

MAGIC SQUARE PASSING



1. 12 players divided into 2 colors split to form 4 lines. Cones are used to mark the starting position of each line. The red team starts on one side and the yellow team on the other.

2. Each team starts with a ball at opposite ends and on the diagonal. The first red player makes a straight pass to the yellow player. Simultaneously, the first yellow player passes to the red player opposite.



3. Once a pass is made, the passer must run diagonally across the court to join the line opposite. Both passers should cross in the middle of the area.

4. The receiver should 'bump/fake' the cone and receive the ball in front of the cone with the sole of the foot. The receiver must 'push' the ball forwards and then make a straight pass.



5. A diagonal run follows a straight pass. Movement should be timed so 2 players crossing each other in the center of the square.

6. The coach stands to the side and encourages players to use proper technique and movement.

Why use it?

This activity is used to develop open space runs and provide important receiving and passing repetition. Specifically, the players must use the sole of the foot to control the ball and to penetrate with the first touch before passing with the inside or sole of the foot.

Set up

The area is an 8 x 8 yds square formed by cones/flat markers. Two teams form 4 lines with 3-4 players in each line. Two balls are needed and some spare balls nearby in the event of an errant pass is advisable. The coach stands in a position to see all 4 lines working.

How to play

Each each starts with a ball and a straight pass is made followed by a diagonal run to the back of the other line. The receiver must fakes/bump to create some separation (from a defender in a game situation) and push the ball forwards with the sole of the foot before passing straight. Continue the pass, run and receive sequence and as players become proficient demand an increase in speed of all movements. The coach should aim for a continuous and synchronized movement pattern of the balls and players. Consequently, the two balls should not be with the two lines on the same side at the same time!

Coaching notes

Coaching Objective: The pass should be firm and to the feet of the receiving player. The receiver must control and push the ball forward with the sole of the foot in one fluid motion. A continuous ball movement creates space, time and separation from a defender.

Coaching Tip: Make sure players are relaxed, with their heads up, and aware of timing and space. Practice as if the cone is a defender, checking away and cutting back to the ball to receive the pass.

How to modify

Less challenging: Close the square to 4 x 4 yds to reduce the length of the pass and movements. The coach can also start with the ball in the players hands.

More challenging: Insist on players alternating feet - e.g. Right foot to receive and left foot to pass. The player should drag the ball with the sole, across the body and towards the other foot. Use this activity during your warm up session by adding dynamic movements such as 'knees high', 'heel kicks', and skipping.

Stage/s of development covered by activity

Stages 2, 3 & 4 - 6-14 year old players.

Development themes and competencies

Top 3 Themes: Passing over short distances, receiving the ball with the feet and player movement.

Top 3 Competencies: Passing, receiving and support.

TIME AND SPACE - 2 VERSUS THE KEEPER

Why use it?

This is a dynamic passing and movement activity between two players that culminates in a 2 versus the goalkeeper. Players are encouraged to use the sole to stop the ball before moving on. Played on a full court 45 x 27 yards. 7

Set up

cones are set up for each team in a zig zag pattern on one half of the field to form 3 x 6 yds triangles. The game is played in pairs - 4 to 6 players

How to play

on each side of the court. One team starts and the 1st player runs towards the 2nd cone and 'fake/bumps' the cone and turns to receive a pass along the ground from the partner. The receiver 'traps/freezes' the ball with the sole of his foot and proceeds to run towards the third cone. The passing player follows the pass and arrives at the stopped ball. The process continues until the players reach the final cone. The players then perform a quick

Coaching notes

interchange of passes and attempt to beat the keeper - 2v1. The second group of players prepare to perform the same exercise on the other side of the field, but must wait until the other team has reached the fifth cone in the sequence.

A slight break between the players allows the goalkeeper to reset and get ready to play against players from the opposite side of the court. As soon as the players have finished their 2v1 with the keeper, they

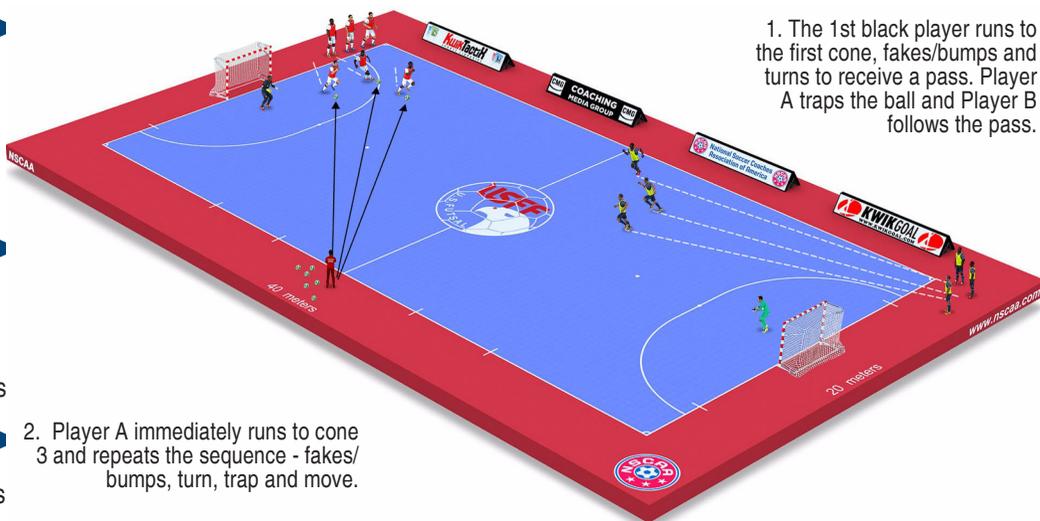
How to modify

must collect their ball and run around the outside of the court to the starting position. Coaching objectives – After the receiver has faked/bumped the cone he/she must trap the ball using the sole of the foot.

