



National Soccer Coaches
Association of America

COACHING FUTSAL: NSCAA LEVEL 1 FUTSAL DIPLOMA

Excerpts from the NSCAA Level 1 Futsal Diploma Manual

STAGE 1: 3-5 YEAR OLD PLAYERS



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Coaching Futsal: NSCAA Level 1
Futsal Diploma manual**

STAGE 1 // PASSING AND RECEIVING IN GROUPS OF 3

Why use it?

This is a fun warm-up activity encouraging players to receive the ball with the sole of the foot, pass firmly over a short distance and then move to a new position. Movement patterns are choreographed and the coach can increase the pace of passing and movement quickly.

Set up

The area is half a futsal court. A cone/flat marker is placed 1 yard inside each sideline directly opposite each other. In groups of 3 players, 1 player starts next to each cone/ marker and 1 player starts in the middle. One player next to the cone/marker starts with a ball. Set up similar areas for each group of 3 players.

How to play

The player in possession of the ball dribbles towards the central player. Approximately 2 yards before the dribbler reaches the middle the central player raises either arm in the air. This indicates if the dribbler should pass the central player on the left or the right side. The dribbler should fake/feint and perform a take-on move such as scissors or a cut. Once past the central player the dribbler must make a firm pass along the ground to the player at the other end. Just as the pass is about to be made the receiver should perform a fake/ bump and cut towards the ball. The ball should be received with the receivers sole of the foot. The passer should immediately back peddle observing the ball all the time and prepare to receive the next pass.

Coaching notes

Coaching Objectives: The central player and receiving player should be prepared on the balls of their feet. The pass should be received with the sole of the foot.

Coaching Tips: Impress upon players to take a touch to push the ball every step when dribbling.

How to modify

Less Challenging: Remove central player and work in pairs. One player dribbles to the center and passes the ball to the opposite player.

More Challenging: Players can dribble alternating feet and/or dribble the ball using the sole. The central player can also call out "LEFT" or "RIGHT" just before the dribbler reaches the center.



1. Players are in 3's across the width of the court. One player stands in the middle and the other 2 players near the sideline next to a cone. On the coach's command the player in possession dribbles towards the central player.

2. The central and receiving players must be prepared, lively and 'on the tips of their toes'.



3. When the dribbler is close to the middle, the central player raises an arm to indicate which side the dribbling player should fake to.

4. The dribbler fakes and moves to one side of the central player and makes a pass to the partner waiting on the other side. The receiver must 'fake/ bump' the cone to receive the ball in front of cone.



5. The ball should be received with the sole of the foot. Following the pass the passer should back peddle to the original position

6. The central player turns to face the new dribbler and prepares for another command. The receiver dribbles the ball towards the central player and repeats. Change the central player every 6-8 attempts.

Stages of development covered by activity

Stages 2, 3 & 4: 6-14 year old players

Development themes and competencies

Top 3 themes: Passing, dribbling and receiving.

Top 3 competencies: Passing over a short distance, receiving the ball with the sole and take-on moves.

STAGE 1 // DYNAMIC WARM-UP IN A CIRCLE



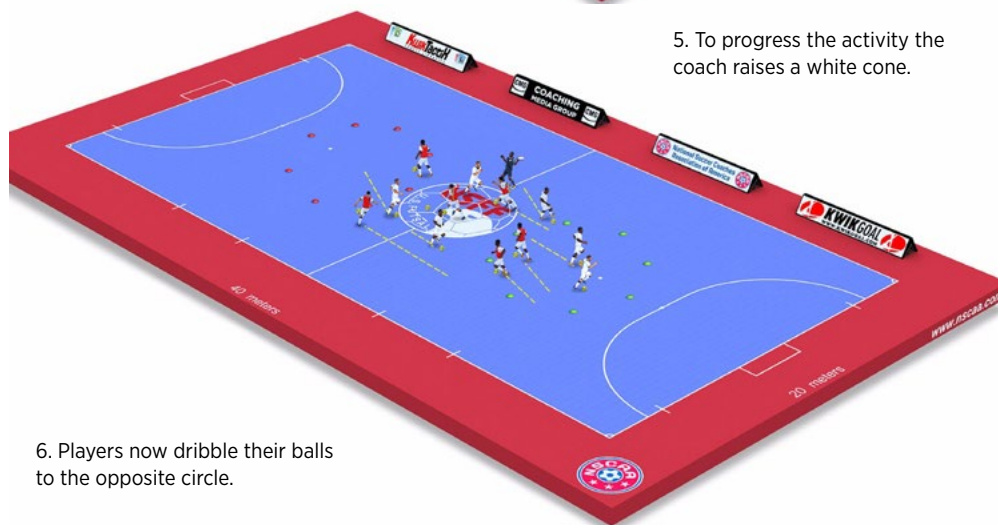
1. Two groups of 6-8 players dribble in two circles on either side of the center court line.

