



National Soccer Coaches
Association of America

COACHING FUTSAL: NSCAA LEVEL 1 FUTSAL DIPLOMA

Excerpts from the NSCAA Level 1 Futsal Diploma Manual

STAGE 2: 6-8 YEAR OLD PLAYERS



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Coaching Futsal: NSCAA Level 1
Futsal Diploma manual**

STAGE 2 // OVERLAPPING FIGURE 8 PASSING

Why use it?

A great activity to develop passing accuracy, passing and dribbling rhythm, receiving with the sole of the foot and overlapping movement.

Set up

Use the full court. 3 groups of 4 players stand at one end of the court. Two discs form a 2-3 yards gate. Create 2 “returning channels” on each flank of the court. The players in the central line have a good supply of balls.

How to play

To begin, the central player makes a ground pass to the first player in one of the wide groups. The passing player makes an overlapping run behind the person they passed to. The receiver, using the sole, pushes the ball forwards and dribbles the ball diagonally towards the other side of the court. Once the player reaches the center of the court, a pass is made to the player on the other flank. The passer overlaps and the sequence continues up to the other end of the court. After 3 passes the next group goes. Once a group reaches the end line the players should sprint back using the channels.

Coaching notes

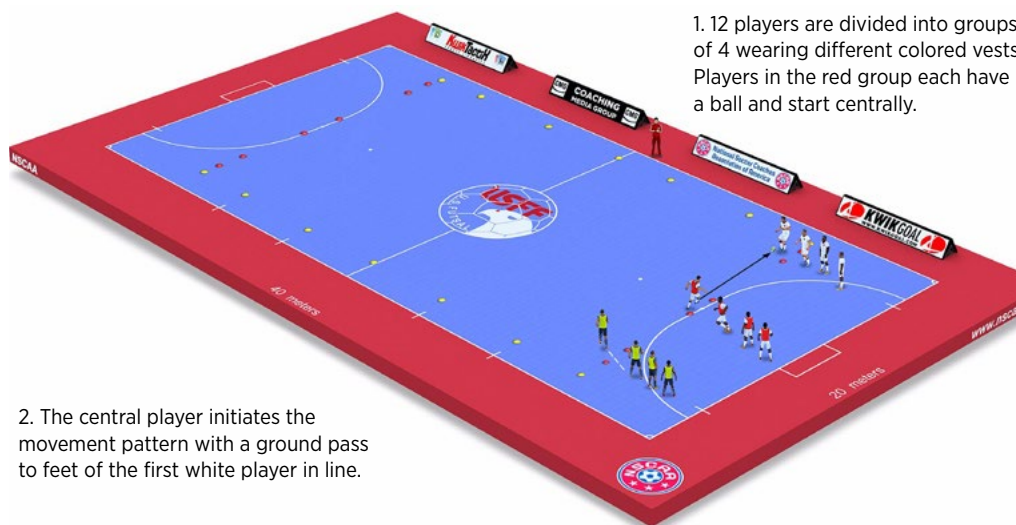
Coaching Objectives: Players should be lively and on the tips of their toes. Once a pass is made the player should make a bent run around the outside of their teammate. All runs must be behind and not across the face of the ball carrier.

Coaching Tip: Players should pass to the feet of the receiver and not to an open space. The receiver should receive with the sole and push the ball in one movement towards the center of the court.

How to modify

Less Challenging: Start with players using their hands just like in basketball as they throw the ball and weave in a figure eight.

More Challenging: Instead of returning by the flanks, have players reset at the end zone and return in the opposite direction and into oncoming ‘traffic’. The objective would be for players to keep their heads up, making decisions, as they try to avoid the group of players coming the other way. Creating some ‘controlled’ confusion/chaos will help to enhance the players awareness and improve their decision making.



1. 12 players are divided into groups of 4 wearing different colored vests. Players in the red group each have a ball and start centrally.

2. The central player initiates the movement pattern with a ground pass to feet of the first white player in line.



3. After the pass is made the red player runs behind the white player to perform an overlapping run.



4. The white player dribbles across the court at a slight angle to make room for the red player's run.

5. The white player makes a pass to the yellow player who has moved up the flank. The passing, receiving, and overlapping movement continues until the last line of cones.

6. In the final diagram two groups are working and one group is returning to the start down the outside channels. The next group of 3 should start the movement once the group ahead makes three passes.

