Futsal Session Plan – Dribbling, Running with the Ball, Defending
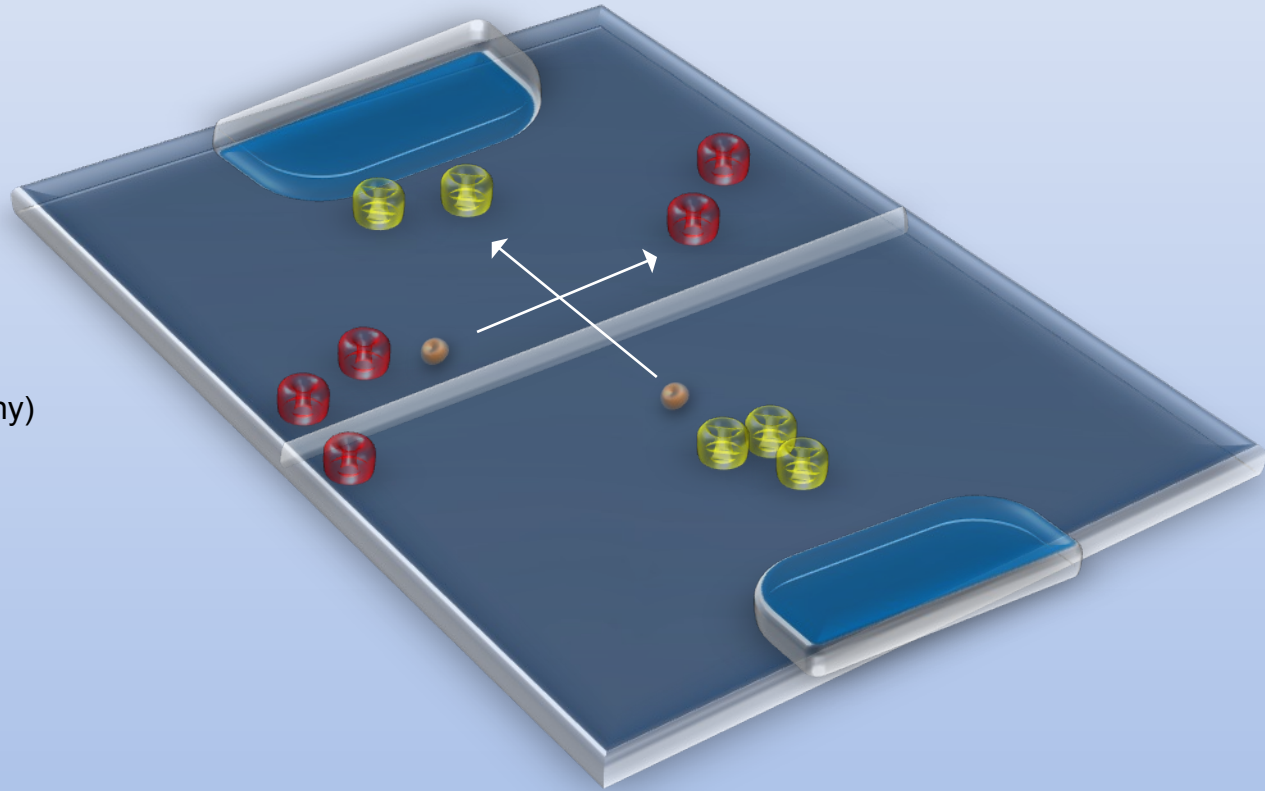
Organisation

4 Groups of players
Control Ball with sole of foot
Dribble to opposite line
Pass ball to team mate

Coaching points

Receive with sole of foot (How, where, why)
Shift ball quickly
Different parts of foot to dribble
Close control, Head position
Balance to change direction

Progressions

Does not have to be a line drill
Could be a variable practice
Add opponents / defenders / catchers