Work with the players to get into a rhythm and good spacing between attempts. Coaching tips – Encourage players to pass with pace and accuracy. Make the fake/bump realistic - as if the cone was a real defender. Emphasize the importance of shooting far post and the partner should rush to the far post for a deflection or a rebound from the keeper.

Less challenging: Make the distance between cones shorter and remove the keeper.

More challenging: Add 4 defenders starting behind the goal. As the pair rounds the last cone, release the defender



1. The 1st black player runs to the first cone, fakes/bumps and turns to receive a pass. Player A traps the ball and Player B follows the pass.

2. Player A immediately runs to cone 3 and repeats the sequence - fakes/bumps, turn, trap and move.



3. Black team continues to exchange passes until cone 7. The yellow players commence as the black team pass cone 5.

4. The black team engage the keeper and the black attacker shoots across the keeper into the far corner. After the shot players should collect their ball and return to their original positions using the outside of the court.



5. As the black team finish, the yellow players should be completing their passing sequence and ready to engage the keeper.

Stage/s of development covered by activity

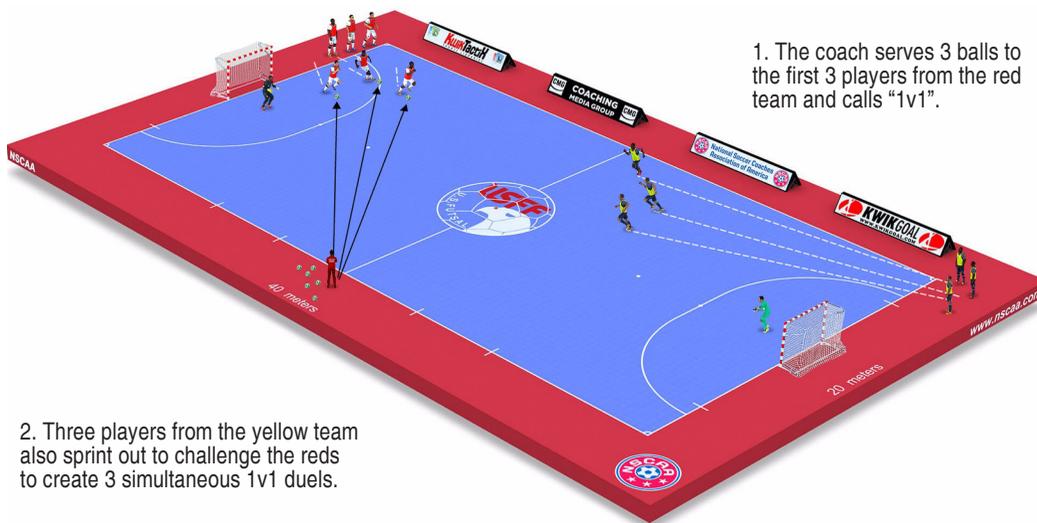
Stages 2, 3 & 4 - 6-14 year old players

Development themes and competencies

Top 3 themes: Passing, movement off the ball and receiving.

Top 3 competencies: Passing over a short, receiving the ball with the sole and shooting.

1V1 TO 4V4 PLUS KEEPER SHOOTING A



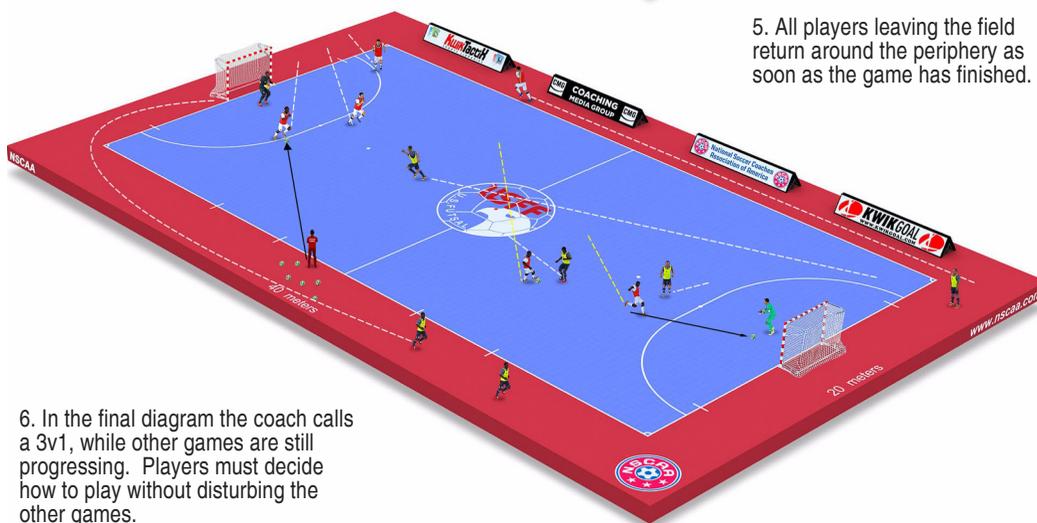
1. The coach serves 3 balls to the first 3 players from the red team and calls "1v1".

2. Three players from the yellow team also sprint out to challenge the reds to create 3 simultaneous 1v1 duels.



3. The red attacking player should try to beat the yellow defender and score.

4. In the second diagram one of the yellow players has stolen the ball, attacked and scored.



5. All players leaving the field return around the periphery as soon as the game has finished.

6. In the final diagram the coach calls a 3v1, while other games are still progressing. Players must decide how to play without disturbing the other games.

Why use it?

Fantastic activity demanding high levels of concentration/focus while developing passing, receiving, shooting, mobility on and off ball as well as attacking and defending individually and in group - to name a few technical components.

Set up

The area is 30 x 20 yards with 2 teams of 6 players, a keeper and 2 sets of goals. It is helpful to have 3 coaches for this activity particularly with young players - a coach should stand with each team and help to organize groups as commanded by the coach standing in the center. The size of playing area can be adjusted to suit abilities of the players.