2. The coach stands in the center circle holding 2 different colored cones or training vests - one in each hand.



3. The coach randomly raises one arm. The yellow cone indicates the players should 'freeze' the ball in their circle and then move by backpeddling to the opposite circle.

4. On arrival at the opposite circle the players should start dribbling and performing moves at will.



5. To progress the activity the coach raises a white cone.

6. Players now dribble their balls to the opposite circle.

Why use it?

A great warm-up activity requiring players to 'lift their heads' and scan the field while performing dribbling and take-on moves.

Set up

Set up 2 8-10 yards diameter circles with cones on each side of a futsal court. In each circle are 6-8 players each with a ball. The coach stands in a central where all the players can see him/her and holds 2 different color cones/vests.

How to play

The players start by dribbling anywhere inside their circle performing fakes, fakes and take-on moves. The coach can raise one of the two colored cones. A yellow cone indicates the players should freeze/stop their ball with the sole of the foot and jog or backpedal to the opposite circle. When the players arrive in the other circle they continue to dribble and perform fakes/fakes/ and moves, always scanning the field to react immediately to the next coach's command. A white cone held above the coach's head indicates that players should dribble their ball to the other area.

Coaching notes

Coaching Objectives: Players should be creative as they dribble between areas and perform fakes, fakes and take-on moves.

Coaching Tips: Encourage players to keep the ball close to their bodies while dribbling and faking. Demand that every time a player takes a step he/she must touch. This activity requires players to scan the field and the coach can move to different locations to add more challenge for the players.

How to modify

Less Challenging: Reduce the number of players in the circles and slow the tempo between raising the cones - allowing players to recover and get control of the ball before moving again.

More Challenging: Players can dribble with both feet and/or the sole of the feet. Increase the tempo by raising the cones more frequently to create controlled chaos and forcing players to lift their heads and react swiftly. Additionally, the coach might choose to hold 3 or 4 different disc colors, each one corresponding to a different task to be performed such as jumping jacks and push-ups.

Stages of development covered by activity

Stages 1, 2 & 3: 3-11 year old players

Development themes and competencies

Top 3 themes: Dribbling, ball mastery and take-on moves.

Top 3 competencies: Dribbling with the laces, moves to beat an opponent and scanning the field (vision).

STAGE 1 // GROUPING GAME WARM-UP

Why use it?

An ideal warm-up and ball mastery activity encouraging communication and cooperation between players.

Set up

The set up is a full futsal court with half the court used for players dribbling and performing take-on and escape moves. In the other half of the court use flat markers/cones to create 2 triangles each measuring 4x4x4 yards and 2 circles 4 yards in diameter. The coach should move into a position to see all players on the field and to provide players with encouragement and instructions. Start with 12-16 players divided into 3 groups and wearing colored training vests. Each player has a ball.

How to play

The players dribble randomly and at will in the open half of the court performing fakes, fakes, take on and escape moves. The coach will call out instructions as the players are dribbling and the players must react quickly. If the coach shouts out a number, the players should dribble and form a group with that number of players in one of the four shapes in the other half of the court. Once this task is accomplished the players should dribble back and continue dribbling and faking as they wait for the next coach's instruction. As the activity progresses the coach can also specify which shape the players must go to in order to form a group - such as "4 IN THE TRIANGLES." Often there will be too many players and so the emphasis is on moving quickly whilst maintaining possession and scanning the field for space. Players who are too slow to join a group should perform 2 jumping jacks or any other form of age appropriated physical activity.