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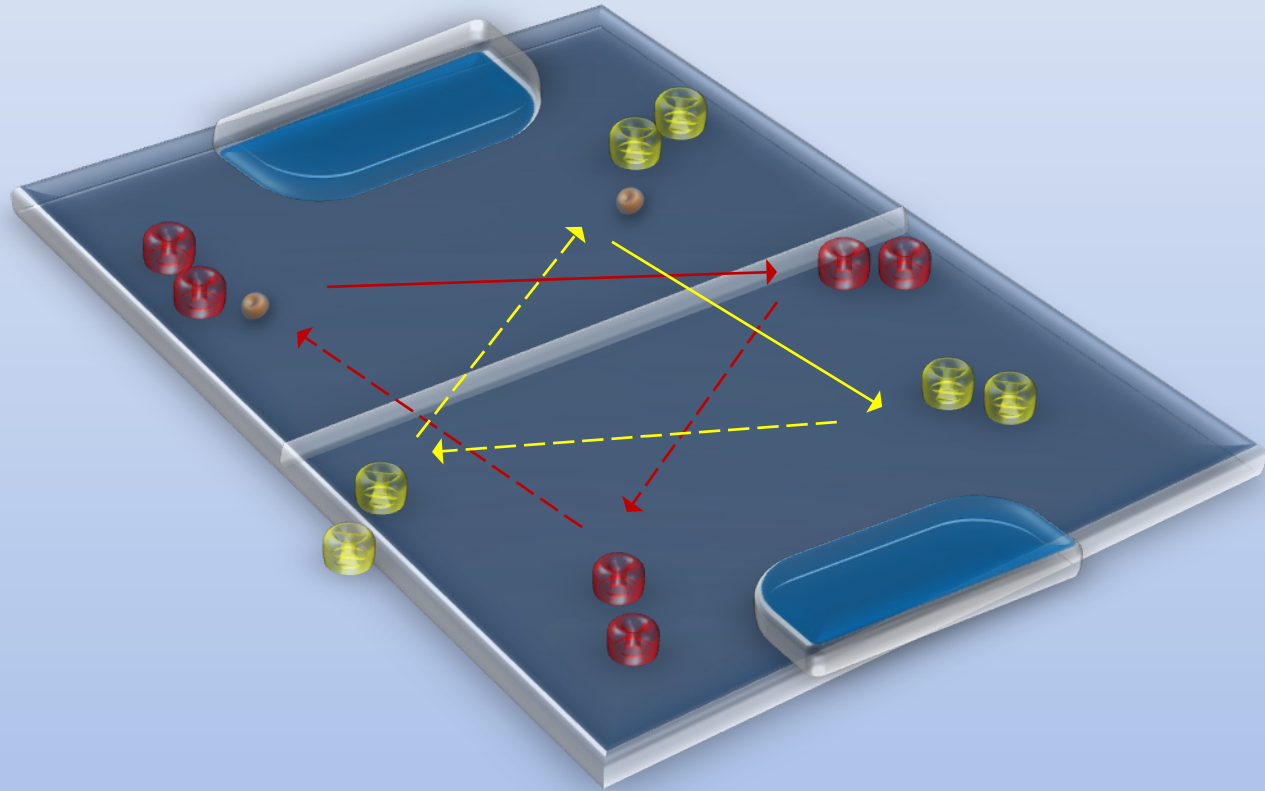
Organisation

2 Teams (Yellow + Red)
Player slit into 3 stations to form a triangle
Teams will cross paths for interference / decision making
Players runs with ball towards next station

Coaching Points

Receiving skills
Dribbling / running techniques
Ability to change direction quickly
Vision and awareness

Progression

Vary dribbling or running with ball
Add movement prior to receiving the ball
Add time limit to increase tempo
Change direction

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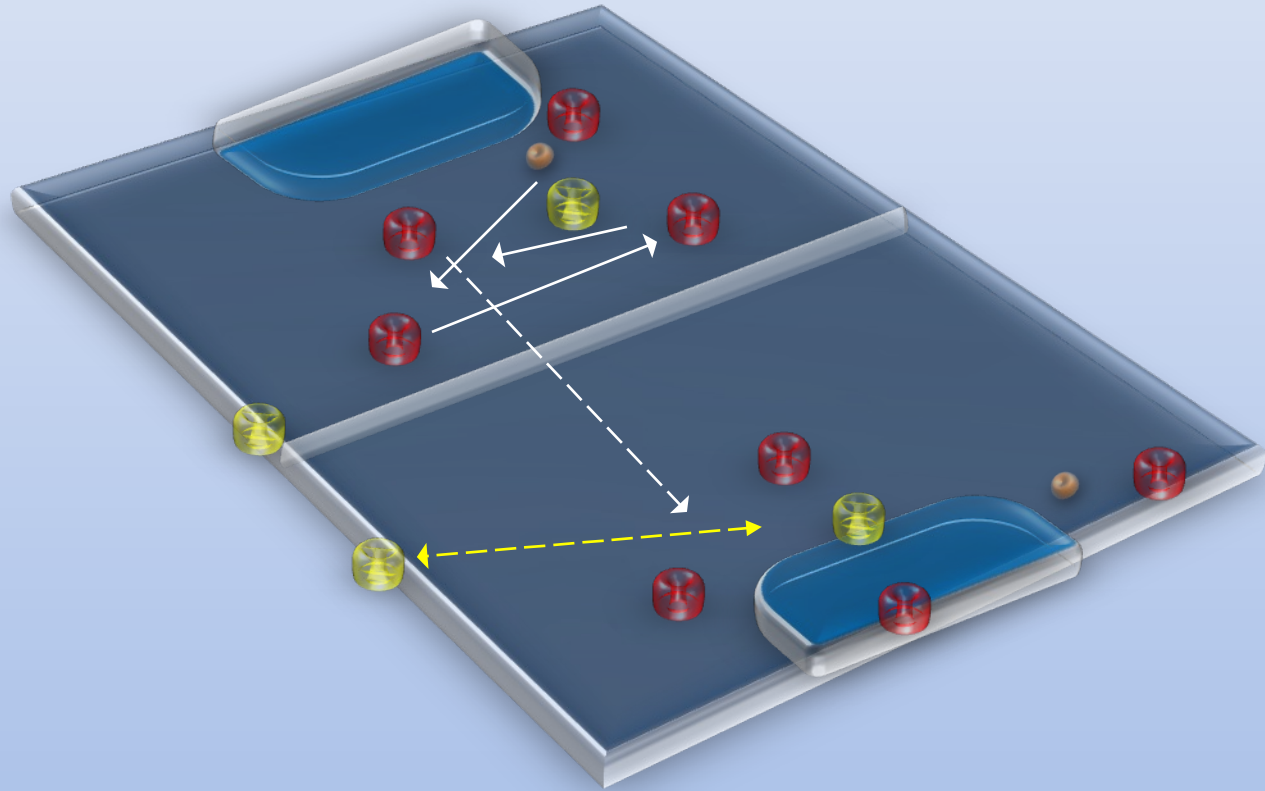
Organisation