How to play

The coach serves one or more balls to players at one end. The coach calls the game type for Example "3 RED AGAINST 1 YELLOW". The player or players in possession should beat the opposition and score. If the defender/s win possession, they should attempt to score at the other end. The players involved in a game return to the sideline when: a) A goal is scored; b) a ball goes out of bounds or c) a keeper makes a save. The coach serves balls, continually calling different plays such as "1v1", "2v1", "3v2" etc. As the players become more proficient add more simultaneous games.

Coaching notes

Coaching Objective: Focus should be on getting immediate control of the ball and identifying teammates and opposition.

Coaching Tips: Encourage receivers to trap the ball using the sole of the foot. Defenders should not dive in. 1v1 players should open their arms for protection and balance.

How to modify

Less Challenging: Allow players to play 1v0, 2v0, 3v0, 4v0 from both sides of the field simultaneously. Encourage passing and movement to provide good angles of support.

More challenging: As different plays are taking place add players to a play already in progress, i.e. Add another defender to a 3v1 to make a 3v2. Add and take players off plays - players must be very focused to succeed.

Stage/s of development covered by activity

Stages 3, 4 & 5 - 9-18 year old players

Development themes and competencies

Top 3 Themes: Combination play, attacking individually, in pairs and small groups and defending.

Top 3 Competencies: Attacking 1v1, beating and escaping an opponent and support.

OVERLAPPING FIGURE OF 8 PASSING

Why use it?

A create activity to develop passing accuracy, passing and dribbling rhythm, receiving with the sole of the foot and overlapping movement.

Set up

Use the full court. 3 groups of 4 players Stand At one end of the court. Two discs form a 2-3 yards gate. Create 2 'returning channels' on each flank of the court. The players in the central line have a good supply of balls.

How to play

To begin the central player makes a ground pass to the first player in one of the wide groups. The passing player makes an overlapping run behind the person they passed to. The receiver, using the sole, pushes the ball forwards and dribbles the ball diagonally towards the other side of the court. Once the players reaches the center of the court, a pass is made to the player on the other flank. The passer overlaps and the sequence continues up to the other end of the court. After has made 3 passes the next group goes. Once a group reaches the end line the players should sprint back using the channels.

Coaching notes

Coaching Objectives: Players should be lively and on the tips of their toes. Once a pass is made the player should make a bent run around the outside of their teammate. All runs must be behind and not across the face of the ball carrier. Coaching Tip: Players should pass to the feet of the receiver and not to an open space. The receiver should receive with the sole and push the ball in one movement towards the center of the court.

How to modify

Less Challenging: Start with players using their hands just like in basketball as they throw the ball and weave in a figure of 8. More Challenging: Instead of returning by the flanks, have players reset at the end zone and return in the opposite direction and into oncoming 'traffic'. The objective would be for players to keep their heads up, making decisions, as they try to avoid the group of players coming the other way. Creating a some 'controlled' confusion/chaos will help to enhance the players awareness and improve their decision making.



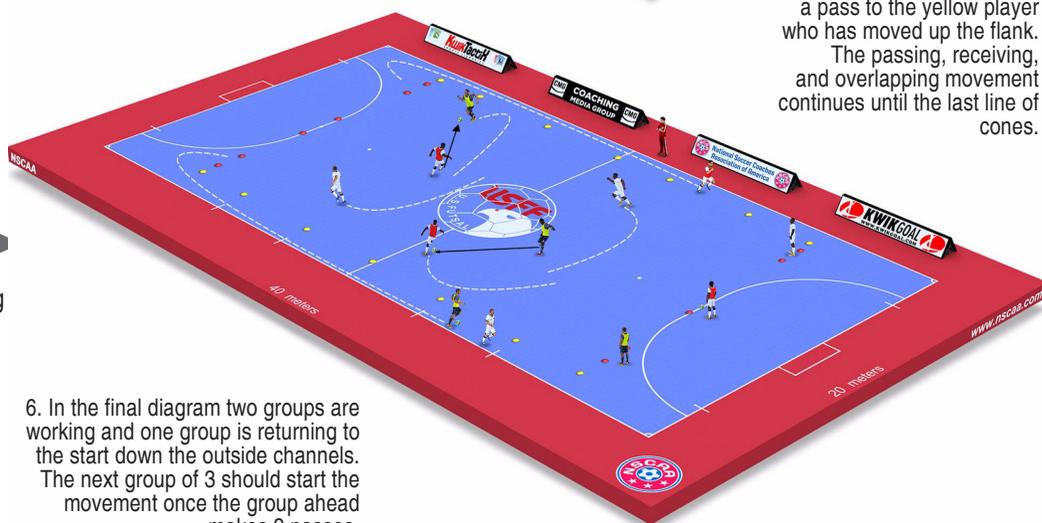
1. 12 players are divided into groups of 4 wearing different colored vests. Players in the red group each have a ball and start centrally.

2. The central player initiates the movement pattern with a ground pass to feet of the first white player in line.



3. After the pass in made, the red player runs behind the white player to perform an overlapping run.

4. The white player dribbles across the court at a slight angle to make room for the red player's run.



5. The white player makes a pass to the yellow player who has moved up the flank. The passing, receiving, and overlapping movement continues until the last line of cones.

6. In the final diagram two groups are working and one group is returning to the start down the outside channels. The next group of 3 should start the movement once the group ahead makes 3 passes.

