

# Passing Through Shapes - Futsal

Category: Passing

Length: 00:35 Rec. Players: 14

Published: March 02, 2015 @ 00:44

## Practice Theme/Topic

### General Notes

Arrival activity: 2v2 games for first 10 mins

### Aims & Objectives

To develop balance & passing techniques over short & medium distances, within unopposed & opposed practices

### Organisation & Setup

Different shapes set out across the playing area.

Slide 1- players are to move from shape to shape balancing in each shape on different feet for 6 secs.

Slide 2- in pairs, players are to pass through the shapes using sole, inside and toes to pass the ball. Players can receive the ball inside or outside of the shape.

### Coaching Factors & Outcomes

Balance on both sides of their body, linking to passing.

Passing with control, using sole, inside and toes

Pass to your partner

### Adaptation & Progression

Progression (slide 3) include some defenders within the practice who try to gain possession and stop the ball in a shape. Those in pairs with a ball need to move the ball through the shapes without defenders gaining their ball. Defenders can't go inside the shapes to win possession. Rotate defenders every 2-3 mins.

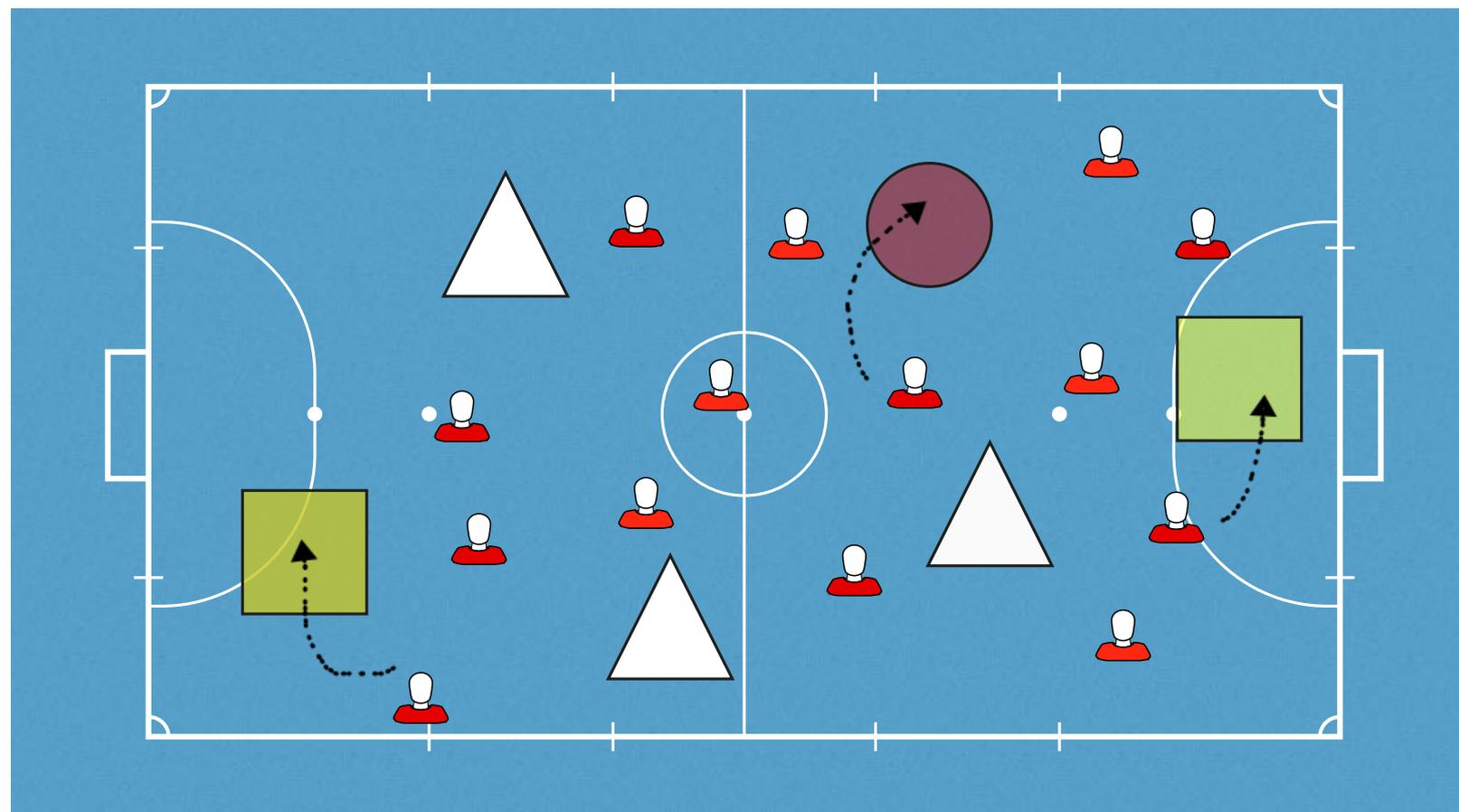
Adaptions:

Size of shapes

Rotation of pairs

Extend the balance

Balance on different feet in different shapes



### Coaching Point #1

Try to balance on both feet  
How does a bend in your knee help you balance?  
What else can you do with your body to help you balance?