Full Pitch practice
Red team retain possession in end zone
Minimum of 3 successful passes before
travelling to opposite end zone
1 defender in each zone
Defenders rotate

Coaching Points

Receiving skills – sole of foot
Body positioning
Movement to create space
Passing angles
Distribution and Decision making

Progression

Add time limit to increase tempo
Introduce rotation of positions

Futsal Session Plan – Dribbling, Running with the Ball, Defending

Organisation

Half Pitch Practice
Red players work in pairs
1 yellow defender (Rotation of roles)
2 Red players attack / combine to score

Coaching Points

1st touch
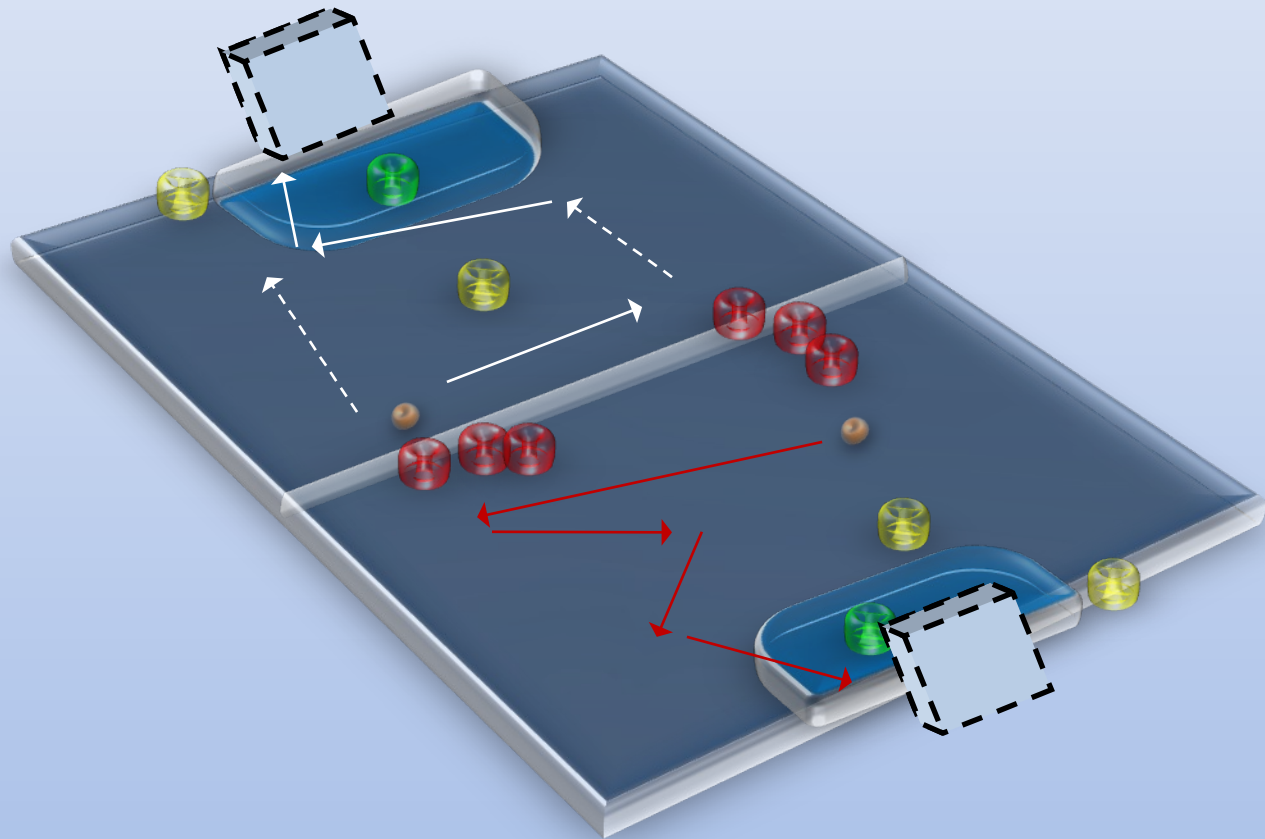Passing skills
Receiving skills
Movement
Awareness decision making
Shooting and finishing techniques