Stage/s of development covered by activity

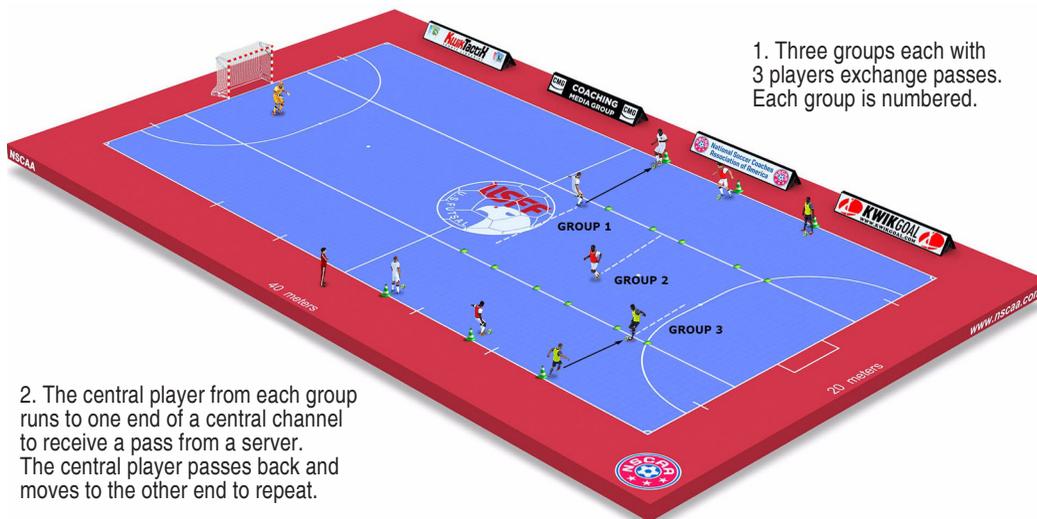
Stages 2, 3, & 4 - 6-14 year old players

Development themes and competencies

Top 3 Themes: Combination play, passing over short distances and movement off the ball.

Top 3 Competencies: Overlapping runs, passing and dribble penetration.

PASSING 2V1 PLUS KEEPER IN TRAFFIC



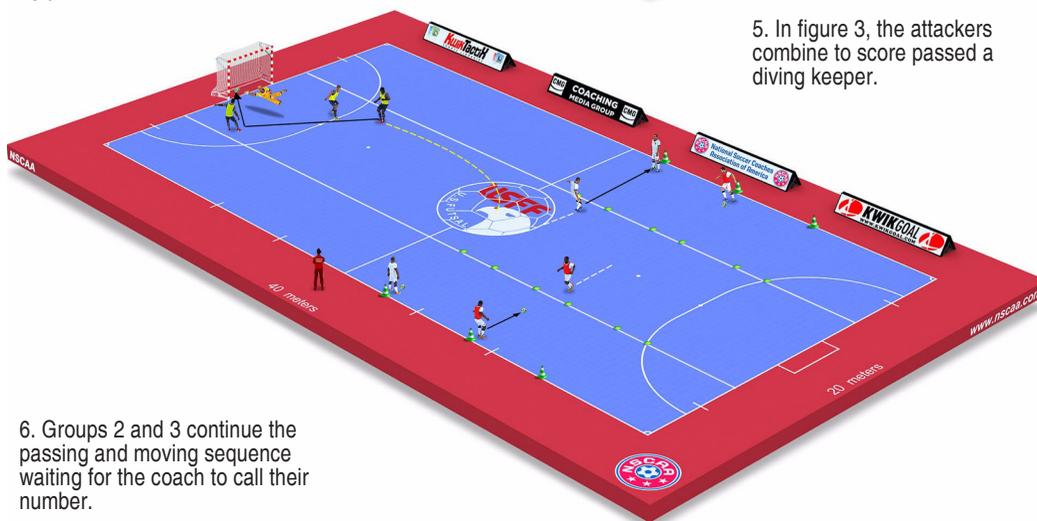
1. Three groups each with 3 players exchange passes. Each group is numbered.

2. The central player from each group runs to one end of a central channel to receive a pass from a server. The central player passes back and moves to the other end to repeat.



3. In the second diagram the coach has shouted "3" and the 3 players in group 3 react as the other groups continue.

4. The server runs through the other groups and becomes a defender around the second penalty mark. The other 2 players combine as they penetrate into the other half of the field.



5. In figure 3, the attackers combine to score passed a diving keeper.

6. Groups 2 and 3 continue the passing and moving sequence waiting for the coach to call their number.

Why use it?

A fantastic cognitive activity where players are forced to move through traffic and play 2 versus a defender and keeper to create a goal scoring opportunity.

Set up

Cones are placed across the width of the court to create a target on each sideline and a 10 x 2 yards channel in the middle for each group of 3 in one half of the court. One player starts as a server on one sideline, one player in the center and one as a server on the other sideline. Each flank player has a ball and the player in the center of each group moves along the central channel, alternating to meet the pass from a server. The coach is positioned around the edge of the area to guide and instruct.

How to play

The coach starts the activity with a shout of "GO" and the central player from each group moves to one end of the channel to receive a pass from a server. The central player uses the sole to control the ball and play back to server. The central player then turns and runs to the opposite end of the channel to perform the same task. Once the groups have established a rhythm, the coach calls out the number of one of the groups. The server making the last pass to the central player rushes to the other side of the court and 'through' the other groups without disturbing their rhythm. The player turns around at the second penalty mark and is a defender. The server receiving a pass from central player dribbles the ball through traffic and combines with the central player from the same group to play 2 v defender plus the keeper. Once a shot is taken the players return to their original position using the outside of the court. Another group is then called by the coach.

Coaching notes

Coaching Objectives Players should always control the ball with the sole of their feet. Passing should be firm and accurate. The central player should call for the pass from the servers. The servers should always be lively, and 'on the tip of their toes' as they wait to make a pass.

Coaching Tips: The central player should glance over the shoulders and take a quick look to identify time, space and to identify pressure from opponents - creating the habit of scanning the field before receiving a pass.

How to modify

Less Challenging: Reduce the distance between the servers and the center channel. Start the activity with only one group of players and adding more groups as players gain more confidence.

More challenging: Instruct the keeper to communicate with the defender when to attack the player with the ball. The longer the defender delays the attack the better. Instruct the defender to force the first attacker to the flank and create a difficult angle for a shot.

