

Futsal

Coaching manual



FIFA[®]

For the Game. For the World.

The background features abstract, overlapping geometric shapes in two shades of blue: a medium blue and a darker navy blue. These shapes create a dynamic, modern look on the left side of the page, while the right side is plain white.

Futsal

Coaching manual

Male and female

References to the male gender in this manual in respect of coaches, players etc. are for simplification and apply to both men and women.

Contents

Page	Chapter
5	Preface
7	1. History
8	1.1 The development of futsal
9	1.2 The FIFA Futsal World Cup
11	2. The features of futsal
12	2.1 Special features
13	2.2 Laws of the game
15	2.3 Motivation to play and develop futsal
17	3. Methodology
18	3.1 Characteristics of a futsal coach
19	3.2 Preparation and conduct of matches
20	3.3 Interventions by the coach
21	3.4 Planning a coaching session
22	3.5 An example of a coaching session
25	3.6 Symbols and graphics
27	4. Technique
28	4.1 Passing
30	4.2 Control
32	4.3 Running with the ball
34	4.4 Dribbling past opponents
36	4.5 Shooting
39	5. Tactics
40	5.1 Formations
52	5.2 Dead-ball situations
58	5.3 Organisation of play
67	6. Physical preparation
68	6.1 Specific qualities and requirements
69	6.2 Physical qualities
72	6.3 Special features of physical preparation for young players
75	7. The goalkeeper
76	7.1 Technical manoeuvres
81	7.2 Tactical manoeuvres
84	7.3 Physical preparation
87	8. Annual planning
88	8.1 Planning a season
91	8.2 Weekly planning
93	Futsal glossary



1. History

1.1 The development of futsal

Established many years ago, futsal, a term that comes from the contraction of “fútbol” and “sala” and which can be translated as “indoor football”, is now played by most member associations of FIFA.

- 1930: Juan Carlos Ceriani, a physical education teacher from Montevideo, invents a new kind of football to play indoors, unaffected by the weather conditions
- 1949: After the sport becomes established in Brazil, the Brazilian Asdrúbal do Nascimento draws up the first rules of the game
- 1965: Foundation of the South American Fútbol de Salón Confederation
- 1971: Foundation of the International Federation of Fútbol de Salón (FIFUSA), presided over by the future President of FIFA Dr. João Havelange
- 1982: First world championship organised by FIFUSA
- 1985: FIFA decides to add futsal to the world football family
- 1989: The first FIFA Futsal World Cup is held in Holland
- 1996: FIFA publishes the first official list of referees for futsal
- 2005: The first seminar for FIFA futsal instructors is held in Spain



1.2 The FIFA Futsal World Cup

Year	1989	1992	1996	2000	2004	2008
Country	Netherlands	Hong Kong	Spain	Guatemala	Chinese Taipei	Brazil
Champion	Brazil	Brazil	Brazil	Spain	Spain	Brazil
Runner-Up	Netherlands	USA	Spain	Brazil	Italia	Spain
No. of teams	16	16	16	16	16	20
No. of matches	40	40	40	40	40	56
No. of spectators	86'500	50'300	116'400	224'038	50'923	292'161
No. of spec/ match	2'163	1'257	2'910	5'601	1'273	5'217
Best player	Victor Hermans (NED)	Jorginho (BRA)	Manoel Tobias (BRA)	Manoel Tobias (BRA)	Falcão (BRA)	Falcão (BRA)
Top scorer	Lazslo Zsadanyi (HUN) 7 goals	Saeid Rajabi Shirazi (IRN) 16 goals	Manoel Tobias (BRA) 14 goals	Manoel Tobias (BRA) 19 goals	Falcão (BRA) 13 goals	Pula (RUS) 16 goals
No. of goals	221	307	290	302	237	387
Goals/match	5.5	7.7	7.3	7.6	5.9	6.9
Teams in qualifying rounds	N/A*	23	49	64	86	97

*The first FIFA Futsal World Cup was played by invitation.



2. The features of futsal

2.1 Special features

Futsal is a kind of football that is played:

- indoors or outdoors
- on a reduced-sized pitch
- with reduced-sized goals
- with smaller teams (4 outfield players + 1 goalkeeper)
- with a special ball (smaller), that bounces less
- with all players getting more touches of the ball; high-speed action and lots of shots
- with special rules that make the game fast, dynamic, non-violent and enjoyable
- in two 20-minute periods (excluding stoppages)
- with an unlimited number of substitutions
- with no offside



2.2 Laws of the game

The Pitch (Law 1)

- Pitch surface: smooth, non-abrasive (artificial turf is allowed for national competitions)
- Dimensions: length 25 to 42 m and width 16 to 25 m
- Penalty mark: 6 m from goal
- Second penalty mark: 10 m from goal
- Handball goals are used: 2 m x 3 m

The Ball (Law 2)

The ball does not bounce excessively: dropped from a height of 2 m, it should not bounce more than 65 cm or less than 50 cm.

The Number of Players (Law 3)

- 5 players on the pitch, one of whom is the goalkeeper
- 7 substitutes for official competitions
- An unlimited number of substitutions (changes) can be made during a match
- A substituted player may in turn become a substitute
- A substitution can be made whether the ball is in play or not
- If a player is sent off, his team continues with 4 players for 2 minutes, unless the opposing team scores a goal before the two minutes have elapsed

Referees (Laws 5 and 6)

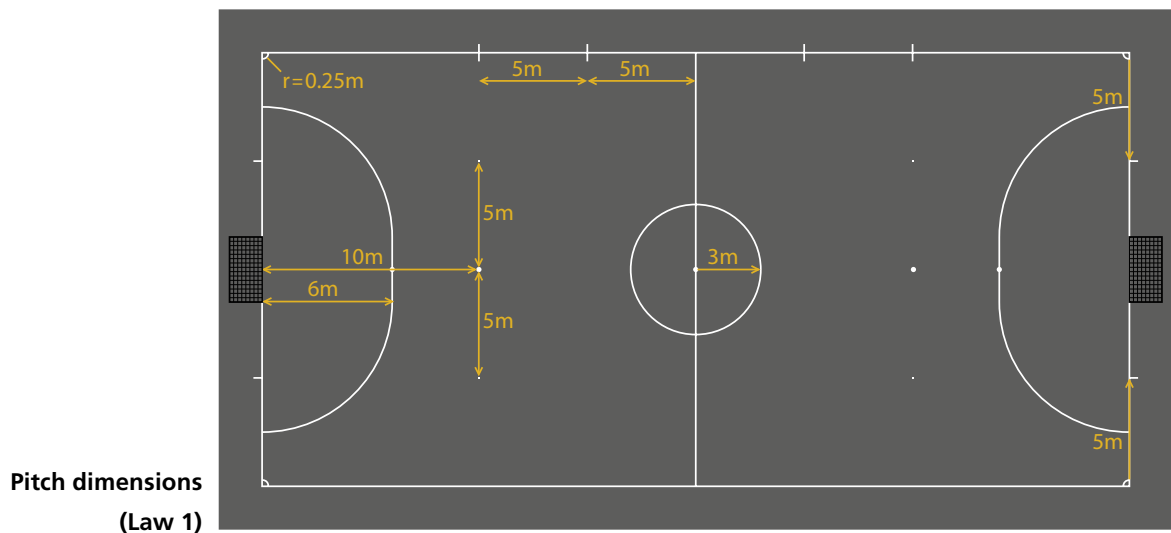
- Each match is controlled by 2 referees
- A third referee and timekeeper may be appointed

Duration of the Match (Law 7)

- A match comprises two periods of 20 minutes each of actual play
- All stoppages of play are disregarded (the clock is stopped)
- Each team is entitled to a one-minute time-out in each period
- The half-time interval must not exceed 15 minutes
- The timekeeper indicates the end of each period with an acoustic signal
- If the ball has been kicked towards one of the goals, the referees must wait for the kick to end

Offside (Law 11)

There is no offside in futsal.



Fouls and Misconduct (Law 12)

These are the same as for football, except that an indirect free kick is awarded to the opposing team if a goalkeeper:

- controls the ball with his hands or feet in his own half of the pitch for more than four seconds
- after playing the ball, he touches it again in his own half of the pitch after it has been deliberately kicked to him by a team-mate without an opponent playing or touching it

Free Kicks (Law 13)

- Free kicks must be taken within 4 seconds
- Opponents must be at least 5 m from the ball
- When a team has accumulated 5 fouls in a period (sanctioned by direct free kicks), then from the sixth foul on, direct free kicks without a defensive wall 10 m or less from the goal line are awarded
- The player taking the free kick without wall may not pass the ball to a team-mate and must shoot directly at goal

Penalty Kick (Law 14)

This rule is the same as in 11-a-side football, except that the kick is taken from the penalty mark 6 m from the goal.

Kick-in (Law 15)

- The ball may only be returned to play by a kick, within 4 seconds
- Opponents must be at least 5 m from the ball

Goal Clearance (Law 16)

- When a goal clearance is awarded, the goalkeeper must return the ball to play by throwing
- A goal cannot be scored directly from a goal clearance
- If the ball is in play and the goalkeeper touches the ball again before it has touched an opponent (except if it has accidentally touched another player in his team), an indirect free kick is awarded to the opposing team

Corner Kick (Law 17)

This law is the same as for 11-a-side football, except that:

- The corner kick must be taken within 4 seconds
- Opponents must be at least 5 m from the ball



2.3 Motivation to play and develop futsal

Development of players

The characteristics of the game, such as fewer players, a smaller pitch, the special futsal ball and an unlimited number of substitutions

- increases contact with the ball and shots on goal
- limits time and space to control and pass the ball
- favours rapid decision making
- favours a dynamic playing system and the rotation of positions
- involves and motivates all players
- facilitates accurate passing

and makes futsal the perfect tool to develop and improve technique, tactical understanding, agility, coordination and also the players' speed in both futsal and 11-a-side football.

Accessibility

- Little infrastructure is required
- It is possible to use existing facilities (e.g. schools, universities, sports centres, etc.)
- It is easy to start playing because not many players are needed
- It is accessible in regions and communities where it is difficult to play 11-a-side football due to the climate or because of the lack of space (e.g. large cities, isolated communities)
- It is accessible to women and children (e.g. in Muslim countries) and the elderly

New opportunities

- New careers for players, coaches, referees, administrators, etc.
- New opportunities for member associations to host and qualify for international competitions
- New opportunities for cooperation with NGOs, government authorities, private sponsors, etc.

Marketing, advertising and the media

- One of the fastest-developing sports in the world
- Associated with football, but avoids its saturated market
- An attractive game (lots of goals, finely-honed skills)
- The indoor nature of the game make it a new focus for marketing and advertising

A complement to football

- A potential first step to 11-a-side of football, producing high-quality players and simplifying the coaching and educational development of many children, using fewer resources
- It expands the football base: futsal attracts more players and fans
- Diversification of the activities of a football association and extension of activities, both indoors and outdoors
- The only version of indoor football approved by FIFA



3. Methodology

3.1 Characteristics of a futsal coach

1. Personality

- Positive attitude
- Fair
- Open-minded
- Clear objectives
- Determined
- Innovative

2. Qualities

- Knows how to listen
- Knows how to communicate and transmit the club's philosophy
- Knows how to express himself clearly
- Knows how to settle disputes
- Good decision maker
- Capacity for self-criticism
- Knows how to motivate and encourage
- Exemplary conduct (appearance, language, punctuality, attitude etc.)

3. Knowledge

- Techniques and tactics of futsal
- Physiological
- Psychological and mental preparation
- Nutritional
- First aid
- Organisational abilities
- Methodologies
- Awareness of the level of the team and of each player

4. Conduct that must be avoided

- Constant shouting
- Criticising players in front of the group
- Concentrating on negative aspects (overlooking positive aspects)
- Long, confusing speeches
- Continual interruptions of coaching sessions
- Repetition of the same exercises
- Doing exercises for prolonged periods
- Insisting on pre-defined objectives despite their appropriateness

5. Special features of coaching/education of children

Profile of a coach-educator

- Knowledge of children's physical and mental characteristics (development stages)
- Serving as an example and always approachable
- Interest in children and their aspirations
- Ability to establish good relationships with parents

Code of conduct

- Place emphasis on the play aspect (learn by playing)
- Welcome all children to training (without their level being important)
- Encourage a feeling of unity and identity
- Ensure that children feel safe and valued
- Instil confidence in the children and encourage them
- Do not treat children as if they were just small adults
- Adapt equipment and the size of the playing area
- Do not insist on a competitive aspect, but let children play and enjoy the game
- Balance the strength of teams (e.g. let children play in age categories)
- Do not allow an excessive difference in scores in games

3.2 Preparation and conduct of matches

Although match preparation starts during midweek coaching, especially in a competitive period, in this chapter we are going to concentrate just on the day of the match.

1. Match preparation

- If the match is played in the afternoon or evening, it is advisable to give your talk in the morning so that players can visualise and reflect on the analysis of their rivals and on the instructions received from the coach. If the match is in the morning, the match preparation can be done the afternoon or evening before
- Although not a strict rule, it is not recommended to present instructions as a monologue for more than 20 or 25 minutes, because studies have shown that after this time the players' capacity to pay attention and concentrate diminishes
- It is a good idea, and very healthy, for players to participate in order to maintain their interest and commitment, although it will be the coach who controls this participation

2. Pre-match talk

- This should be brief, specific and motivational. In the moments before a match tension is high and the focus is on the game so the mind does not process explanations that are too long. Brief, specific messages and instructions are recommended
- It is necessary to check the team's level of anticipation and control it, calming any anxiety and motivating the team if there is a lack of competitive spirit

3. Instructions during the match

- The first thing is for the coach to control his emotions. If he loses control it will be difficult to analyse what is happening in the match effectively and make the right decisions
- As a match is made up of several different scenarios depending on factors such as which players are on the pitch at the time, the score, how much time is left, injuries, accumulated fouls, etc. it is advisable to mentally anticipate solutions in order to react quickly when it is necessary to make a decision

4. Post-match assessment

- After each match, when you are in the peace and quiet of your home, it is a good idea to go over and analyse everything that happened in the match, above all how the players reacted to the instructions given and any new problems that arose and how you as a coach analysed situations and made decisions
- It is very important to be honest and self-critical, as it is the only way to learn for future matches and ensure continuous improvement
- The conclusions should be done in written, as memory is selective and with time we tend to forget the details that make us most uncomfortable; it is in these details that a mistake is most commonly made

3.3 Interventions by the coach



Explanation

- of the objective of the exercise
- of the tasks of each player, depending on their different roles
- using appropriate resources (e.g. tactics board or video)

Demonstration

by the coach or players.

Observation

- of the players during the performance of the exercise
- taking into consideration the coaching points previously established by the coach

Intervention

- at the right moment
- for instructions, when the exercise is not done correctly
- to revise the coaching points

Adaptation

- of the degree of difficulty of the exercise
- of the allocation of tasks
- taking into account the ability and current physical condition of the players



3.4 Planning a coaching session

Coaching session

Take into account:

- Objectives (technical, tactical, physical, psychological)
- Season
- Week
- Day of the week
- Last match and next match
- Number of sessions per week
- Conclusions from the previous coaching session
- Number of players available
- Technical, tactical and physical standard of the players
- Positions of the players (including goalkeepers)
- Facilities and sporting equipment available
- Weather conditions (temperature, humidity etc.)

Exercises

Specify:

- Objectives
- Duration and intensity of the exercises and rest breaks
- Aspects that require special attention (coaching points)
- Organisation of the exercise, making sure the players are as active as possible
- Progression of exercises: from simple to complex
- Equipment required
- Number and position of players
- Position of the coach

Equipment

Prepare:

- The pitch
- Goals
- Balls and pump
- Bibs
- Cones
- Stopwatch
- Whistle



3.5 An example of a coaching session

Session No.	Date
Duration	100 minutes (+ 9 minutes for breaks)
Period	Preparation
General Objective	Improve individual technique
Specific Objective(s)	Directed control
Number of players	15 (12 on the pitch and 3 goalkeepers)
Equipment required	- Balls (and pump)
	- Cones
	- Bibs
	- Stopwatch
	- Whistle

Warming up (15 minutes)

- Jogging (5')
- Game using hands (5')
- 2-touch game (5')



Exercises (45 minutes)**No. 1: Various controls (15 minutes)****Objective:**

Making control techniques instinctive.

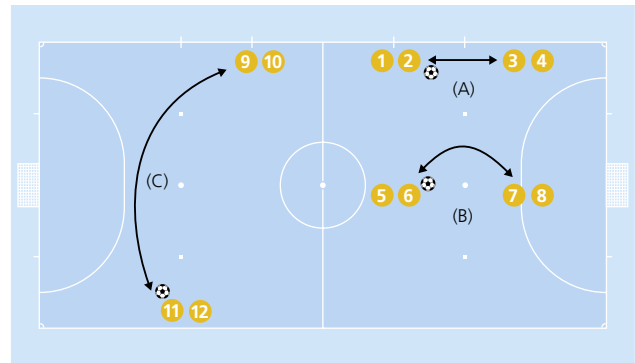
Procedure:

A circuit with three stations is set up (A, B, C):

At station (A), the players pass the ball along the ground in order to practise control with the sole of the foot. At station (B), the pass is short distance but off the ground, such that control is made using the chest, thigh or foot as appropriate. At station (C), the passes are longer and control is made by the chest or sole or inside of the foot, depending on whether the passes are along the ground or in the air, fast or slow. Once a player has controlled the ball, he alternates with a team-mate. The players change station every five minutes. The exercise is conducted with both feet.

Variations:

Station C can include finishing to make it more like a real move.

