



National Soccer Coaches
Association of America

COACHING FUTSAL: NSCAA LEVEL 1 FUTSAL DIPLOMA

Excerpts from the NSCAA Level 1 Futsal Diploma Manual

STAGE 4: 12-14 YEAR OLD PLAYERS



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Coaching Futsal: NSCAA Level 1
Futsal Diploma manual**

STAGE 4 // PRESSURE AND COVER DEFENDING 2V2 PLUS KEEPERS

Why use it?

This attacking and defending activity should be end to end and high intensity. Players will develop attacking and defending techniques and strategies as individuals and in pairs.

Set up

The activity is played on a full court with 2 fields approximately 10 x 16 yards marked with cones/discs on each half of the court. 2 teams play against each other on each mini court. Each team consists of 2 outfield players and a goalkeeper. An assistant coach stands on the sideline and passes the ball to start the game.

How to play

Every time a goal is scored, play re-starts with the defending keeper. If the ball leaves the field restart play with a kick in, corner kick or a goal clearance. The two attacking players attempt to combine passes and move to create space with the primary objective of creating goal scoring opportunities. This is an excellent environment for the defenders to work on defending in pairs and trading pressure and cover defensive roles.

Coaching notes

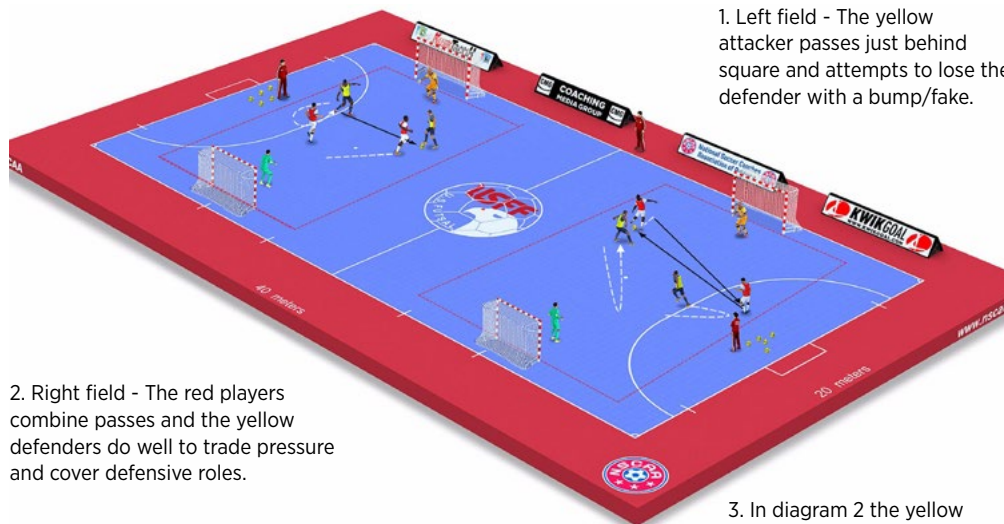
Coaching Objectives: Attacking players should be patient and wait for the right opportunity to create a 2v1 situation by either dribbling past the first defender or splitting the defense with a through pass. This activity should be fluid and coaches should supply balls so play is constant. Defensively, help players to decide when to press and cover - awareness of your partners positioning is critical.

Coaching Tips: Encourage the attacking plays to create separation from the defender in a small space with runs off the ball, bumps/breaks and cut moves. If successful, team mate should attempt to split the defense. Coach should stress the importance for defenders to be patient, man-mark, and not “dive” into challenges, or be caught “watching” the ball.

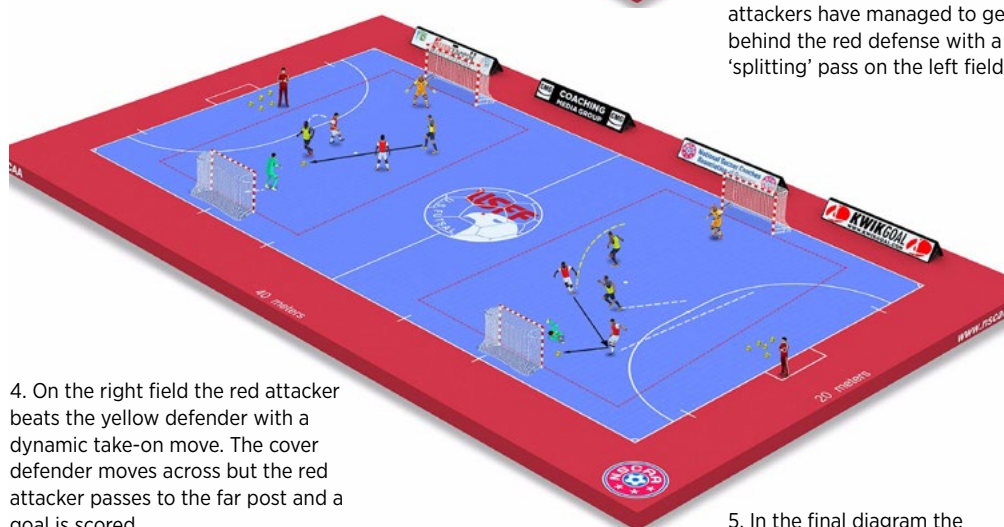
How to modify

Less Challenging: Start with passive defenders. Remove one defender playing 2v1+keepers.