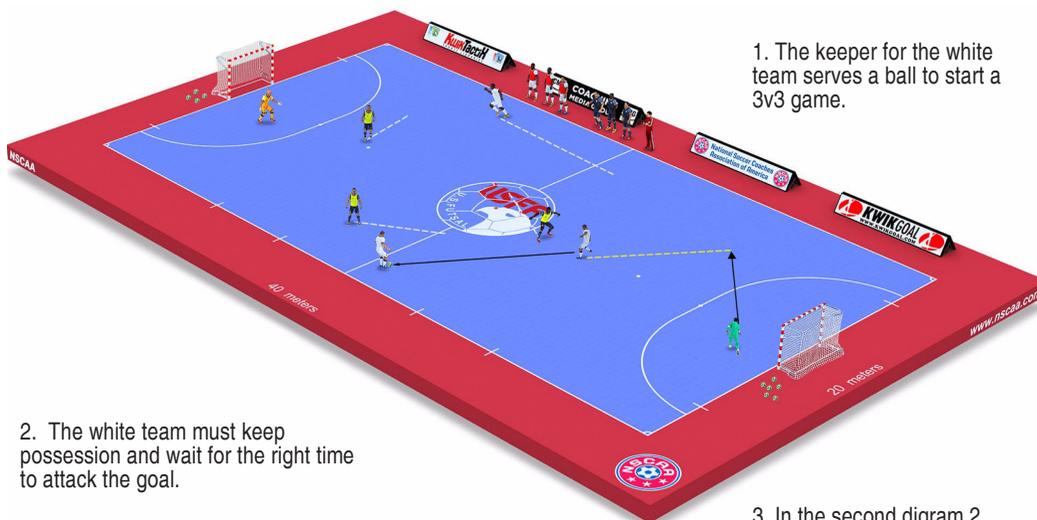
Stage/s of development covered by activity

Stages 2, 3, 4 & 5 - 6-18 year old players

Development themes and competencies

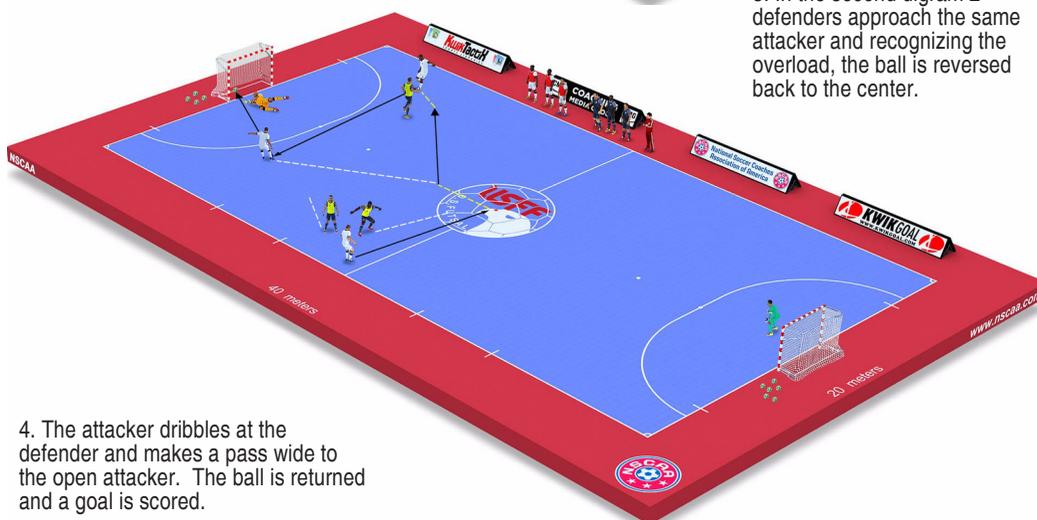
Top 3 Themes: Combination play, passing over short distances and defending 1v1.
Top 3 Competencies: Defending, passing and dribble penetration.

3V3 + KEEPERS WORLD CUP



1. The keeper for the white team serves a ball to start a 3v3 game.

2. The white team must keep possession and wait for the right time to attack the goal.



3. In the second diagram 2 defenders approach the same attacker and recognizing the overload, the ball is reversed back to the center.

4. The attacker dribbles at the defender and makes a pass wide to the open attacker. The ball is returned and a goal is scored.



5. The losing yellow team exit the field immediately after conceding.

6. The coach calls the blue team onto the field. The white team now attacks the in the other direction.

Why use it?

Intense and fun activity used at the end of a training session. Futsal reinforces the speed of play and decision making elements, assisting players to develop technically, very fast.

Set up

Play on a full Futsal Court. 4 teams of 3 players compete against each other. At each end there is a keeper. The coach is positioned centrally and has several balls available for restarts.

How to play

Two teams take to the field. The keeper starts the game and serves a player in space. 2 teams stand alongside the coach waiting to get into the game. The team conceding a goal must exit the field immediately and the coach invites another team to enter the playing area. The team that scored stays on the field and now attacks in the opposite direction. The game restarts with the keeper that conceded the goal serving to the team that stayed on the field. The game is non-stop and the winners continue playing as other teams rotate to enter the game. If the ball goes out of bounds restart the game with a kick in from the sideline or a goal clearance from the keeper.

Coaching notes

Coaching Objectives: The focus should be on patient possession build up. Teams waiting to enter the field must be ready. Attacking players should move on and off the ball always trying to lose a marker and getting to 'the back door'.

Coaching Tips: Encourage players to trap the ball using the sole of their feet, gaining immediate control of the ball. Instruct defenders not to commit too early, resulting in a 2v1.

Less Challenging: Instruct defenders to only attack when the ball crosses the halfway line and allow unlimited touches before making a pass.

More Challenging: Add new rules as the game progresses. a) A player must

How to modify

trap the ball using the sole of the foot, otherwise the next team replaces them; b) the team winning 2 games in a row, must only use their "weakest" feet to trap the ball, otherwise they leave the field; c) If a team takes too long to get onto the field, the team is replaced immediately, d) Use the keeper as a field player all the time as the modern game requires.

