

**An Introduction to Futsal**  
**Session delivered by Paul Devlin**  
**Netherhall School: 22/10/08**

**WARM UP**

**PART1**

Players have a ball each and dribble around inside a specified area.  
Encourage players to take a lot of touches (Technique over Speed)  
Encourage players to use both feet

**PART2**

Players try to keep the ball up in the air using different body parts (feet, knees etc)

**EXERCISE 1**



**Organisation**

- In Pairs (1 ball between 2), spread around the area
- X1 passes the ball to X2, using their right foot
- X2 transfers the ball across their body (using left foot) and passes back to X1 (right foot)

**Coaching Points**

- ✓ Encourage players to use the soles of their feet, even when passing

**Progressions**

1. Players go in the opposite direction, using different feet
2. On coaches' command of "Change", players change direction
3. On coaches' command of "Change", player without the ball goes and finds a new partner. Continue passing the ball

**GOALKEEPING EXERCISES**

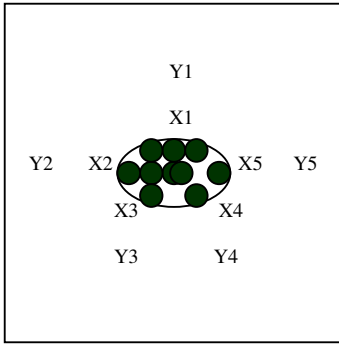
Encourages hand eye co-ordination. Main points to encourage are:

- Body Shape – sideways on
- On Toes
- Watch the ball into body

In Pairs with a ball each: -

1. One partner throws straight, other partner throws looped (at same time). Coach shouts change, roles are reversed.
2. Both partners throw with right hand to their partner's left hand (again at same time). Once caught the players transfer the ball from their left to the right. When coach shouts change then the direction changes so players throw with their left and catch with their right.
3. Pairs stand back to back (one ball). Player with ball throws ball up and over their and their partners head. Partner has to react and try and catch the ball before it touches the ground.

### EXERCISE 3



#### Organisation

- Players space out around a circle (spare balls behind them)
- Inside players must stand facing their partners (1 ball between 2)
- On coaches command the player throws the ball to their partner and then moves to their right to receive a ball from the next inside player
- The outside players return the ball and move again to their right to receive the next pass
- Outside players continue to move to their right until they return to their original position.

#### Progressions

1. Players change position's
2. Players now pass the ball using feet (change positions)
3. Outside player passes ball to inside player, runs around them to receive and return the ball back to inside player. Outside player moves to right and continues process