Stages of development covered by activity

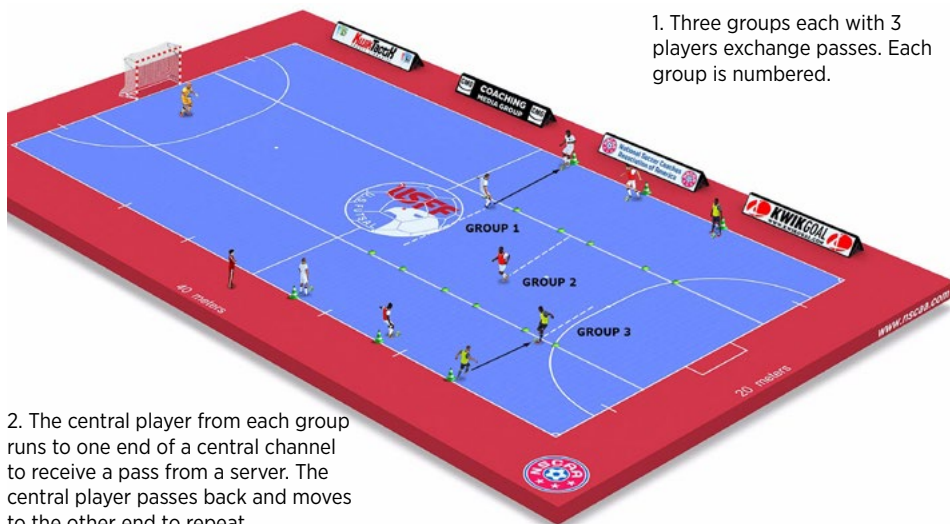
Stages 2, 3, & 4: 6-14 year old players

Development themes and competencies

Top 3 Themes: Combination play, passing over short distances and movement off the ball.

Top 3 Competencies: Overlapping runs, passing and dribble penetration.

STAGE 2 // PASSING 2V1 PLUS KEEPER IN TRAFFIC



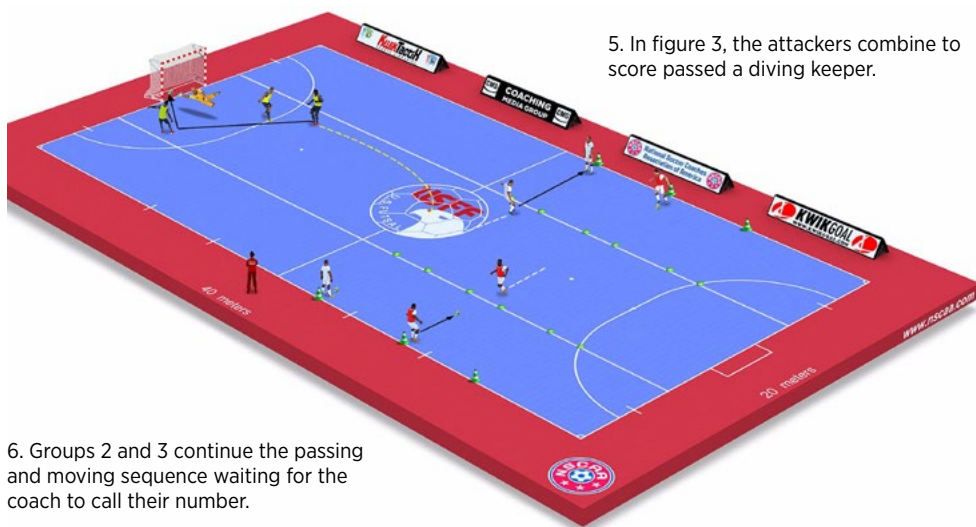
1. Three groups each with 3 players exchange passes. Each group is numbered.

2. The central player from each group runs to one end of a central channel to receive a pass from a server. The central player passes back and moves to the other end to repeat.



3. In the second diagram the coach has shouted "3" and the 3 players in group 3 react as the other groups continue.

4. The server runs through the other groups and becomes a defender around the second penalty mark. The other 2 players combine as they penetrate into the other half of the field.



5. In figure 3, the attackers combine to score passed a diving keeper.

6. Groups 2 and 3 continue the passing and moving sequence waiting for the coach to call their number.

Stages of development covered by activity

Stages 2, 3, 4 & 5: 6-18 year old players

Development themes and competencies

Top 3 Themes: Combination play, passing over short distances and defending 1v1.