**Coaching points:**

- The part of the body that is used to control the ball has to absorb the speed of the ball, meaning that it is necessary to move that part of the body back a little
- Make sure that players get used to looking left and right before receiving a ball

Break: 3 minutes to drink water

No. 2: Directed control (15 minutes)**Objective:**

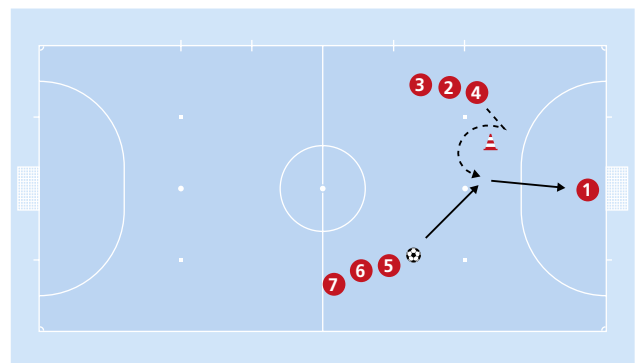
- Improving directed control
- Coordination between the direction and speed of a team-mate and the power of the pass

Procedure:

A player passes the ball firmly along the ground from the touchline. Another player runs from the other touchline, feints at the cone, anticipates the trajectory of the ball, carries out directed control towards the goal and then shoots. Each player changes to the opposite group after his turn. This exercise should be conducted from both sides of the pitch so that players use both feet.

Variations:

A defender can be used instead of the cone, first shadowing the active player, then defending passively and finally defending actively.

**Coaching points:**

- The player who is going to use the directed control must start when his defender has lost visual contact because of the feint
- Synchronising the strength of the pass with the speed and direction of the player who conducts the directed control

Break: 3 minutes to drink water

No. 3: Real match (15 minutes)

Objective:

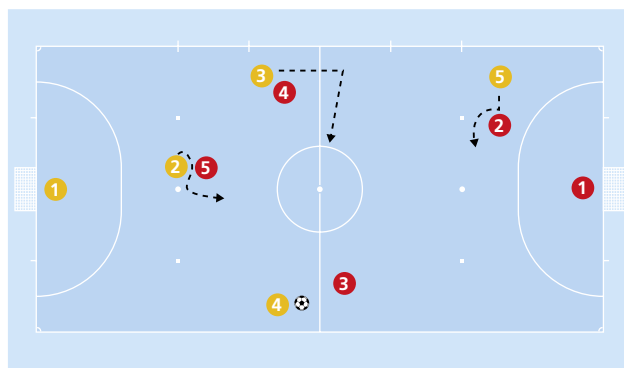
Practising directed control in a real match situation.

Procedure:

The only rule is that the defenders use one-to-one marking so that the attackers have to feint in order to beat the defender. The player anticipates the pass from a teammate so that they can use directed control to get past the opponent. If the ball is controlled normally and not directed, the defender soon regains position and no numerical or positional advantage is gained.

Variations:

A rule can be introduced making it necessary to control the ball before scoring if the goal is to count.



Coaching points:

During the match, do not lose sight of the fact that the main objective is directed control.

Break: 3 minutes to drink water

Real match (30 minutes)

Conditions:

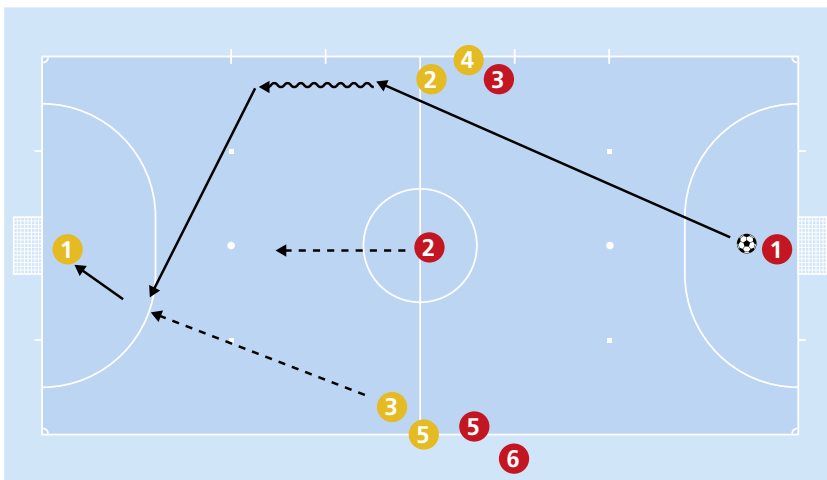
Play with 2 touches in own half of the pitch and unrestricted play in the opponent's half.



Stretching (10 minutes)

Assessment of the session
Any relevant points from the training session are recorded in this section.

3.6 Symbols and graphics



- 1 1 goalkeepers
- 2 3 outfield players
- 0 joker
- players with different coloured bibs
- C coach
- ⚽ ball
- ⚠ cone
- trajectory of the player without the ball
- trajectory of the player with the ball
- trajectory of the ball (pass or shot)
- exchange of passes
- run from one side to the other
- (1) (2) sequence of moves
- (a) (b) options
- (A) (B) stations



4. Technique

4.1 Passing

Explanation:

Passing is a key element of attacking play. It is vital to maintain concentration and balance in order to pass properly.



Exercises

No. 1: Alternating passes

Objective:

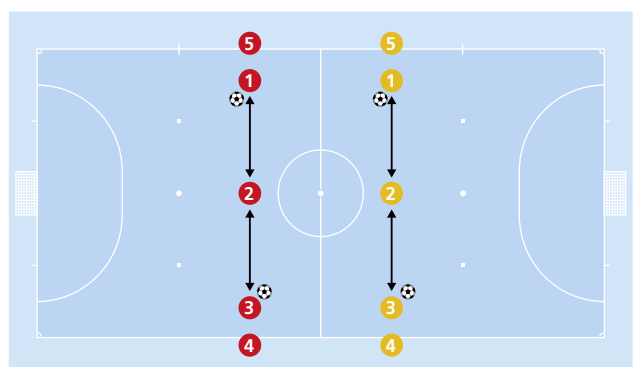
Improved accuracy and speed of passing.

Procedure:

The player in the centre returns the ball to team-mates at the side of the pitch, alternating rapidly from one side to the other. The player uses both feet. Every 20 passes, a player from the side changes places with the player in the centre. The player at the side, after passing the ball to the centre, changes places with another team-mate at the side in order to alternate participation.

Variations:

Start with a short distance (5 m), moving on to medium distance (10 m) and finally long distance (20 m).



Coaching points:

- Watch the position of the body when the player strikes the ball
- Make sure that the strike of the ball is crisp, not prolonged
- Make sure that the player who is going to make the pass looks left and right to get used to gathering information

Exercises

No. 2: Possession of the ball

Objective:

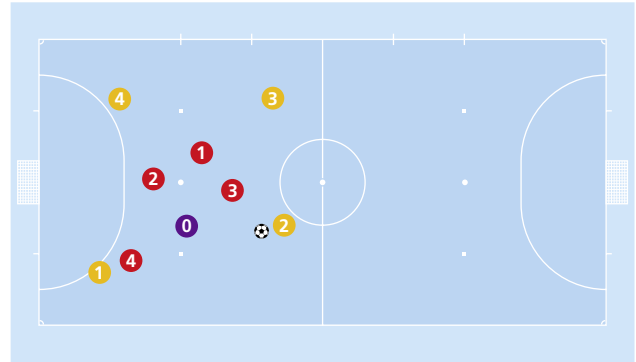
Improving passing on the move and when faced by an opponent.

Procedure:

The exercise is played on half the pitch, with no restrictions on movement in this area. The attacking team are assisted by a joker player and try to keep possession for 20 passes. If the defending team wins possession of the ball, the teams change roles. The joker always assists the attacking team. If the attacking team manages to achieve 20 passes without losing possession of the ball, the defending team has to do 5 press-ups and then the same attacking team starts the game again.

Variations:

The game can be played with an unlimited number of touches per player or restricted to two touches, or even one touch, per player.



Coaching points:

- Make sure that the player looks up before receiving the ball in order to see the movements of team-mates
- Pay special attention to team-mates losing their markers in order to facilitate passing

No. 3: Attacking with a limited number of passes

Objective:

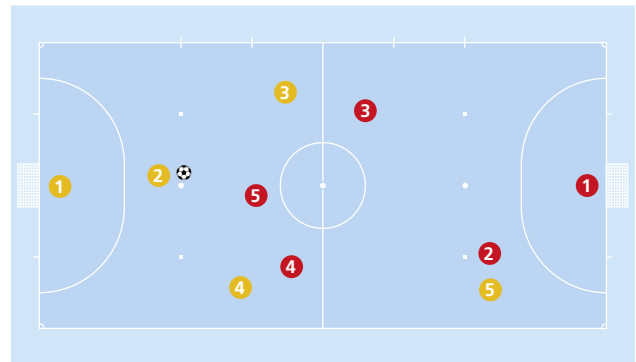
Efficient passing depending on the zone of play.

Procedure:

A real game using the whole pitch. Rules: the players of the team in possession have a maximum of two touches in their own half of the pitch and unrestricted play in the other half.

Variations:

The rules can be changed depending on the objective of the exercise, allowing one touch in the players' own half and unrestricted play in the other half; or unrestricted in their own half and two touches in the opponents' half, etc.



Coaching points:

Constantly remind players by shouting out the number of touches in each area of the pitch.

4.2 Control

Explanation:

Good control of the ball ensures possession is retained and helps to initiate the next move more speedily and effectively. To allow proper control, the speed has to be taken off the ball. This means that the part of the body used to control the ball must be relaxed at the time of contact.



Exercises

No. 1: Various controls

Objective:

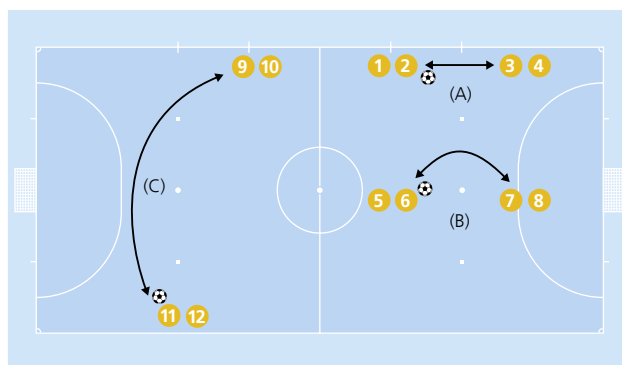
Making control techniques instinctive.

Procedure:

A circuit with three stations is set up (A, B, C):
 At station (A), the players pass the ball along the ground in order to practise control with the sole of the foot. At station (B), the pass is short distance but off the ground, such that control is made using the chest, thigh or foot as appropriate. At station (C), the passes are longer and control is made by the chest or sole or inside of the foot, depending on whether the passes are along the ground or in the air, fast or slow. Once a player has controlled the ball, he alternates with a team-mate. The players change station every five minutes. The exercise is conducted with both feet.

Variations:

Station C can include finishing to make it more like a real move.



Coaching points:

- The part of the body that is used to control the ball has to absorb the speed of the ball, meaning that it is necessary to move that part of the body back a little
- Make sure that players get used to looking left and right before receiving a ball

Exercises

No. 2: Directed control

Objective:

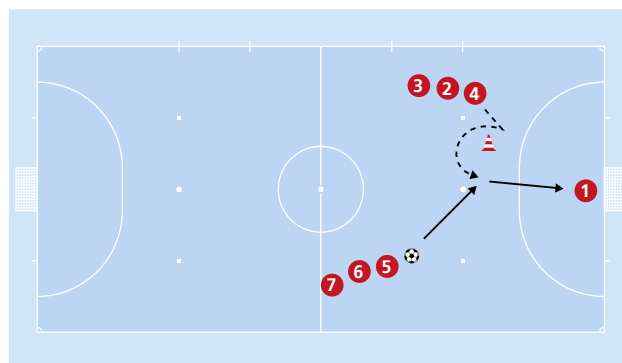
- Improving directed control
- Coordination between the direction and speed of a team-mate and the power of the pass

Procedure:

A player passes the ball firmly along the ground from the touch line. Another player runs from the other touch line, feints at the cone, anticipates the trajectory of the ball, carries out directed control towards the goal and then shoots. Each player changes to the opposite group after his turn. This exercise should be conducted from both sides of the pitch so that players use both feet.

Variations:

A defender can be used instead of the cone, first shadowing the active player, then defending passively and finally defending actively.



Coaching points:

- The player who is going to use the directed control must start when his defender has lost visual contact because of the feint
- Synchronising the strength of the pass with the speed and direction of the player who conducts the directed control

No. 3: Real game

Objective:

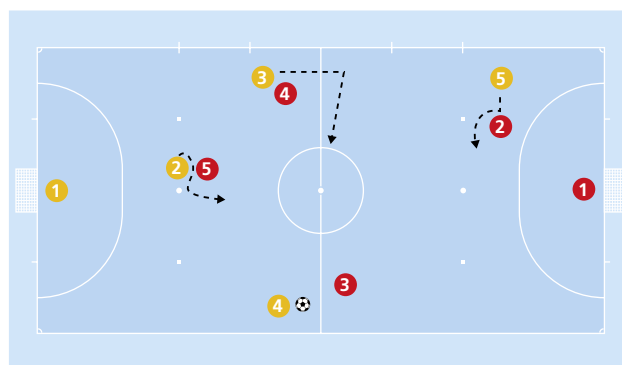
Practising directed control in a match situation.

Procedure:

The only rule is that the defenders use one-to-one marking so that the attackers have to feint in order to beat the defender. The player anticipates the pass from a teammate so that they can use directed control to get past the opponent. If the ball is controlled normally and not directed, the defender soon regains position and no numerical or positional advantage is gained.

Variations:

A rule can be introduced making it necessary to control the ball before scoring if the goal is to count.



Coaching points:

During the match, do not lose sight of the fact that the main objective is directed control.

4.3 Running with the ball

Explanation:

When running with the ball, whatever part of the foot is used, the most important thing is that the ball should be an extension of the foot so that the player doesn't have to look down but rather can look about to see what is happening in the game. This means that the tactical decisions taken will be much more effective with this wider field of view than if the player has to concentrate on the ball.



Exercises

No. 1: Running with the ball along the lines

Objective:

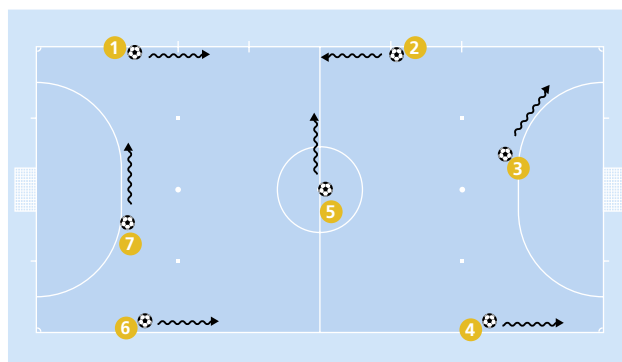
- Making running with the ball instinctive
- Using the inside, outside and sole of the foot
- Using both feet

Procedure:

The players move along the lines of the pitch while maintaining control of a ball. When meeting a team-mate coming the other way, they turn around and go back along the line.

Variations:

The coach stands on the pitch and indicates with gestures (without speaking) which foot the players should use, and even which part of the foot. This makes the player maintain control while at the same time looking up to see the coach's instructions.



Coaching points:

- For the player to have a wide field of vision (does not look continually at the ball)
- The ball should not leave the foot

Exercises

No. 2: Eliminating opponents.

Objective:

Running with the ball while maintaining a good field of view in a challenging situation.

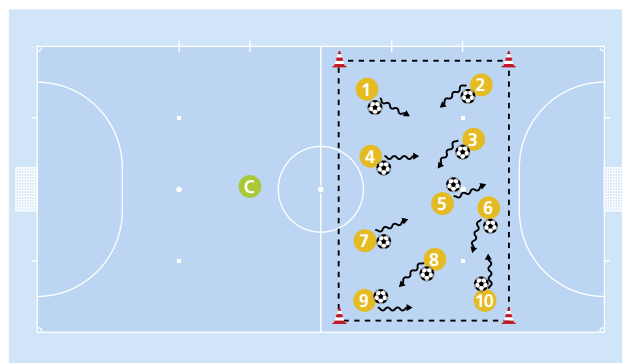
Procedure:

The players each run with a ball in a restricted space.

The coach stands outside this area with an arm raised showing a certain number of fingers. The players must run with their ball while raising their hand showing the same number of fingers as the coach. They try to kick the balls controlled by team-mates out of the area while protecting their own ball. If a ball leaves the specified area, that player is eliminated and has to do press-ups before returning to the game. The coach changes the number of fingers held up every five seconds.

Variations:

- The coach can shout out what part of the foot should be used to control the ball
- The coach can change which hand is raised to indicate which foot should be used by the players



Coaching points:

- The players have one arm raised but use the other arm to gain information about the locations of their opponents and to protect the ball
- Make sure players look up in order to get information about their situation while under maximum pressure

No. 3: Counterattacks while running with the ball

Objective:

Running with the ball in a match situation.

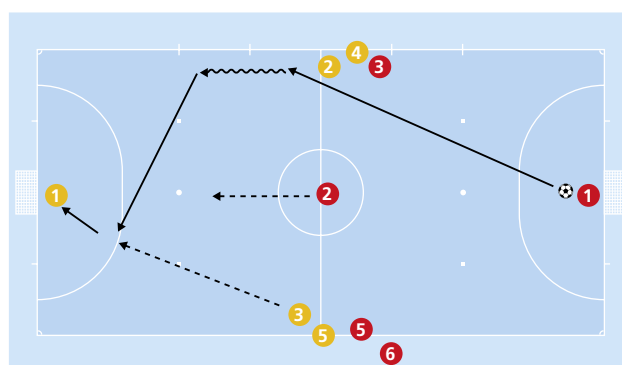
Procedure:

The goalkeeper passes the ball to one side of the pitch.

The player receiving the ball runs with it, using at least three touches, before passing to a team-mate on the other side of the pitch who runs in to shoot at goal. After the goalkeeper has played the ball out, the defender (red) drops back to defend against the attack. When the move has finished, it is repeated towards the other goal using the players at the halfway line (yellow) with one of the other players in red coming on to act as a defender.

Variations:

A restriction on the amount of time before finishing can be imposed (5-10 seconds).



Coaching points:

- Make sure that players position their bodies correctly while running with the ball, in order to have a view of their team-mates and of the goalkeeper
- Make sure that attackers who run off the ball measure their speed in order to offer themselves as a safe pass

4.4 Dribbling past opponents

Explanation:

Dribbling past an opponent is a very useful technique in futsal as it can break down a defence and create a numerical advantage.

It is the most unpredictable technical manoeuvre and creates doubt and uncertainty in the opposing team.



