

Session Time: 2 hours

4v1 into a high player/pivot

Play / Moving / Shooting / Passing / Dribbling

General Notes

Playing into a high player, pivot and supporting.

Aims & Objectives

After a passing sequence, play to a high player, who holds the ball and allows support players to create goal scoring opportunities.

Organisation & Setup

Play full court. Players who break out of one half, are replaced by the next pair, and the session rotates. Keep the game moving quick, don't allow the session to slow down.

Coaching Factors & Outcomes

Looking for the pivot to hold the ball with their back to goal and bring in the support players. Looking for good movement to exploit the 3v1 overload and create goal scoring opportunities. Body shape, support lines, quality of passes, finish on target.

Adaptation & Progression

Reduce to 3 passes before break out, or make more. If the attack is too slow then allow the defender to recover from the opposite side of the court. Work towards 3v2 in attacking end of the court.

Technical

- Pivot to use their body to hold the ball.
- Good passing, quality, weight, direction.
- Make sure finish on target when attacking.

Physical

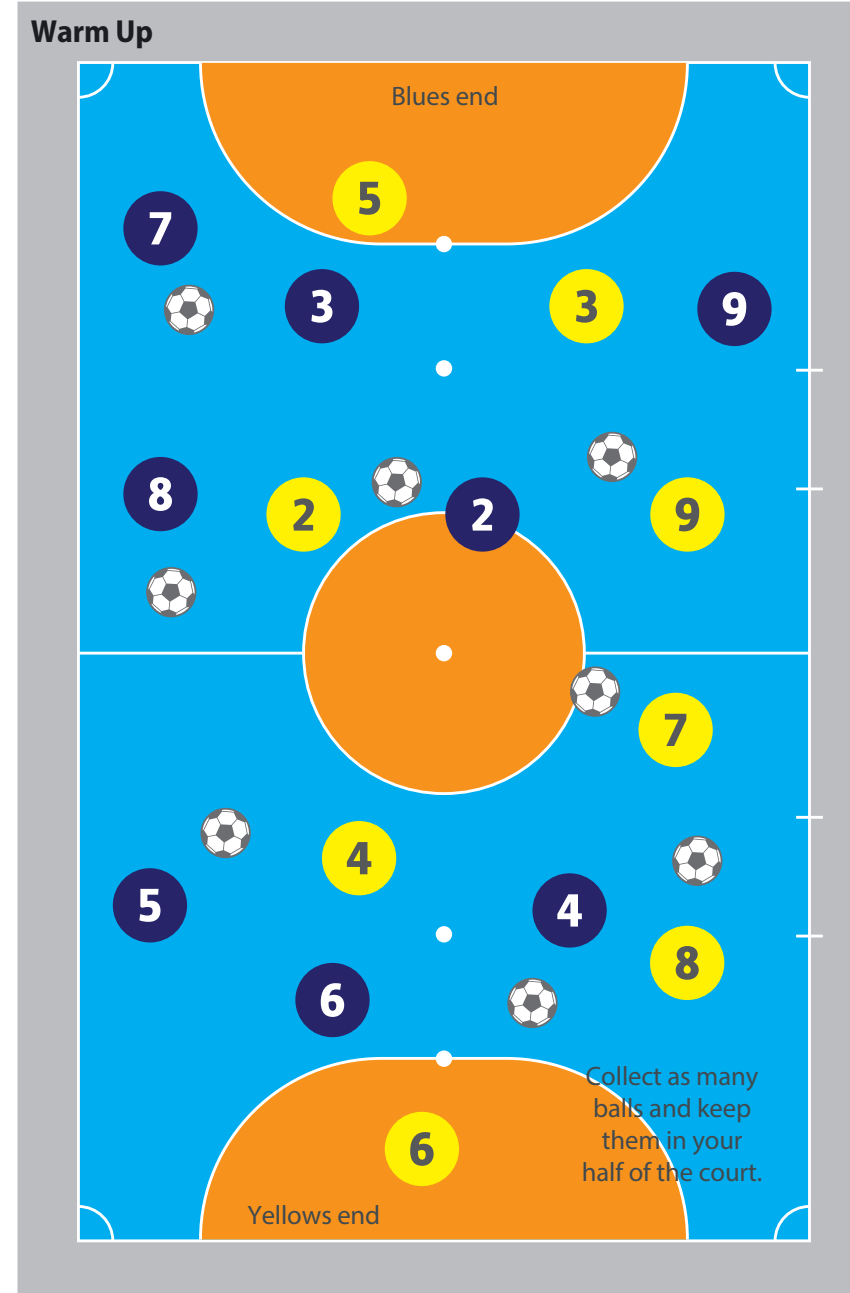
- Quick support play to help the pivot, get there quickly.
- Work hard to create passing lines and goal scoring opportunities.
- Strength from the pivot to hold the ball.