Stage/s of development covered by activity

Stages 2, 3, 4 & 5 - 6-18 year old players

Development themes and competencies

Top 3 themes: Combination play, attacking individually, in pairs and small groups, and defending.

Top 3 competencies: Attacking 1v1, beating and escaping an opponent and support.

COUNTER ATTACK WITH OVERLAP

Why use it?

In Futsal there is minimal time between one team's attack and the opponent's attack following a turnover. Players should attack knowing that a counter attack will happen fast!

Set up

Play on a full court. Three lines with 3 players stand at one end of the court approximately 6 yards apart. A cone placed on the end line helps players to know where to stand. Central players have the balls and the coach stands at the opposite end next to the goal with a good supply of balls. At each end a goalkeeper defends a goal.

How to play

The central player passes the ball to one of the flank players and makes a curved run to overlap. The receiver controls and pushes the ball diagonally with the sole of the foot and makes a pass to the opposite flank player who is moving toward the middle of the court. The passer always makes an overlap and the movement pattern is in a figure 8. As the players approach the goal, the coach will shout "SHOOT" and the player in possession will pass to the next player who should stop/freezes the ball with the sole of his foot. The passing player will run towards the ball and shoot the stationary ball at goal. As the player is shooting the coach will feed another ball onto the court to one of the other players. The two players will now attack the other goal at pace and the player that just shot attempts to recover as a defender.

Coaching notes

Coaching Objectives: A pass should be played with pace and to the feet of the receiving player. The receiver must control and push the ball forward with the sole of the foot. The flank players should be square to the ball thus making it easier to control the ball using the sole of the foot.
Coaching Tips: Make sure players are relaxed, with their heads up and aware of the opponents and space on the court. Make sure players take a first time shot.

How to modify

Less Challenging: Do not introduce the counter- attack option at first.

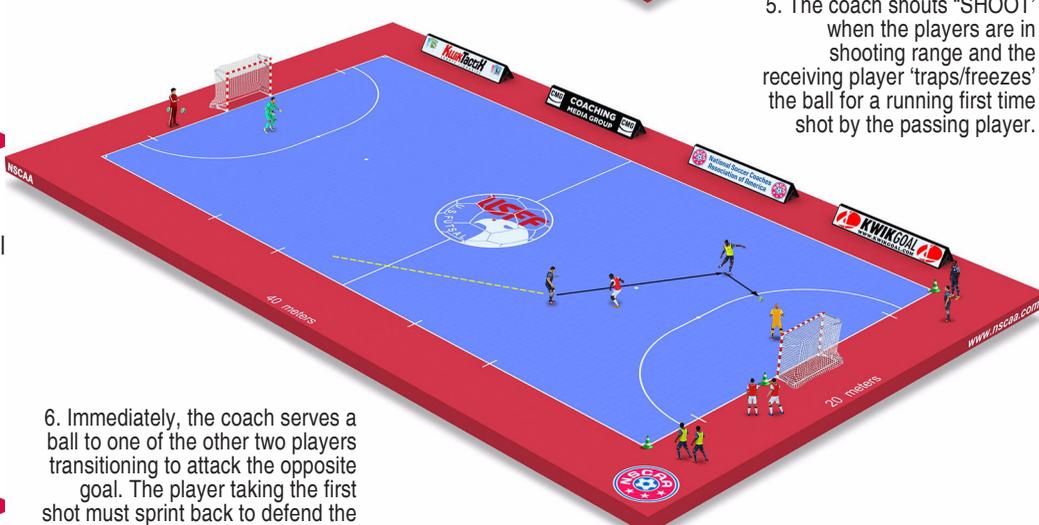
More Challenging: Play the counter attack of the counter attack until a goal is scored! Have another coach on the opposite side serving a ball once the 2nd shot is taken.



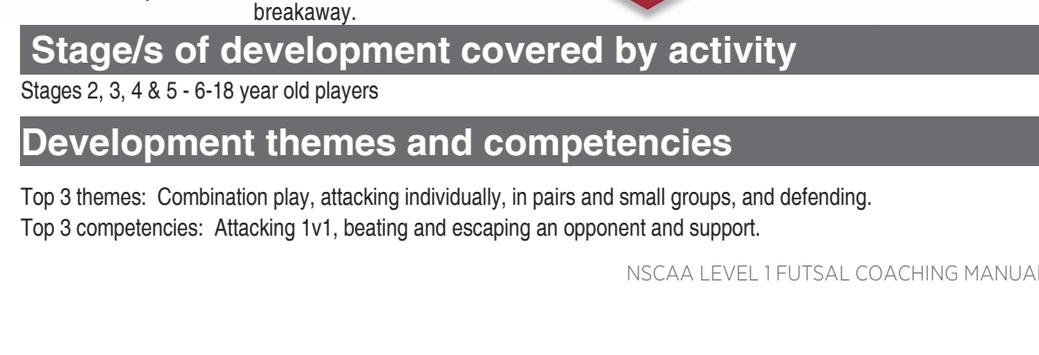
1. 9-12 players are divided into 3 groups wearing colored vests. Cones are placed in the corners and centrally at one end.



2. The yellow and blue players start on the flank and the red team start with a ball centrally. A goalkeeper starts in both goals.



3. The red player starts with a pass to the feet of the blue player and the players weave up the field with pass, dribble and overlap runs.



4. This passing, overlap and dribbling sequence repeats until the players get close to the goal.

5. The coach shouts "SHOOT" when the players are in shooting range and the receiving player 'traps/freezes' the ball for a running first time shot by the passing player.

6. Immediately, the coach serves a ball to one of the other two players transitioning to attack the opposite goal. The player taking the first shot must sprint back to defend the breakaway.