Top 3 Competencies: Defending, passing and dribble penetration.

Why use it?

A fantastic cognitive activity where players are forced to move through traffic and play 2 versus a defender and keeper to create a goal scoring opportunity.

Set up

Cones are placed across the width of the court to create a target on each sideline and a 10x2 yards channel in the middle for each group of 3 in one half of the court. One player starts as a server on one sideline, one player in the center and one as a server on the other sideline. Each flank player has a ball and the player in the center of each group moves along the central channel, alternating to meet the pass from a server. The coach is positioned around the edge of the area to guide and instruct.

How to play

The coach starts the activity with a shout of "go" and the central player from each group moves to one end of the channel to receive a pass from a server. The central player uses the sole to control the ball and play back to server. The central player then turns and runs to the opposite end of the channel to perform the same task. Once the groups have established a rhythm, the coach calls out the number of one of the groups. The server making the last pass to the central player rushes to the other side of the court and through the other groups without disturbing their rhythm. The player turns around at the second penalty mark and is a defender. The server receiving a pass from central player dribbles the ball through traffic and combines with the central player from the same group to play 2vdefender plus the keeper. Once a shot is taken the players return to their original position using the outside of the court. Another group is then called by the coach.

Coaching notes

Coaching Objectives: Players should always control the ball with the sole of their feet. Passing should be firm and accurate. The central player should call for the pass from the servers. The servers should always be lively, and on the tips of their toes as they wait to make a pass.

Coaching Tips: The central player should glance over the shoulders and take a quick look to identify time, space and to identify pressure from opponents (creating the habit of scanning the field before receiving a pass).

How to modify

Less Challenging: Reduce the distance between the servers and the center channel. Start the activity with only one group of players and adding more groups as players gain more confidence.

More challenging: Instruct the keeper to communicate with the defender when to attack the player with the ball. The longer the defender delays the attack the better. Instruct the defender to force the first attacker to the flank and create a difficult angle for a shot.

STAGE 2 // DRIBBLE, FAKE AND SHOOT

Why use it?

A great way to incorporate several techniques including dribbling, fakes/feints, passing, target play with back to goal and shooting.

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 there are 2 mannequins 7-8 yards apart, a target player and a goalkeeper. 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 each with a ball.

How to play

The player begins by dribbling and performing take-on and escape moves avoiding the cones/markers. When the coach calls out a players number that player dribbles towards a manikin, performs a take-on move and then passes to the target player standing near the second penalty mark. Once the pass is made the attacker must quickly move to either side of the target player for a return pass and a shot. The attacker should collect his/her ball and return to the other end of the court. The coach then calls another number and the movement is repeated.

Coaching notes

Coaching Objectives: Ensure players are creative, dribbling and faking around the markers. Players should always keep the head up while scanning the field and as soon as their number is called, accelerate towards the mannequin.

Coaching Tips: Shots should always be at the far post to create a secondary scoring opportunity if a shot is missed or saved. The coach should lay the ball close to his/her position to speed up the shot and add additional challenge for the keeper.

How to modify

Less Challenging: Remove the keeper to increase the likelihood of an attackers scoring.

More Challenging: Coach can pass the ball to the attacking player and then defend. The shooting player can also rotate into the role of the target/defender.



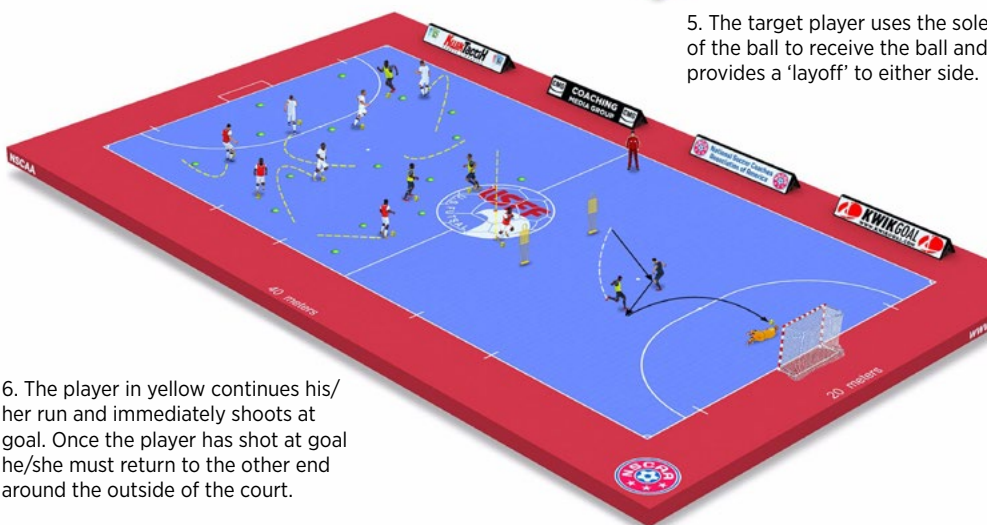
1. 12 players are divided into groups of 4 wearing different colored vests. All players have a ball and dribble around the cones in one half.

