

SESSION PLAN

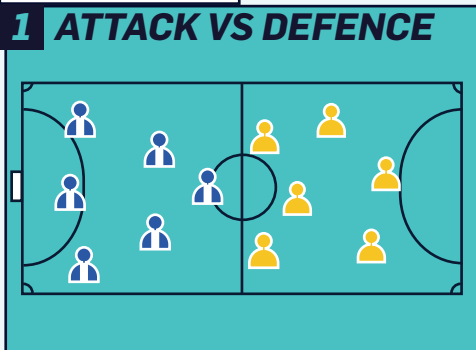
FUTSAL FUN



To maximise playing time, use the same area for each practice and keep your changes simple.

ARRIVAL ACTIVITY

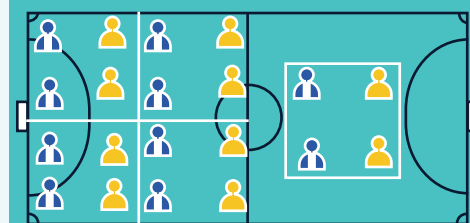
1 ATTACK VS DEFENCE



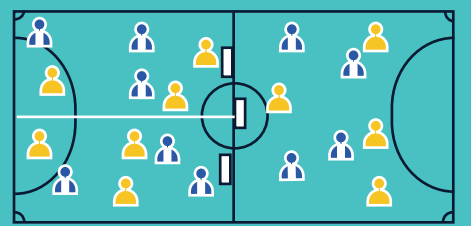
Set up your area with a goal at one end. As your players arrive, split them into two teams, attackers and defenders (based on their regular positions). To start the game, give the attackers (yellows) the ball. They must attack the goal and attempt to score – while the blues defend. If the blues win possession, they can score by running the ball over the yellows' end line. Whenever someone scores, the teams switch roles. This means the defenders become attackers and the attackers become defenders.

Create four areas next to each other – these are the 'normal pitches'. Then create another identical area at a slight distance – this is the 'stadium pitch'. On the normal pitches, get your players playing 2v2. To score, they must run the ball over the opposition's end line. If a pair score, they move to the stadium pitch. Only goals scored on the stadium pitch count towards a pair's total. If there are already two pairs on the stadium pitch, the advancing pair must choose who to send back to the normal pitches.

2 2V2 STADIUM PITCH



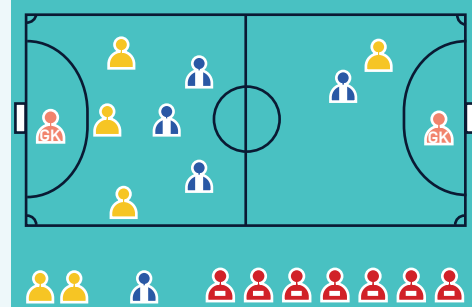
3 3V3 GAMES – WIN THEM ALL



Pick up the cones from the areas you had to make three larger areas. Split the players into two teams and ask them to spread themselves across the pitches, so there's 3v3 on each. If the numbers don't quite work, play 4v4 in the bigger area. Players score in the goal on each pitch, and the goalkeeper is the player closest to the goal. Each round lasts for four minutes, and one team must win all their mini-matches to win the round. After each round, the teams decide who should play on which pitch (the players on each pitch must be different each time). For an added element of chaos, allow players to move pitches mid-game. This will encourage them to communicate each game's score and create underloads and overloads on each pitch.

Play a normal game of futsal. This is 5v5 with rolling substitutions, kick-ins, the four-second rule, and the goalkeeper rules. Split your players into three teams, so there'll be one or two subs per team. Play four-minute games with the clock visible (if possible). Create scenarios for the players. For example, the blue team is winning 1-0 with four minutes left. Encourage them to discuss their tactics beforehand and allow them to manage their own subs (so they learn to share game time). All three teams should play each other once with the scenario of starting either 1-0 up or 0-1 down.

4 FUTSAL MATCH WITH SCENARIOS



SESSION OBJECTIVES

During this session, players will develop their understanding of:

- social skills
- team tactics
- recognising the strengths of different players.

YOUR ACTIONS

ORGANISATION

- Players: assign captains and ask them to organise their team.
 - Equipment: set up an area for players to collect and return balls, cones and bibs.
 - Area: make a separate area for drinks.
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OBSERVATION

- Is it safe?
 - Is your organisation ok?
 - Do the players understand how to play? If not, do a demonstration or use the whiteboard.
 - Do the players need support on how to communicate and collaborate with others?
 - Help build pictures for the players.
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MANAGEMENT

- Have the players had enough time to play?
 - Are they still engaged? If not, use STEP.
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COMMUNICATION

- Praise players for communicating, working together and organising others.
- Use player demonstrations to show good examples or use the whiteboard.

STEP

SPACE

- Bigger areas make it easier.

TASK

- Challenge players to make sure everyone has a fair amount of game time.
- Challenge players to think about how their individual strengths will help the team in different situations.

EQUIPMENT

- Use futsal balls.

PLAYERS

- Match players up by size and ability.

WHAT IS SUCCESS?

Success is when players:

- enjoy themselves
- talk to or play with someone new or different
- are considerate of others and share the game time amongst their team
- recognise the strengths of different players to inform tactics.