Exercises

No. 1: Collecting the ball and dribbling

Objective:

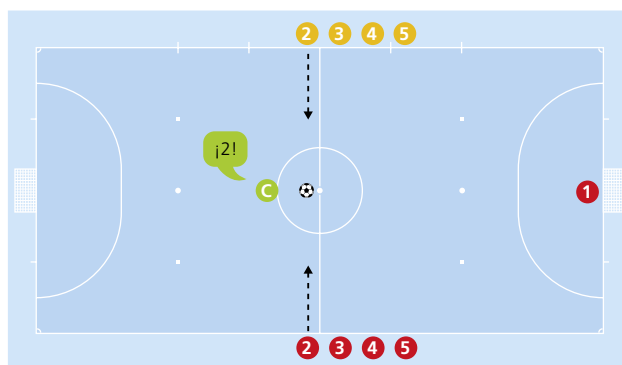
Practising dribbling against opposition.

Procedure:

Two teams sit on the floor on opposite touch lines. The coach, in the centre of the pitch with a ball, shouts a number and drops the ball to the ground. The player from each side with that number runs towards the ball. The first player to reach the ball becomes the attacker and the other player is the defender. The attacker then tries to dribble the ball past the defender to reach the goal and shoot.

Variations:

- Set a time limit for finishing. If time runs out before the player shoots at goal, the exercise is over and starts again with another two players
- This exercise can be conducted using both goals at the same time to reduce the amount of time that the players have to wait



Coaching points:

- Make sure that player follows the three steps:
Win the ball, position the body, dribble
- As soon as the move is finished, players have to leave the pitch quickly at the end in order to make the exercise dynamic

Exercises

No. 2: Dribbling against two defenders

Objective:

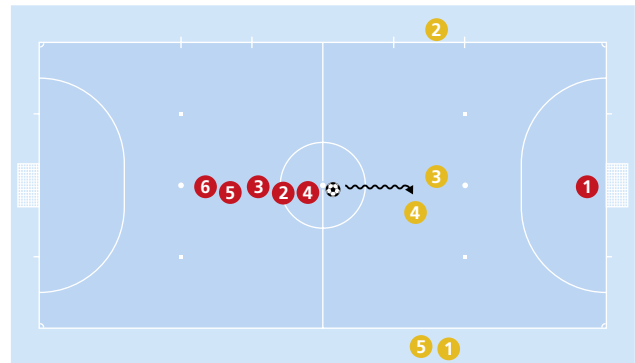
Practising dribbling in extremely difficult circumstances.

Procedure:

An attacker tries to reach the goal from midfield in order to finish but is confronted by two defenders. At the end of the exercise, players waiting on the side take up the role of defenders and attacker. After a set time, the attackers become the defenders and vice versa so that all players can practise dribbling.

Variations:

- Allow a limited amount of time for finishing
- This exercise can be conducted using the other half of the pitch at the same time to reduce the amount of time that the players have to wait



Coaching points:

- Make sure that the player makes this move in the centre of the pitch, as this way he has more free space to break down the wings
- Make sure that the attacker does not turn his back on either of the two defenders, except when he has gone past them

No. 3: Dribbling in a match

Objective:

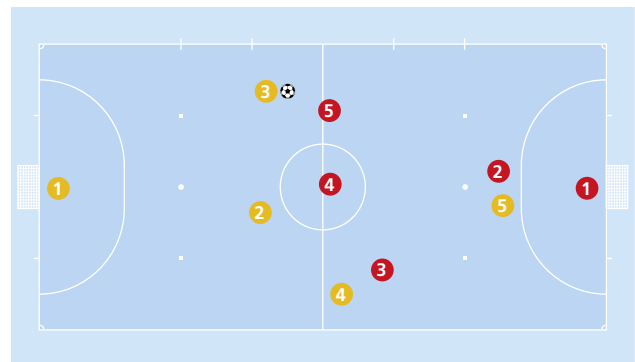
Practicing dribbling in a match situation.

Procedure:

A normal game but with the rule that a goal does not count if it has not been preceded by a player dribbling past an opponent.

Variations:

- Apply the rule that every time a player dribbles past an opponent to create a numerical advantage, this counts as a goal, on whatever part of the pitch
- In order to encourage dribbling in the attacking zone, apply the rule that dribbling past an opponent in the defending half of the pitch does not count as a goal, whereas dribbling past an opponent in the attacking half does



Coaching points:

- Pay special attention to the first feint, so that the defender loses balance and it is easier to beat him
- Remind players by shouting out the danger areas, neutral zones and areas of the pitch where dribbling is necessary

4.5 Shooting

Explanation:

Shooting at goal is the culmination of an attacking move and the most decisive technique when it comes to winning a game.



Exercises

No. 1: Sequence of shots

Objective:

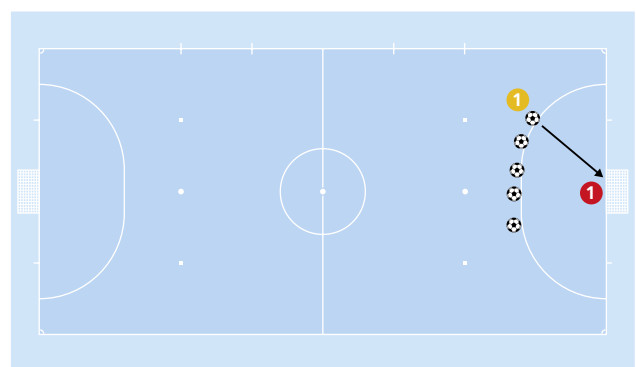
Trains the frequency and speed of shooting.

Procedure:

Footballs are positioned at various points around the edge of the penalty area. A player has to shoot all the balls at the goal in the shortest time possible. When this player finishes, another player steps up. This exercise can be conducted using the other goal at the same time. Be careful if this exercise is the last one of the training session as it can cause strains or muscle tears.

Variations:

- The players shoot with one foot in the first round and the other foot in the second round
- A time limit can be set for the player to complete all the shots



Coaching points:

- Make sure that the backlift of the leg is short
- Pay attention to the player's body position before the ball arrives (in the trajectory)

Exercises

No. 2: Four corners

Objective:

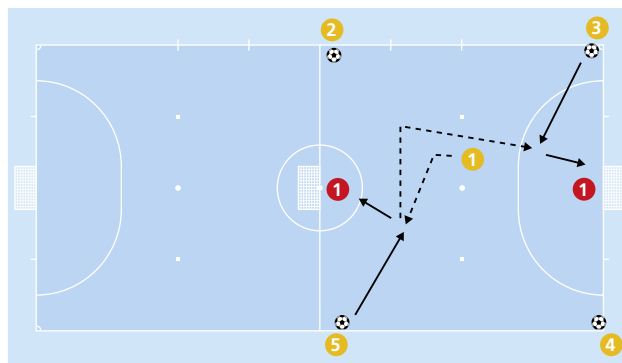
- Improving shooting on the move
- Coordinating passing and shooting

Procedure:

Use half the pitch, with two goals. Position players in the four corners, each with a supply of balls. There is a goalkeeper in each goal. The player in the middle of the pitch moves and changes direction in whatever way desired. The player at the nearest corner passes the ball to allow the player in the middle to shoot. There must be a constant supply of balls at each corner so that the exercise can be intense and uninterrupted. The player in the centre swaps with a player at the side after every 10 shots.

Variations:

A defender can be used to make the attacker's movements and shots more authentic.



Coaching points:

- Pay attention to the body position for shots
- Coordinate the strength of the pass with the speed of the player who is going to shoot

No. 3: Real game

Objective:

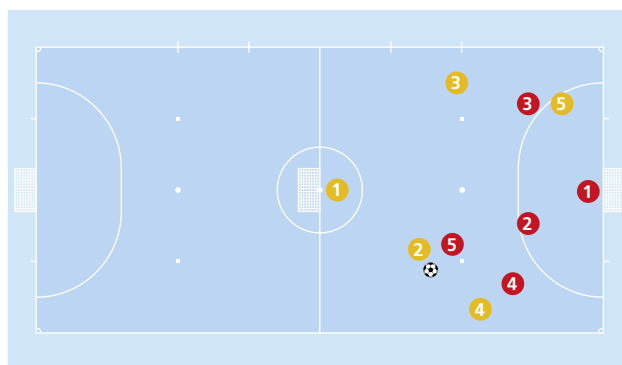
Shooting in a match situation.

Procedure:

A proper game using half the pitch and two goals. As the goals are close together, there are many more occasions to shoot.

Variations:

- A rule can be applied that a team has to shoot before it makes seven passes
- Alternatively, the rule can be that a team has to shoot within 10 seconds of gaining possession of the ball



Coaching points:

- Make sure that the player is not static when he shoots, but is running in
- The player should select the best time to shoot (to avoid the ball being blocked by an opponent)



5. Tactics

5.1 Formations

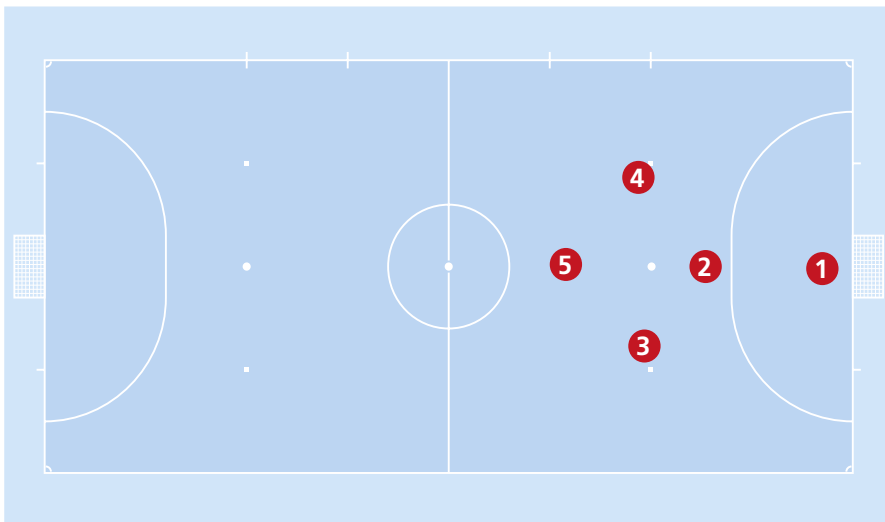
5.1.1 Introduction

When we talk about formations we don't mean rigid organisations or lines but rather the organised occupation of the pitch in accordance with certain objectives, roles and functions. This distribution is used to establish a series of interactions between the members of the team (tactics) in order to achieve the objective without losing organisational

balance. Formations must be dynamic and flexible as they are constantly being broken down and reorganised during play. Several different formations are used in futsal nowadays, with the formation selected depending on the players on the pitch, the opponents and the circumstances of the match.

5.1.2 Defensive formations

1-1-2-1 (1-3-1) Formation



Advantages:

- This formation is based on a series of triangles. This means that a staggered defence is always in place
- The formation provides effective cover

Disadvantages:

- The further up the pitch the formation is implemented, the more space there is to defend and the less effective the cover
- This can be a very tiring formation when the ball is rapidly moved from one wing to the other

Exercises: 1-1-2-1 (1-3-1) Defensive formation

No. 1: 3 v 4 Defence

Objective:

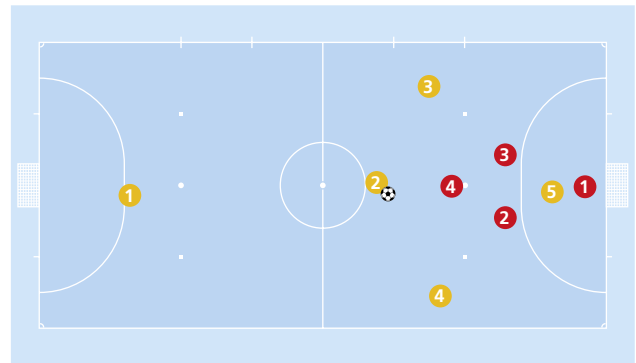
Making the defensive movements of the first and second lines instinctive.

Procedure:

Three defenders plus the goalkeeper against four attackers and goalkeeper. A real game. Very deep defence to provide close cover. Counterattack if the ball is recovered.

Variations:

- Initially passive defence; then active defence
- Impose a time limit to disrupt the attack or recover the ball



Coaching points:

- Special attention should be paid to the staggered formation of the defenders
- The passing channels are the subject of the defence rather than the ball
- The basic defensive position of players is important in order to be able to move out quickly
- It is very important for the defender to use his arms to obscure the attacker's view of the pass as much as possible

No. 2: Defence in a match situation

Objective:

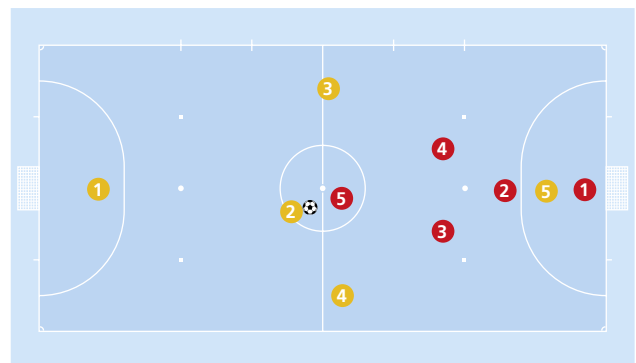
Practising the formation in a match situation.

Procedure:

A real game. The attackers can use any attacking system while the defence has to adapt without losing the shape of its formation.

Variations:

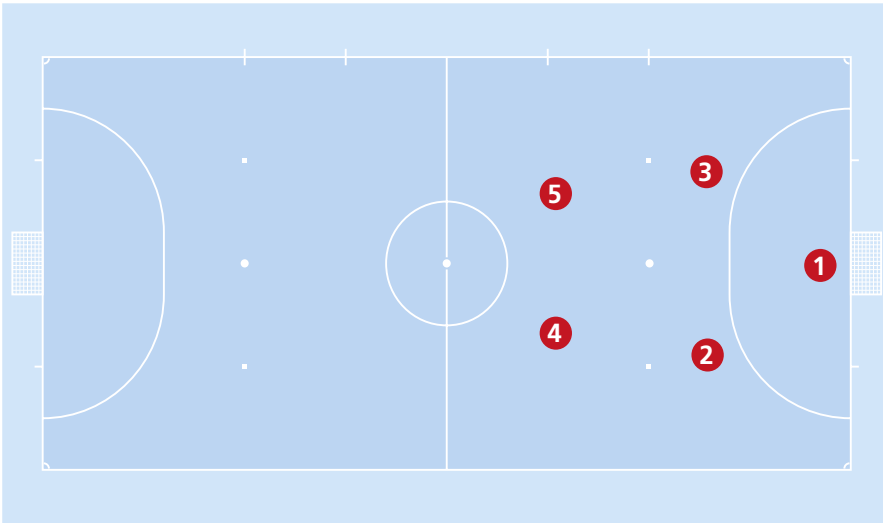
- The part of the pitch where the defence is implemented is moved up or down upon the coach's signal
- The type of marking is changed upon the coach's signal (zonal/individual)



Coaching points:

The same as the previous exercise.

1-2-2 Formation



Advantages:

- This is very effective when the opponents attack with their goalkeeper coming out of goal and place a player between the lines
- If used sparingly, the attacking team is usually surprised as this formation is quite unusual

Disadvantages:

- There are only two defensive lines
- If the attackers get past the first defensive line, two defenders are left the wrong side of the ball, giving the attackers a numerical advantage

Exercises: 1-2-2 Defensive formation

No. 1: Cover by the first defensive line

Objective:

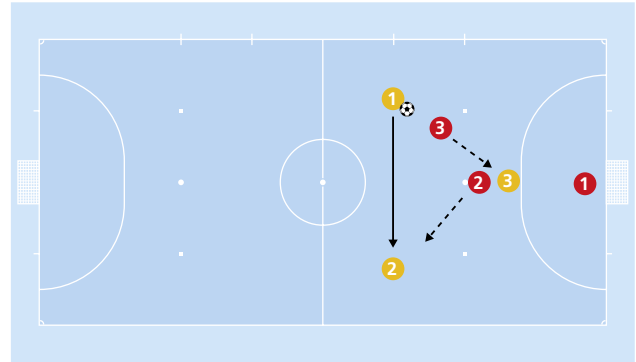
Making covering movements in the first defensive line instinctive.

Procedure:

Two attacking players plus a fixed pivot in the centre. The two first line defenders try to prevent the ball being passed to the pivot. One defender pressurises the ball-carrier while the other carries out close cover. If the ball is passed to the attacker on the other side of the pitch, the first line moves across.

Variations:

A time limit to finish the move can be imposed.



Coaching points:

- The two defenders should never be in a line
- The two defenders ensure that one goes forward while the other retreats and vice-versa
- The goalkeeper plays a little forward and moves from side to side depending on where the ball goes
- The goalkeeper gives continual instructions to his defenders

No. 2: 4 v 5 Defence

Objective:

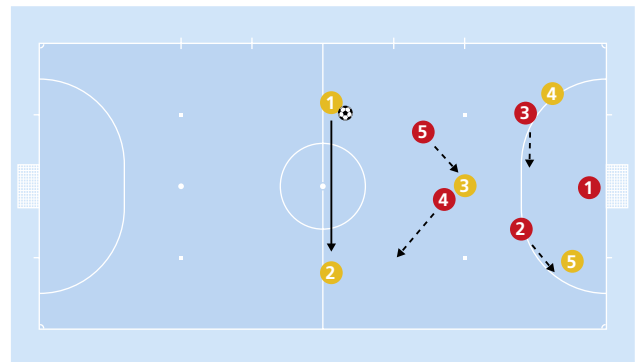
Practising the 1-2-2 defensive formation in a match situation.

Procedure:

An attack by five players, one of them between the lines. A player from the first defensive line puts pressure on the ball-carrier and the second player provides cover to defend the attacker between the lines. In the second defensive line, the defender on the side of the ball puts pressure on the attacker he is marking while the other defender provides cover to defend a possible diagonal pass to the centre.