2. The coach or a target player stand at the second penalty mark at the other end. A goalkeeper protects the goal at the same end as the target.



3. The coach calls a number at random, in this example number 1.

4. In the second diagram player number 1 dribbles, performs a take-on move to beat the manikin and then passes to the target player.



5. The target player uses the sole of the ball to receive the ball and provides a 'layoff' to either side.

6. The player in yellow continues his/her run and immediately shoots at goal. Once the player has shot at goal he/she must return to the other end around the outside of the court.

Stages of development covered by activity

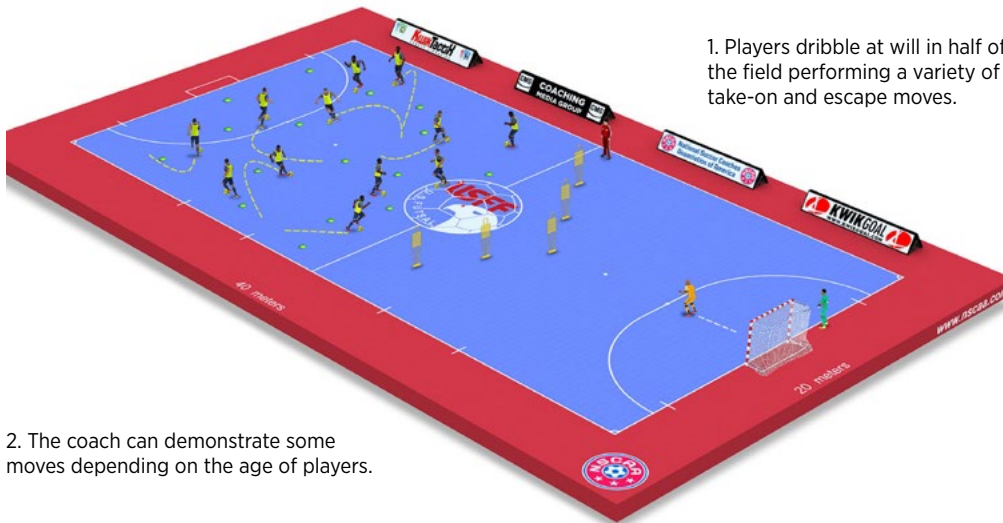
Stages 2, 3, & 4: 6-14 year old players

Development themes and competencies

Top 3 Themes: Shooting, passing over short distances and movement off the ball.

Top 3 Competencies: Shooting with the laces across the keeper, passing and dribbling penetration.

