

1v1 Futsal Arrival Activity

Category: Warm Up

Length: 00:15 Rec. Players: 10

Published: December 11, 2014 @ 09:52

Practice Theme/Topic

General Notes

1v1 arrival games, remember to chAnge over opponents every few mins.

Can lead into warm up activity as well

Aims & Objectives

To move the ball past someone using a trick or skill

Organisation & Setup

1v1 warm up games. Pairs set up a goal each, with one ball between 2. Players need to stop the ball within a goal to score.

Coaching Factors & Outcomes

Try to use different parts of your feet to move the ball with

What tricks/skills can you show to move past an opponent

Adaptation & Progression

Warm up activity involves players playing 1v1 across all the goals, with players scoring by stopping the ball in the goal. Can be played in hands or at feet.

Technical

Creating space through use of tricks/skills

Physical

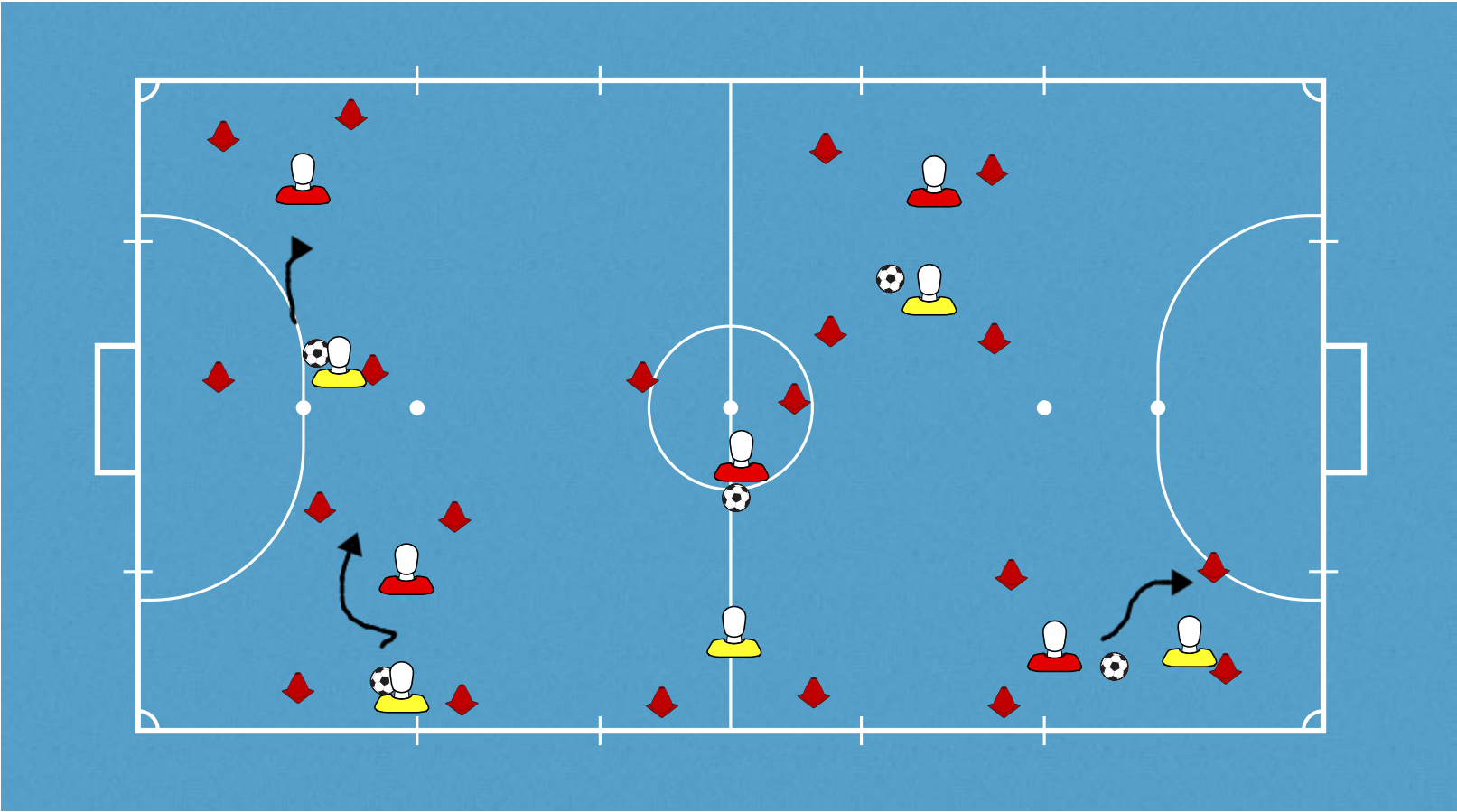
Balance and agility

Psychological

N/A

Social

Perseverance and commitment



Coaching Point #1

Try to use different parts of your feet

Coaching Point #2

try to show tricks or skills to move past an opponent

Coaching Point #3

Coaching Point #4

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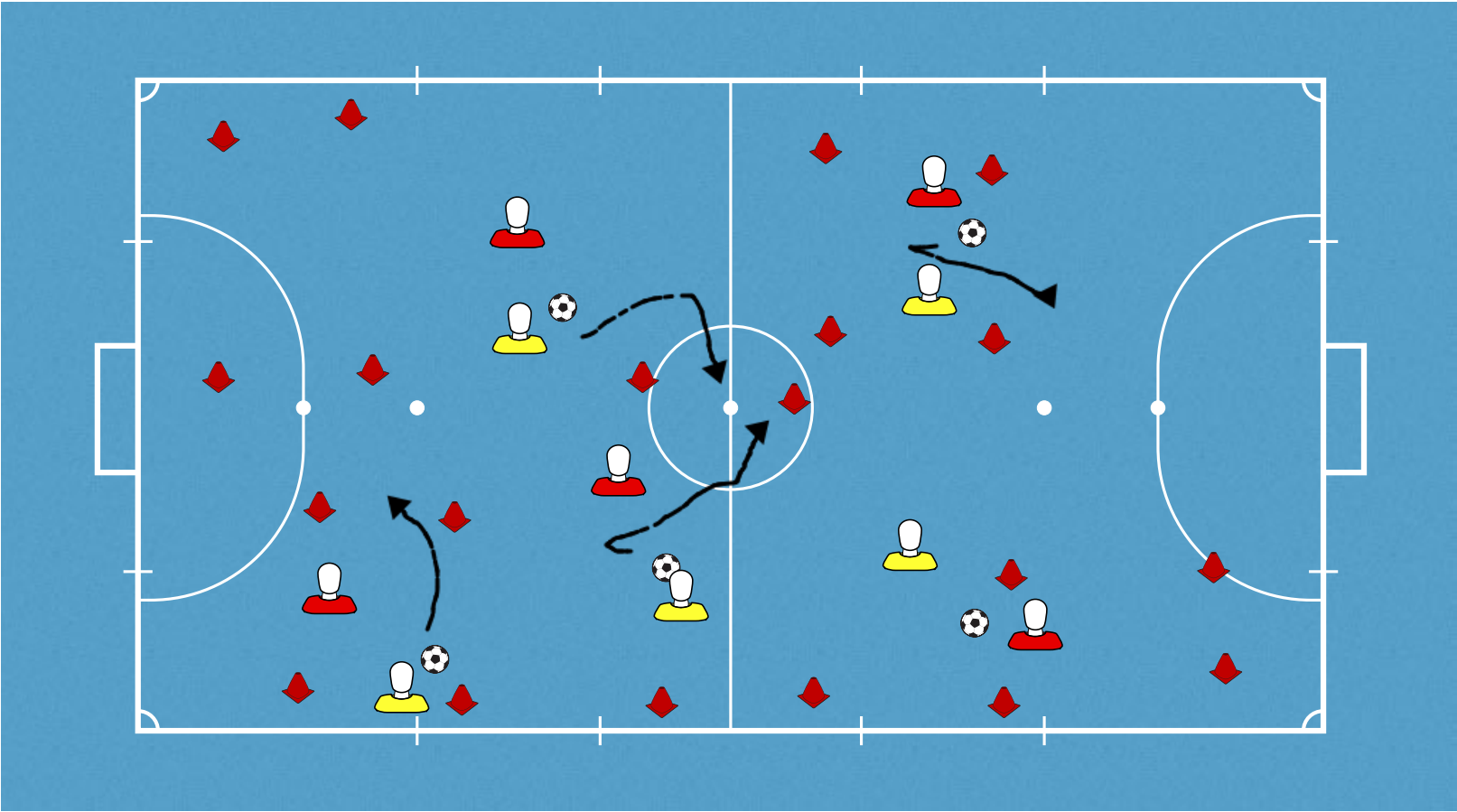
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Coaching Point #2

