



FUTSAL

Winter Season

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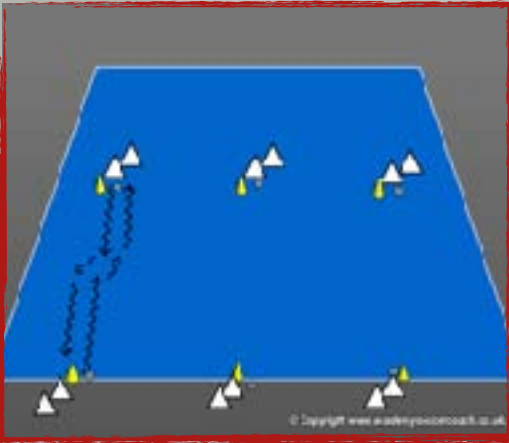
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Theme/Objectives:
-Futsal Attacking overloads 1

Age: U9-U12

Mesocycle: Winter

Microcycle: Week



Duration: 15mins

Intensity: Med

Intervals: 3

Work:Rest: 4:1

Organisation/Explanation:

- Unopposed.
- Players dribble towards each other, when they meet both perform a fake.
- Fakes- Double scissors, scissors, roll over,

Coaching Points

- Small touches/Head up
- Exaggerate the fakes.
- Use four parts of the foot.

Progression(s)

- introduce speed of play, add time limit and make a competition.



Duration: 25mins

Intensity: High

Intervals: 5

Work:Rest: 3:2

Organisation/Explanation:

- Play starts with 1v0.
- Then continues 1v1, 2v1, 2v2 3v2, ends with 4v3. The cycle will then start over again with the opposite team starting.
- Quick transitions.

Coaching Points

- use all 4 parts of the foot when dribbling,
- Combine and use players, attacking movement needed, overlaps.
- Communication.

Progression(s)

- play for 5 rounds, if you lose have a forfeit.



Duration: 20mins

Intensity: High

Intervals: 4

Work:Rest: 3:2

Organisation/Explanation:

- 2v2 (+4) and GKs.
- 4 neutral players in the corners, teams play 2v2 until you can unlock a neutral player, creating overloads.
- If you score and you unlocked 1 player its 2 points, every player unlocked score will double, 4,6,8 points.
- If you lose possession the neutrals have to go back to their corners.

Coaching Points

- Speed of play
- Movement off the ball
- Look to combine
- Communication

Progression(s)

- Time limit on the games.
- More points for creative goals.

Notes:

Theme/Objectives:

Futsal: Attacking overloads with transition.

Age: U9-U12

Mesocycle: Winter

Microcycle: Week

Duration: 15mins

Intensity: Med

Intervals: 3

Work:Rest: 4:1



Organisation/Explanation:

- 2v1 to goal.
- If the attacker misses he will stay in as a defender (last player to touch the ball from whites) and the reds will bring in another attacker. Creating a 2v1 from the reds.
- If whites score new players in from both sides.
- Transitional.

Coaching Points

- Small touches/Head up
- Look for attacking movement. Touch inside attacking movement from 2nd attacker, overlap. Touch to the outside, keep your own space and stay wide.
- Beware of transition.

Progression(s)

- introduce speed of play, add time limit and make a competition.

Duration: 25mins

Intensity: High

Intervals: 5

Work:Rest: 3:2



Organisation/Explanation:

- 3v2 transition.
- Similar to above. Whites attack with 3 and reds defend with two, if the whites miss the last player to touch the ball will go out, and reds will stay in creating a 2v1.
- If the whites score play ends and new players will enter the field.

Coaching Points

- Attack space,
- Combine and use players, attacking movement needed, overlaps. Focus on visual cues. Deny attackers.
- Communication.

Progression(s)

- Progression is stage 3.

Duration: 20mins

Intensity: High

Intervals: 4

Work:Rest: 3:2



Organisation/Explanation:

- 3v2 transitional with the forwards.
- Play starts from white or red. Play into their advanced player (forward) it is then a 3v2, two reds come out, the other advanced forward is not LIVE until reds are in possession of the ball, then the white forward would not be active.
- White stay on if they score, new reds will come into play, forwards stay in the game for a max of 5 rotations then rotate new players in.

Coaching Points

- Speed of play
- Movement off the ball
- Look to combine
- Communication
- Deny attackers.

Progression(s)

- Time limit on the games.
- More points for creative goals.