Coaching notes

Coaching Objectives: Players should be creative and perform random or prescribed ball mastery skills. The coach should also encourage players to communicate as they form groups.

Coaching Tips: Once a command is given, encourage players to dribble fast while keeping the ball at their feet.

How to modify

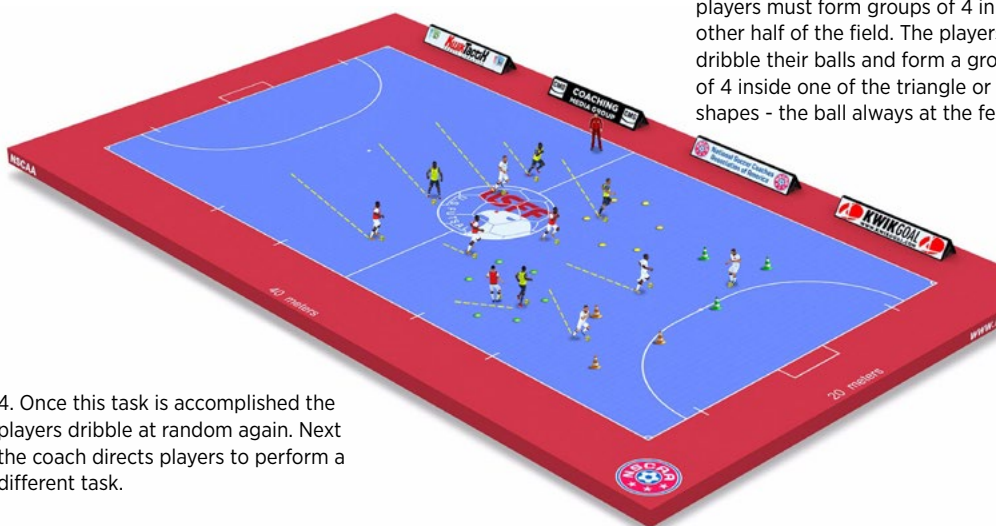
Less Challenging: Allow beginners to perform this activity with the ball in their hands as they move and change direction.

More Challenging: Dribble using the sole of their feet. Instruct players to form groups with odd numbers and in different shapes.



1. 12 players are divided into 3 groups each wearing different colored vests. The players dribble randomly and at will in one half of the court. Each player has a ball.

2. The coach encourages players to be creative and always keep the ball in close proximity to the feet.



3. The coach calls out "4" and the players must form groups of 4 in the other half of the field. The players must dribble their balls and form a group of 4 inside one of the triangle or circle shapes - the ball always at the feet.

4. Once this task is accomplished the players dribble at random again. Next the coach directs players to perform a different task.



5. Once the task is complete the players should dribble back to the other half and the game restarts.

Stages of development covered by activity

Stages 1, 2 & 3: 3-11 year old players

Development themes and competencies

Top 3 themes: Dribbling, ball mastery and communication.

Top 3 competencies: Dribbling with the laces, moves to beat an opponent and scanning the field (vision).

STAGE 1 // MAGIC SQUARE PASSING



1. 12 players divided into 2 colors split to form 4 lines. Cones are used to mark the starting position of each line. The red team starts on one side and the yellow team on the other.

2. Each team starts with a ball at opposite ends and on the diagonal. The first red player makes a straight pass to the yellow player. Simultaneously, the first yellow player passes to the red player opposite.



3. Once a pass is made, the passer must run diagonally across the court to join the line opposite. Both passers should cross in the middle of the area.

4. The receiver should 'bump/fake' the cone and receive the ball in front of the cone with the sole of the foot. The receiver must 'push' the ball forwards and then make a straight pass.



5. A diagonal run follows a straight pass. Movement should be timed so 2 players cross each other in the center of the square.

6. The coach stands to the side and encourages players to use proper technique and movement.

Why use it?