try to show tricks or skills to move past an opponent

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Coaching Point #4

Technical

Creating space through use of tricks/skills

Physical

Balance and agility

Psychological

N/A

Social

Perseverance and commitment

Using Tricks And Skills To Move Past Others

Category: FUTSAL

Length: 00:40 Rec. Players: 10

Published: December 11, 2014 @ 09:52

Practice Theme/Topic

Using tricks or skills to move past an opponent with the ball

General Notes

Whole part whole practice

Aims & Objectives

To move the ball past an opponent using a trick or skill

Organisation & Setup

Whole - small sided games, award bonus goals for any tricks or skills the players can use within the games to move past an opponent with the ball.

Part - 1v1 practice with players in possession needing to move through the middle area before they can leave the area to score. If their opponent can gain possession they can score once they leave the middle area with the ball. Opponent gains possession each time someone scores. Rotate opponents every 2-3 mins.

Whole- players to list the tricks & skills they think they can perform within the game to help them move past an opponent. If a player is the first to perform this trick/skills listed then they can gain a bonus goal for their team and can remove it from the list.

Coaching Factors & Outcomes

Try to use(a specific part of your foot)

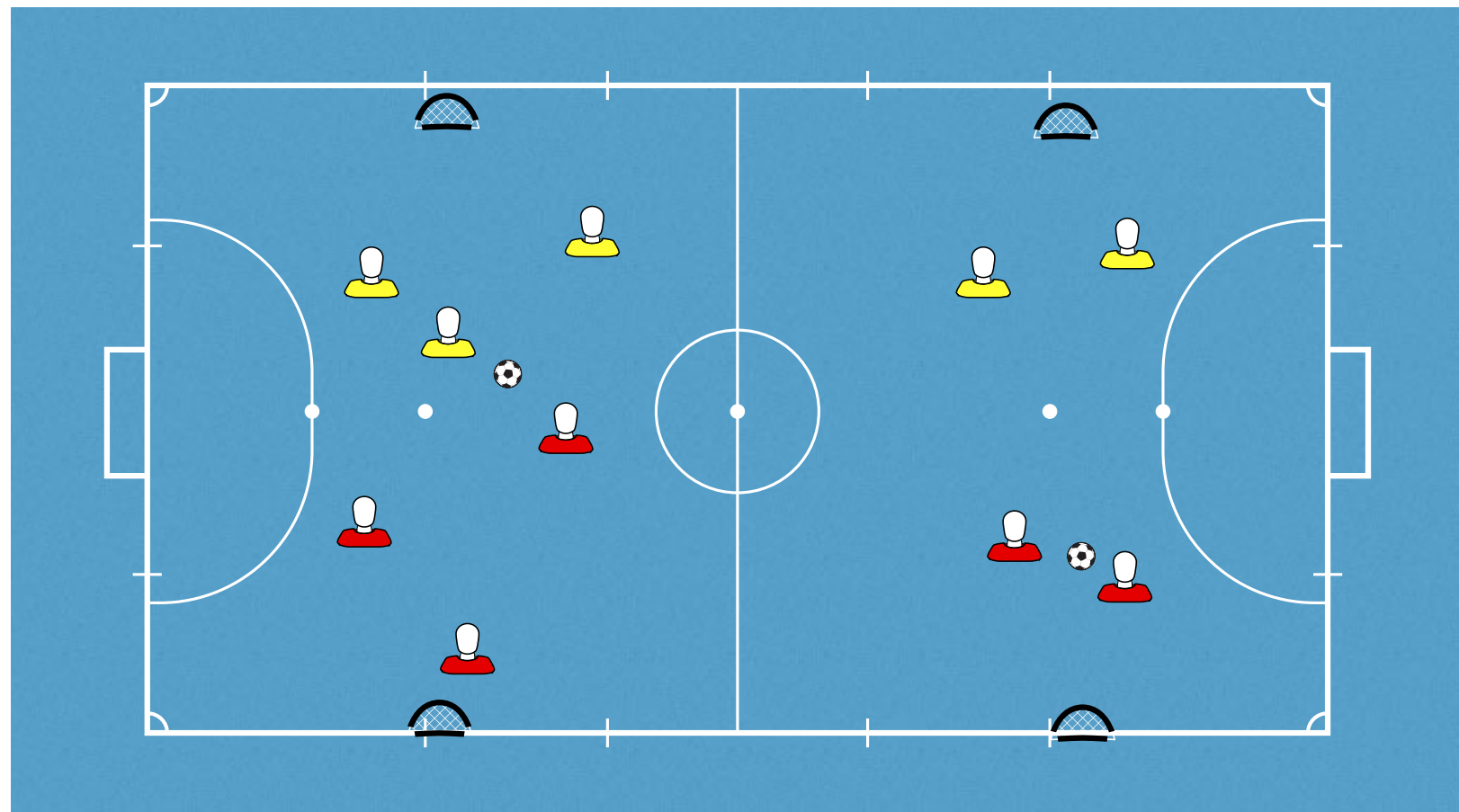
Try to off balance your opponent

Try to be positive with the ball.

Adaptation & Progression

Whole - players can switch pitches if they perform a trick/skill someone likes

Part- one or two players can be tasked to score by moving with Henri ball between two opponents as they play.



Coaching Point #1

Try to use.....
(Select a specific part of the foot - preference sole)

Coaching Point #3

Try to be positive in possession
How can you emphasise the movement to trick your opponent? What does this create?
How does positive attitude help you attack?

Coaching Point #2

Try to off balance your opponent
What can you use to do this?
How can you off balance your opponent?

The practice is designed to allow players to move around a grid and to pass between teams mates, as this progresses, the practice becomes more challenging.

Technical

Futsal skills centre 10th Dec
Practice: 03 Length: 01:00
Categories: Warm Up, FUTSAL, Technique

Practice: 02 Length: 00:40
Using Tricks And Skills To Move Past Others
Category: FUTSAL

Slide: 01/03



Using Tricks And Skills To Move Past Others

Practice Theme/Topic

Using tricks or skills to move past an opponent with the ball

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Coaching Factors & Outcomes

Try to use(a specific part of your foot)

