

Session Time: 2 hours

Introducing Recovery

Play / Moving / Passing / Recovery

General Notes

Introduce the importance of recovery to the players.

Aims & Objectives

Highlight to the players, in futsal the necessity to recover back when out of possession and try and get goal side of the ball.

Organisation & Setup

We will play full court games, with two teams resting, one goal and the winner stays on. Small session on 2v2 with recovering defenders and then back into full games, with a recovery idea.

Coaching Factors & Outcomes

In the first game, if a player makes no attempt to recover, a penalty is awarded to the opposition. Stress how important recover is, and explain why it must happen. Recovery is hard work and all about the players desire and attitude.

Adaptation & Progression

In the final matches, play 4v4 and on the coaches command, the highest player up the court must sprint and tag their team mate by their own goal. Both are out of play until the tag is made.

Technical

- Running with the ball to exploit an overload.
- Good passing, quality, weight, direction.
- Controlling the ball with the sole of your foot.

Physical

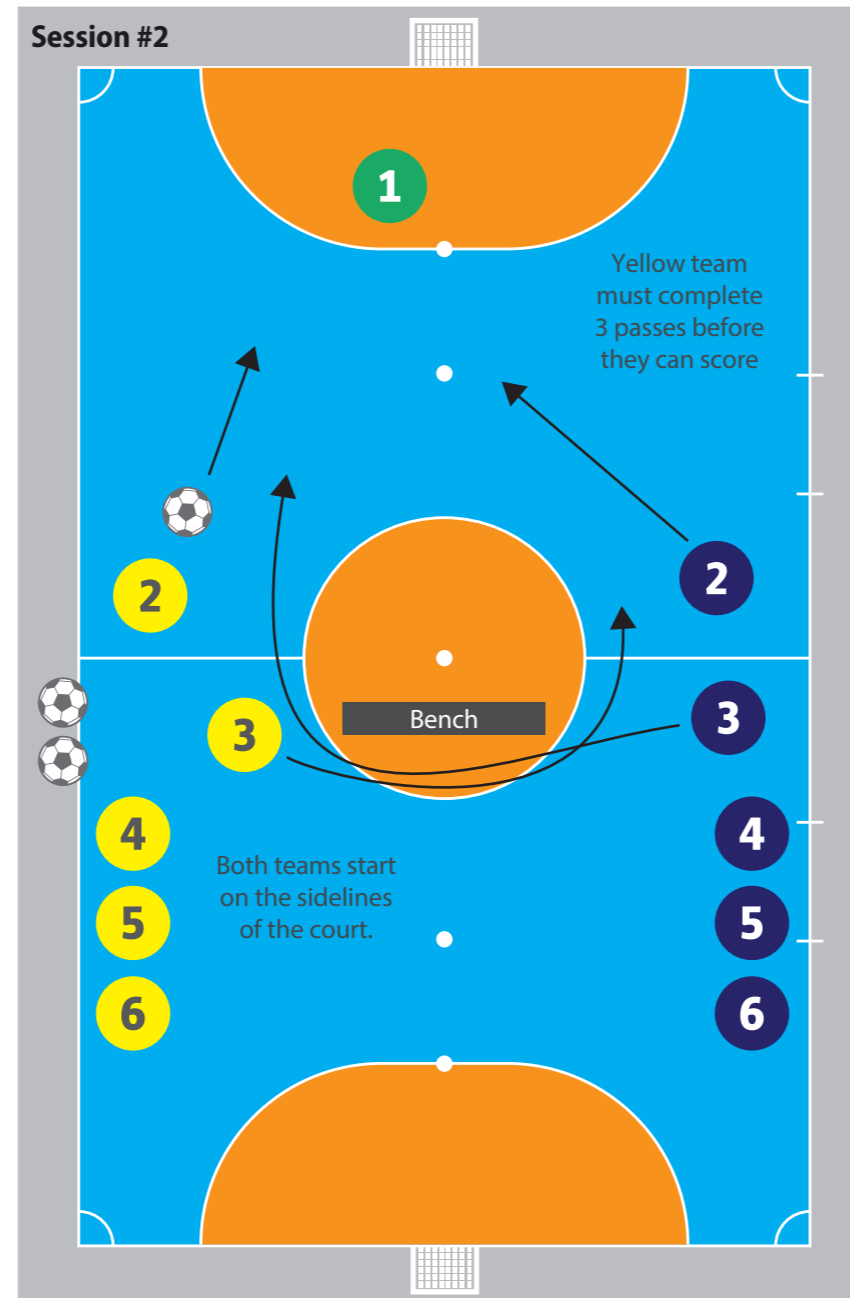
- Sprinting to get goal side when out of possession.
- Support runs when in possession.
- Strength when the opportunity to win the ball back is available.

Psychological

- Desire to sprint back as quick as possible and goal side when out of possession.
- Understanding that recovery benefits the team.
- Get your rest in when the ball goes dead or when you are back behind the ball.

Social

- Take pride in your own work rate and don't compare it to others.
- Encourage each other to recover, especially longer into the session as players get tired.
- All work hard, in and out of possession, don't leave it just to a few players.

