

Futsal Session Plan – Passing, Ball Control and Movement

Organisation

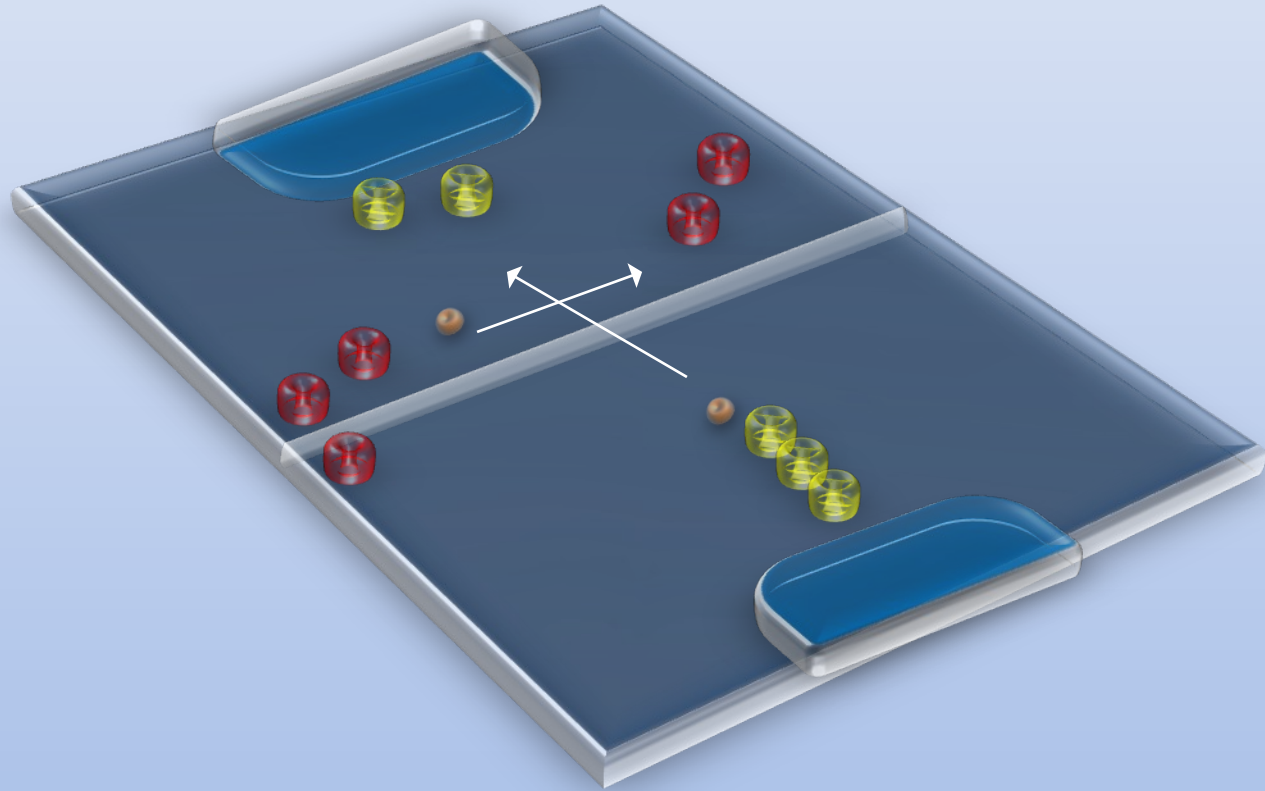
Players in groups of 2 or 3
Player passes to team mate and follows pass
Teams working across line of each other for interference

Coaching Points

Receiving skills
Passing skills
Manipulation of ball
Type of pass (Inside, outside, flick, toe)