Variations:

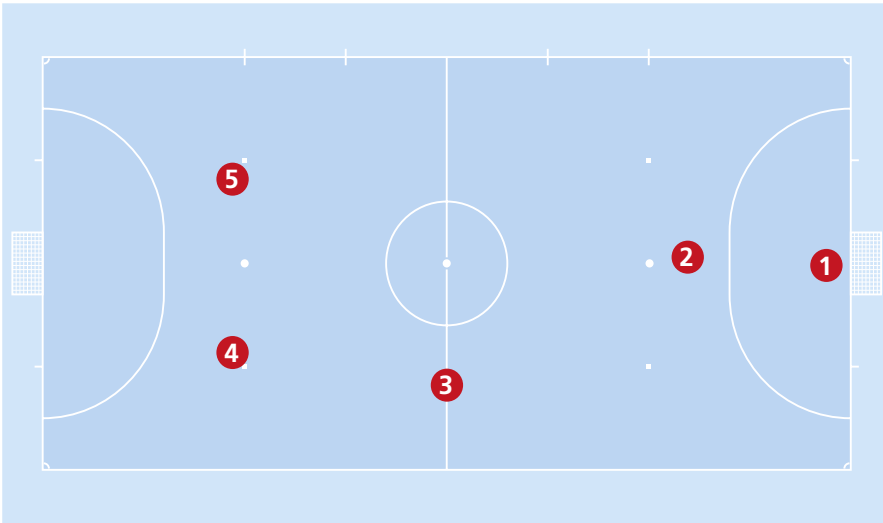
- Impose a time limit on the attack
- Impose a time limit on recovering the ball



Coaching points:

The same as the previous exercise.

1-1-1-2 Formation



Advantages:

- This is an active formation. It is designed to provoke errors by the attacking players
- It provides a staggered defence

Disadvantages:

- It is very physically demanding
- The formation leads to many transitions and cases of numerical disadvantage

Exercises: 1-1-1-2 Defensive formation

No. 1: Defending with a numerical disadvantage

Objective:

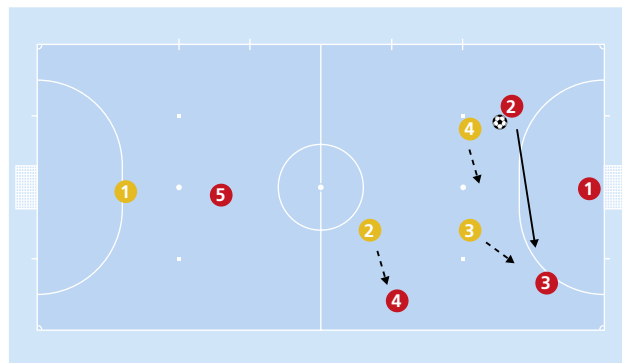
Training the first and second defensive lines.

Procedure:

Four attackers; three in the build-up zone and one in the finishing zone. The latter player cannot drop back beyond the halfway line. The first line puts pressure on the ball-carrier and the passing channels, swinging to the other side when the ball is switched to the opposite wing. The defence tries to stop the ball being passed to the pivot and recover the ball as quickly as possible. If the pivot receives the ball, the goalkeeper defends this player. A real game.

Variations:

- A time limit on the attack or the recovery of the ball can be imposed
- A rule can be applied that if the pivot receives the ball, he cannot play it back. This practices one-against-ones against the goalkeeper



Coaching points:

- The first defensive line attacks the trajectory of the pass, rather than the ball when the attacker has received it
- If the attacker turns away to protect the ball, then all the defenders stick to their attackers very closely
- If the ball crosses a defensive line, then the defenders retreat rapidly

No. 2: Real game

Objective:

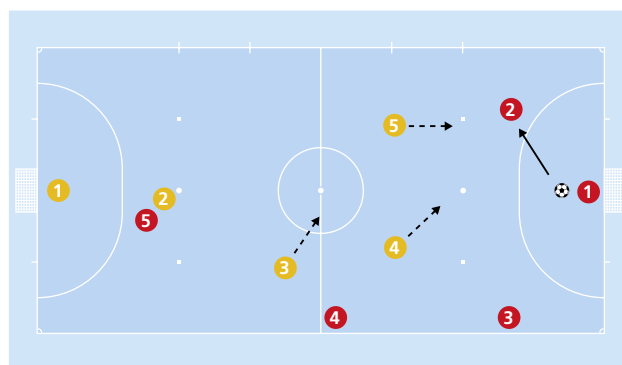
Practising the 1-1-1-2 defensive formation in a match situation.

Procedure:

A real game. The goalkeeper plays the ball out. The first objective of the defence is to close down the centre so that the ball cannot be played to the pivot. Once the ball is passed to the wing, the defence starts pressing, swinging over to close down any passing channels. The defence moves from this situation in accordance with the position of the ball.

Variations:

- Award points every time the ball is won before it crosses the halfway line
- A time limit on the attack getting past the halfway line can be imposed
- Take a point off the defending team every time the ball crosses the halfway line

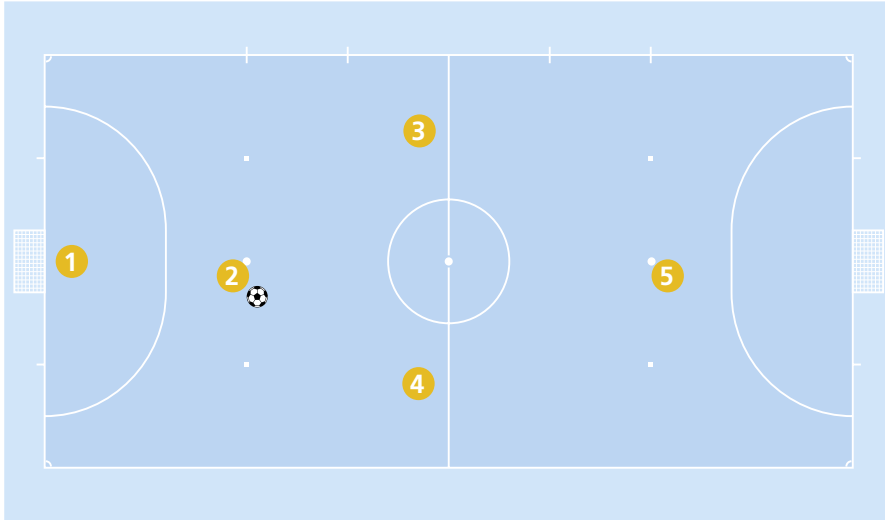


Coaching points:

- The same as the previous exercise
- The second and third defensive lines defend the passing channels, not the player (they just keep an eye on him)

5.1.3 Attacking formations

1-1-2-1 (1-3-1) Formation



Advantages:

- With three players in the build-up zone, the player with the ball is offered support; the pace and control of the game can be better dictated
- If possession of the ball is lost there is a defensive balance

Disadvantages:

- A specialist pivot is required who can play with his back to goal, as well as players who are good at passing and shooting
- If the players are not patient and choose the wrong pass, this can lead to counterattacks

Exercises: 1-1-2-1 (1-3-1) Attacking formation

No. 1: 4 v 3 Attack

Objective:

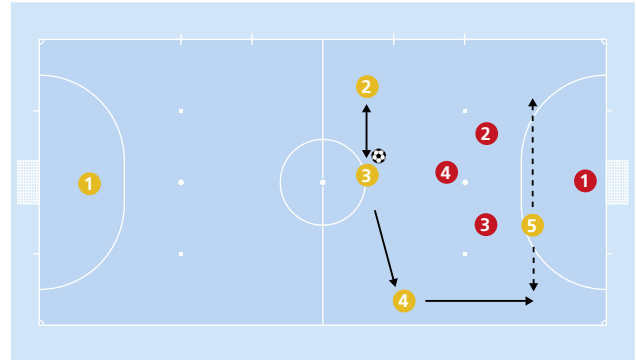
Pass to the pivot and shoot.

Procedure:

Played on about half the pitch. Four attackers plus a goalkeeper against three defenders and goalkeeper. The attacking pivot moves freely and is not marked at any time. However, the pivot cannot score a goal; only pass to a team-mate.

Variations:

- A time limit to finish the move can be imposed
- A rule can be applied that the player passing the ball to the pivot cannot score; it has to be one of the other two attackers
- Another defender can be used, making it four against four with two goalkeepers. A real game is played but the attack is restricted to half the pitch. Defenders can counterattack. Change roles (attack/defence) every five attacks and then count up each team's goals to see who wins



Coaching points:

- The body positions of the three attackers in order to keep the pivot in view
- Patience in the build-up until a safe passing channel to the pivot is found
- The pivot continually makes himself available for a pass
- Once the ball is passed to the pivot the players have to move very quickly, but in a staggered way
- Using feints to lose markers

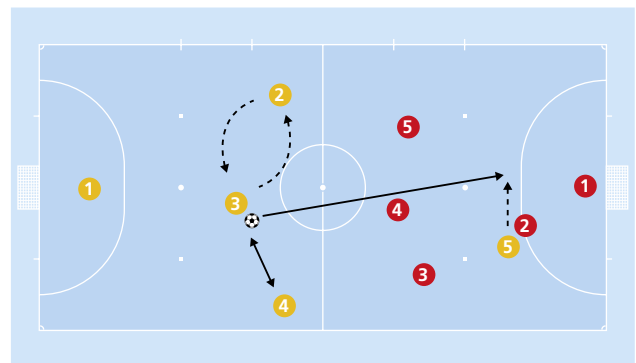
No. 2: Permutations and passes to the pivot

Objective:

Creating passing channels to the pivot.

Procedure:

1-3-1 attacking position. The ball cannot be moved out of the half during build-up play. The defenders are also not allowed to cross the halfway line to challenge for the ball. The three players of the attacking team pass the ball and change position to try to find a way to pass the ball through to the pivot. The pivot tries to coordinate movement with the ball-carrier to assist in opening up a channel for a pass. When the ball is passed to the pivot, two of the other players can move in to finish, offering two passing options, while the third player remains in defence.



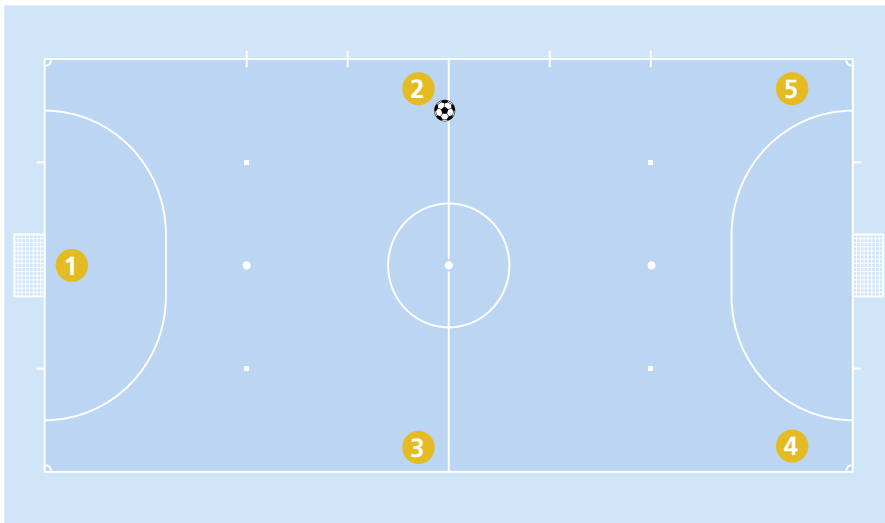
Variations:

- A time limit can be set for passing the ball to the pivot
- A rule can be applied in which the defending team can launch a counterattack if they win the ball or if the attacking team fails to finish

Coaching points:

The same as the previous exercise.

1-2-2 Formation



Advantages:

- Very effective if there are two very skilful players in the build-up line; numerical advantage can be achieved by winning one-against-ones
- When the opponents defend very deep, this is a good system for long-range shots or balls to the far post

Disadvantages:

- Support is not very strong. Not much defensive balance if the ball is lost; this is when the opponents can easily counterattack
- Limited opportunity for players to interchange positions because of the distances between them

Exercises: 1-2-2 Attacking formation

No. 1: 4 v 2 Attack

Objective:

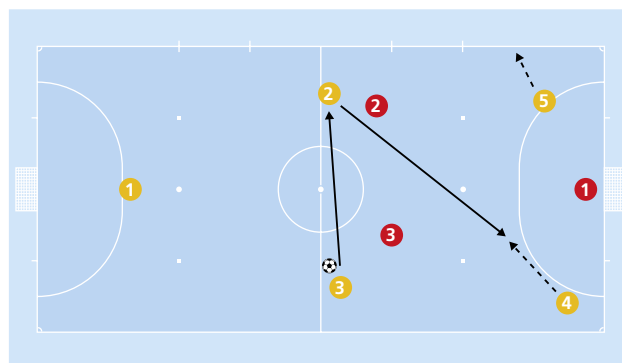
To work on the 1-2-2 formation.

Procedure:

Four players attack two defenders who form the first line of defence. The two attackers in the build-up zone can pass the ball to each other, beat a defender with a one-against-one or pass the ball to a team-mate in the finishing zone. The players up front have to coordinate their movements with the ball to create passing channels but without significantly distorting the shape of the formation. If they don't receive a pass, they return to their position. The move can be finished by any player in the attacking team.

Variations:

Depending on the desired objective, different rules can be applied: that there has to be a one-against-one before passing the ball; there have to be four lateral passes before passing the ball into the finishing zone; only finishing at the far post is allowed; etc.



Coaching points:

- Body position in order to see all attacking team-mates
- Players without the ball have to continually try to open up passing channels
- Using unexpected movements in the opposite direction of the ball in order to confuse opposing players
- Speed of passing the ball

No. 2: 4 v 4 Attack

Objective:

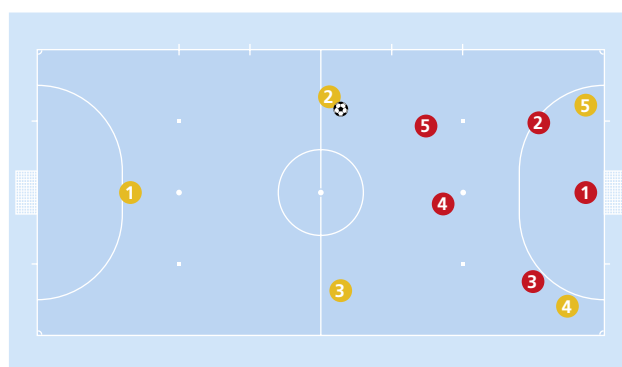
Practising the 1-2-2 formation in a match situation.

Procedure:

A real game is played, but defending is only allowed in a team's own half. In this situation, the attacking option is decided by the ball-carrier. This player has to read team-mates' movements and the defenders' positions. If the defenders win the ball, they counterattack.

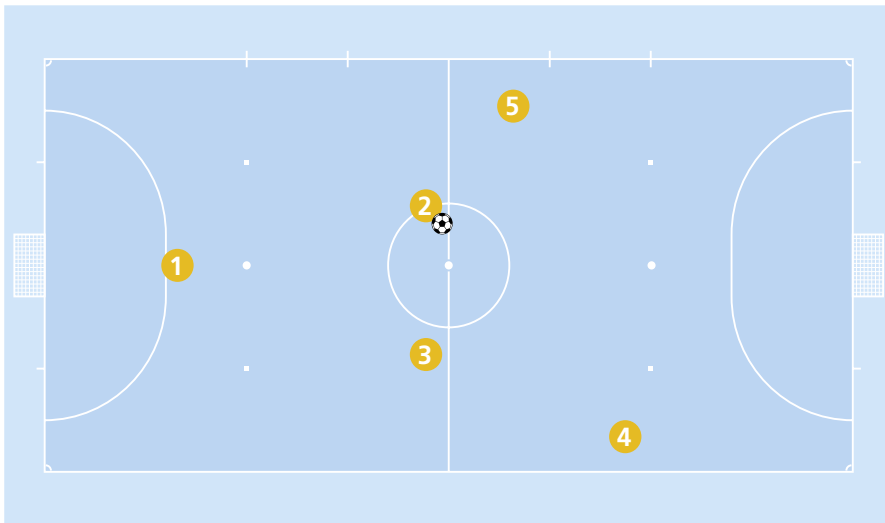
Variations:

- A time limit to finish the move can be imposed
- A points system for finishing can be applied depending on the priority of objectives: if a goal is scored at the far post, 1 point; if the goal comes after a defender is beaten by dribbling, 2 points; goal from a shot outside the penalty area, 3 points; etc.



Coaching points:

The same as the previous exercise.



Advantages:

- If the opponents have to resort to individual marking, this creates a lot of space
- The ball-carrier always has two or more players in support. This improves control of the game

Disadvantages:

- If the opponents defend zonally, the attacking team has to read the defence to move into the space that will cause most damage to the opposition. If this isn't done and the attackers move without thinking, the team can become unbalanced and the ball-carrier left without support
- This formation requires the players to have good technical skills and necessitates a lot of coordination between players

Exercises: 1-4-0 Attacking formation

No. 1: One player not allowed to touch the ball

Objetivos:

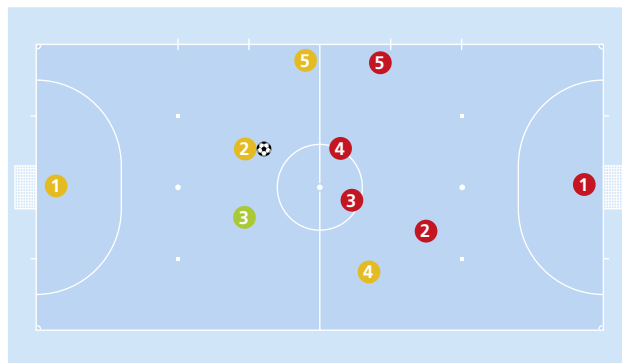
- Improving movement without the ball
- Improving the ball-carrier's awareness

Procedure:

A real game, but the attacker in the green bib is not allowed to receive the ball. This player constantly seeks out space. Individual defensive marking. The green bib is passed on to another player after a certain amount of time.

