

Futsal Session Plans – Warm Up

Organisation

All players with a ball
Players must stay in side half court
1 defender or catcher
Players must dribble ball and avoid being tagged / tackled
If tagged players must perform a skill to return to the game (e.g. 5 stop turns)
Game duration 45 – 60 seconds

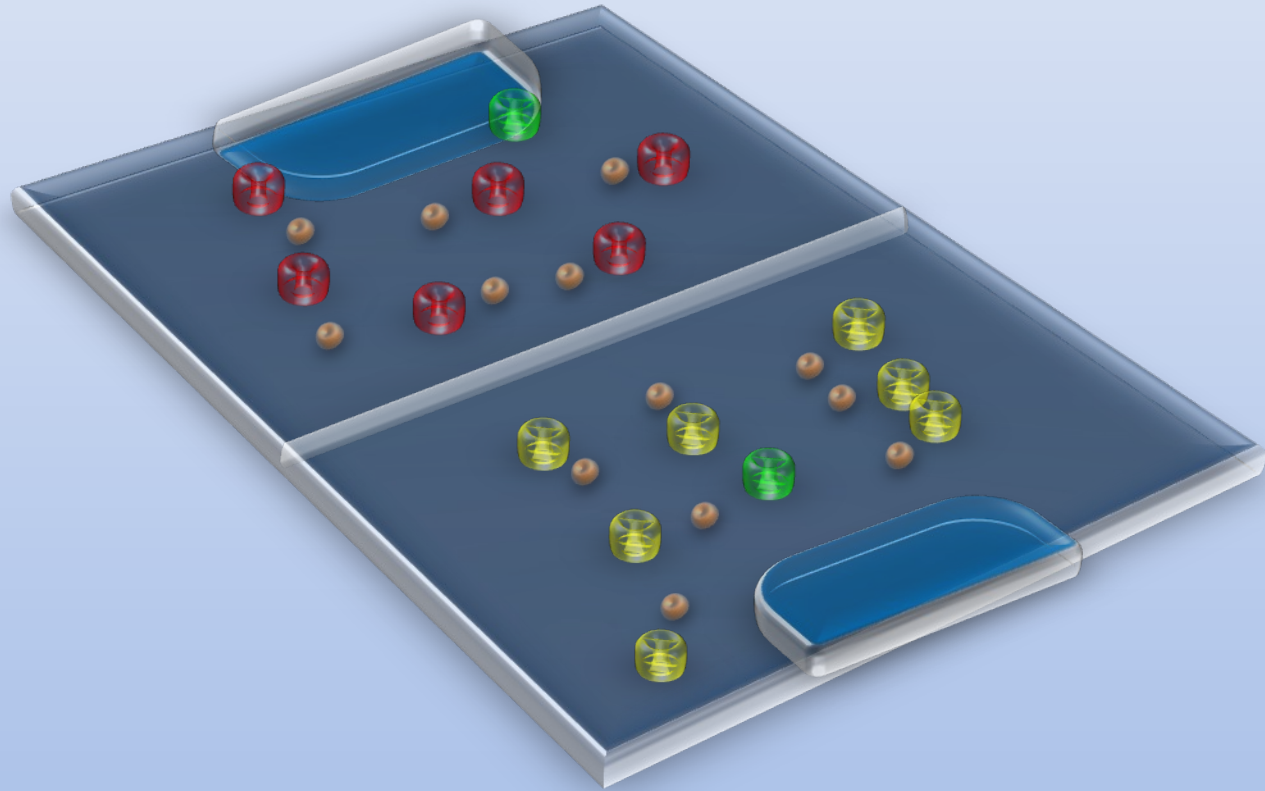
Coaching Points

Dribbling / running techniques
Ball control
Ability to change direction quickly
Vision and awareness

Progression

Add more defenders / catchers
Add or take away balls for catchers
Players have 1 ball between 3
Reduce area, add safety zones

Variation of game – Any tag based game can be utilised for a warm up activity



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Introduction to Futsal – Warm Up

Organisation

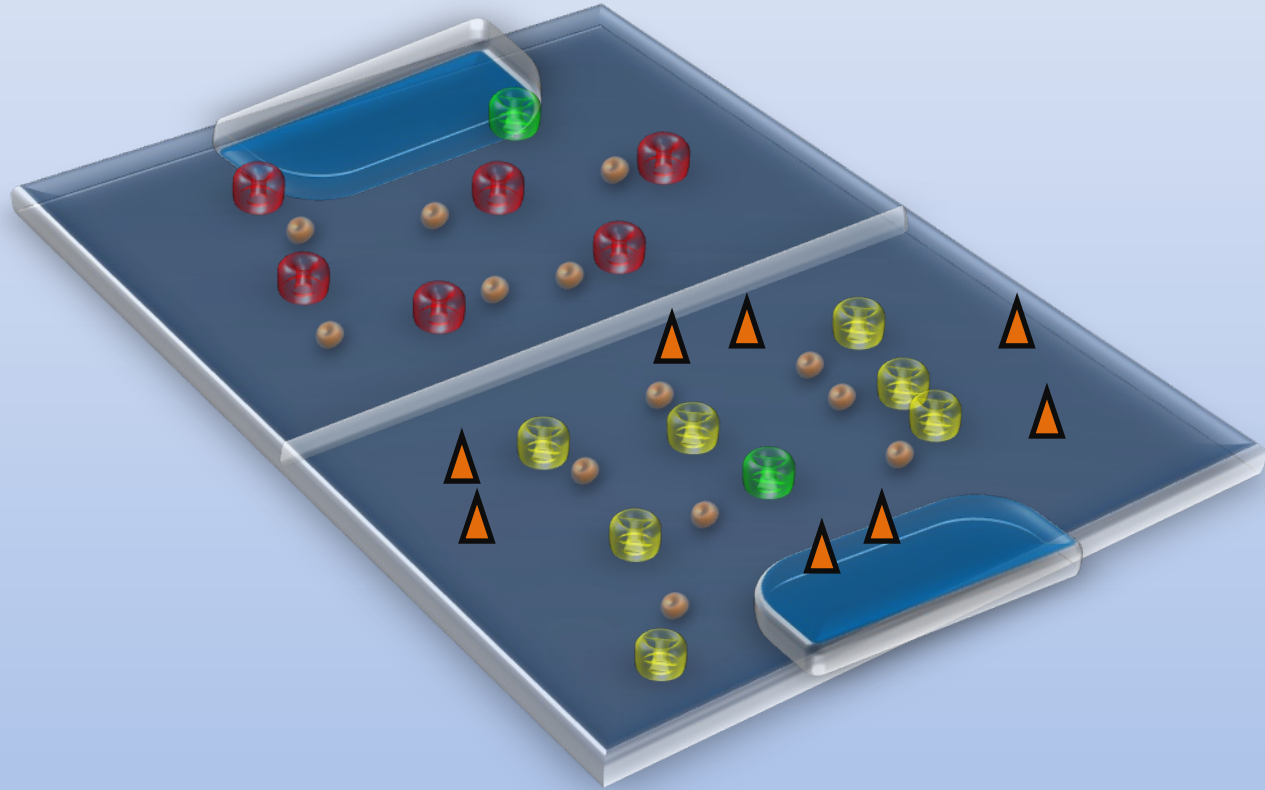
All players with a ball
Players dribble ball in side playing area
Players must dribble towards a coned target and produce a turn