Progression

3 v 1
3 v 2
3 v 3

Futsal Session Plan – Dribbling, Running with the Ball, Defending

Organisation

Half Pitch Practice
4 v 2
Team of 4 must attempt to make 3 passes
and create shooting opportunity
Rotate defenders
Rotate attackers and defenders

Coaching Points

1st touch
Passing skills
Receiving skills
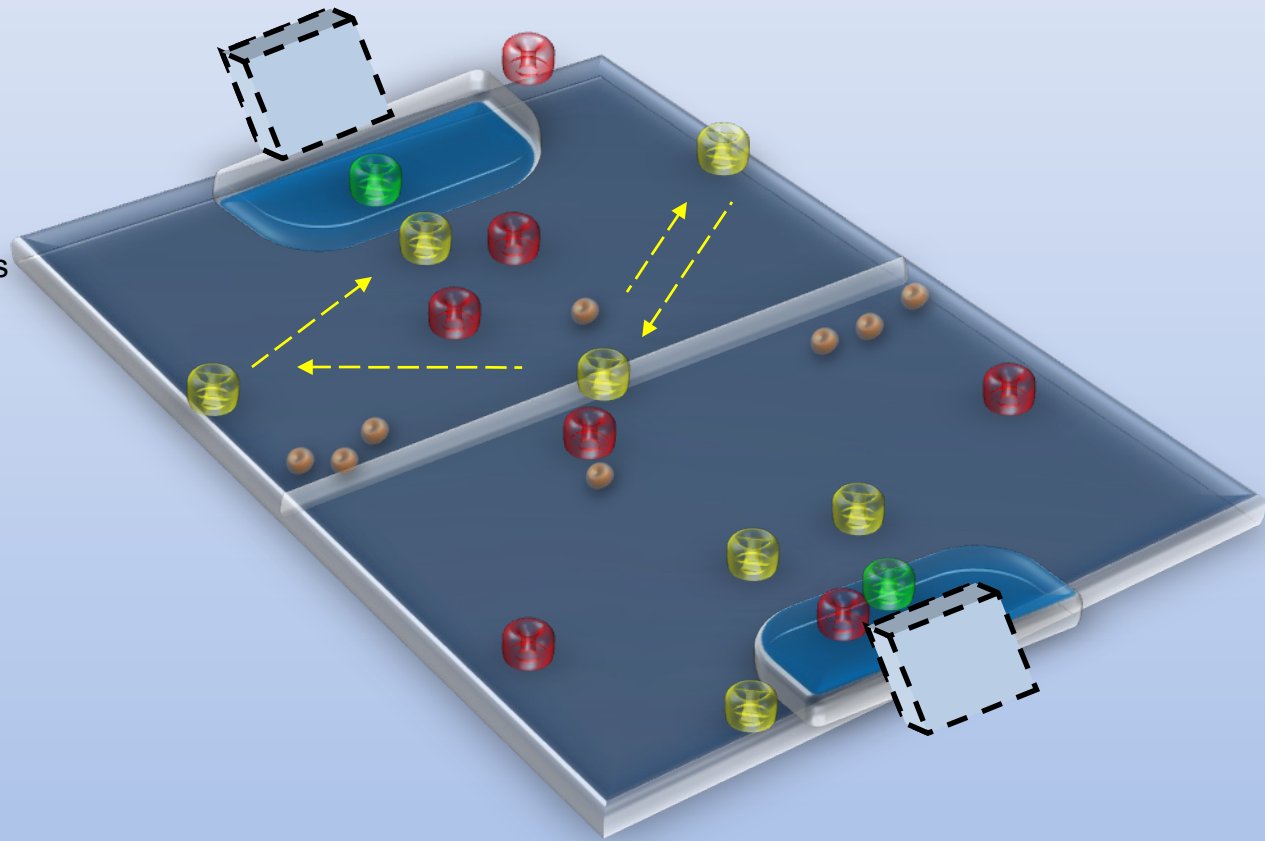Dribbling skills
Movement
Awareness decision making
Shooting and finishing techniques

Progression

4 v 3
4 v 4

WELSH FOOTBALL TRUST   YMDDIRIEDOLAETH BÊL-DROED CYMRU

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