This activity is used to develop open space runs and provide important receiving and passing repetition. Specifically, the players must use the sole of the foot to control the ball and to penetrate with the first touch before passing with the inside or sole of the foot.

Set up

The area is an 8 x 8 yards square formed by cones/flat markers. Two teams form 4 lines with 3-4 players in each line. Two balls are needed and some spare balls nearby in the event of an errant pass is advisable. The coach stands in a position to see all 4 lines working.

How to play

Each starts with a ball and a straight pass is made followed by a diagonal run to the back of the other line. The receiver must fake/bump to create some separation (from a defender in a game situation) and push the ball forwards with the sole of the foot before passing straight. Continue the pass, run and receive sequence and as players become proficient demand an increase in speed of all movements. The coach should aim for a continuous and synchronized movement pattern of the balls and players. Consequently, the two balls should not be with the two lines on the same side at the same time!

Coaching notes

Coaching Objective: The pass should be firm and to the feet of the receiving player. The receiver must control and push the ball forward with the sole of the foot in one fluid motion. A continuous ball movement creates space, time and separation from a defender.

Coaching Tip: Make sure players are relaxed with their heads up and aware of timing and space. Practice as if the cone is a defender, checking away and cutting back to the ball to receive the pass.

How to modify

Less Challenging: Close the square to 4x4 yards to reduce the length of the pass and movements. The coach can also start with the ball in the players hands.

More Challenging: Insist on players alternating feet (e.g., Right foot to receive and left foot to pass). The player should drag the ball with the sole, across the body and towards the other foot. Use this activity during your warm up session by adding dynamic movements such as "knees high", "heel kicks", and skipping.

Stages of development covered by activity

Stages 2, 3 & 4: 6-14 year old players.

Development themes and competencies

Top 3 Themes: Passing over short distances, receiving the ball with the feet and player movement.

Top 3 Competencies: Passing, receiving and support.

STAGE 1 // TIME AND SPACE - 2 VERSUS THE KEEPER

Why use it?

This is a dynamic passing and movement activity between two players that culminates in a 2 versus the goalkeeper. Players are encouraged to use the sole to stop the ball before moving on.

Set up

Played on a full futsal court, 7 cones are set up for each team in a zig-zag pattern on one half of the field to form 3x6 yards triangles.

How to play

The game is played in pairs with 4 to 6 players on each side of the court. One team starts and the 1st player runs towards the 2nd cone and “fake/bumps” the cone and turns to receive a pass along the ground from the partner. The receiver traps/stops the ball with the sole of his/her foot and proceeds to run towards the third cone. The passing player follows the pass and arrives at the stopped ball. The process continues until the players reach the final cone. The players then perform a quick interchange of passes and attempt to beat the keeper 2v1. The second group of players prepare to perform the same exercise on the other side of the field, but must wait until the other team has reached the forth cone in the sequence.

A slight break between the players allows the goalkeeper to reset and get ready to play against players from the opposite side of the court. As soon as the players have finished their 2v1 with the keeper, they must collect their ball and run around the outside of the court to the starting position.

Coaching notes

Coaching Objectives: After the receiver has faked/bumped the cone he/she must trap the ball using the sole of the foot. Work with the players to get into a rhythm and good spacing between attempts.

Coaching Tips: Encourage players to pass with pace and accuracy. Make the fake/bump realistic - as if the cone was a real defender. Emphasize the importance of shooting far post and the partner should rush to the far post for a deflection or a rebound from the keeper.

How to modify

Less Challenging: Make the distance between cones shorter and remove the keeper.

More Challenging: Add 4 defenders starting behind the goal. As the pair rounds the last cone, release the defender creating a 2v1+keeper.