Stage/s of development covered by activity

Stages 2, 3, 4 & 5 - 6-18 year old players

Development themes and competencies

Top 3 themes: Combination play, attacking individually, in pairs and small groups, and defending.

Top 3 competencies: Attacking 1v1, beating and escaping an opponent and support.

IN AND OUT 4V4 FINISHING



1. The keeper passes the ball to a yellow team mate, to start a 4v4 game.

2. The red team attempts to win the ball. Both teams can score if the opportunity arises.



3. In the second diagram the red team intercepts a pass. The yellow player who made the bad pass must leave the field, resulting in a 4v3 favoring Red.

4. The red team must score within 4 seconds or the yellow player can return.



5. Red play develops 4v3. The yellow player off the field is ready to come on after a turnover.

6. In the final diagram a player from both teams has a player off the field and the game progresses as a 3v3 with keepers.

Why use it?

Futsal is an ideal environment to train player's decision making. This is a particularly good game for 'cognitive training', as players are required to focus and make quick decisions.

Set up

Play on a full Futsal Court. 2 teams of 4 and a keeper. Several balls available to keepers.

How to play

The keeper starts a 4v4 game. If a player from the attacking team loses the ball, he/she must exit the field immediately, giving the other team numbers up – 4v3. The player can re-enter if: a) the team with 3 defenders regain possession; b) the ball goes out of bounds; c) a goal is scored, or d) the keeper saves a shot. If the ball goes out of bounds a kick-in or a goal clearance is taken and the player off the field may re-enter. Restarts are from the keeper when a goal is scored or the ball crosses the end line.

Coaching notes

Coaching Objectives: Be patient in possession and do not force the pass.
Coaching Tips: The coach should require players to play quick give and go passes and shoot first time. Encourage the defending players to recognize when to apply 'man to man' or 'zone' marking or a combination of both. Instruct the keeper to communicate with the defender. Encourage the keeper for the attacking team to play on the field to create a 5v3 attacking overload.

How to modify

Less Challenging: Allow the attacking team unlimited touches.
More Challenging: Limit the number of touches to 2-3 when in a numerical advantage. Add a time limit of 4 seconds in possession before shooting or a player off the field may re-enter the field of play.

Stage/s of development covered by activity

Stages 2, 3, 4 & 5 - 6-18 year old players

Development themes and competencies

Top 3 themes: Combination play, attacking individually, in pairs and small groups, and defending.
Top 3 competencies: Attacking 1v1, beating and escaping an opponent and support.

SPLITTING THE DEFENSE - 2v2 PLUS KEEPER

Why use it?

This attacking places in a high intensity game with a goalkeeper and 2 outfield players on each team. Players will develop attacking and defending techniques and strategies as individuals and in pairs.

Set up

The activity is played on a full court with 2 fields approximately 10 x 16 yards marked with cones/discs on each half of the court. 2 teams play against each other on each mini court. Each team consists of 2 outfield players and a goalkeeper. An assistant coach stands on the sideline and passes the ball to start the game.

How to play

Every time a goal is scored, play re-starts with the defending keeper. If the ball leaves the field restart play with a kick in, corner kick or a goal clearance. The two attacking players attempt to combine passes and move to create space with the primary objective of creating goal scoring opportunities. This is an excellent environment for the defenders to work on defending in pairs and trading pressure and cover defensive roles.

Coaching notes

Coaching Objectives: Attacking players should be patient and wait for the right opportunity to create a 2v1 situation by either dribbling past the first defender or splitting the defense with a through pass. This activity should be fluid and coaches should supply balls so play is constant.
Coaching Tips: Encourage the attacking plays to create separation from the defender in a small space with runs off the ball, bumps/breaks and cut moves. If successful, team mate should attempt to split the defense. Coach should stress the importance for defenders to be patient, man-mark, and not 'dive' into challenges, or be caught 'watching the ball'.

How to modify

Less Challenging: Start with passive defenders. Remove one defender playing 2v1+keepers.

More Challenging: Limit time of possession. If a goal scoring opportunity is not created in 10 seconds, attacking team loses possession. Instruct the keeper of the attacking to proceed forward and create a 3v2 +Keeper overload. Also challenge the attacking players to take-on the defenders in every possession.



1. Left field - The yellow attacker passed just behind square and attempts to lose the defender with a bump/fake.



2. Right field - The red players combine passes and the yellow defenders do well to trade pressure and cover defensive roles.

3. In diagram 2 the yellow attackers have managed to get behind the red defense with a 'splitting' pass on the left field.



4. On the right field the red attacker beats the yellow defender with a dynamic take-on move. The cover defender moves across but the red attacker passes to the far post and a goal is scored.

5. In the final diagram the game is restarted quickly by the goalkeeper.

Stage/s of development covered by activity

Stages 2, 3, 4 & 5 - 6-18 year old players

Development themes and competencies

Top 3 themes: Combination play, attacking individually, in pairs and small groups, and defending.
Top 3 competencies: Attacking 1v1, beating and escaping an opponent and support.

NUMBERS-UP BREAKAWAY SHOT

Why use it?

An exciting high-pace Futsal activity developing a series of 'duels' encouraging fast breakaway attacking and last ditch defending.

Set up

The area is a full Futsal court with goals at both ends. 2 teams each with 4 outfield players and keepers. The activity starts with a 1v1 and the teammates standing by the side of the goal. Several balls are available for the goalkeepers and outfield players by the net.

How to play

A keeper starts a 1v1 game with a pass or throw. A player from the other team immediately sprints out to engage the attacker. 1v1 game is played. a) If the attacker scores, the next defender enters the game with a ball and plays with the other defender to create a 2v1. b) If the defender steals the ball from the attacker and scores a goal, a teammate enters the area and joins the defender to play 2v1 in the other direction. If a goal is scored the conceding team add an attacking player and enters with the game ball. If ball goes out of bounds it is considered lost possession. The numerical advantage is always with the team in possession so players must be ready to add numbers in the event of a turnover. Restart with a kick in, goal clearance or corner. If the keeper saves, a teammate enters the field and keeper restarts the game.