Progression

Progress to groups of 4 (Diamond)
Progress to movement and rotation



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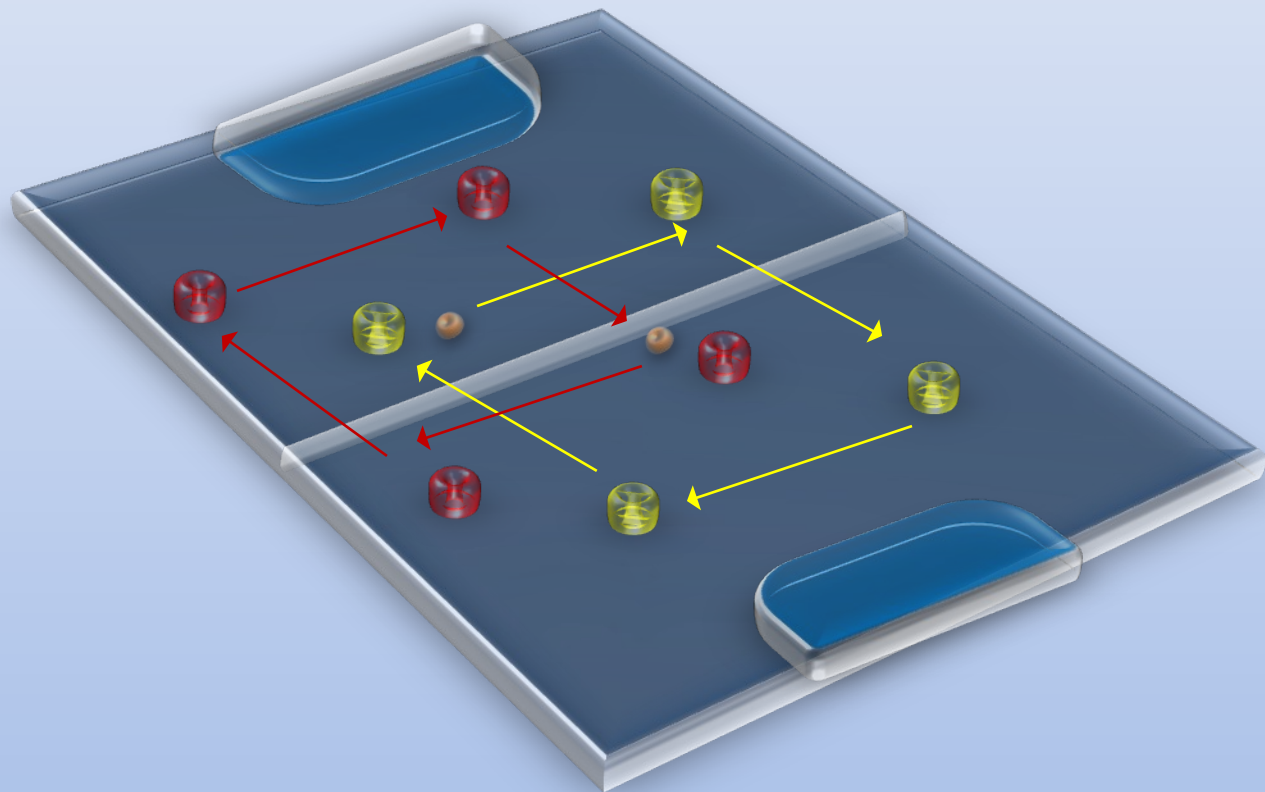
Players in teams of 4 (Diamond shape)
Players pass in teams
Teams positioned to overlap