STAGE 2 // RAPID FIRE - DRIBBLE, FAKE, MOVE, SHOT



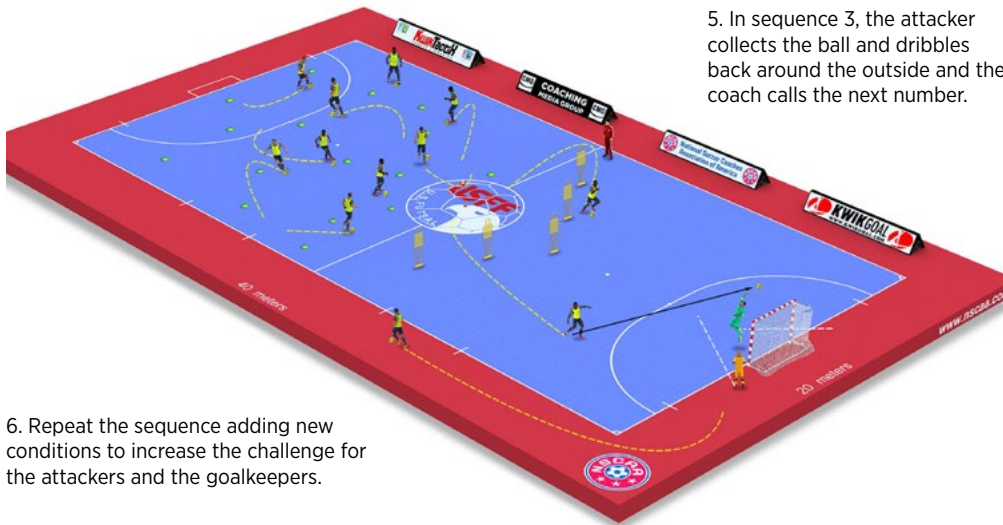
1. Players dribble at will in half of the field performing a variety of take-on and escape moves.

2. The coach can demonstrate some moves depending on the age of players.



3. In the second diagram the coach calls a player's number and that player dribbles towards the goal.

4. As the attacker approaches the mannequins, he/she performs a take-on move and then plays 1v1 against the goalkeeper.



5. In sequence 3, the attacker collects the ball and dribbles back around the outside and the coach calls the next number.

6. Repeat the sequence adding new conditions to increase the challenge for the attackers and the goalkeepers.

Why use it?

This is a fantastic futsal activity to develop technique and ball mastery. It includes dribbling, take on moves, beating the keeper and shooting.

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 there are 5 mannequins 3 yards apart, a goalkeeper defending the goal and another goalkeeper waiting next to the goal. 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 each with a ball.

How to play

Players dribble in one half of the field, performing take on and escape moves. Coach calls out a number or a player's name and that player dribbles toward the goal. As the player performs a move to elude a mannequin the goalkeeper prepares to save the shot. Once the attacker has shot, he/she collects the ball and returns by dribbling around the perimeter of the area. The next number is called as the player is rounding the mannequin. Rotate the keepers after every shot.

Coaching notes

Coaching Objectives: Players should be creative/innovative as they perform moves on the dribble. The coach should instruct players to dribble by 'pushing' the ball with the laces and outside of his/her feet.

Coaching Tips: Encourage players to touch the ball every time they take a step to ensure the ball is always close. Instruct players to keep their head up as they dribble. Shots should be aimed in the corners of the goal. Diagonal shots are recommended. After a number is called out, the player should increase the pace of the dribble and maintain close control.

How to modify

Less Challenging: Instruct the goalkeeper to stay on the goal line when shots are taken.

More Challenging: Several conditions can be added by the coach, including: a) Players perform with non-preferred foot; b) dribble/fake several cones before taking the shot; c) insist on the goalkeeper coming to the top of the box to close the shooting angle and d) call several numbers at once forcing the keepers to rotate and move quickly.

Stages of development covered by activity

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

Development themes and competencies

Top 3 Themes: Shooting, dribbling and moves to beat a defender.

Top 3 Competencies: Shooting with the laces across the keeper, take-on moves and dribbling penetration.

STAGE 2 // 3 PLAYER PASSING COMBINATION TO GOAL

Why use it?

This futsal activity works on combination play and is a fast-paced finishing game for groups of 3. The target player is constantly involved in the buildup.

Set up

The set up is a full futsal court with half the court used for group passing. In the other half of the court there is one mannequin close to the second penalty spot and a goalkeeper. The coach should move into a position to see all players on the field and to provide players with encouragement and instructions. Each group of three require a ball.

How to play

Each group of players dribble, pass and move among themselves in one half of the field. The coach calls a color and that triggers an attack by that group of three. The player with the ball dribbles centrally and one of the other players must sprint to the mannequin to become a target player. The 3rd player runs wide and makes a support run to the far post to finish a rebound. The dribbler passes to the target and receives a return pass to shoot. The shot should be across the keeper into the far corner. The player on the far post collects the ball and dribbles back down the side of the court.

Coaching notes

Coaching Objectives: Players should dribble, pass and move as in a real game. Timing of passes and runs are the focus.