Variations:

- Players restricted to one touch, two touches, unrestricted touches, etc.
- A time limit to finish the move can be imposed



Coaching points:

- The attacker who cannot touch the ball must continually create passing channels for his team-mates
- The ball-carrier's body position must help him to see all his team-mates
- As the players form one line, the ball-carrier must have at least one team-mate nearby to offer a safe passing option

No. 2: Attacking a zonal defence

Objetivos:

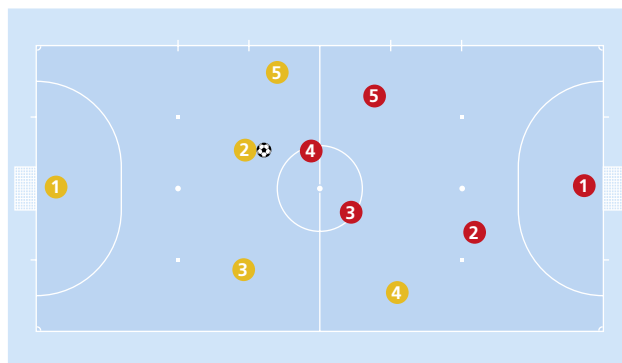
- Practising the 1-4-0 formation against a zonal defence
- Reading the game and effective decision-making

Procedure:

A real game. Zonal defence is used. The attacking players who do not have the ball seek out space in order to instil doubt in the defence and deceive the defenders. Saturate some defensive zones to quickly release the ball into other unguarded areas.

Variations:

- A time limit to finish the move can be imposed
- Start with a 1-3-1 system and then change to 1-4-0



Coaching points:

- The most important thing about this exercise is that the movements off the ball should not be predictable and should be made between the opponent's defensive lines in order to create uncertainty
- The player between the lines should not keep the ball when he receives it, but return it using one or two touches at the most
- It is important that there are at least two synchronised movements off the ball (one is the decoy and the other the surprise)

5.2 Dead-ball situations

5.2.1 Kick-ins

There are two main objectives from kick-ins:

1. To launch an attempt on goal
2. To ensure possession of the ball is retained

These objectives are influenced by the distance from the opponents' goal, the position of the opposing defenders, the position of the attackers and, very importantly, how the player taking the kick-in reads the game.



Exercises: Kick-ins

No. 1

Objective:

Finishing using the pivot.

Procedure:

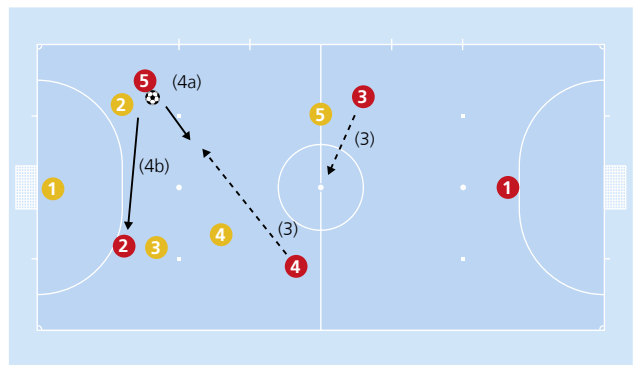
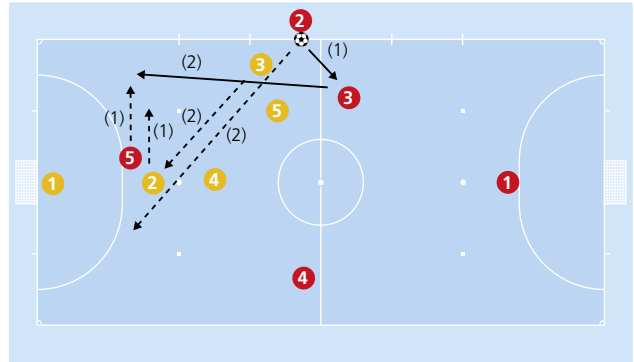
Attacker 2 passes the ball to 3 and then makes a diagonal run. At the same time, pivot 5 moves from the centre to the wing. Attacker 3 passes the ball to the pivot on the wing. Pivot 5 can offer the ball to 4 to shoot or can pass the ball to 2. Player 3 moves towards the centre to give balance.

Variations:

If the defending team closes down the pass from 3 to 5, then attacker 3 passes the ball to the other wing (4) and this player combines with 2.

Coaching points:

- Make sure that the player taking the kick-in has good visual information (looks up)
- Make sure that the players off the ball create passing channels



No. 2

Objective:

Finishing with a pass or direct shot.

Procedure:

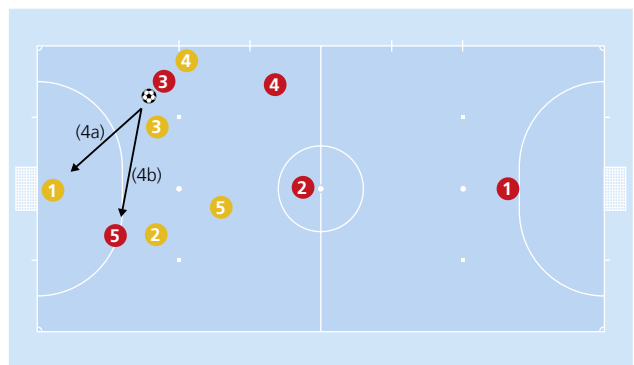
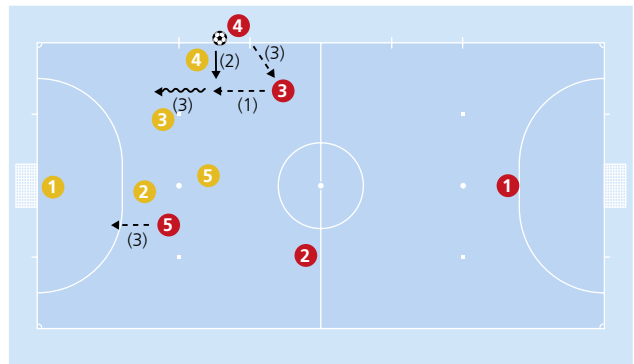
Attacker 4 plays a very short ball to 3 who feints a shot and uses a directed control to move forward. After playing the ball to 3, player 4 moves behind player 3. Player 5, upon seeing 3 going forward, loses his marker at the far post. Player 3 can then choose to shoot at goal or pass to player 5. Player 2 ensures a defensive balance.

Variations:

If player 3 cannot go forward, he rolls the ball back for player 4 who can then start a new move.

Coaching points:

- Players 2 and 4 offer easy support options
- Player 3 protects the ball
- Player 5 runs to the far post



5.2.2 Corner kicks

The main objective of corners is to score a goal or at least create problems for the opponents. Sometimes the objective is merely to retain possession of the ball. This latter option depends on the score, the time left in the match, the possibility of the corner being effective and how the player taking the corner reads the situation.



Exercises: Corner kicks

No. 1

Objective:

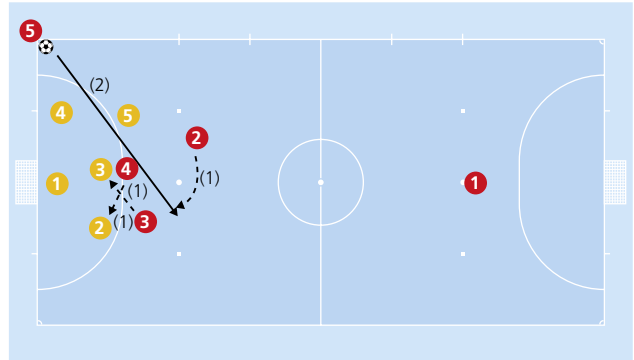
Finishing by a volley outside the area.

Procedure:

Just before attacker 5 takes the corner, players 3 and 4 block their defenders. At the same time, player 2 loses his marker in order to receive a high ball and volley it at goal.

Variations:

If the opponents manage to get out of the blocks imposed by attackers 3 and 4, then one attacker (4) goes to the near post and the other (3) to the far post and are available to receive the ball from player 5.



Coaching points:

- Make sure that player 5 looks up
- The players who block (3 and 4) do so while positioning their bodies for the next action
- Player 2 moves in a semi-circle to distance himself from the defence to allow time to shoot

No. 2

Objective:

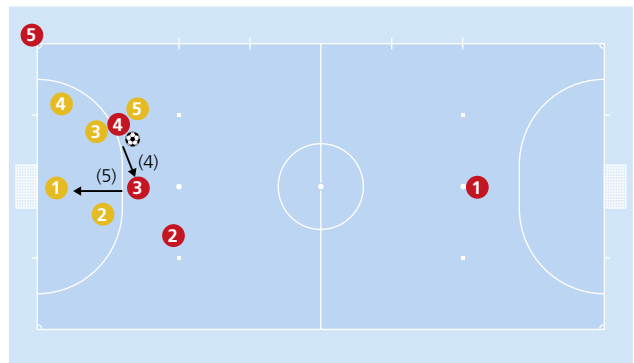
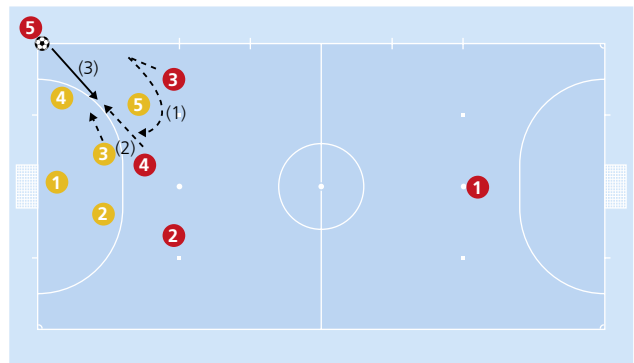
Finishing after rolling the ball back with the sole of the foot.

Procedure:

Attacker 4 comes to receive the ball from team-mate 5. At the same time, attacker 3 pretends that he is going to receive it from 5 and then moves towards the penalty area to receive the ball rolled back by the sole of team-mate 4.

Coaching points:

- Make sure that player 5 has a wide visual field in order to see the defenders' movements
- Player 4 should be right-footed if possible
- Player 3 makes a feint



5.2.3 Free kicks

The most important thing about free kicks is coordination between the movements of the team and the delivery of the ball by the player taking the free kick. In this situation, it is very important that the player taking the free kick has excellent timing and can play the ball accurately and with the right strength. For this reason, the player taking the free kick should be unhurried and very good at reading the game.



Exercises: Free kicks

No. 1

Objective:

Scoring a goal using double blocking.

Procedure:

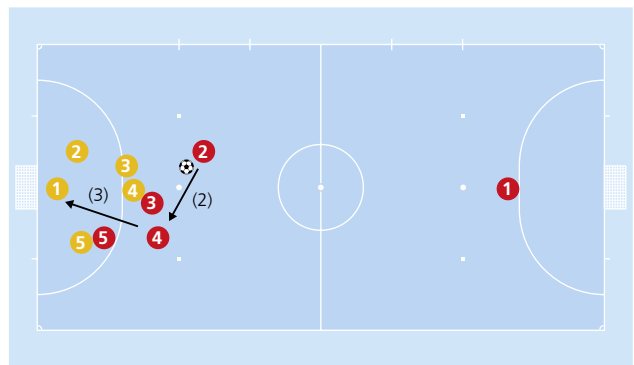
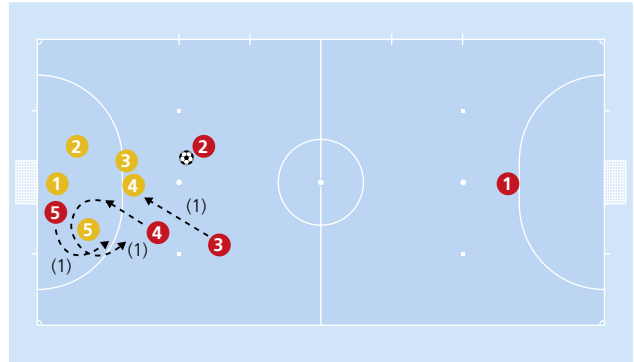
Player 2 takes the free kick. From the position of the ball, it is advantageous if the player is left-footed. Before the kick is taken, player 4 passes between the defensive wall and the nearest lateral defender. Player 3 blocks the defender in the wall who is furthest from the ball. Player 5 moves from the post to block the nearest lateral defender. Attacker 4 moves in a circular motion and takes advantage of the blocks imposed by team-mates 3 and 5 for an uncontested shot at goal.

Variations:

Defender 5 comes out of the block and opens up an opportunity for a pass into the penalty area to attacker 5.

Coaching points:

- Player 4 has to move very quickly
- Player 5 has to have a very good body position in order to react if the defender comes out of the block



No. 2

Objective:

Scoring from the wing.

Procedure:

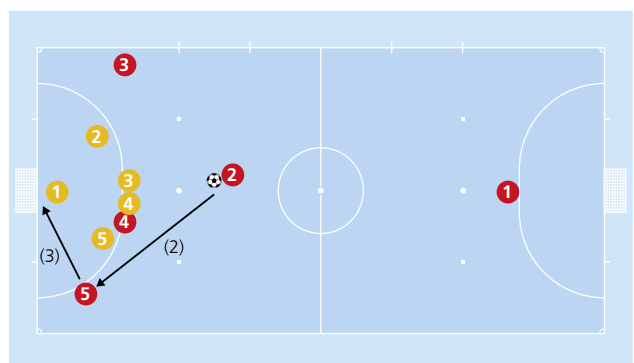
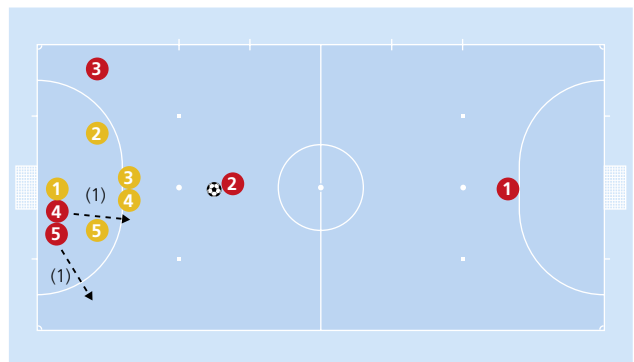
Attacker 4 blocks the closest defender in the wall. Player 5 goes to the wing to receive the pass and shoot on goal.

Variations:

If the lateral defender goes with attacker 5, then attacker 4 can receive the ball in the centre and has time to turn and shoot on goal or leave it to player 2.

Coaching points:

- The body language of the player taking the free kick must not indicate a pass to the wing
- Player 3 must be within the peripheral vision of his defender in order to cause uncertainty
- Player 5 must be right-footed



5.3 Organisation of play

5.3.1 Defence

Individual Defence:

- This approach is very physically demanding
- Individual responsibility
- The objective is not just the ball, but also the opponent
- Individual defence can cause an opponent to make more mistakes
- Cover is not provided

Exercises: Individual Defence

No. 1: 3 v 3

Objective:

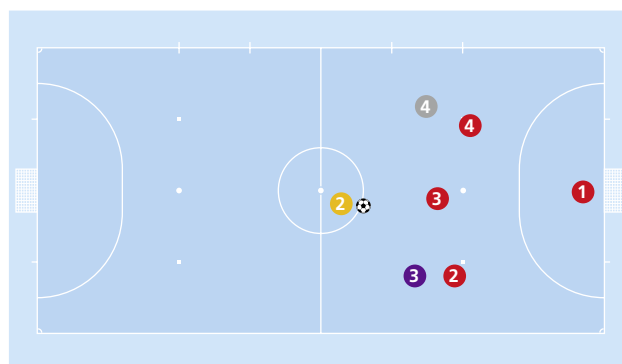
Practising individual marking.

Procedure:

3 against 3 on one goal. Each attacker wears a different coloured bib. The defenders have to pair up with an attacker and not lose them during the attacking move. The roles (attacker/defender) are changed after every five attacks. At the end of the exercise, the number of goals are counted up to see which team has defended better.

Variations:

Impose a time limit on finishing the move.



Coaching points:

- Do not lose sight of the assigned attacker
- The defender should not keep too tight on the attacker – this makes it easier to counteract his attempts to move into space

No. 2: Real game

Objective:

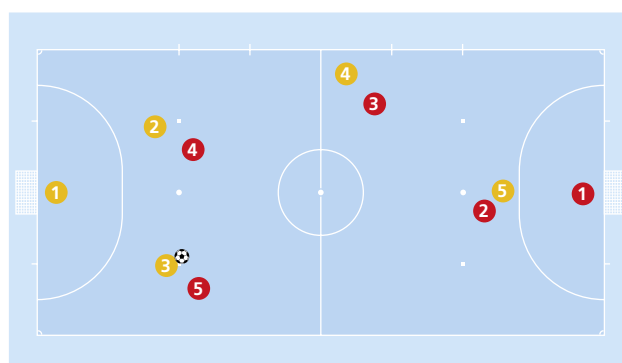
Practising individual marking in a match situation.

Procedure:

A proper game of 5 against 5. One-to-one marking

Variations:

- Upon the coach's signal, individual defence is imposed in half, one third or three-quarters of the pitch
- Impose a time limit to finish the attack or recover the ball



Coaching points:

- The same as the previous exercise
- Look at the ball from time to time to get information, but without losing sight of the marked player

Zonal Defence:

- Facilitates defensive cover
- Favours the organisation of counterattacks when the ball is recovered

- Less physically tiring than other types of defence
- Improves team unity
- Requires great coordination between zones
- The defensive reference point is the ball, not the opponent

Exercises: Zonal Defence**No. 1: The position of the ball****Objective:**

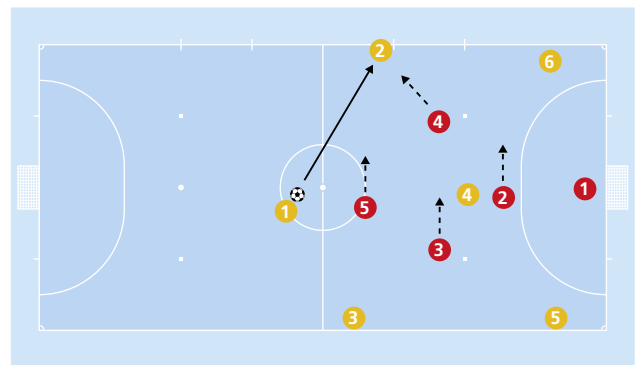
Making movements corresponding to the position of the ball instinctive.