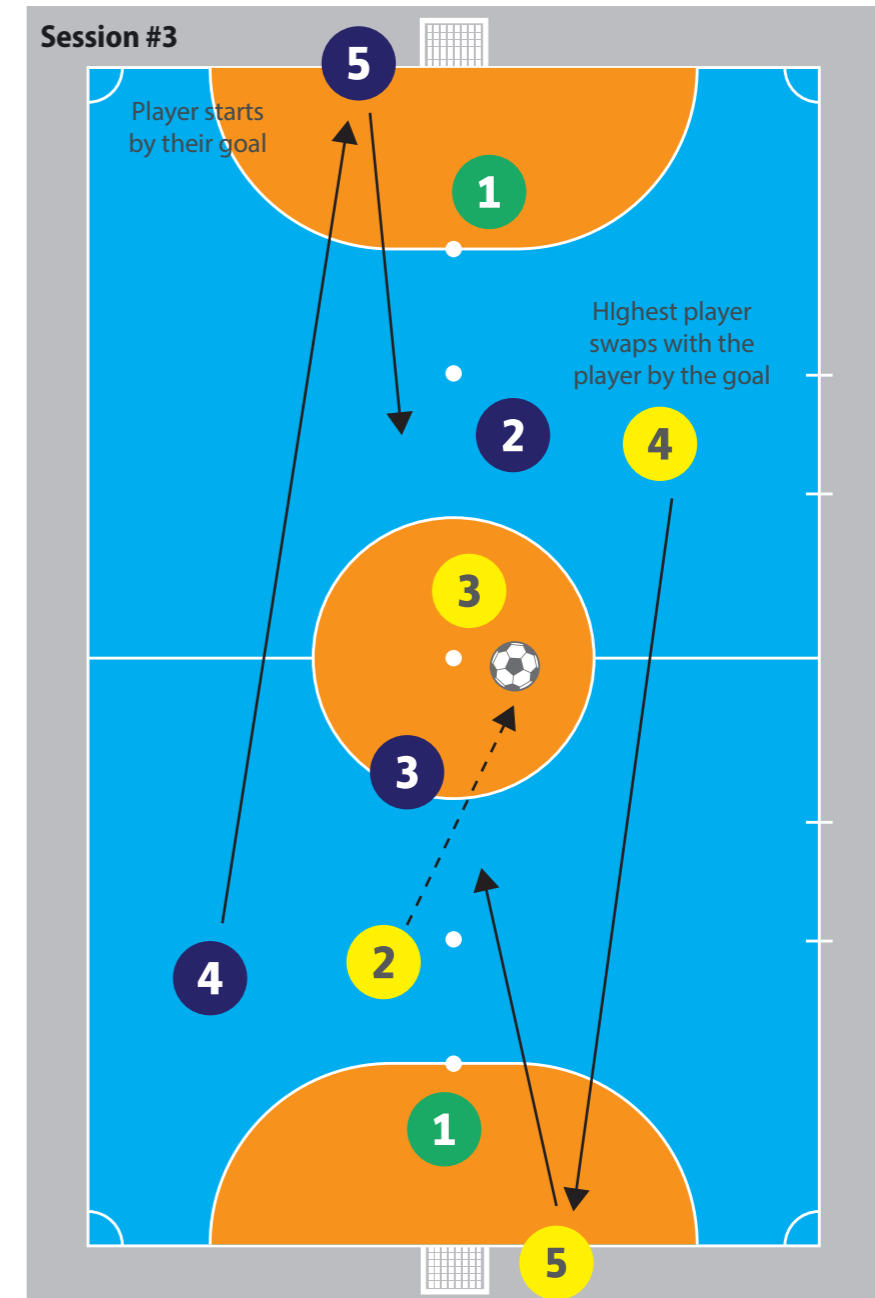


Warm Up

- Split the players into 3 teams.
- Play across the width of the court, and only half a court.
- Players on each side have a ball, players in the middle have none.
- Players run across the court, trying to keep their ball from the players in the middle.
- If the middle players win the ball, they swap with the outside players. Play for 1 minute and see who finishes with a ball.

Session #1

- Play full court 5v5 with GKs.
- Emphasise players must recover.
- If a player is deemed by the referee to not have tried to recover, a penalty is awarded.
- Winning team stays on.
- Encourage quick turn around of the teams, if one team is ready, they can start.
- As players get tired, they will stop recovering and the teams will naturally swap round and play each other.



Session #2

- Play just over halfway with a bench in the middle of the court.
- Teams play 2v2 with both team mates starting on the same side.
- One player from each team must run round the bench before they are in play.
- Attackers, Yellows, must make 3 passes before they can try and score.
- If Blues win the ball they try and hit the bench with the ball.

Session #3

- Play full court 5v5 with GKs, and one player from each team starts next to their goal.
- On the coaches instruction, the highest player on each team sprints and tags their team mate by the goal.
- Neither player is in play until the tag has been made.
- Encourage players to attack at pace when the change is being made.