

SESSION PLAN

INTRODUCING FUTSAL



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

ARRIVAL ACTIVITY

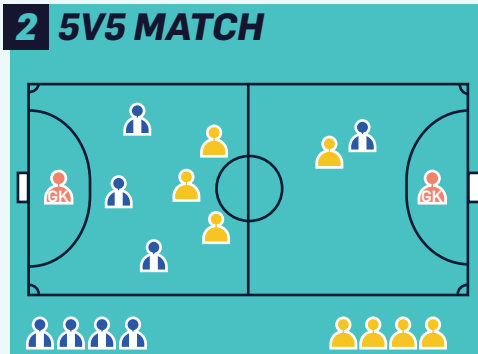
1 ONE GOAL GAME



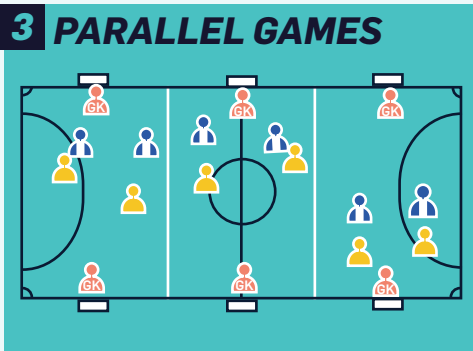
Ask for a volunteer to go in goal and get the other players to pair up. To start the game, the goalkeeper throws the ball out. Each pair is trying to score in the goal. The pair that scores the most goals win the game. If you've got lots of players, you can have multiple games going on at the same time in different areas. If your numbers are uneven, give players the choice of having a group of three or someone playing on their own.

Play a normal futsal match. As this is 5v5, you may have subs. Encourage the players to work hard while on the court and swap with their teammates when they get tired. Futsal uses rolling substitutions, so players are likely to play for 3-4 minutes and then swap. As much as possible, ensure that the players have equal game time. As they're playing, introduce the laws of futsal. Start with kick-ins and then introduce the four-second rule. When the ball goes out of play, the game must be restarted within four seconds (from when the ball is placed by the taker). If the taker exceeds this time limit, an indirect free-kick is awarded to the opposition.

2 5V5 MATCH



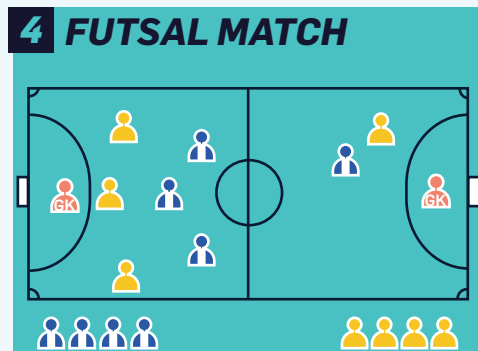
3 PARALLEL GAMES



Split the court into three areas and place a goal at both ends of each area (use cones if you haven't got enough actual goals). Use these areas to play games of 3v3. Each team will have two outfield players and one goalkeeper (rotate every two minutes). Remind them that kick-ins are used instead of throw-ins and reiterate the four-second rule. Once your players are up to speed, introduce the futsal law around goalkeepers. After passing to a teammate, the goalkeeper can't touch the ball again in their own half (unless it touches an opponent or goes out of play). As well as this, the goalkeeper can only have the ball for a maximum of four seconds in their own half.

Play a normal game of futsal, incorporating the laws you've taught so far. So, the match will be 5v5 with rolling substitutions, kick-ins, the four-second rule, and the goalkeeper rules. For the final five minutes, you could set a challenge. For example, "next goal wins!"

4 FUTSAL MATCH



SESSION OBJECTIVES

During this session, players will develop their understanding of:

- protecting the ball in tight areas
- playing forward under pressure.

YOUR ACTIONS

ORGANISATION

- Players: organise players into teams with bibs on arrival.
- Equipment: set up an area for players to collect and return balls, cones and bibs.
- Area: make a separate area for drinks.

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 stay on the ball?
- Help build pictures for the players.

MANAGEMENT

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

COMMUNICATION

- Praise players for recognising how to stay on the ball and play forward when under pressure.
- Use player demonstrations to show good examples or use the whiteboard.

STEP

SPACE

- Bigger areas make it easier to stay on the ball and play a forward pass.
- If you have enough space for two 5v5 matches, do that rather than have subs.

TASK

- Challenge players to play forward and run forward.
- Encourage them to stay on the ball until they can pass forward.

EQUIPMENT

- Use futsal balls as they're easier to control and travel faster.

PLAYERS

- Match players up by size and ability.
- If you don't have perfect numbers, the parallel games can be 4v4, 4v3 or 3v2.

WHAT IS SUCCESS?

Success is when players:

- enjoy themselves
- try to stay on the ball when under pressure
- recognise when to play forward and when to keep possession.