Notes:

Theme/Objectives: FUTSAL: Attacking Transitions with numerical differences

What? Attacking Principles
When? During Transition

Who? **Where?** Final Third/Attacking Half
Why? Working on the effectiveness of offensive transitions and numerical advantages

Age: U9-12

Mesocycle:

Microcycle:



Duration: 15 mins **Intensity:** High **Intervals:** 4 **Work:Rest:** 1:3

Organisation/Explanation:

- 1v1 Attacking Transitions
- White dribble in to activity to create a 1v1. When ball goes out white transitions to defend goal, with next red player dribbling in to restart exercise.
- If defending team win the ball they look to play a pass into red square (player must make a run into square, can not be waiting to receive a pass).

Coaching Points

- Reaction to transitional moments
- Attack at speed
- 1v1 skills to beat defender
- Finishing ability

Progression(s)

- 2v2



Duration: 20 mins **Intensity:** Medium **Intervals:** 4 **Work:Rest:** 3:2

Organisation/Explanation:

- 4v4 Transition Game organized as shown (1-1-2)
- Players are restricted to their half, play begins with GK who (A) play longer to create a 2v1 attack, (B) begins a 1v2 attack in own half.

Coaching Points

- Attackers in opposite half move to create clear passing channels
- Speed of attack, particularly in attacking half.
- Reaction to winning the ball/playing from GK.

Progression(s)

- Create 3v1 in attacking half if one defender can pass into two players in attacking half
- Play 2v3/3v2



Duration: 25 mins **Intensity:** Medium **Intervals:** 5 **Work:Rest:** 3:2

Organisation/Explanation:

- 3v3v3 to goal
- The team in the center starts by attacking the defending team to score. Once the attack finishes the defending team then becomes the attacking team and receives a ball from GK to attack opposite goal.

Coaching Points

- Movement of attackers off the ball
- Speed of passing the ball and speed of play
- Create overload opportunities or expose 1v1.

Progression(s)

- Team that scores keeps attacking
- Time limit on each attack
- Limit number of passes in each attack

Notes:

- Small sided game 5v5 (25 mins)

Theme/Objectives: FUTSAL - Defending in Transitional Moments

What? Defensive Principles

Who? Individual to small group (2-4)

Where? Middle Third - Final Third

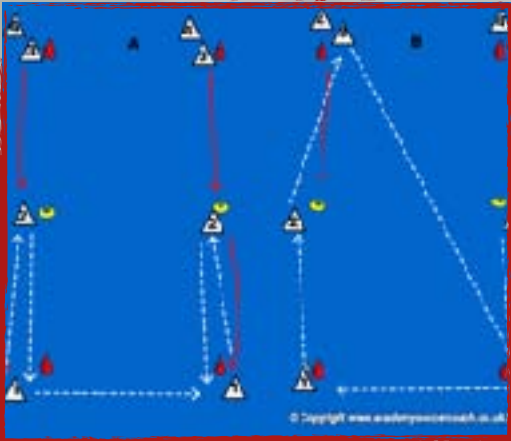
When? (1) As soon as you lose the ball (2) Against consolidated possession

Why? Improve ability to regain possession quickly, create goal scoring opportunities

Age: U9-12

Mesocycle:

Microcycle:



Duration: 15 mins

Intensity: High

Intervals: 4

Work:Rest: 1:3

Organisation/Explanation:

- Groups of 8-10 laid out as shown.
- Player 1 starts activity by passing into Player 2. Player 2 must take 2 touches before passing back to Player 1.
- Player 3 reacts to first touch of Player 1 and looks to press and tag Player 2, and also Player 1.
- Player 1 will restart the activity by passing sideways to Player 1 in other line.
- Player 3 in opposite line will press on Player 1 first touch.
- Rotation: Stay in same line - Player 1 moves to player 2 after sideways pass, Player 2 moves to Player 4. Player 3 moves to Player 1

Coaching Points

- Speed and angle of approach
- Reaction to trigger (first touch of player 1)
- On Progression slow down on approach to prevent player turning.

Progression(s)

- Player 2 can look to turn and pass forward to Player 4 to get a point. Example B in diagram.



Duration: 20 mins

Intensity: High

Intervals: 5

Work:Rest: 1:3

Organisation/Explanation:

- Transitional Rondo - Groups of 5-7
- Coach can start exercise or balls can be placed on back end of each teams grid.
- On coaches pass 2 defenders press into opposition half looking to win possession of the ball.
- Attacking Team - set numbers of passes to be completed before passing across to other team (1 point)
- Defending Team - win possession of the ball and dribble out of square or pass back to own team (1 point)

Coaching Points

- Speed and angle of approach
- Make play predictable
- React quickly in defensive transition, closet 2 players press immediately.
- High intensity running when pressing.