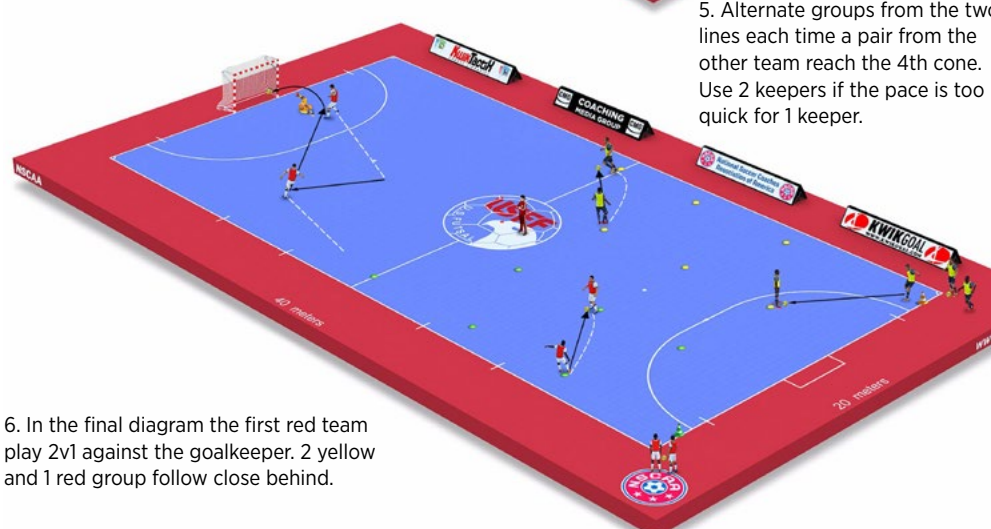


1. The first player in the red line sprints to the 2nd cone, turns and faces his/her partner with the ball.



2. The partner passes firmly along the ground and to the feet of the receiver.

3. The receiver stops the ball with the sole of the foot and immediately moves to the next cone. The passer follows the pass and then repeats.



4. In the second diagram the red team are nearing the final cone (#7) and the first pair from the yellow team set off as the reds pass the 4th cone.

5. Alternate groups from the two lines each time a pair from the other team reach the 4th cone. Use 2 keepers if the pace is too quick for 1 keeper.

6. In the final diagram the first red team play 2v1 against the goalkeeper. 2 yellow and 1 red group follow close behind.

Stages of development covered by activity

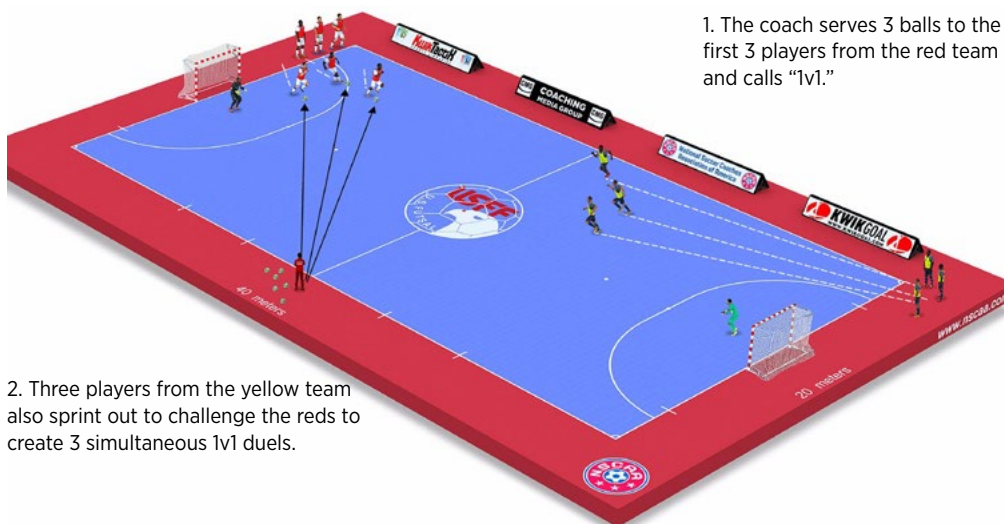
Stages 2, 3 & 4: 6-14 year old players

Development themes and competencies

Top 3 themes: Passing, movement off the ball and receiving.