Coaching Points

Receiving Skills
Decision making
Distribution
Type of pass
Vision Awareness

Progression

Add movement and rotation
Add defenders 4 v 1 or 4 v 2



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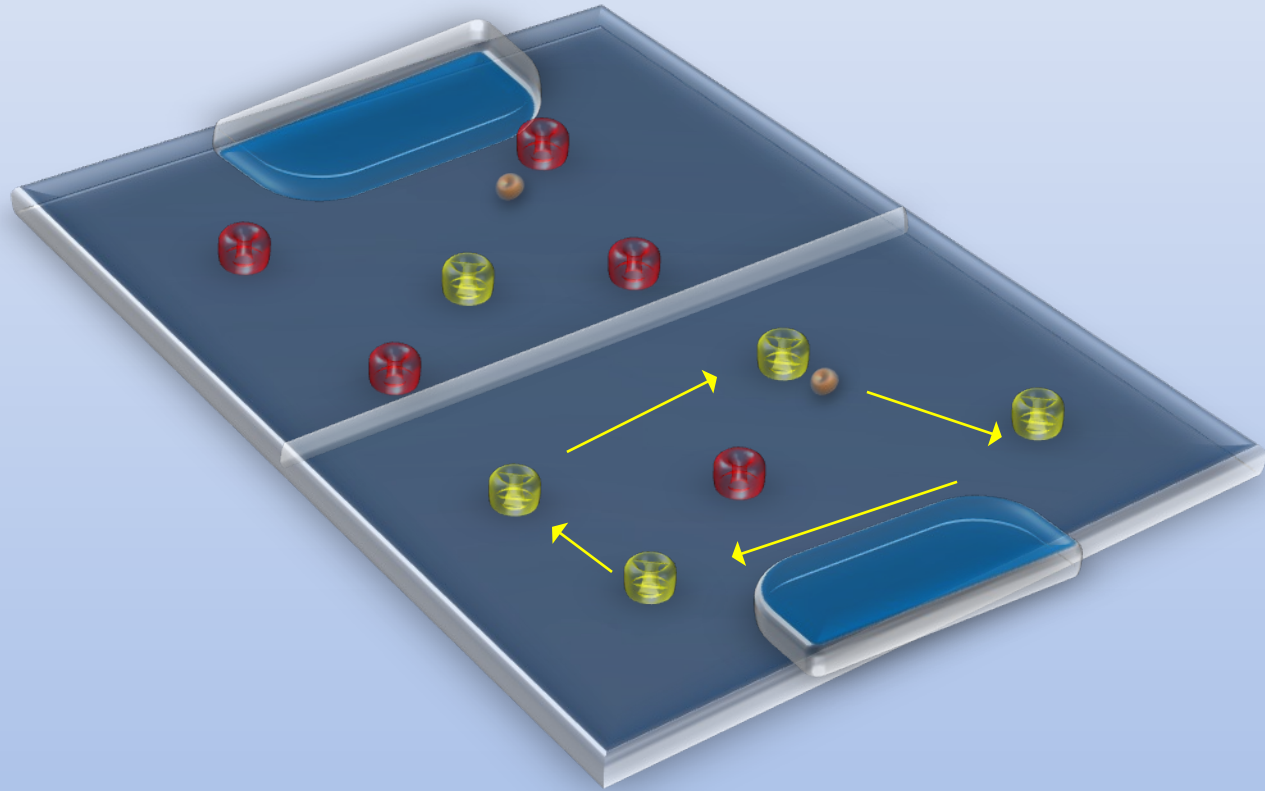
Players in teams of 4 (Diamond shape)
Players pass in teams
Add Rotation where possible

Coaching Points

Receiving Skills
Decision making
Distribution
Type of pass
Vision Awareness

Progression

Develop movement and rotation
Add defenders 4 v 1 to 4 v 2



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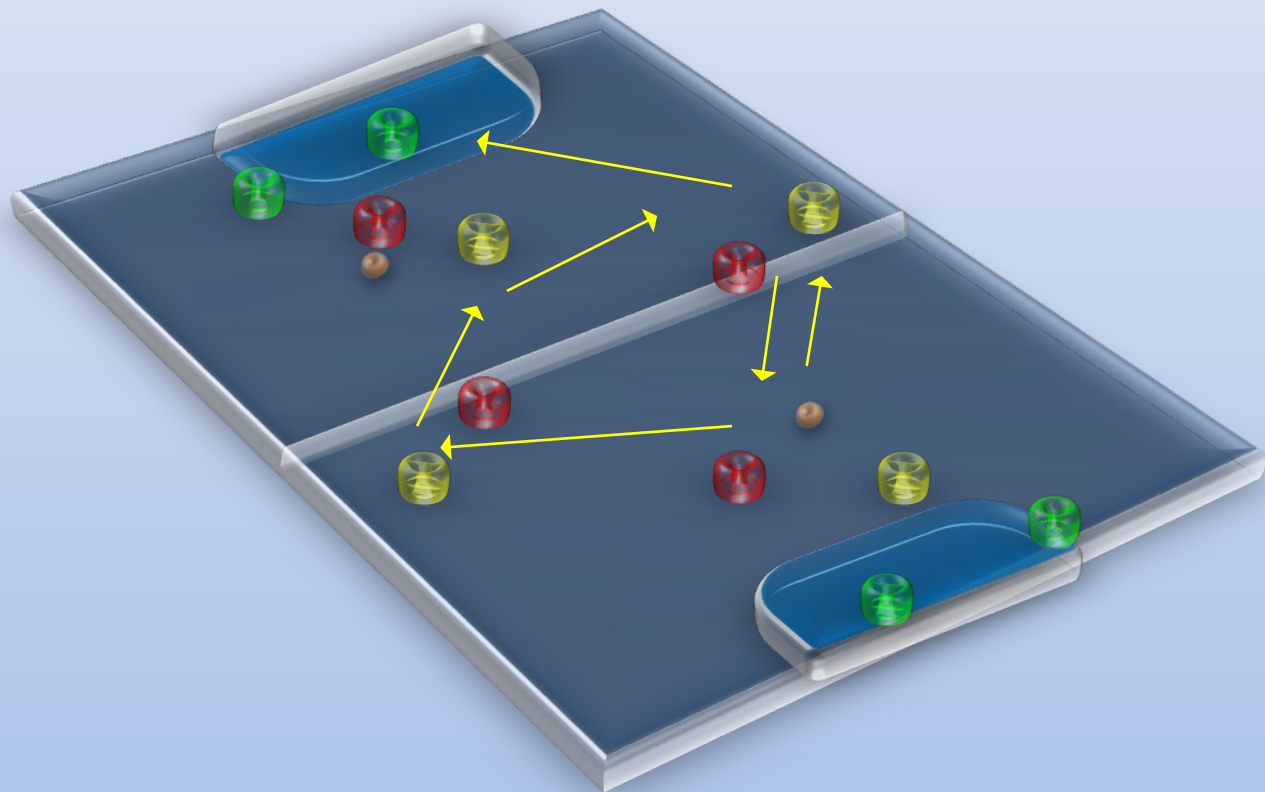
Players in Team of 4
Target Players in end zone
1 ball per team
Players pass and combine
Aim to transfer ball to target players