### Coaching Point #3

Try to use different parts of your feet  
Which parts of your feet did you use to pass?  
What part of your foot was easier to use & why?

### Coaching Point #2

Try to pass to your partner  
How do you know where they are?  
When is it easiest to pass to them?

### Coaching Point #4

Technical

Luton SC 02/02/15

Practice: 02 Length: 01:00

Categories: Passing, Small Sided Games

Practice: 01 Length: 00:35

Passing Through Shapes - Futsal

Category: Passing

Slide: 01/03



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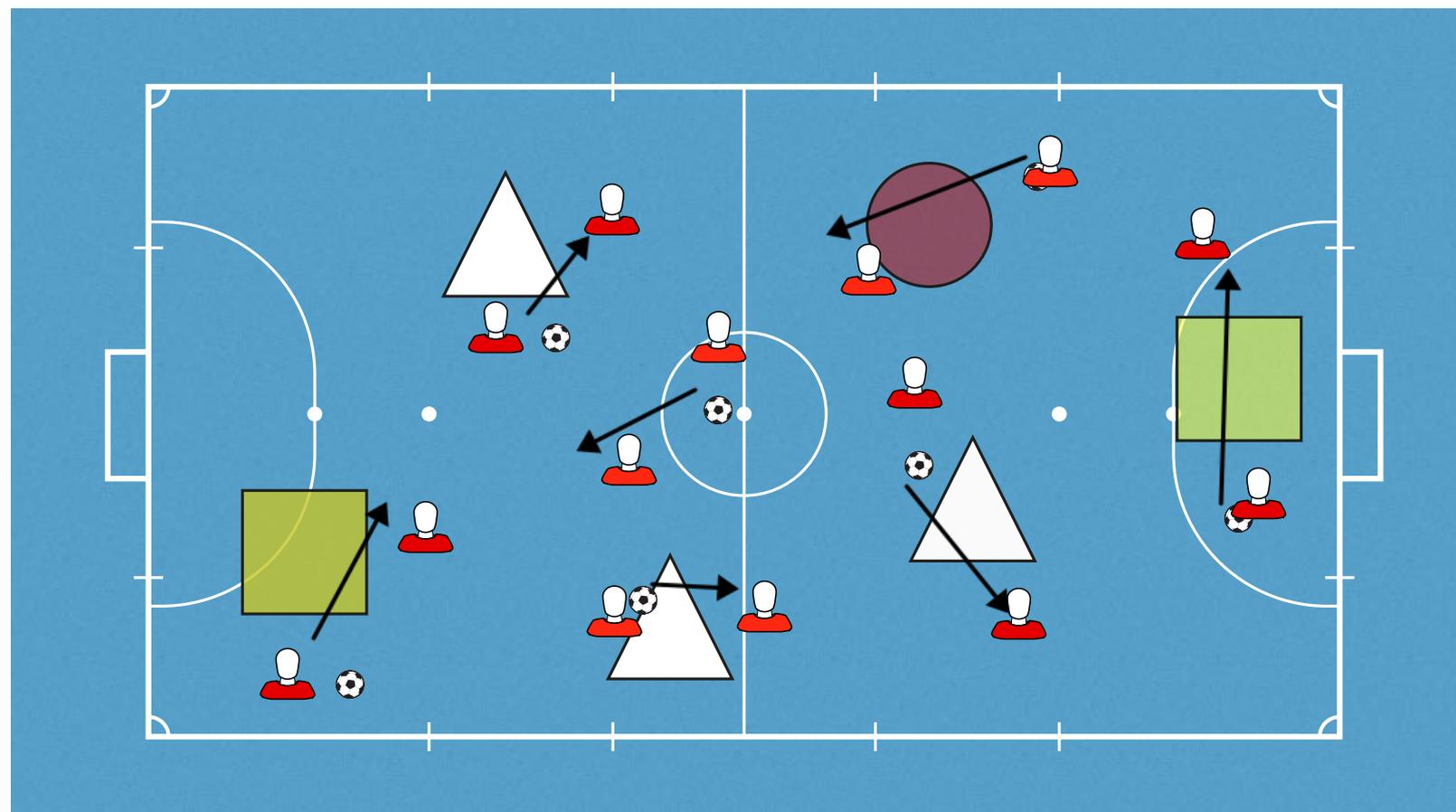
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Practice: 02 Length: 01:00