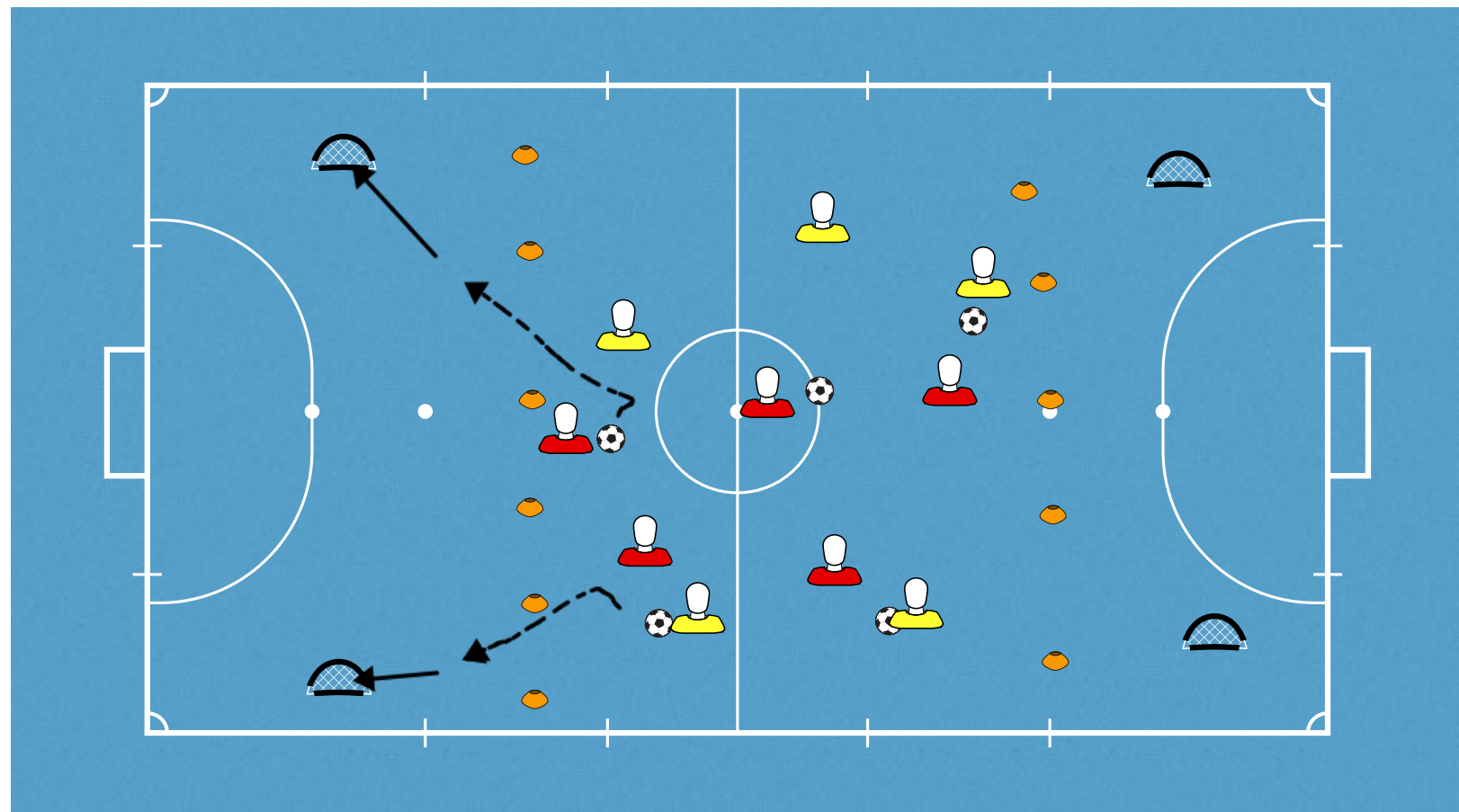
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