Coaching notes

Coaching Objectives: Players should be focused and ready to enter the field at any moment to either start a breakaway or assist a teammate with restarting the game.

Coaching Tips: Instruct attacking players to commit defenders immediately.

Encourage the breakaway player to dribble at pace towards the goal and finish. If the defender is quick, suggest a 'give and go' and a fast finish. Instruct the keeper to talk and organize the team when defending.

How to modify

Less Challenging: Instruct the attacking players to delay their recovery runs by 2 seconds to give the counter attack chance to develop.

More Challenging: Instruct the defending keeper on breakaways to come off the goal line and close the angle for a shot from the top of the box.



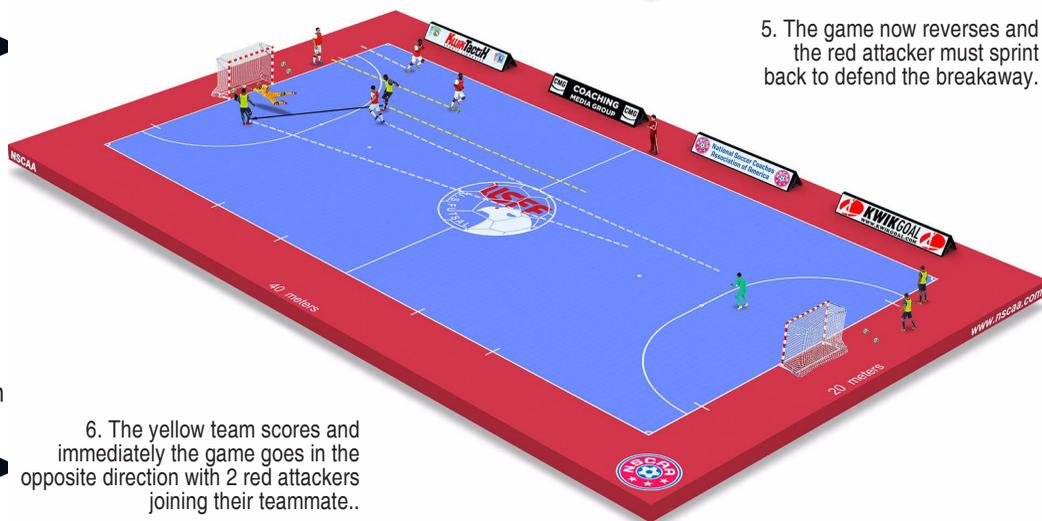
1. Keeper passes the ball to the red attacker who enters without a ball and immediately penetrates on the dribble.

2. A yellow defender sprints forward and attempts to meet the attacker as high up the field as possible.



3. Three other players from each team wait patiently by the side of the goal for their opportunity to start a new game or join an existing game.

4. In the second diagram the red attacker has managed to beat the defender and score. The player beaten remains on the field and a new yellow enters with a ball.



5. The game now reverses and the red attacker must sprint back to defend the breakaway.

6. The yellow team scores and immediately the game goes in the opposite direction with 2 red attackers joining their teammate..

Stage/s of development covered by activity

Stages 3, 4 & 5 - 9-18 year old players

Development themes and competencies

Top 3 themes: Combination play, attacking individually, in pairs and small groups, and defending.

Top 3 competencies: Attacking 1v1, beating and escaping an opponent and support.

NUMBERS-UP AND DOWN 4V4



1. Keeper passes the ball to the red attacker who gets wide and starts to dribble inside.

Why use it?

Very fast, enjoyable and competitive activity. Players should focus on possession and identify when a numerical advantage is established to fully commit defenders to the attack and score goals.

Set up

The area is a Futsal Court. 2 teams of 4 outfield players and keepers. The coach is outside the playing area towards the middle with a supply of balls. The keepers also have balls available for restarts.

How to play

The keeper starts a 4v4 game. As the first game progresses, the coach will select one of the defending players and serve him/her a ball to start a second game. At this point, the defender transitions to attack the opponent's goal - 1v1 with the keeper. This leaves the defending team with a player down 3v4 in the "first" game. If 3 defensive players can win possession, they attack the other goal with the teammate that just played 1v1 with the keeper. Now the coach serves a new ball to a defending player to create a second game and another 1v1 keeper. Essentially, the coach is looking to provide the attacking team with the advantage of an extra player - 4v3. Restarts are from the keeper that conceded or was last attacked. The team kicking the ball out of bounds loses possession and the game is restarted.

Coaching notes

Coaching Objectives: Focus on keeping possession and waiting for the numerical advantage and opportunity to score.
Coaching Tips: Encourage players in a 1v1 against the keeper to commit the keeper quickly and recover to assist team-mates engaged in a 4v3. Coach should challenge attacking players in the 4v3 game to score a goal before the arrival of 4th defender. Help keepers recognize that they should also play as an outlet/field player and not only as shot blockers as the modern game requires.

How to modify

Less Challenging: Coach can call 2 or 3 players off from the defending team to create 4v2.
More Challenging: Limit the number of touches to 2-3 when in a numerical advantage. Limit goal scoring attempts to 3-5 seconds.

2. A yellow defender approaches the ball carrier and other yellow defenders in the vicinity start to close the space between them and the attacker they are marking.



3. In the second diagram the coach relieves some of the pressure on the red team by serving an extra ball onto the court to an awaiting yellow attacker.

4. Two games now ensue with the red team playing 4v3 + Keeper and the yellow attacker playing 1v1 against the red's keeper.



5. In the final diagram there are now 3 games occurring. The yellow player finishes the 1v1 with a sublime chip over the keeper.

6. The coach simultaneously feeds in 2 more balls and the players must now decide which game to support.

Stage/s of development covered by activity

Stages 3, 4 & 5 - 9-18 year old players

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