Categories: Passing, Small Sided Games

Practice: 01 Length: 00:35

Passing Through Shapes - Futsal

Category: Passing

Slide: 02/03



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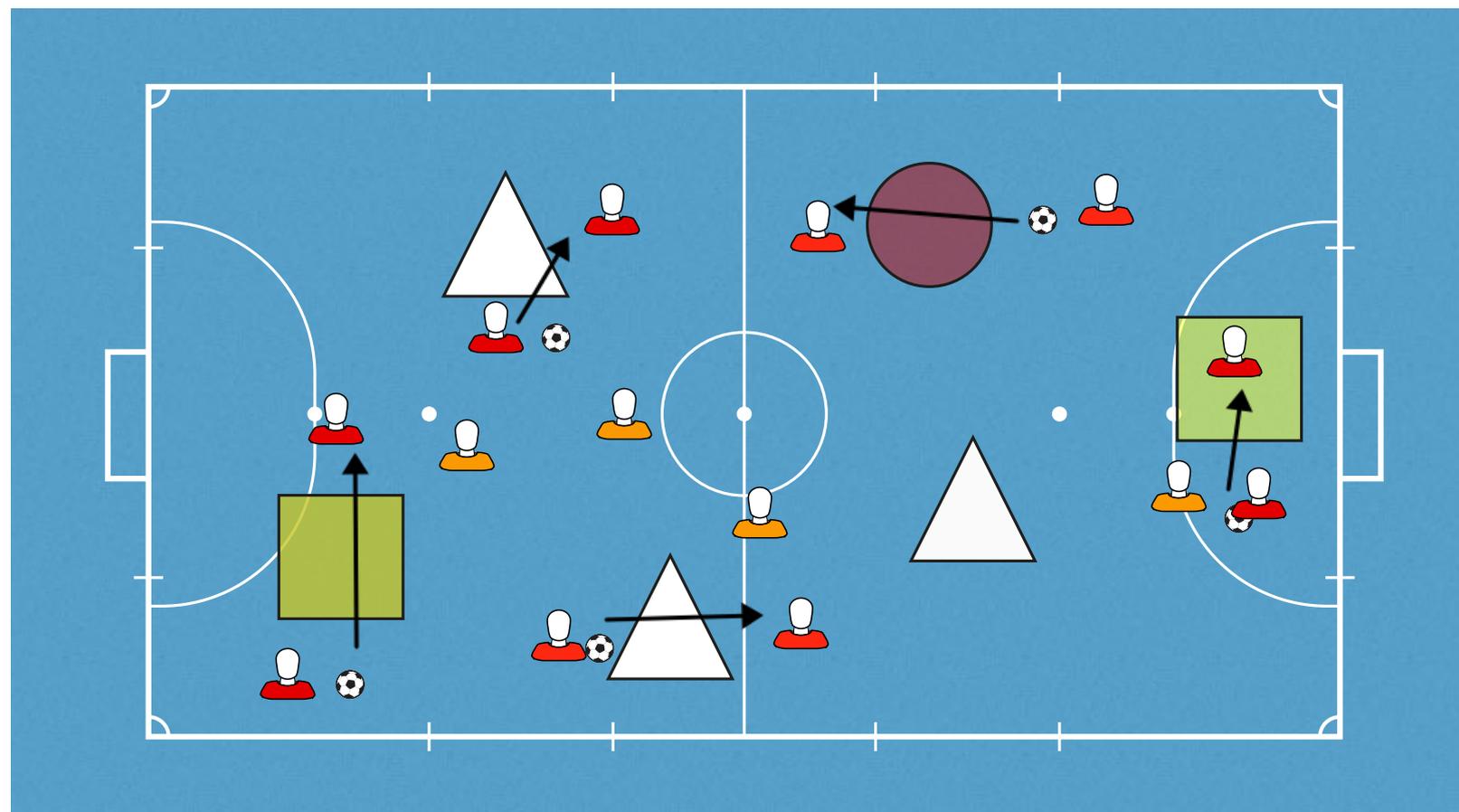
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Luton SC 02/02/15

Practice: 02 Length: 01:00

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Passing Through Shapes - Futsal

Category: Passing

Slide: 03/03



# 2v2 & 1v1 Rotation - Futsal

Category: Small Sided Games

Length: 00:25 Rec. Players: 14

Published: March 02, 2015 @ 00:44

## Practice Theme/Topic

### General Notes

This is a template, please adapt to use as you wish/is relevant for your players

### Aims & Objectives

To develop passing techniques when working with a partner during opposed practices

### Organisation & Setup

3 games of 2v2 and a 1v1 game beside them.