Coaching Points

Receiving Skills
Decision making
Distribution
Type of pass
Vision Awareness
Movement and rotation
Combinations

Progression

Develop movement and rotation
Add defenders



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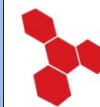
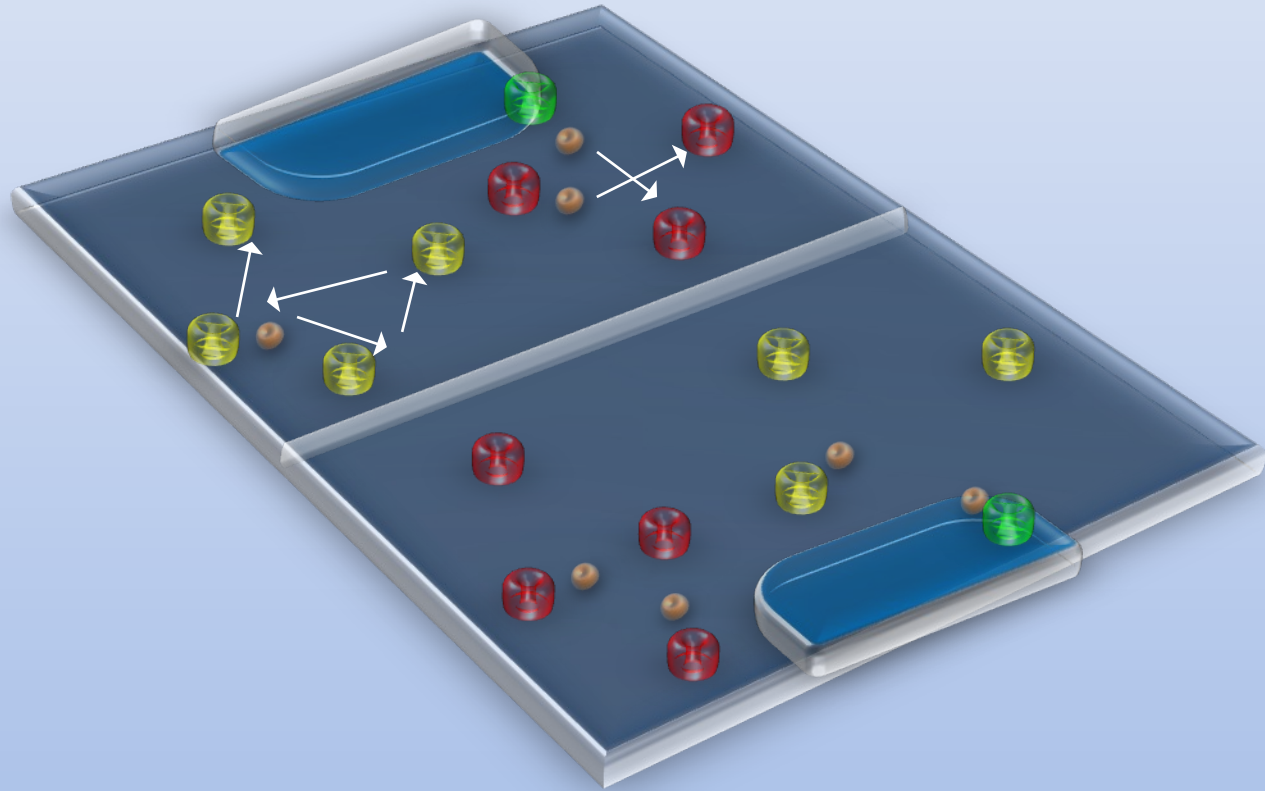
Players in teams of 4 (Diamond shape)
Players pass in teams
Add Rotation where possible