Procedure:

6 attackers against 4 defenders and goalkeeper. The attacking team members throw the ball to each other as many times as they want, but the players do not move. The defenders have to move towards the ball without losing their zonal organisation.

Variations:

- The attackers can move and even score a goal
- The ball is kicked instead of thrown
- Impose a time limit for finishing

**Coaching points:**

- Defenders must place their body weight on their toes and not on their heels in order to move more quickly
- When moving, defenders have to watch not only the ball but also the movement of their team-mates

No. 2: Real game using more than one ball**Objective:**

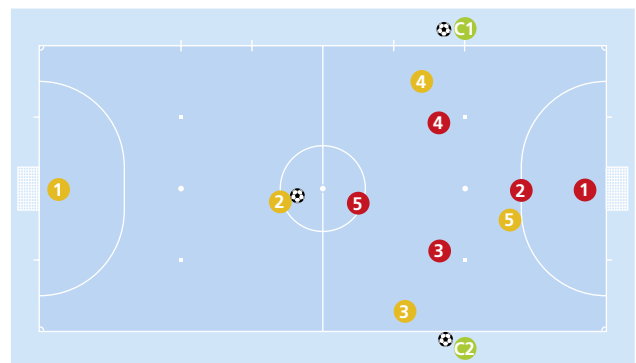
Practising the reorganisation of a zonal defence depending on the position of the ball.

Procedure:

A real game, 5 against 5 plus a coach on each touch line with a ball. At any point in the game, one of the coaches can pass a ball to the nearest attacking player and the previous ball no longer counts. This creates a new match situation and consequent defensive reaction.

Variations:

- Use more balls
- Impose a time limit on finishing or winning the ball

**Coaching points:**

The same as the previous exercise.

Mixed Defence:

- The two types of marking are combined in a mixed defence
- This normally means that each player marks a zone except for one who carries out individual marking. However, this is not a fixed rule as it depends on the coach
- This type of defence is usually employed to neutralise the opponents' key player
- It does not have to be used throughout the match, only when required by the circumstances

Exercises: Mixed Defence**No. 1: Real game****Objective:**

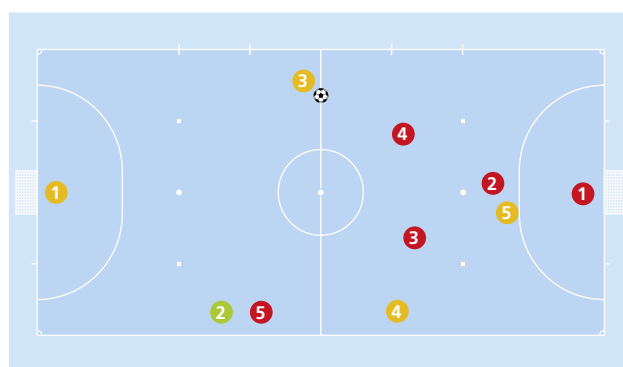
Practising mixed defence in a real match.

Procedure:

A real game in which the defending team defends zonally except for one player who defends the attacker in the green bib individually.

Variations:

- Challenge the defender to prevent the attacker in the green bib touching the ball a certain number of times
- Impose a time limit on finishing the move or winning the ball

**Coaching points:**

- In this kind of defence, the player defending individually does not need to watch the ball, just make sure that the marked player does not receive it
- For the other players, apply the coaching points from zonal marking

Alternating Defence:

- This approach requires mastery of the various types of defence
- References within play are needed in order to change the type of defence
- Requires coordination between players so that they make the same decision at the same time
- Disconcerts and surprises the opponents
- When used well, this approach gives the defending team a lot of confidence

Exercises: Alternating Defence**No. 1: Practice in a real game****Objective:**

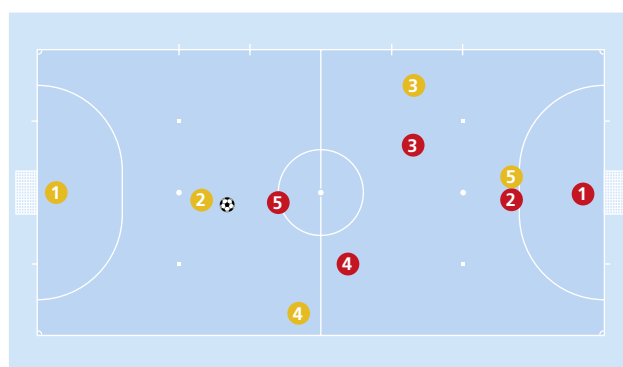
Practising alternating defence in a match situation.

Procedure:

A game of 5 against 5. The initial rule is that the team defends zonally in its own half of the pitch and individually on the other side of the halfway line.

Variations:

- A rule can be applied that the team defends in one way (zonally or individually) until the coach shouts "Change!" The team then changes the type of defence irrespective of what part of the pitch it is playing in
- There are other methods for changing the style of defence, but these are specific to each coach. For example: when the opponents pass the ball back to the goalkeeper, the team defends individually everywhere on the pitch. Another example: when the ball crosses the first defensive line, the team drops back and defends zonally. A further example: when defending zonally, if the attacker cuts past, he is followed individually

**Coaching points:**

It is very important that the first defensive line takes the initiative as the other players follow this lead.

5.3.2 Transitions

Transitions are a really exciting part of futsal as they demonstrate the speed, skill, teamwork and passion of the game.

Exercises: Defensive Transitions

No. 1: After an attempt on goal

Objective:

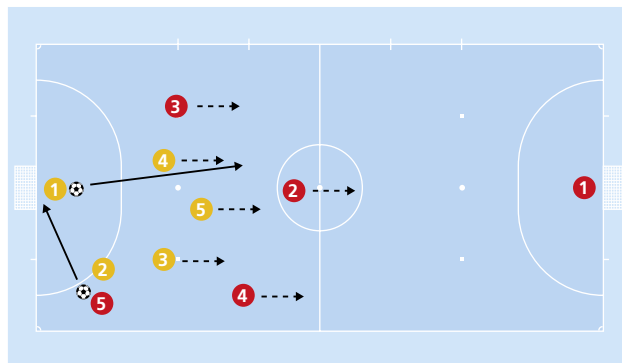
Defensive transition after an attempt on goal.

Procedure:

The yellow team attacks from a gradual build-up. When the move finishes, the player who shot at goal and the corresponding defender take no further part in the exercise. The defending team rapidly turns to attack while the other team defends in a 3 v 3 situation.

Variations:

A time limit can be imposed on each move.



Coaching points:

- When a team loses the ball, the players should not be distracted, they should only be concerned with dropping back to defend
- One defender should try to hold up the counterattacking opponent, not to dispossess him but to slow him down and give the other defenders time to get back into position

No. 2: Reduced space

Objective:

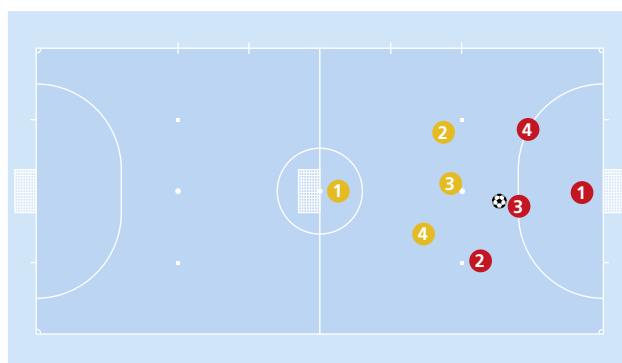
Constant repetition of transitions.

Procedure:

A 3 v 3 game on half a pitch with two goalkeepers. A real game. The reduced amount of space means that there are constant transitions, both offensive and defensive.

Variations:

The game can be played one touch, two touches or unrestricted touches.



Coaching points:

The same as the previous exercise.

Exercises: Offensive Transitions

No. 1: Numerical inequalities

Objective:

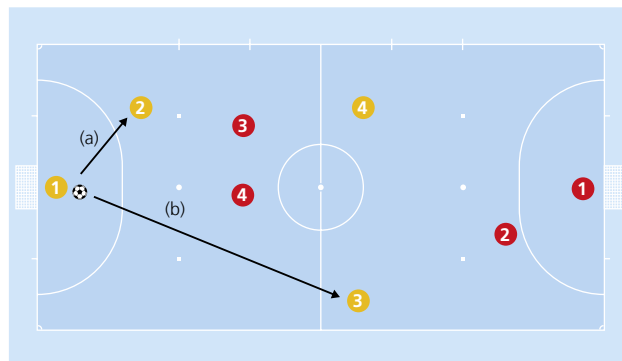
Working on the effectiveness of offensive transitions and numerical advantages.

Procedure:

Both teams have a goalkeeper and defender in their own half of the pitch and two attackers in the opponent's half of the pitch. None of the players can enter the opposite half of the pitch. The goalkeeper can clear the ball directly to his team-mates in the other half of the pitch to start a 2 against 1 attack, or he can supply the ball to his team-mate nearby to start a 1 against 2 attack. This player has to try to pass the ball to his team-mates in the other half of the pitch.

Variations:

- If the attacking team player closest to the goalkeeper receives the ball and manages to pass it to his team-mates in the other half of the pitch, he joins them in a 3 against 1 attack
- This can be played 2 against 3 and 3 against 2
- A time limit can be imposed on the transition
- A limit of touches can be imposed on the transition



Coaching points:

- The most important point is that the attackers of the second line open up clear passing channels
- Once the ball is received by the players in the second line, speed is the key

No. 2: Teams of three players

Objective:

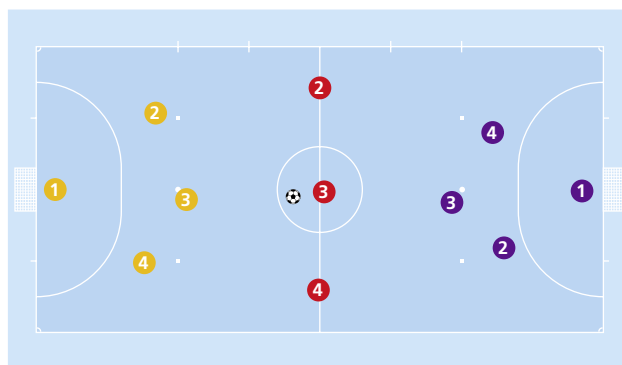
Constant repetition of transitions.

Procedure:

One goalkeeper in each goal and three teams of three players on the pitch. The team in the centre starts by attacking a goal and tries to get around the defending team to score. Once the attack finishes for any reason (possession of the ball lost, shot goes wide, goal, etc.), this team becomes the defending team and the previous defending team attacks the other goal. This sequence is repeated several times.

Variations:

- A team that scores a goal continues attacking
- A time limit can be imposed on each attack



- A limit on the number of passes in each attack can be imposed

Coaching points:

- Movement of attackers off the ball
- Speed of passing the ball

5.3.3 Attack

Attacking is the phase of play that requires most practice and experience. For a positional or gradual build-up attack to be successful requires patience, knowing how to read and understand the game and how to cause the opposing defence to become disorganised and take advantage of this. A quick attack, to be effective, needs speed, accuracy and an element of surprise.

Exercises: Quick Attack

No. 1: After winning the ball

Objective:

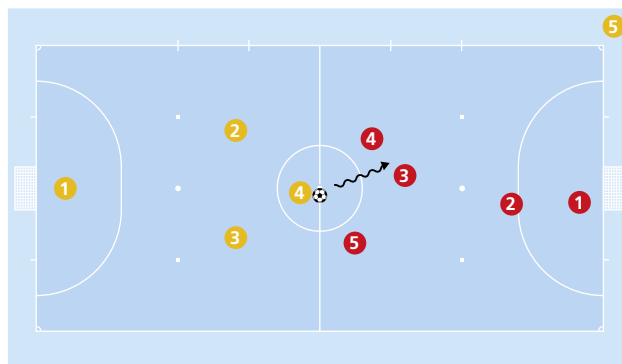
A rapid attack after winning possession of the ball.

Procedure:

The yellow team attacks using just one player against four defenders. Two other players from the attacking team wait in their own half. The fourth player of the attacking team is off the pitch and does not take part at the moment. When the red team recovers the ball, they launch a quick attack. At this point, the yellow team player who lost the ball drops back to assist and the team-mate who was off the pitch also joins in to help. The players of the red team try to finish the move before their opponents can organise themselves.

Variations:

A time limit can be imposed on the quick attack.



Coaching points:

- The player who wins the ball has to move towards the centre in order to create two channels that his two team-mates can use
- Once the ball is won, speed is crucial, but without losing accuracy
- Always finish, even if the ball goes out, so that the opponents cannot counterattack

No. 2: Quick attack down the wing

Objective:

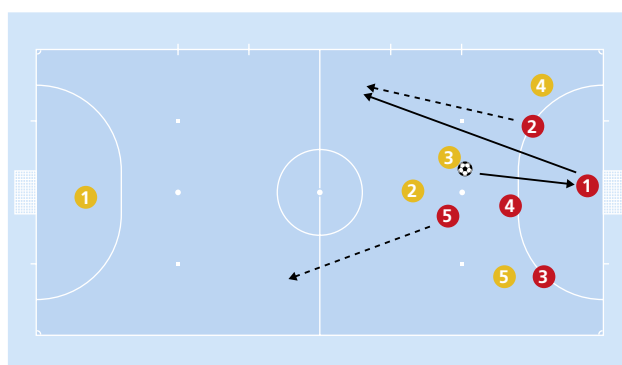
Creating a numerical advantage on the wings by a quick attack.

Procedure:

In a real game, the yellow team attacks against a closed down defence. The goalkeeper has a supply of balls available in the goal. Once a move has finished, two players from the defending team quickly run out, one to each wing to create a numerical advantage. The goalkeeper passes the ball to the player in the best position.

Variations:

- If the attack ends in a goal, the attacking team starts another move
- A time limit can be imposed on the yellow team's positional attack
- Impose a time limit on the quick attack (7-10 seconds)



Coaching points:

- The two players that come out at speed along the wings have to do so one or two seconds apart. The first is the decoy for the opposing defence and the second one usually offers an element of surprise
- The goalkeeper's body language when clearing the ball should indicate the opposite side to that where the ball will actually be played

Exercises: Positional or Built-Up Attack

No. 1: Successive attacks

Objective:

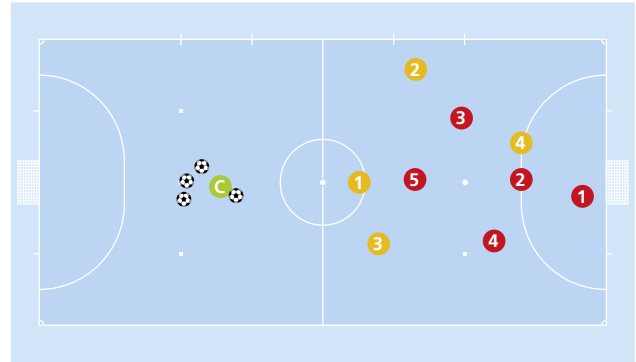
Successive positional attacks.

Procedure:

A real game using half the pitch. The same team always attacks. If the ball goes out or is stopped by the goalkeeper, the coach, located in the centre of the pitch with a supply of balls, starts off a new attack. The teams change roles after a certain number of attacks.

Variations:

- A time limit can be imposed on each attack
- Impose a minimum number of passes before finishing



Coaching points:

- The emphasis is on the speed of passing the ball rather than the speed of the players' movements
- Long lateral passes should be avoided as they are very dangerous when faced with an organised defence

No. 2: Real game, 5 v 4

Objective:

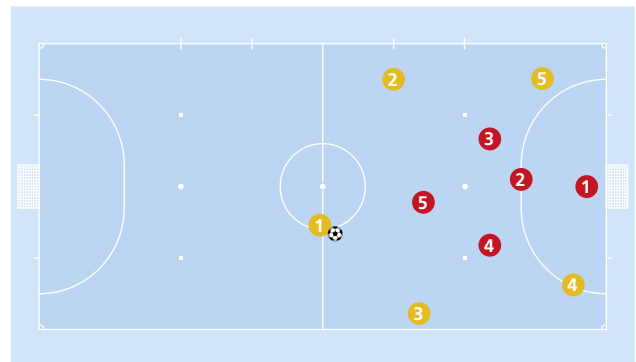
Built-up attack with numerical advantage.

Procedure:

The goalkeeper of the attacking team comes out of goal to join the attack. A real game, both teams can score.

Variations:

- A time limit can be imposed on each attack
- Change to a 2-1-2 formation



Coaching points:

- Look for speed and accuracy in passing the ball
- Very patient build-up until an opportunity arises
- Ensure an easy backwards pass is always available



6. Physical preparation

6.1 Specific qualities and requirements

In futsal, the development of the players' physical condition must take into account the specific features of the game. The purely physiological objective is to provide the energy resources to make the players' tactics and techniques as effective as possible.

With this in mind, the duration of efforts should be measured (timed) and the intensity (heart rates) and distances run recorded.

The invariable dynamic of the process of training physical condition is: load-fatigue-recovery-adaptation.

The coach applies a load in training that causes a state of fatigue. As the body recovers from this, it adapts and in this way improves on the initial level.

If the loads are very intense and frequent or the rest periods very short, this can lead to overtraining. If the loads are very light or the recovery period is too long, then the adaptation process does not occur and the level does not improve.



6.2 Physical qualities

6.2.1 Endurance

This is the capacity to cope with efforts of greater or lesser intensity over the longest time possible.