Teams can rotate into the 1v1 game throughout the playing time if/when appropriate

### Coaching Factors & Outcomes

Try to play forwards

Try to help your team mate

### Adaptation & Progression

The 1v1 game is used in this practice in isolation for two players within this group who are not yet ready for 2v2 games. They are slowly introduced to 2v2 games through this practice for 2-3 minutes at a time against different opponents. If all players are comfortable in teams you may consider 3v3 in one of the games instead of a 1v1.

Size of goals and pitches can be adjusted as needed.

Pairs on each team can be changed every 5 minutes

### Technical

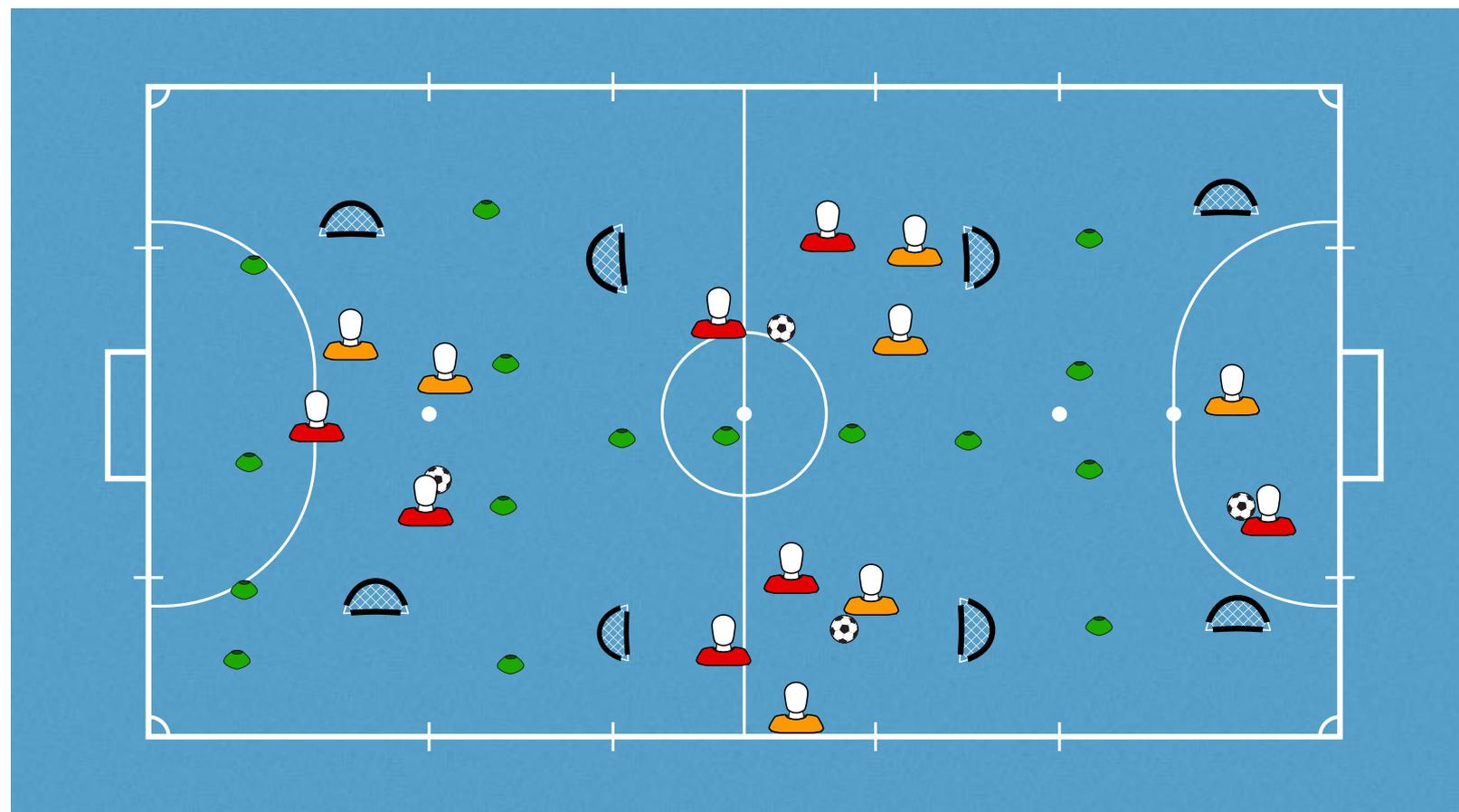
Passing techniques

### Physical

N/A

### Psychological

Concentration



### Coaching Point #1

Tr to play forwards

Where did your partner move to help you pass forwards?

How did you pass forwards?

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.

### Coaching Point #2

Try to help your team mates?

How did you help your team mates?

What could your partner do to help you?

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.

Luton SC 02/02/15

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2v2 & 1v1 Rotation - Futsal

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Slide: 01/01