Coaching Points

Dribbling / running techniques
Ball control
Turning technique
Ability to change direction quickly
Vision and awareness

Progression

Add time limit for tempo
Add defenders
Add blockers for target areas
Increase / reduce size of playing area or targets



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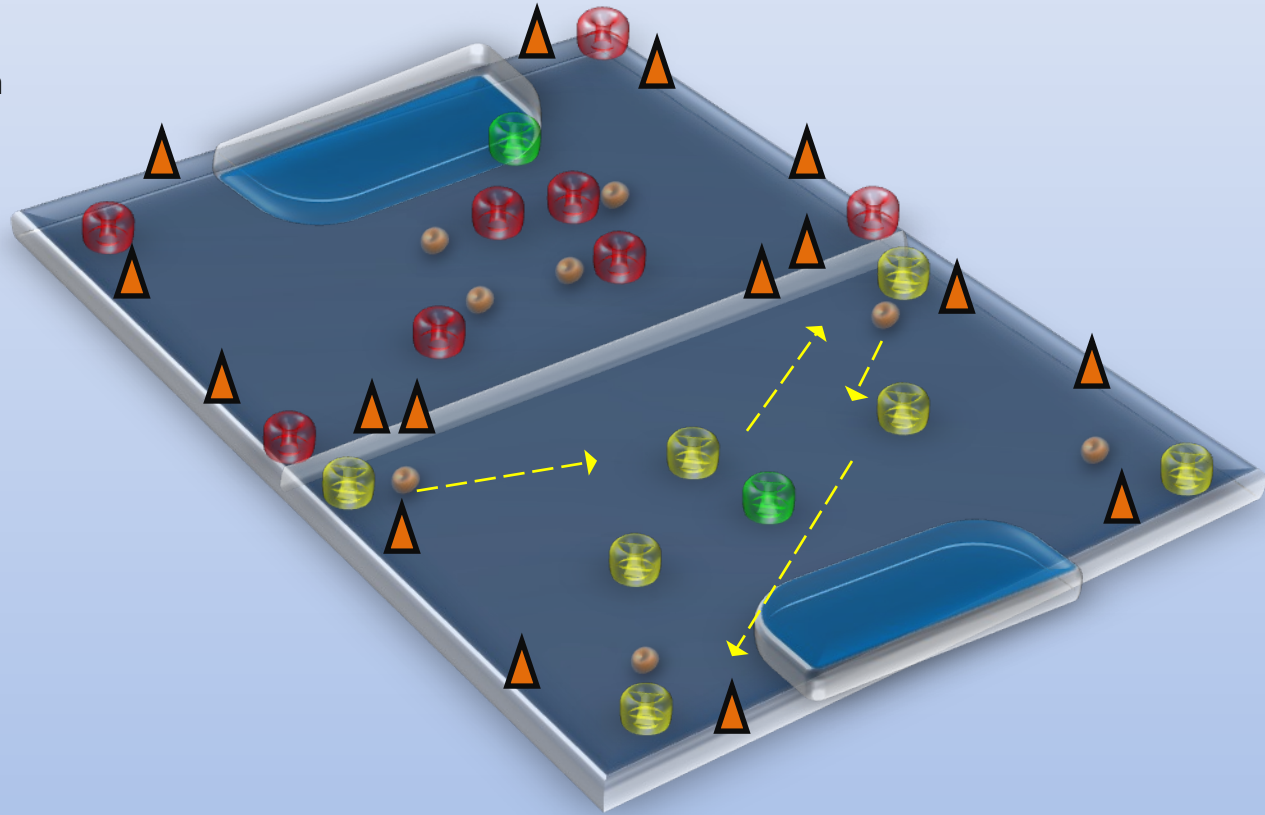
Players work in groups of 2 or 3
Players on outside of playing area
Players in centre of playing area
Balls can be with player son out side or in centre
Passing, dribbling and receiving
Rotation of roles

Coaching Points

Passing techniques
Dribbling / running techniques
Ball control
Turning technique
Ability to change direction quickly
Vision and awareness

Progression

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