Progression(s)

- Increase number of defenders, points only scored by winning back possession and getting ball into own grid.



Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1

Organisation/Explanation:

- 6v4 (incl 2 neutral players)
- Attacking Team look to keep possession of ball using neutrals in middle zone (set number of passes = 1 point)
- Defending Team look to win the ball and transition to goal with help of Neutrals (1 goal = teams of 4 switch roles). If team loses possession of ball in transition they continue to be defending team.

Coaching Points

- Speed and angle of approach
- Make play predictable
- React quickly in defensive transition, closet players press immediately.
- Recognize triggers of when to press and when to stay compact/patient.

Progression(s)

- Increase number of players, add GK's

Notes:

- Small sided game to finish (25mins)

Theme/Objectives: Futsal session - Using the sole of the foot

Age:

Mesocycle:

Microcycle:

Duration: 15min

Intensity:

Intervals:

Work:Rest:



Organisation/Explanation:

- 25x20 Grid
- 5 Red, 5 Blue
- Balls for each player
- Blue go left to right.
- Red up and down.
- Type of dribbling, Box box, role, sole role etc

Coaching Points

- Keep ball moving
- Keep ball close, protect ball from interference.
- Different types of touches.
- Head up.
- Attack space when its there, change of pace

Progression(s)

- Points from getting side to side.
- add defender

Duration: 20min

Intensity:

Intervals:

Work:Rest:



Organisation/Explanation:

- 2 pug goals, 6 cones, 12 balls, x 2 pennies.
- 20 mins warm up.
- add magic man make 2v1
- Can only score with specific move or turn. quick pace, next inline goes when partner hits first cone.
- Variety of touches (Toe taps, boxes, inside out)

Coaching Points

- Keep ball moving
- Speed/explode away from Defender
- Attack space with quality touch beyond a defender.
- Clear decision with move, head up!

Progression(s)

- Play first to 7 goals
- Add Magic man for 2v1 option.

Duration: 30min

Intensity:

Intervals:

Work:Rest:



Organisation/Explanation:

- 1 GK, 4 Defenders, balls and 3 cones.
- 3 lines #1, #2, #3
- defender play ball and 1v1 created.
- Attacking defender from different angles.
- Looking to create shooting opportunities and space to get shots off.

Coaching Points

- Keep ball moving
- Attack space drive at pace, get DF off balance.
- Speed/explode away from Defender
- Attack space with quality touch beyond a defender.

Progression(s)

- 2v1, 2v2, 3v2
- Include combination.

Notes:

Theme/Objectives: Futsal session 1v1, 2v1, looking at moving ball quickly to create overloads and 1v1 situations.

Age: U12+

Mesocycle:

Microcycle:

Duration: 20min

Intensity:

Intervals:

Work:Rest:



Organisation/Explanation:

- 2 pug goals, 6 cones, 12 balls, x 2 pennies.
- 20 mins warm up.
- add magic man make 2v1
- Can only score with specific move or turn. quick pace, next inline goes when partner hits first cone.
- Variety of touches (Toe taps, boxes, inside out)

Coaching Points

- Keep ball moving
- Speed/explode away from Defender
- Attack space with quality touch beyond a defender.
- Clear decision with move, head up!

Progression(s)

- Play first to 7 goals
- Add Magic man for 2v1 option.

Duration: 20min

Intensity:

Intervals:

Work:Rest:



Organisation/Explanation:

- 2 grid game (with GK and neutral defender)
- 4v4 in middle with 2 magic men
- 3 passes create 1v1
- If defender wins ball play into other team.
- progress to 4/5 passes
- create 2v1, 2v2, 3v2 where needed.
- play to a number of goals.
- can only score by dribble/pass in end grid.

Coaching Points

- Play quickly, good movement off ball.
- Scan and check shoulders x2 so your decision is a quick.
- looking to create overload and get into final third quickly, positive, in final third space, explode away.

Progression(s)

- Add number of passes before in final third
- 2v1,2v2,3v2

Duration: 20min

Intensity:

Intervals:

Work:Rest:



Organisation/Explanation:

- 3v3 grid game (with Gk or small bownets.
- 3v3 in middle with x2 magic man.
- 1 defender for each team defending bownet.
- 3-5 passes before you can go score, can now play back to make more realistic and add shape.create 2v1, 2v2, 3v2 where needed.
- play to a number of goals.
- can only score in final third.