Coaching Tips: Encourage players to trap the ball using the sole of their foot in a continuous movement. The target player must trap the ball using the sole of the foot and take a sideways position to the mannequin as if a defender was pressing the ball - this is an important Futsal technique. The Target must wait until the last minute to lay the ball off for a quick shot from the teammate. The 3rd man running should get to the far post at the same time the ball arrives from the shot. Have another keeper available to rotate.

How to modify

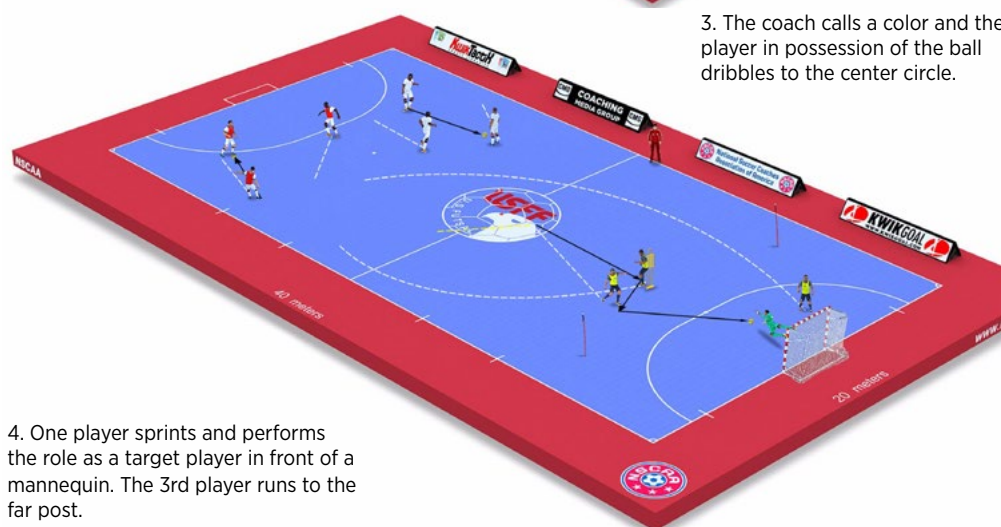
Less Challenging: Remove the Keeper and allow players to score many goals.

More Challenging: Allow the target player to pass or turn and shoot. The coach can also add a defender and a time limit to dribble, pass and shoot.



1. 3 groups of 3 players dribble, pass and move at one end of the court.

2. A keeper is on the opposite side waiting for attack to develop.



3. The coach calls a color and the player in possession of the ball dribbles to the center circle.

4. One player sprints and performs the role as a target player in front of a mannequin. The 3rd player runs to the far post.



5. The target passes back to the dribbling player who advances to take a shot. The attacking team then leaves the area and returns via the sides of the court.

6. The coach calls out next team. Repeat.

Stages of development covered by activity

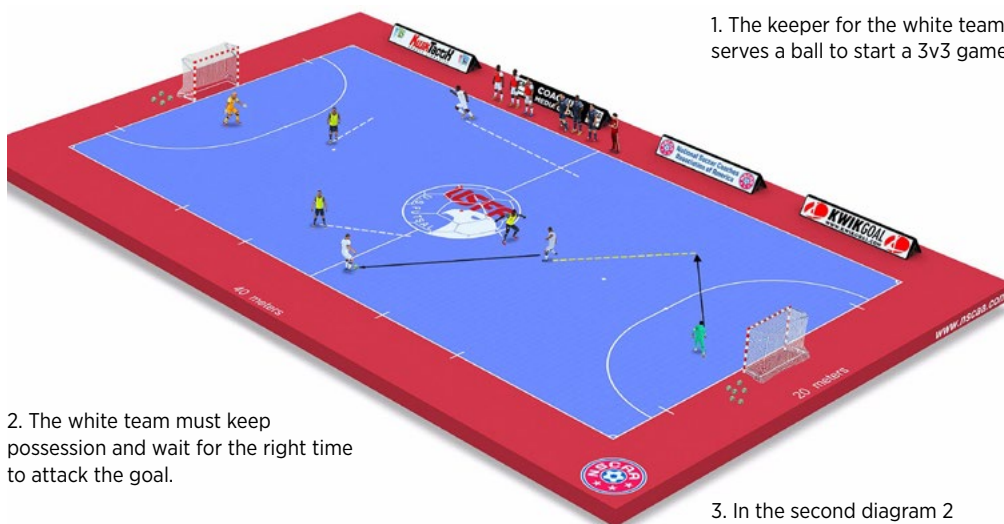
Stages 3 & 4: 9-14 year old players

Development themes and competencies

Top 3 themes: Passing, combination play and shooting.