Training methods:

Continuous uniform

- This is uninterrupted running for a set time or distance at a constant pace
- The duration of the effort ranges from 20-30 minutes to 60-90 minutes
- The heart rate when working ranges from 120-150 bpm to 160-180 bpm
- This means working at between 45-80% of maximum oxygen consumption

Continuous variable

- This is running with changes of pace at certain times or distances
- This method not only improves aerobic capacity but also works on aerobic power
- It allows an interaction of the times and distances of work with the times and distances of recovery
- The duration of effort varies from 20-60 minutes
- The heart rate when working ranges from 140-180 bpm
- This means working at between 45-90% of maximum oxygen consumption

Extensive intervals

- This technique is used to target more specific objectives associated with futsal (e.g. short, explosive efforts with incomplete recovery)
- The duration of effort ranges from 60-90 seconds
- The heart rate when working ranges from 160-180 bpm
- The heart rate when recovering should not go below 120 bpm

- The maximum oxygen consumption values are 70-95%
- Example: interval training, fartlek

Intensive intervals

- These sessions target lactic anaerobic power and capacity as well as the improvement of alactic anaerobic power and capacity
- The duration of effort is 20-30 seconds for the former and 8-15 seconds for the latter
- The heart rate when recovering should not go below 120 bpm
- Example: sets of runs between 50 m and 400 m (efforts of between 6-7 seconds and 70-80 seconds, which are the shortest and longest efforts typical of futsal)

Repetitions

- This method concentrates mostly on developing lactic anaerobic power, alactic anaerobic endurance and speed endurance
- There is complete recovery between sets
- The duration of efforts varies from 10-45 seconds depending on the objective of the training
- The repetition of efforts increases lactate levels
- Example: sets of runs over distances comparable to those required in the sport

With additional resistance

- Changes in intensity are affected by the angle and length of inclines
- Example: sets conducted on inclines

6.2.2 Strength

This is the capacity to overcome an external resistance by employing muscular strength.

Training methods:

The methods depend on the type of competition and the type of strength to be worked on in accordance with the training schedule.

Muscular development

- Develops maximum strength
- Use of medium loads (40-60%)

Intramuscular coordination

- Develops maximum strength
- Very high loads (75-100%)

Plyometrics

- Development of maximum strength through the collaboration of the nervous and muscular systems arising when carrying out jumps and throws (multi-jumps, using steps)
- This approach is recommended for high-performance training
- It is recognised as transfer training, in other words, the improvement of a technical skill through a specific analytical physical exercise

Combined

- This method brings together all the forms of developing strength depending on whether we want to improve muscular development or intramuscular coordination
- It is achieved by different combinations of the amount of load moved and the number of repetitions

Speed strength, rapid or explosive

- The increase in speed strength is preceded by an increase in maximum strength
- This can be worked on in the same session using a transfer method

Endurance strength

- Light loads are used (20-50%) with a high number of repetitions
- Circuit training is very useful for this approach

Exercises:

- Body weight training
- Working in pairs
- Medicine ball
- Wall bars
- Isometrics
- Using weights
- Multi-jumps
- Plyometrics
- With weighted vests
- etc.

6.2.3 Speed

This is the capacity to carry out motor actions in the shortest time possible.

Training methods:

Reaction speed

- Reaction to various stimuli (visual, audio, tactile, etc.)
- Increasing the demands regarding the speed of perception, for example by changing external stimuli (increasing the number of balls in play, reducing the space for the activity, numerical advantage or disadvantage, etc.)

Acceleration speed

- To improve this feature requires the development of strength and speed strength
- Starts from different positions, changes of pace, multi-jumps, plyometrics, etc.

Maximum speed

- In developing this type of speed, intermuscular and intramuscular coordination is very important, as well as coordination between agonist and antagonist muscles
- Repetitions are used
- The effort should not last more than 6 seconds

Speed endurance

- Use short sets, as for maximum speed, but with a greater number of sets and a reduced recovery time
- Endeavour to make sure that the efforts conducted are lactic anaerobic

6.2.4 Suppleness

This is the physiological capacity to achieve the maximum possible amplitude of movement in the joints without any delay in recovery or deterioration of the initial position.

Influential factors

- The central nervous system
- Muscle tone
- The aponeurosis (membrane surrounding muscle bundles)
- Time of day
- Environmental temperature
- Age



The optimum age for developing suppleness is 11-14 years. Relaxed and forced passive movements should be introduced at 12-17 years.

From the age of 17, general work on suppleness continues as well as concentration on the joints and muscle groups specific to the sport.

Exercises:

- Touching toes
- Splits
- Passive stretching
- Dynamic stretching

6.2.5 Coordination

This is a neuromuscular quality that allows a human being's movements to be organised, regulated and executed accurately, dynamically and energy-efficiently.

Types of Coordination

- General dynamics: Refers to global movements (e.g. running, jumping, etc.)
- Segmental coordination: Refers to movements of an individual body segment (hand-eye, foot-eye coordination, etc.)

Exercises:

- Jumping with legs out or split, arms out or in front
- Turns and somersaults
- Exercises with hoops, poles, etc
- Jumping with feet together, circling arms forwards or backwards
- Triple jump with feet together
- Hopping
- Jumps using apparatus
- Climbing using ropes, beams, inclined benches, etc.

6.3 Special features of physical preparation for young players

When considering physical activities for children, the psychological and biological aspects of their growth at different ages have to be taken into account.

Guidelines:

- Adapt the rules of the game to the children's level of knowledge and development
- Adapt the tasks to the children's levels of preparation so that the learning/coaching motivates them
- Every child should have positive reinforcement
- The objectives should be short-term ones so that the children do not become demotivated
- The fun of playing, curiosity, etc. are motivational factors for children
- Failure in competition can demotivate children. For this reason, participation should be emphasised and positively reinforced

Endurance

- The genetic influence on maximum oxygen consumption is 90% while training only accounts for 10%
- Lactic anaerobic efforts should be delayed until the age of 15-16

Strength

- Work can start on improving maximum strength from the age of 16-17, with caution
- Work can start on developing explosive power from the age of 16-18
- Lactate endurance strength can be developed from the age of 18

Speed

- Exercises and games working on speed with short efforts can be introduced for young players
- Acceleration and speed of movement can be trained from the age of 14-15 for boys and 9-13 for girls
- Intense speed training usually starts from the age of 16

Suppleness

- Suppleness reduces with age
- Children's suppleness starts to reduce considerably from the age of 10 for boys and 12 for girls
- Bone structure is more consolidated from the age of 14-16, meaning that muscular strength increases and muscular elasticity may be reduced
- There should be daily work on suppleness

Coordination

Work to improve coordination can be classified into three groups:

1. Exercises that do not require the use of equipment:
Various exercises for the head, trunk, limbs; different types of turns, jumps, changes of rhythm, etc.
2. Exercises involving the skilful handling of equipment:
Work with sticks, balls, ropes, etc. In addition to the skill of handling, this also practices calculating possible trajectories and suitable positions for throwing and receiving.
- 3 Exercises that are specific to the sport:
Ball control: running with the ball, dribbling, etc.

When coaching coordination, it is advisable to start with exercises from the first of these groups.





7. The goalkeeper

7.1 Technical manoeuvres

7.1.1 Offensive manoeuvres

Clearances

This is when the goalkeeper recovers the ball and then returns it to play by throwing or kicking.

Exercises: Clearances

No. 1: Clearances to cones

Objective:

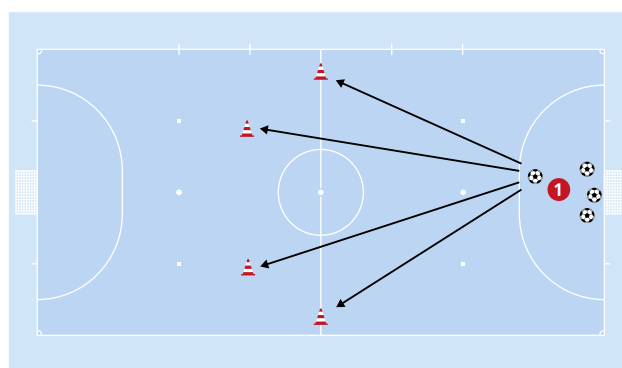
Practices the technique of making a clearance.

Procedure:

Four cones are set out on different parts of the pitch at different distances. The goalkeeper has a supply of balls available in the goal and throws them out trying to hit the cones.

Variations:

- Same exercise, but the goalkeeper kicks the ball out
- A defender can be placed around the second penalty mark to make the exercise more difficult



Coaching points:

- Focus on the goalkeeper's inclined body position when making the clearance
- Focus on the arc that the goalkeeper's arm should make when throwing the ball

No. 2: Clearances to the pivot

Objective:

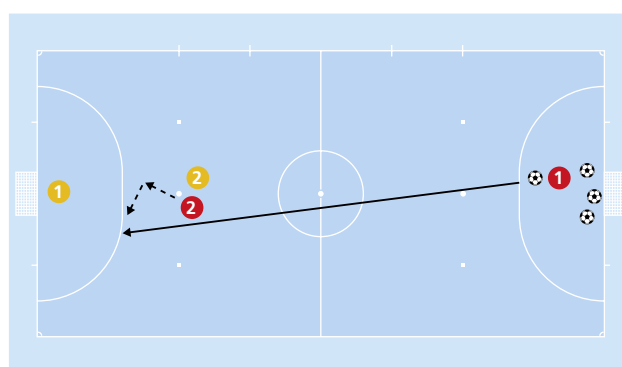
Clearing the ball in a match situation.

Procedure:

One attacker and one defender. The goalkeeper has to match the throw to the attacker's movement as he tries to lose his marker.

Variations:

Same exercise, but the ball is kicked out.



Coaching points:

In addition to the previous coaching points, the attacker also has to synchronise his movement to the goalkeeper's clearance.

7.1.2 Defensive manoeuvres

Positioning

The goalkeeper must try to take up the most effective position possible when facing an attack from the opponents.

Exercises: Positioning

No. 1: Shots from different angles

Objective:

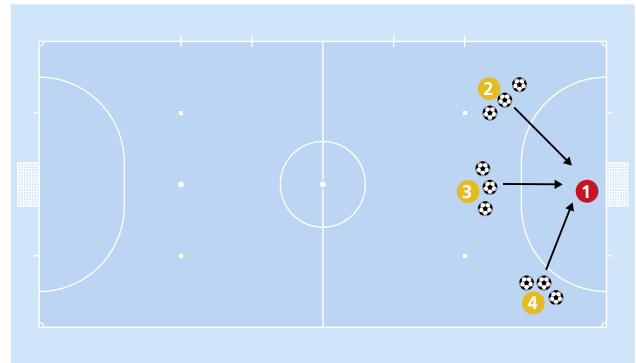
Maintaining correct positioning with shots from different angles.

Procedure:

Three attackers at different locations on the pitch each have various balls. The attackers take it in turn to shoot and the goalkeeper must correct his positioning for the next shot.

Variations:

- The attackers are given numbers and the coach indicates which player should shoot, not necessarily in numerical order
- A defender can be placed in the way to make positioning more difficult



Coaching points:

- The goalkeeper should have his weight on his toes so that he is better able to react
- The goalkeeper should always try to take up a position on the imaginary line between the ball and the centre of the goal

No. 2: Positioning when faced by numerical superiority

Objective:

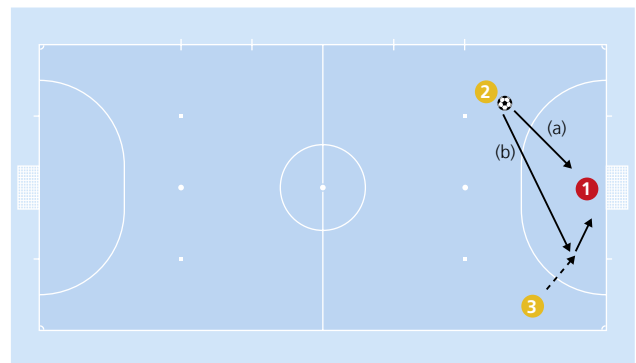
Positioning in a match situation.

Procedure:

Two attackers, one on each side of the pitch. The attacker with a ball can shoot at the near post or pass to the teammate at the far post.

Variations:

A time limit can be imposed on finishing.



Coaching points:

- The goalkeeper's positioning should guarantee cover of the post nearest to him and he should try to defend the passing channel to the other attacker by stretching out a leg
- The goalkeeper should try to close down the passing channel to the attacker as much as possible

Movements

The goalkeeper has to move to reach the ball as quickly and efficiently as possible.

Exercises: Movements

No. 1: Touching the post

Objective:

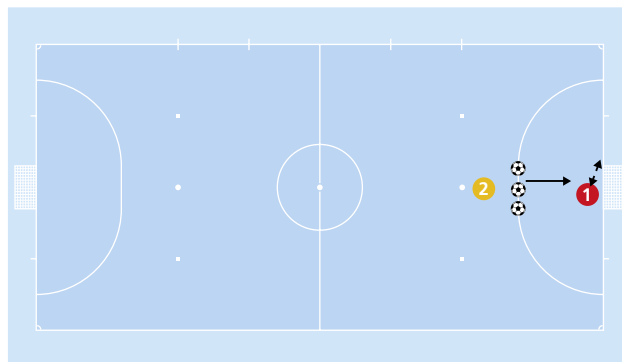
Working on lateral movements.

Procedure:

An attacker has a supply of balls at the penalty mark. The goalkeeper moves to touch a post; the attacker then immediately kicks the ball towards the opposite post. The exercise continues in this way.

Variations:

The goalkeeper can also be brought forward and then lobbed to work on backwards movement.



Coaching points:

The most important point is that the body weight should be on the toes so that the goalkeeper can move quickly. The goalkeeper should not move backwards when the player shoots.

No. 2: Lateral passes

Objective:

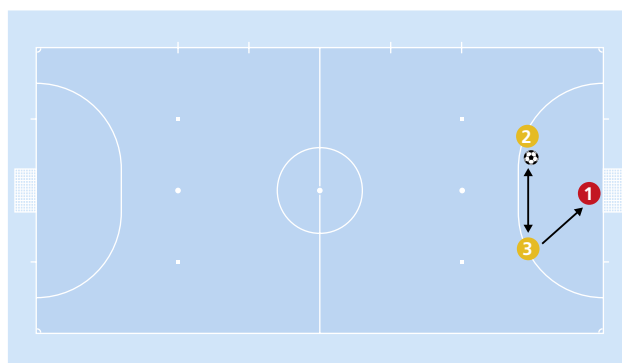
Movement of the goalkeeper in a match situation.

Procedure:

Two attackers stand in a line parallel to the goal, inside the area. The players pass the ball to each other. This continues until a player decides to shoot at goal. The goalkeeper has to move while taking into account the trajectory of the ball and remain alert to when a player decides to shoot.

Variations:

Impose a maximum number of passes.



Coaching points:

In addition to the coaching point above, the goalkeeper takes a small step forwards in order to reduce the attacker's shooting angle.

Catching

This is the action of the goalkeeper catching the ball.

Exercises: Catching

No. 1: Goalkeeper facing backwards

Objective:

Practising catching the ball.

Procedure:

An attacker is positioned on the edge of the box with a supply of balls. The goalkeeper has his back to the attacker. When the attacker shouts “Now!” the goalkeeper turns round and the attacker kicks a ball at goal.

Variations:

- The ball can be thrown
- The exercise can be conducted with two attackers, one on each side



Coaching points:

Keep fingers tense and in a curved position, never straight.

No. 2: Shots from the wings

Objective:

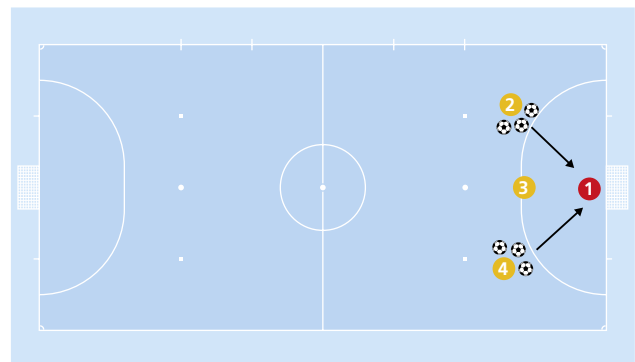
Working on catching the ball in a match situation.

Procedure:

An attacker stands on each wing with a supply of balls. A third attacker waits in the centre for any rebounds. The attackers take it in turn to shoot from the wings. If there are any rebounds, the third attacker shoots at goal.

Variations:

A defender can be used to screen the shots and hamper the goalkeeper's vision.



Coaching points:

The goalkeeper should also try to get his body behind the ball in case it spills through his hands.

Deflections

This is when the goalkeeper intentionally deflects the ball after a shot.

Exercises: Deflecting

No. 1: Deflecting from different angles

Objective:

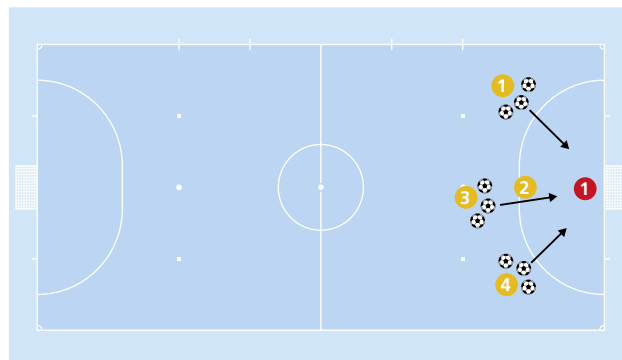
Working on deflecting from different angles.

Procedure:

Three attackers at different angles take it in turns to shoot at goal; the goalkeeper has to deflect the ball. A fourth attacker roams the penalty area and tries to put any rebounds in the net.

Variations:

The attackers change the sequence of shooting to make the exercise less predictable.



Coaching points:

- Place the hands straight and tensed
- Do not be passive, push the ball
- Always deflect the ball towards the wings, never towards the centre

No. 2: Match situation

Objective:

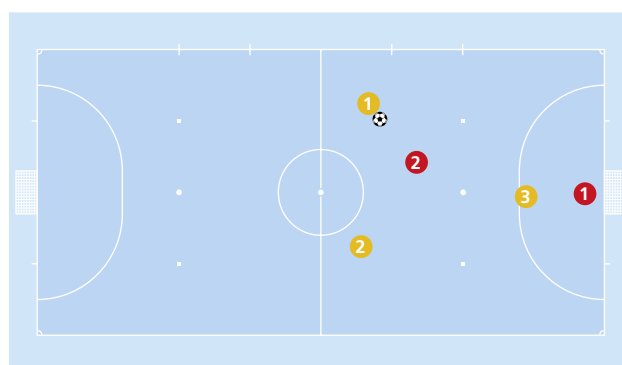
Practising deflecting in a match situation.

Procedure:

Two attackers compete against one defender and try to reach the goal to finish the move. A third attacker waits in the penalty area and tries to score from any rebounds.

Variations:

- Impose a time limit on finishing the move
- Only allow shots from outside the area



Coaching points:

All of those previously mentioned.