Coaching Points

- Moving ball quickly
- Movement off the ball, think about rotating and replacing other teammates space.
- Being positive and playing forward where possible.
- 1v1 in final third, attack space with clear move.
- Attacking defender both right and left.

Progression(s)

- 2v1,3v2
- Add Gk, or extra defender.

Notes:

Theme/Objectives: Sole Roll: Teaching players how to control, manipulate and pass the ball with the sole of their foot.

Age: U9-12

Mesocycle: Winter

Microcycle: Technical Tactical.

Duration: 15 mins

Intensity: Medium

Intervals: 3

Work:Rest: 4:1



Organisation/Explanation:

- Passing in pairs
- 1 train tracks.
- Players use sole of their foot to roll the ball back and forward either side of the cone
- 2 roll over sole. Players roll ball across their body and sole roll to team mate
- 3 roll and scoop. 1 player rolls the ball other scoops the ball over.

Coaching Points

- use sole of the foot
- toe follows to target.
- add challenge to change direction after 5 passes.
- roll and scoop play as a game if ball goes over ball point if roll hits ball point.

Progression(s)

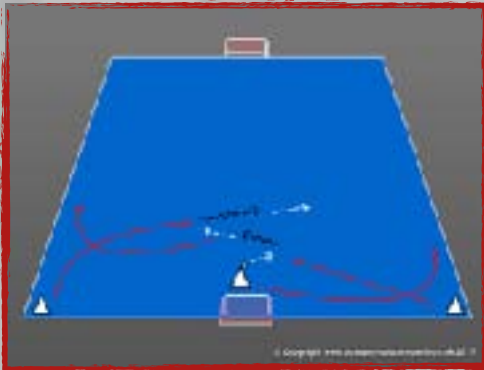
- 2, after 5 passes change direction
- 3 make a game as seen above.

Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1



Organisation/Explanation:

- 3 Player overlap rotation
- players dribble and roll ball for player to run onto then overlap maintaining width
- when in final third teams look to score

Coaching Points

- Timing of run
- weight of pass
- communication "hold, set"
-
-

Progression(s)

- have teams play through each other with interface

Duration: 45 mins

Intensity: High

Intervals: 5

Work:Rest: 8:1



Organisation/Explanation:

- 5v5 Futsal game
- play 2 different formations

Coaching Points

- Sole roll to go in all directions
- disguise

Progression(s)

- play matched up formation

Notes:

Theme/Objectives: Scoop Pass: Teaching players to successfully scoop the ball.

Age: U9-12

Mesocycle: Winter

Microcycle: Technical Tactical.

Duration: 15 mins

Intensity: Medium

Intervals: 3

Work:Rest: 4:1



Organisation/Explanation:

- Every Player has a ball
- hurdles are placed around grid
- players look to dribble and scoop ball over hurdle
- add ball manipulation between hurdles

Coaching Points

- Pass to back foot/ in-front
- allow pass to run across body or control ball.
- weight and angle of pass
- open body
- move into space don't stand.

Progression(s)

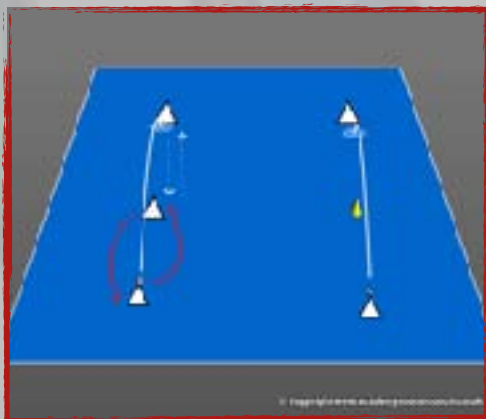
- add time limit to scoop over as many hurdles as possible

Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1



Organisation/Explanation:

- Scoop Pass technique
- 2 variations
- stronger groups scoop pass over player then rotate to received and set the ball back for scoop pass over their head.
- Players who are struggling can do scoop over a cone
- focus on first touch use foot and ground to control the ball.

Coaching Points

- scoop under ball with toe.
- Heel off the ground
- lift foot and follow through to target
- increase distance by having ball in-front of your body.

Progression(s)

- Touch restriction
- reduce overload in central area.
- 2v2+3 neutrals in central area.