Coaching Points

Receiving Skills
Decision making
Distribution
Type of pass
Vision Awareness

Progression

4 v 4 Half pitch
Add a floater player
Add safety zone if required



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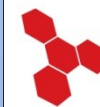
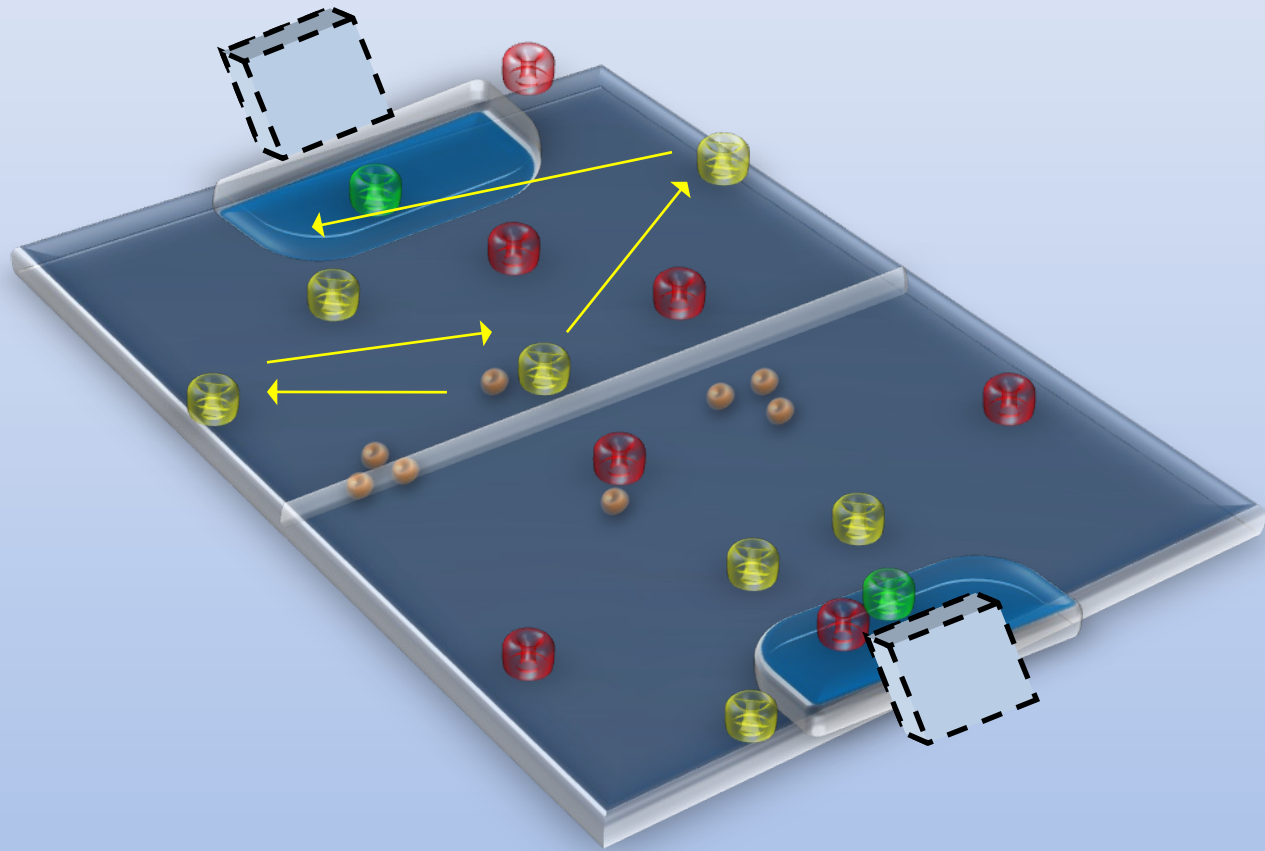
Players in teams of 4 (Diamond shape)
Players pass in teams
Add Rotation where possible
Team must make 3 passes prior to scoring
1, 2 or 3 defenders (Rotation of positions)

Coaching Points

Receiving Skills
Decision making
Distribution
Type of pass
Vision Awareness

Progression

Increase number of defenders
Add time limit to increase tempo
Work on different combinations



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