, the defender transitions to attack the opponent's goal - 1v1 with the keeper. This leaves the defending team with a player down 3v4 in the 'first' game. If 3 defensive players can win possession, they attack the other goal with the teammate that just played 1v1 with the keeper. Now the coach serves a new ball to a defending player to create second game and another 1v1 keeper. Essentially, the coach is looking to provide the attacking team with the advantage of an extra player (4v3). Restarts are from the keeper that conceded or was last attacked. The team kicking the ball out of bounds loses possession and the game is restarted.

Coaching notes

Coaching Objectives: Focus on keeping possession and waiting for the numerical advantage and opportunity to score.

Coaching Tips: Encourage players in a 1v1 against the keeper to commit the keeper quickly and recover to assist team-mates engaged in a 4v3. Coach should challenge attacking players in the 4v3 game to score a goal before the arrival of 4th defender. Help keepers recognize that they should also play as an outlet/field player and not only as shot blockers as the modern game requires.

How to modify

Less Challenging: Coach can call 2 or 3 players off from the defending team to create 4v2.

More Challenging: Limit the number of touches to 2-3 when in a numerical advantage. Limit goal scoring attempts to 3-5 seconds.

Stages of development covered by activity

Stages 3, 4 & 5: 9-18 year old players

Development themes and competencies

Top 3 themes: Combination play, attacking individually, in pairs and small groups, and defending.

Top 3 competencies: Attacking 1v1, beating and escaping an opponent and support.