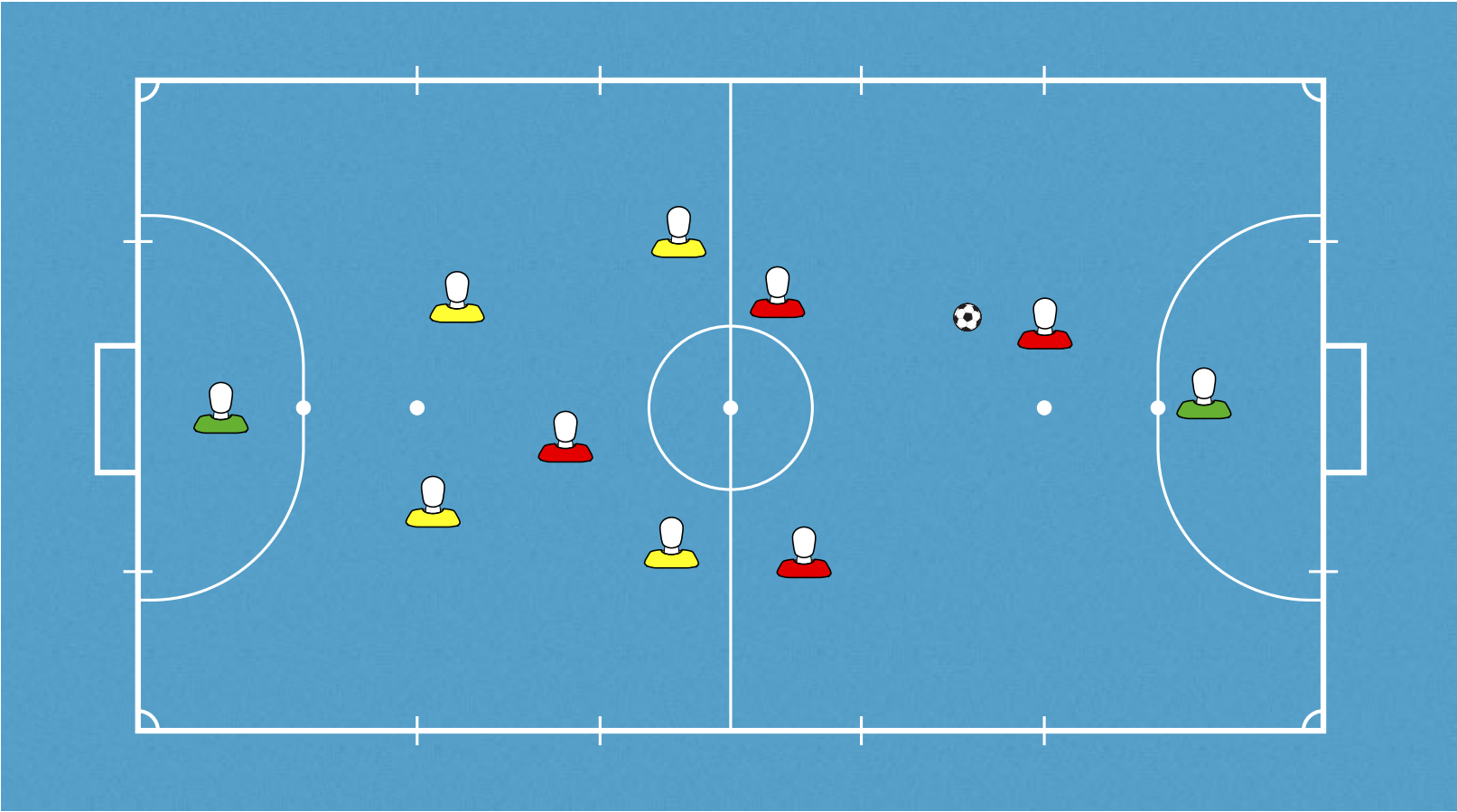
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Categories: Warm Up, FUTSAL, Technique