Duration: 45 mins

Intensity: High

Intervals: 5

Work:Rest: 8:1



Organisation/Explanation:

- 5v5 Futsal game
- encourage scoop pass especially from kick ins.
- play 2 different formations

Coaching Points

- supporting distance to allow for scoop pass.

Progression(s)

- play matched up formation

Notes:

Theme/Objectives: Coaching players to improve the ability to score using the toe in futsal

Improve players technique and accuracy when using the toe to strike the ball

Age: U9-13

Mesocycle: Winter

Microcycle:

Duration: 15 mins

Intensity: Low

Intervals: 3

Work:Rest: 4:1



Organisation/Explanation:

- Groups of 4-5 players on the sides of a 10x10 square
- Players receive the ball take a touch in any direction they want and use the toe to play a pass
- Players then have to receive and use the toe to play a pass while on the dribble

Coaching Points

- Focus on keeping the ball close with touch and dribble, Using toe to pass the ball
- Locked ankle, strike through the ball with the toe, quick contact with the ball, toe pointing in the direction

Progression(s)

- Can make it a competition between the two groups (complete 10 passes)
- Increase distance

Duration: 20 mins

Intensity: Low

Intervals: 4

Work:Rest: 4:1



Organisation/Explanation:

- Players split into two groups going to goal
- Players dribble out to play passes to striking player
- Players check off of cone to receive, focus on either a quick two touch receiving and strike, or receiving, dribbling and striking with the toe on the move
- Start with empty goal to build success and then add a goalkeeper and make it a competition between teams
- Develop different build up patterns

Coaching Points

- Toe contacting middle of the ball for power, or under neath for chipped toe poke
- Angle toe towards selected corner or target
- Quick, strong contact on ball

Progression(s)

- Add goalkeeper and change angles of approach to goal and scenarios

Duration: 25 mins

Intensity: Medium

Intervals: 4

Work:Rest: 4:2



Organisation/Explanation:

- 3v2 set up in half of futsal field with two neutral bumpers either side of goal
- defenders play ball out to any of 3 players
- Players attack goal and create different striking scenarios
- strikes from different ranges, 2 touch, touch etc
- defenders score in gates)

Coaching Points

- Coach players to create and finish chances
- Technique and accuracy when using toe to strike the ball

Progression(s)

- If attacking team is successful, can make it 3v3

Notes:

- End session with full sided futsal game

Theme/Objectives: Coach players improve their ability to finish with finesse - tech different techniques in and around the goal when striking

Age:

Mesocycle:

Microcycle:

Duration: 15 mins

Intensity: Medium

Intervals: 4

Work:Rest: 3:1



Organisation/Explanation:

- Players are 20 yards part with three cones 3 yards apart leaving small gap
- Players dribble towards the cones creating an angle to play a strong pass/shot through to a receiving player the other side
- Focus on players attacking with seed and then using disguise when playing ball, reverse passes, look away etc
- Player can also chip or scoop the ball ova cones

Coaching Points

- Use disguise when striking
- Accuracy
- Use different techniques, instep, laces, scoop, chip, volleys
- Be creative

Progression(s)

- Make competition between the two teams, first to 20 repetition s

Duration: 15 mins

Intensity: Medium

Intervals: 5

Work:Rest: 2:1



Organisation/Explanation:

- Separate players into two teams
- Start without or add goalkeepers as you see fit
- Players take three different stakes (1v1 from point 1,, from point 2, one touch from ground, point 3 1 touch from air)
- Payers must curve their movement around the numbered cones to attack each ball
- first group to 12 goals wins

Coaching Points

- teach finesse technique focusing on accuracy and disguise more than power
- create different scenarios

Progression(s)

- Add goalkeeper if you start without, Limit time to complete 3 strikes

Duration: 15 mins

Intensity: High

Intervals: 7

Work:Rest: 1:1



Organisation/Explanation:

- 20 by 30 area from goal line and using futsal goal
- 2v2 within the area to goal with 3 neutrals on the outside
- neutrals player into which ever team coach states begins
- Using neutrals 2 attackers try to score, if they score they get the next ball back from neutral team, first to 3 goals wins and then change inside and outside players
- If possession changes that team attacks

Coaching Points

- quick decisions
- disguise and accurate striking
- look to create different scenarios
- award points for certain types of goals

Progression(s)

- Could play 3v3 half field with neutrals on outside if you have enough players

Notes:

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NOTES