Top 3 competencies: Passing over short and medium distances, support, width and depth and shooting technique.

STAGE 2 // 3V3 + KEEPERS WORLD CUP



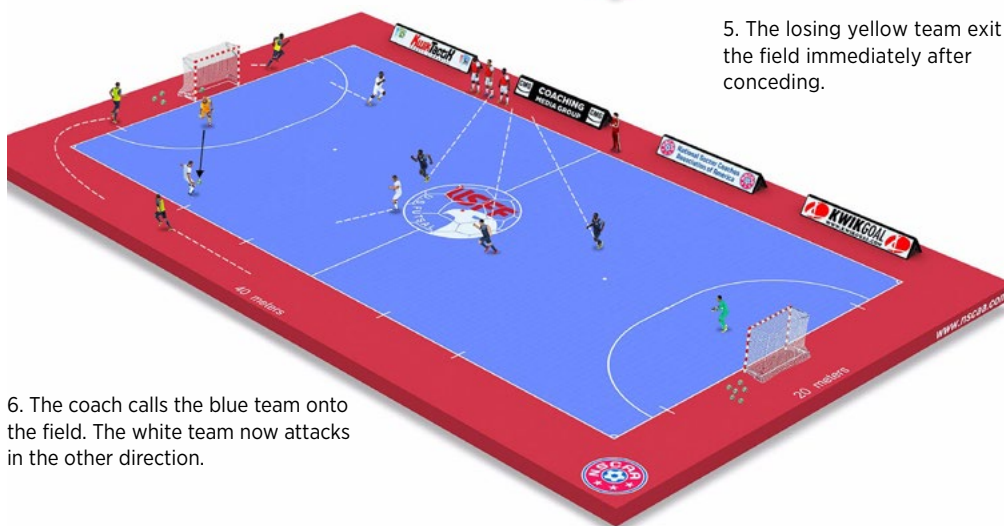
1. The keeper for the white team serves a ball to start a 3v3 game.

2. The white team must keep possession and wait for the right time to attack the goal.



3. In the second diagram 2 defenders approach the same attacker and recognizing the overload, the ball is reversed back to the center.

4. The attacker dribbles at the defender and makes a pass wide to the open attacker. The ball is returned and a goal is scored.



5. The losing yellow team exit the field immediately after conceding.

6. The coach calls the blue team onto the field. The white team now attacks in the other direction.

Why use it?

Intense and fun activity used at the end of a training session. Futsal reinforces the speed of play and decision making elements, assisting players to develop technically very fast.

Set up

Play on a full Futsal Court. 4 teams of 3 players compete against each other. At each end there is a keeper. The coach is positioned centrally and has several balls available for restarts.

How to play

Two teams take to the field. The keeper starts the game and serves a player in space. 2 teams stand alongside the coach waiting to get into the game. The team conceding a goal must exit the field immediately and the coach invites another team to enter the playing area. The team that scored stays on the field and now attacks in the opposite direction. The game restarts with the keeper who conceded the goal serving to the team that stayed on the field. The game is non-stop and the winners continue playing as other teams rotate to enter the game. If the ball goes out of bounds restart the game with a kick in from the sideline or a goal clearance from the keeper.

Coaching notes

Coaching Objectives: The focus should be on patient possession build up. Teams waiting to enter the field must be ready. Attacking players should move on and off the ball always trying to lose a marker and getting to the back door.

Coaching Tips: Encourage players to trap the ball using the sole of their feet, gaining immediate control of the ball. Instruct defenders not to commit too early, resulting in a 2v1.

How to modify

Less Challenging: Instruct defenders to only attack when the ball crosses the halfway line and allow unlimited touches before making a pass.

More Challenging: Add new rules as the game progresses. a) A player must trap the ball using the sole of the foot, otherwise the next team replaces them; b) the team winning 2 games in a row, must only use their weakest foot to trap the ball, otherwise they leave the field; c) if a team takes too long to get onto the field, the team is replaced immediately; d) use the keeper as a field player all the time as the modern game requires.

Stages of development covered by activity

Stages 2, 3, 4 & 5: 6-18 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.