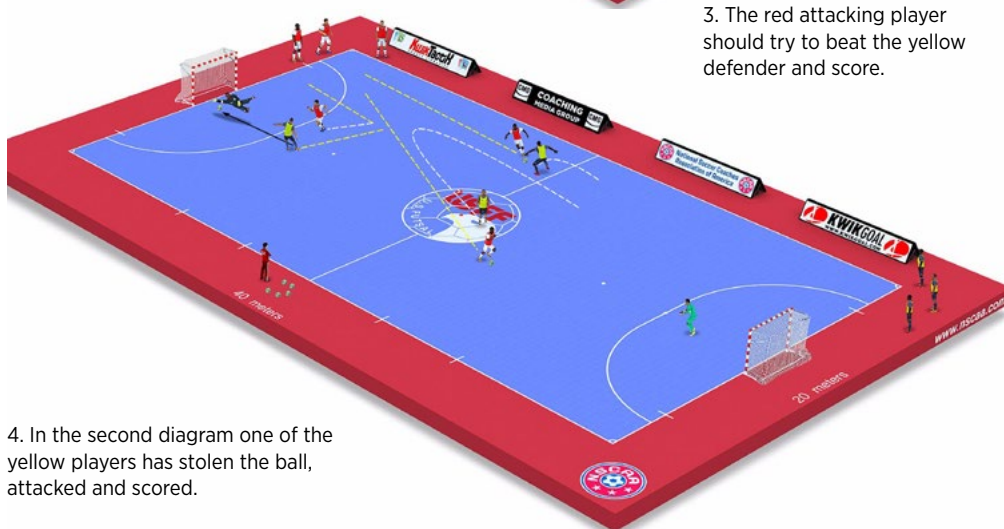
Top 3 competencies: Passing over a short distance, receiving the ball with the sole and shooting.

STAGE 1 // 1V1 TO 4V4 PLUS KEEPER SHOOTING A



1. The coach serves 3 balls to the first 3 players from the red team and calls "1v1."

2. Three players from the yellow team also sprint out to challenge the reds to create 3 simultaneous 1v1 duels.



3. The red attacking player should try to beat the yellow defender and score.

4. In the second diagram one of the yellow players has stolen the ball, attacked and scored.



5. All players leaving the field return around the periphery as soon as the game has finished.

6. In the final diagram the coach calls a 3v1, while other games are still progressing. Players must decide how to play without disturbing the other games.

Why use it?

Fantastic activity demanding high levels of concentration/focus while developing passing, receiving, shooting, mobility on and off ball as well as attacking and defending individually and in groups - to name a few technical components.

Set up

The area is 30 x 20 yards with 2 teams of 6 players, a keeper and 2 sets of goals. It is helpful to have 3 coaches for this activity particularly with young players. A coach should stand with each team and help to organize groups as commanded by the coach standing in the center. The size of playing area can be adjusted to suit abilities of the players.

How to play

The coach serves one or more balls to players at one end. The coach calls the game type for Example "3 red against 1 yellow". The player or players in possession should beat the opposition and score. If the defender/s win possession, they should attempt to score at the other end. The players involved in a game return to the sideline when: a) A goal is scored; b) a ball goes out of bounds or c) a keeper makes a save. The coach serves balls, continually calling different plays such as "1v1", "2v1", "3v2," etc. As the players become more proficient add more simultaneous games.

Coaching notes

Coaching Objective: Focus should be on getting immediate control of the ball and identifying teammates and opposition.

Coaching Tips: Encourage receivers to trap the ball using the sole of the foot. Defenders should not dive in. 1v1 players should open their arms for protection and balance.

How to modify

Less Challenging: Allow players to play 1v0, 2v0, 3v0, 4v0 from both sides of the field simultaneously. Encourage passing and movement to provide good angles of support.

More Challenging: As different plays are taking place add players to a play already in progress, i.e. Add another defender to a 3v1 to make a 3v2. Add and take players off plays - players must be very focused to succeed.

Stages of development covered by activity

Stages 3, 4 & 5: 9-18 year old players

Development themes and competencies

Top 3 Themes: Combination play, attacking individually, in pairs and small groups and defending.

Top 3 Competencies: Attacking 1v1, beating and escaping an opponent and support.