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Using Tricks And Skills To Move Past Others
Category: FUTSAL

Slide: 03/03



Futsal Cool Down

Category: Technique

Length: 00:05 Rec. Players: 10

Published: December 11, 2014 @ 09:52

Practice Theme/Topic

General Notes

N/A

Aims & Objectives

Cool down technical activity

Organisation & Setup

Ball each within 1/3 or 1/4 pitch

Each player asked to show two tricks or skills using sole, inside and outside of each feet,

Coaching Factors & Outcomes

N/A

Adaptation & Progression

Ask players to move between two players on opposing team whilst performing trick'/skill

Technical

Skill or trick

Physical

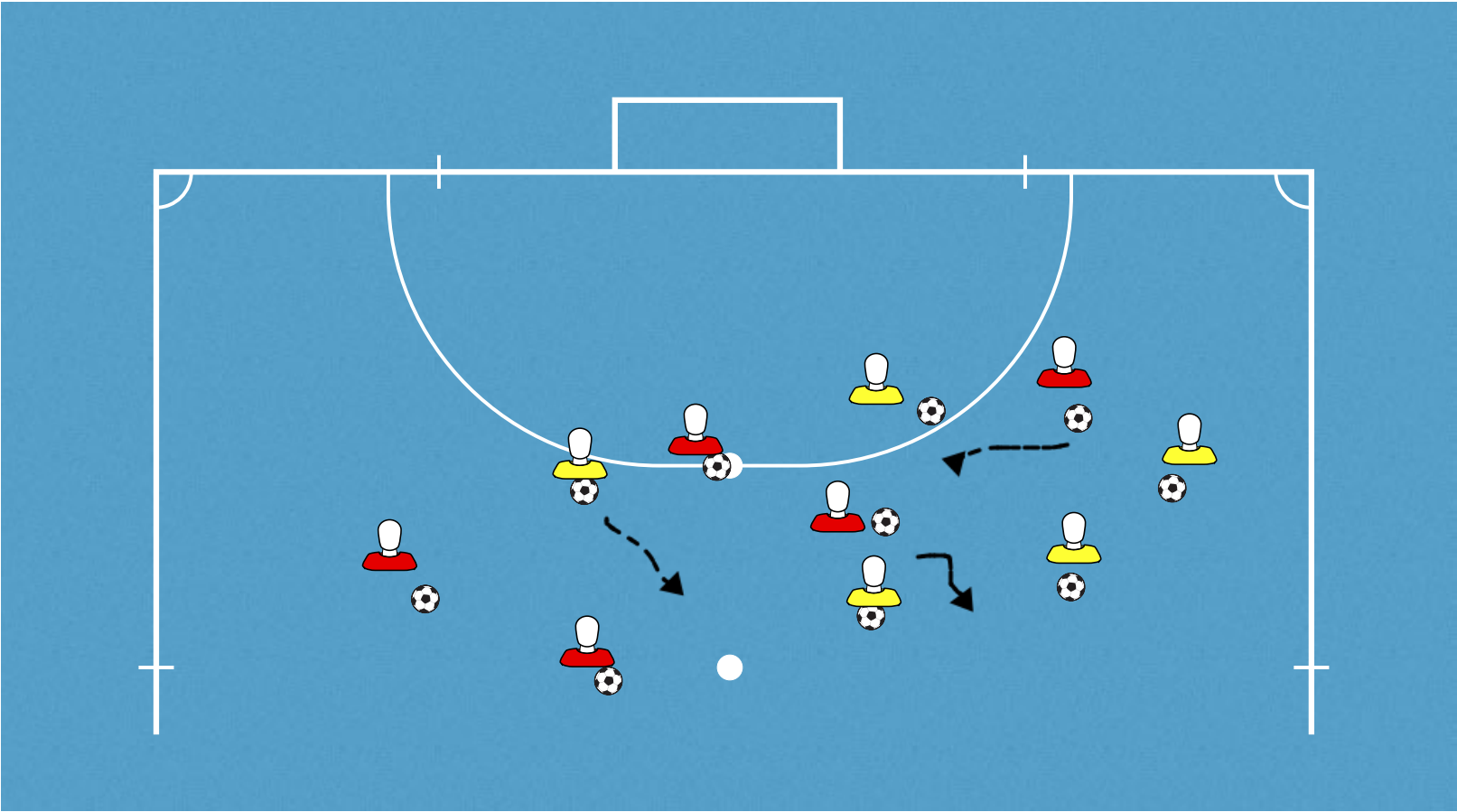
N/A

Psychological

Awareness of space

Social

N/A



Coaching Point #1

Use different parts of your feet

Coaching Point #2

Use your body or the ball to off balance your opponent

Coaching Point #3

Coaching Point #4