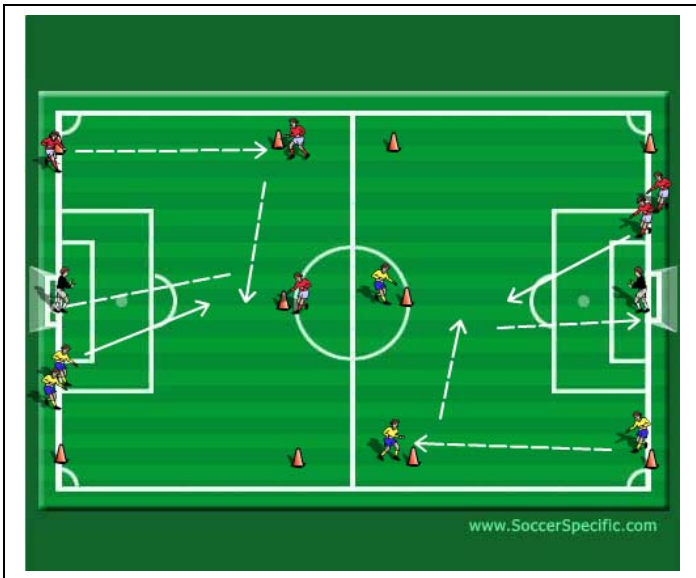


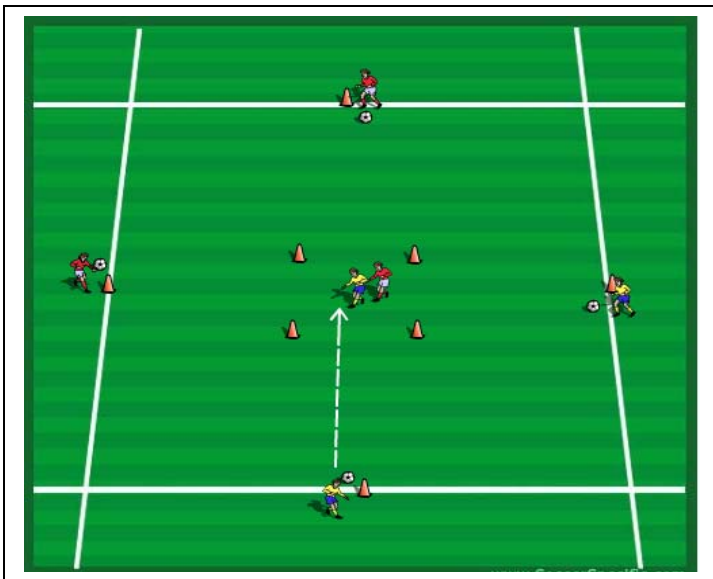
FUTSAL PRACTICES



Player passes to player at edge of box who plays pass into middle player, who controls ball and shoots for goal. Progression is that defenders press ball after 1st pass.

Coaching points:

- meet ball
- arm to protect
- quick touch out feet
- body over ball
- strike through middle ball



4 feeder players on the outside pass ball into the middle player who shields ball and passes back. Progression is that 2 balls are taken out and when attacker protects ball they should then turn and pass ball to spare player. Condition players to control ball with sole, outside foot or inside foot.

Coaching points:

- movement long then short
- arms hold off defender
- low body position
- touch into space or close to feet
- open body to find spare player