7.2 Tactical manoeuvres

7.2.1 Coming out

This is when the goalkeeper comes out to neutralise an attack by an opponent.

Exercises: Coming out

No. 1: One attacker against the goalkeeper

Objective:

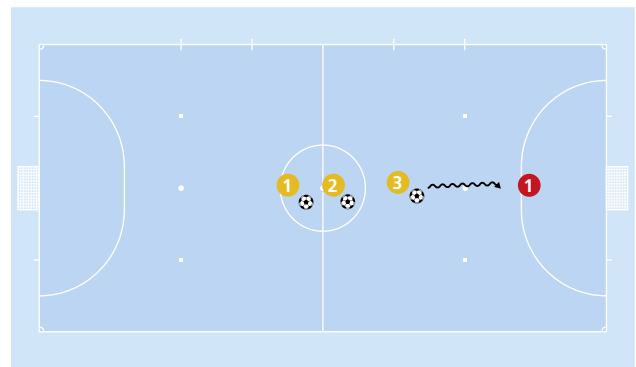
Goalkeeper comes out against an attacker.

Procedure:

Several attackers, each with a ball. The attackers take it in turn to take the ball towards goal with only the goalkeeper defending.

Variations:

- The attackers have to try to dribble round the goalkeeper
- The attackers have to shoot at goal without trying to dribble past
- The attacker can choose how to attack



Coaching points:

- Be patient
- Look the opponent in the eyes
- Make a dummy move to force the attacker into making a hasty decision

No. 2: Coming out against a counterattack

Objective:

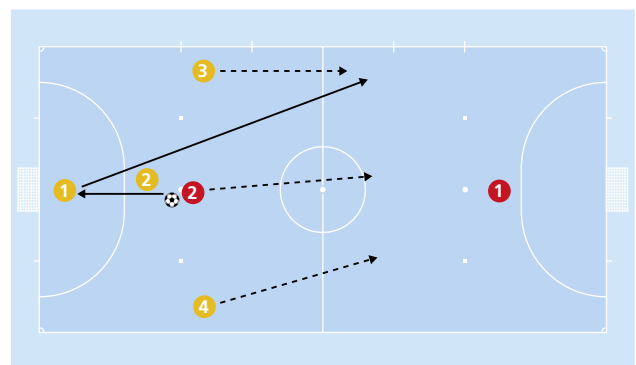
Coming out against a counterattack.

Procedure:

An attacker (red) shoots at goal. The goalkeeper then quickly plays the ball back out to one of the two yellow team players who counterattack. The opposing goalkeeper comes out to defend against the counterattack, either trying to intercept the ball or hold up play for the red team player to drop back.

Variations:

Impose a time limit for finishing the counterattack.



Coaching points:

- The goalkeeper takes up an advanced position
- Be in an alert, tensed position and not upright and relaxed

7.2.2 Defending corner kicks

The goalkeeper must take up the most effective position to counter the danger from a corner taken by the opponents.

Exercises: Defending corner kicks

No. 1: Defending shots from inside the penalty area

Objective:

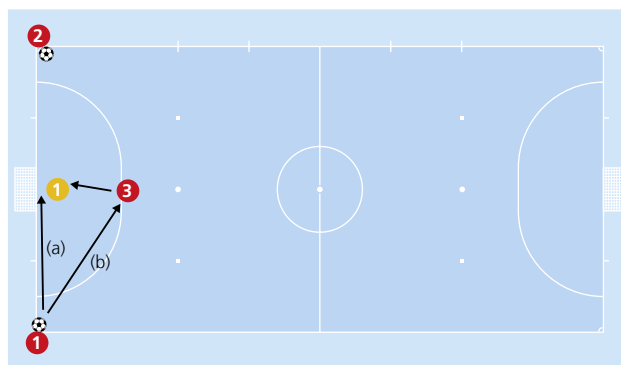
Practising defence against shots from inside the penalty area.

Procedure:

Two attackers, one at each corner, take it in turns to take a corner kick. They can pass to a third attacker inside the area or play the ball directly at goal. The goalkeeper has to be ready to cover both options.

Variations:

- It only becomes apparent who will take the corner at the last moment
- The goalkeeper starts the exercise lying on the ground and quickly gets up when the coach instructs a player to take the corner



Coaching points:

- The goalkeeper's position at or close to the post depends on the position of the defenders
- The goalkeeper should be a little crouched in order to be able to react quickly

No. 2: Defending shots from inside and outside the penalty area

Objective:

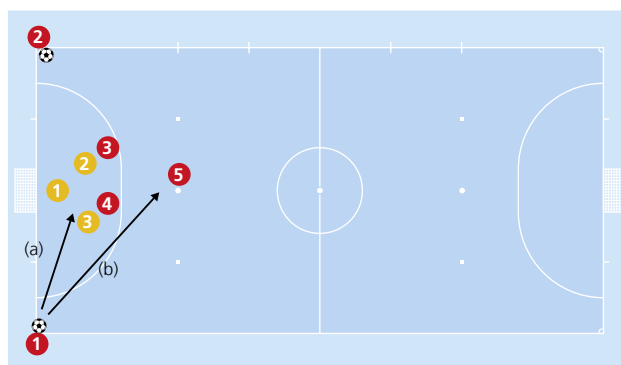
Defending shots inside and/or outside the penalty area.

Procedure:

An attacker is positioned at each corner with a ball. Two attackers take up positions inside the area, confronted by two defenders. Another attacker is outside the penalty area to provide long-range shots. The player taking the corner decides who to play the ball to, resulting in a shot from inside or outside the penalty area.

Variations:

- A follow-up move is allowed if the ball rebounds
- Give more value to a goal from inside or outside the area, depending on what the exercise is focusing on



Coaching points:

The same as above, and also the goalkeeper effects a strong clearance of any balls he cannot catch.

7.2.3 Defending free kicks

This is the most effective positioning by the goalkeeper to counter the danger from a free kick taken by the opponents.

Exercises: Defending free kicks

No. 1: Wide free kick

Objective:

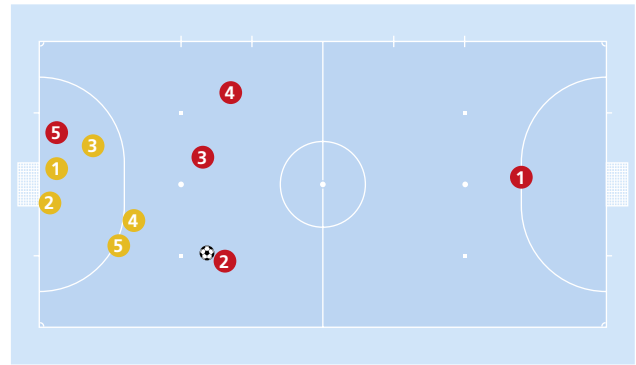
Defending against a pass into the area and a shot from outside the area.

Procedure:

Two attacking players take up positions outside the box and one goes to the far post to be marked by the goalkeeper. As the attacking players change their positions, the goalkeeper must defend against a pass to the attacker at the far post and try to block any shots from outside the area.

Variations:

The nearest defender moves back to mark the attacker on the far post while the goalkeeper comes out to narrow the angle of shots from outside the area.



Coaching points:

- The goalkeeper should be continuously issuing orders to his team-mates
- The goalkeeper should always defend the post furthest from the ball and the wall the closest post
- The goalkeeper should not close his eyes or move backwards during shots

No. 2: Central free kick

Objective:

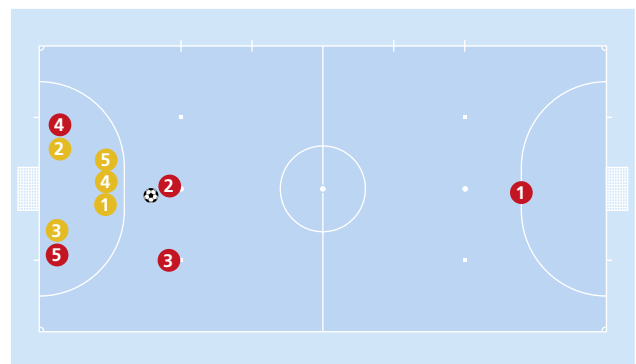
Defending shots from the centre.

Procedure:

The goalkeeper forms part of the defensive wall, guarding against a direct shot by the player taking the free kick as well as a shot from the attacking team player adjacent to the free kick taker. The other attackers are marked by the defenders on the posts. The goalkeeper mustn't go to ground, but rather attack the shot.

Variations:

- The attacker adjacent to the ball blocks a defender on a post and the attacker who was next to the post comes out in order to shoot
- The goalkeeper must make full use of peripheral vision in this case



Coaching points:

- The goalkeeper protects the posts with defenders and takes up a position in the wall to protect the centre of the goal
- The goalkeeper should attack the shot in order to reduce the angle of the shot
- The goalkeeper should come out very quickly

7.3 Physical preparation

Most of the goalkeeper's physical preparation is the same as that for other team members although there are specific exercises that address the special features of a goalkeeper's training.

Training for power

- Lying face down, the goalkeeper jumps up to catch the ball
- Lying down supported by hands, the goalkeeper jumps up to collect a passing ball
- The goalkeeper rests on knees and toes, then jumps up to catch a high ball
- Jumps from a crouching position to catch increasingly high balls

Training for agility

- Two players are positioned on either side of the goal. A player shoots low towards a post. When the goalkeeper

is on the ground to counter this shot, the other player launches a high ball towards the other post. The exercise continues in this way

- The goalkeeper lies on the ground with his feet against a post, looking towards the wing. The ball is fired in towards the other post. The exercise continues alternating posts

Training for reaction speed

- A defender in front of the goalkeeper moves constantly while an attacker launches the ball in
- A series of rapid shots: 8 players take up positions around the area. They take it in turns to launch the ball in, giving the goalkeeper hardly any time to react
- A mat is placed in front of the goalkeeper. A forward throws tennis balls that change direction as they hit the mat







8. Annual planning

8.1 Planning a season

In general, the planning of a season should take into account:

- The category of player being trained (age)
- The level of the competition, which determines the number of matches and training sessions
- The players’ technical, tactical and physical levels and their motivation
- The infrastructure and equipment available
- The coaching team available: assistant coach, fitness instructor, doctor, physiotherapist, etc.
- The club’s financial resources

The following model applies to a senior team competing in a national championship.

The planning depends on the competition

A futsal season can be considered to have four major phases:

- a preparation period
- a competition period
- two transition periods

8.1.1 Preparation period

- A fundamental period for improving the physical condition of the players and team as a whole
- Duration: 6 weeks

This period can be divided into three subperiods:

- basic subperiod
- specific subperiod
- precompetition subperiod

Basic subperiod

- Duration: 2 weeks
- Sessions: 10-12 sessions of 80-100 minutes
- No matches

Planning of a season						
Periods						
Preparation			1 st Competition	Transition	2 nd Competition	Transition
Basic	Specific	Precompetition	First legs	Rest	Second legs	Rest

Objectives

a) Physical:

- Endurance
- Suppleness
- Strength

b) Technique:

Basic techniques

c) Tactical:

- Defensive positioning
- Basic tactical sequences

d) Psychological:

Creating and uniting the group

e) Games:

Various

Specific subperiod

- Duration: 2 weeks
- Sessions: maintaining quantity (6-8 sessions)
- 4-6 matches
- Increasing intensity

Objectives

a) Physical:

- Endurance
- Strength
- Speed
- Suppleness

b) Technique:

Numerous, varied repetitions (rhythm).

c) Tactical:

- Defensive tactics
- Offensive tactics
- Dead-ball situations

d) Psychological:

Competitive mentality (approach this concept through training and matches).

e) Matches (4-6):

- Positioning of the team
- Adjustments

Preparation period		
Basic subperiod (2 weeks)	Specific subperiod (2 weeks)	Precompetition subperiod (2 weeks)
No matches Quantity: +++ Intensity: +	Matches: 4-6 Quantity: +++ Intensity: ++	Matches: 4-6 Quantity: + Intensity: +++

Precompetition subperiod

- Duration: 2 weeks
- Sessions: reduction of quantity (4-6 sessions)
- 4-6 matches
- Increasing intensity

Objectives

a) Physical:

- Endurance
- Speed
- Suppleness

b) Technical/tactical:

- Improvement
- Strategies

c) Psychological:

Competitive mentality (approach this concept through training and matches).

d) Matches:

Corresponding to the frequency of matches in the competition schedule.

8.1.2

Competition Period

- Period in which the players should reach optimal performance capacity while trying to maintain this as long as possible
- Emotions and the pressure of competition build up during this phase
- Alternate high intensity weeks with medium intensity weeks to allow for recovery
- The duration of the period depends on the competition schedule

Objectives

a) Physical:

Maintaining levels.

b) Technical/tactical:

Improving everything about the game.

8.1.3

Transition Periods

- These are periods during which performance decreases, allowing the players to recover both physically and psychologically from the efforts of competition
- This period also allows improvement in the physical fitness of players coming back from long-term injury and those who suffered a loss of form towards the end of the competition or season
- Given that 2-3 weeks of absolute rest may reduce performance significantly, it is recommended that a programme is drawn up for players to maintain their physical condition through progressive physical activities
- The duration of this period depends on the circumstances of the country in question, as well as the level and format of the competition

8.2 Weekly Planning

The weekly schedule during the competition period must be conceived and constructed taking into account:

- The match to be played
- The previous match (if any)
- How much of the season has been played
- The players' physical conditions
- The need to avoid fatigue and psychological burn-out
- The number of sessions

In other words, establish the main features of the physical plan in close coordination with the technical/tactical objectives while maintaining motivation (psychological).



Planning of a season						
Preparation period (6 weeks)			1 st Competition period (first legs)	Transition period	2 nd Competition period (second legs)	Transition period
Basic subperiod (2 Weeks)	Specific subperiod (2 Weeks)	Precompetition subperiod (2 Weeks)				
Quantity: 10 - 12 sessions (from 80 to 100')	Quantity: 6 - 8 sessions (80 to 100') Increase in intensity	Quantity: 4 - 6 sessions (60 to 80') Rhythm and intensity	Alternation of medium and high intensity sessions	In the event of a prolonged break (more than 4 weeks): 10-12 days of rest and then continue with the specific subperiod	Identical to 1 st competition period Also:	Maintenance
Physical Endurance: +++ Strength: ++ Suppleness: +++ Speed: +	Physical Endurance: +++ Strength: ++ Speed: ++	Physical Endurance: + Strength: + Speed: +++	Physical maintain standards			
Technical/ Tactical Review of technical foundations and combinations	Technical/ Tactical Numerous and varied repetitions	Technical/ Tactical Improvement of strategy	Technical/ Tactical Improve everything concerning the game	In the event of short breaks: continue with the competition period	b) Reinforcement of strong points	
Games	Matches (4 - 6)	Matches (4 - 6)	Matches			

Futsal glossary

Active defence

A defence that pressurises the ball, trying to provoke an error by the opponents.

Backlift

This is the backwards movement of the leg just before passing the ball or shooting.

Breakaway run

A movement off the ball, to create free space for a team-mate.

Central vision

The part of our vision where we place the focus of our attention. It is usually vivid and clear.

Closed defence

A well-organised defence in the final third of the pitch.

Controlling the ball

Managing possession of the ball for strategic reasons (making opponents run, instilling uncertainty in the opposition, running down the clock, etc.).

Control of the game

Control of the rhythm, speed and timing of all the factors that have an influence on the match.

Cover

This is the staggered support for a team-mate in case he is beaten by an opponent.

Defensive lines

These are imaginary and are represented by each defender. If two defenders are positioned horizontally they occupy the same defensive line. The first defensive line is represented by the defender furthest forward and so on, until reaching the last one, the goalkeeper.

Far post

The post furthest from the ball.

Feint

A deceptive move where a player pretends to go one way and then changes direction.

Foot-eye coordination

An example of this is the coordination of the visual information of the speed, distance and direction of a team-mate running into space with the direction and strength of the pass made to him.

Formation diagram

This is a drawing of the initial positions of the chosen formation.

Hold up

Action to delay an attacker.

Instinctive technical manoeuvre

A movement or move is said to be instinctive when it is not necessary to think in order to do it, when it is done spontaneously.

Lateral channels

The sections of the pitch closest to the touch lines.

Near post

The post closest to the ball.

Numerical advantage

To have a greater number of players in a certain move or for a certain period of time.

Passer

A player who specialises in passing the ball.

Passing accuracy

Successful completion of passes.

Passing channel

These are all the passing options that exist during the game, whether utilised or not.

Passive defence

A defence that does not pressurise and waits for the opponents to make a mistake.

Peripheral vision

The external part of our vision. It is usually not clear and is sometimes almost intuitive.

Pitch

Field of play. One third of the pitch is usually about 14 metres from the goal, half the pitch is to the halfway line and three-quarters of the pitch up is around 30 metres from the goal.

Positional advantage

To have a better position or organisation than the opponents in a certain move or area.

Positional or built-up attack

This is an attack made when facing an organised defence.

Positioning the body

Optimal body position in order to best achieve an objective (protecting the ball, making a pass, shooting etc.).

Quick attack

This is an attack made directly from the goalkeeper's clearance or after winning possession of the ball. The defence is usually disorganised.

Reading the game

Interpreting what is happening on the pitch in terms of tactics (the positioning and movement of both opponents and team-mates) in order to make the right decision.

Retreat

Backwards movement to a team's own half of the pitch when the ball is lost.

Shadow

Defending an attacker without impeding him. Practically escorting him.

Shot frequency

The number of shots made in a specific period of time.

Slanting

This is the movement of the wing player on the opposite wing to the ball to give balance to the team. It may be offensively or defensively.

Speed of execution

Speed of backlift or speed of any other part of the body to carry out a technical manoeuvre.

Support run

A movement off the ball, to offer support to a team-mate in possession of the ball.

Switch

When two players exchange positions.

Synchronised movements

These are two or more simultaneous movements to achieve a common objective.

Toe poke

To strike the ball with the toe.

Trapping/rolling the ball

The control or movement of the ball by using the sole of the foot.

Visual field

This is all that we are able to see. It is dependent on the position or direction of the body and comprises central and peripheral vision.

Winning the ball

Recovering the ball from the opponents.