Psychological

- Make sure you make the 4 passes before playing forward, concentrate on good technique.
- Support quickly and be confident when making high runs.
- Good communication between all attacking players.

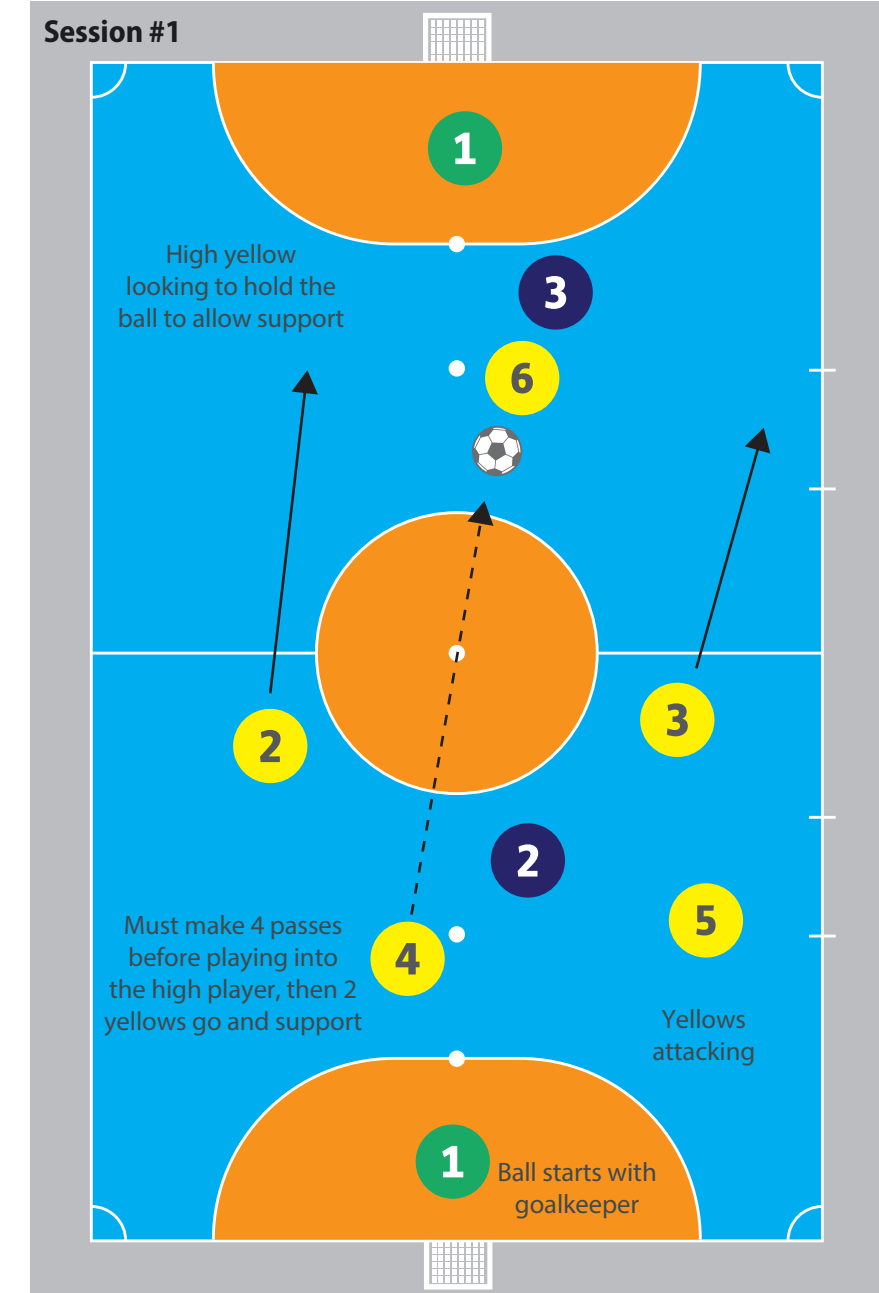
Social

- Support each other, even when mistakes happen.
- Don't complain if you make a run and don't get the ball, remember futsal is a team game.
- Swap round to being a defender, let everyone try each position.



Warm Up

- Split the players into 2 teams.
- Use all the footballs, and spread them out around the full court.
- Try and win the balls and keep them in your defensive half of the court.
- If the ball goes out of play, it is out of the game.
- After 1 minute, team with the most balls wins. Reset by giving the losers more balls this time.



Session #1

- Play full court with GK at both ends.
- Ball starts with yellow GK.
- Yellows must make 4 passes before ball played to high yellow/pivot.
- Two players go and support to make 3v1.
- If the play is too slow, recovering defender can retreat to help.
- If the defenders win the ball, they try and score in the yellows goal.

Session #2

- Full court game - 5mins then swap the teams around.
- Play with a high player at all times. Double goals if the they help create the goal.
- Only one attacker in the attacking zone when the goalkeeper has the ball. Must play into the defenders, as per last week.