More Challenging: Limit time of possession. If a goal scoring opportunity is not created in 10 seconds, attacking team loses possession. Instruct the keeper of the attacking to proceed forward and create a 3v2+Keeper overload. Also challenge the attacking players to take-on the defenders in every possession.



1. Left field - The yellow attacker passes just behind square and attempts to lose the defender with a bump/fake.



2. Right field - The red players combine passes and the yellow defenders do well to trade pressure and cover defensive roles.

3. In diagram 2 the yellow attackers have managed to get behind the red defense with a 'splitting' pass on the left field.



4. On the right field the red attacker beats the yellow defender with a dynamic take-on move. The cover defender moves across but the red attacker passes to the far post and a goal is scored.

5. In the final diagram the game is restarted quickly by the goalkeeper.

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 defending pressure and cover.

STAGE 4 // ATTACKING SEQUENCE - DRIBBLE, PASS AND SHOOT



1. 2 groups with 3-4 players start in the corner and the red team start in the center circle with the balls.

2. The red player weaves through the poles at game speed. As the red player passes the 2nd pole, a player from the blue team prepares to become a target player.



3. The first blue player sprints 3-4 yards, fakes a move to the outside and then cuts quickly towards the top of the penalty area.

4. The red player rounds the last pole, looks up and passes to the feet of the target who receives the ball with the sole of the foot and in a sideways position.



5. The red player sprints at full speed and receives a return pass to one side of the target and hits a first time shot. Speed of play is essential in all phases of the move.

6. The next group begins as soon as the shot is taken, or sooner if the coach wishes to increase the intensity.

Why use it?

This is a dynamic dribbling, passing and shooting activity with several key technical elements included. The coach can work with players on creating space, timing of movement and the release of a pass, receiving the ball with back to goal and quick combinations between the target player and wide player cutting in from the flank. Defensively, the coach can work on closing space and preventing the turn.

Set up

Play on half a futsal court with 3 groups with 3-4 players in each group and a goalkeeper. A group starts in either corner. A group starts with a good supply of balls in the center. The coach takes a position to best support and instruct players during the flow of the activity.

How to play

The movement sequence is initiated when a player in the central group weaves between the poles. The coach decides which group on the end line is involved first and then groups alternate. The first player in the line starts his/her move just before the dribbling player rounds the penultimate pole, performing a bump/fake around the pole in front of the group and then cutting towards the center. A pass is made to the feet of the target player who traps the ball with the sole of the foot. The dribbling player continues his/her run and receives a short return pass for a shot. The target player collects the ball and dribbles around the group to join the dribbling players at the half. The shooting player switches groups and becomes a target player.

Coaching notes

Coaching Objectives: Timing of the pass and movement of players is critically important in Futsal with very little space near goal. The target should bump and cut towards the top of the penalty area.

Coaching Tips: The target players should receive the ball with the sole of the foot in a sideways position and must keep his/her foot on top of the ball momentarily before releasing a pass. The skill to gain instant control of the ball, 'roll' a defender or release a pass with a deft touch is used frequently in futsal.

How to modify

Less Challenging: Remove the keeper.

More Challenging: Include a defender coming off the end line to apply pressure from behind the target player. Increase the frequency of activity by sending the next group as the dribbler reaches the 3rd pole.

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 and defending.

Top 3 competencies: Dribbling, passing over short distances and shooting.

STAGE 4 // 3V3 TO 3V2 PLUS KEEPERS QUICK TRANSITION

Why use it?

A dynamic game of 4v4 on a small playing area. Mental acuity is tested as the coach changes the advantage continuously by removing players from the game. Clear and concise team communication is necessary to take advantage of numerical superiority or to protect the goals when overwhelmed. The coach can discuss attacking concepts such as when to play direct, when to keep possession and defensive strategies such as delaying the opponent and allowing for recovery runs.

Set up

The area is a futsal court with a small field set across the width of the field on each half. Each field has 4 corner gates 1 yard wide. In the center circle between the 2 fields is a large supply of balls. A goalkeeper defends the main goal at both ends and the coach stands in a position between both fields to observe and teach. 12-16 players are separated into 4 teams wearing colored vests numbered 1-4.

How to play

Play 4v4 on both fields with the attacking objective of stopping the ball between the poles in either corner. Players should dribble to the line and not pass the ball through the gates. During the games the coach will call a color and a number, i.e. "red 3". That player must leave the game immediately and collect a ball from the center circle. He/she will then dribble through the other game and attempt to score against the keeper. With a numerical advantage the attacking team should try to play quickly and attack with enthusiasm before the defender is able to recover. The defending team should drop into a compact shape, protect the corner gates and delay the attack long enough for the shooting player to recover back into defense.

Coaching notes

Coaching Objectives: The coach should instruct defenders to man-mark at full strength and move to zonal when at a numerical disadvantage.

Coaching Tips: With an attacking advantage, a team should stretch the defense wide and high and attempt to score quickly.

How to modify

Less Challenging: Start the game with only one playing area. The coach can call out two players from the same team.

More Challenging: Limit the number of touches to increase technical challenge.



1. 4 players on each team are numbered 1-4.



3. The coach has called "white 2 and white 3". The two players must leave the game and collect a ball from the center circle.



4. White 2 and 3 must attempt to score in the main goal on the other side of the field before returning to the game. The 2 remaining white players must try to delay.

5. In the second diagram the whites fail to prevent the yellow team from scoring. In the other game the blue team penetrates the reds defense.

Stages of development covered by activity

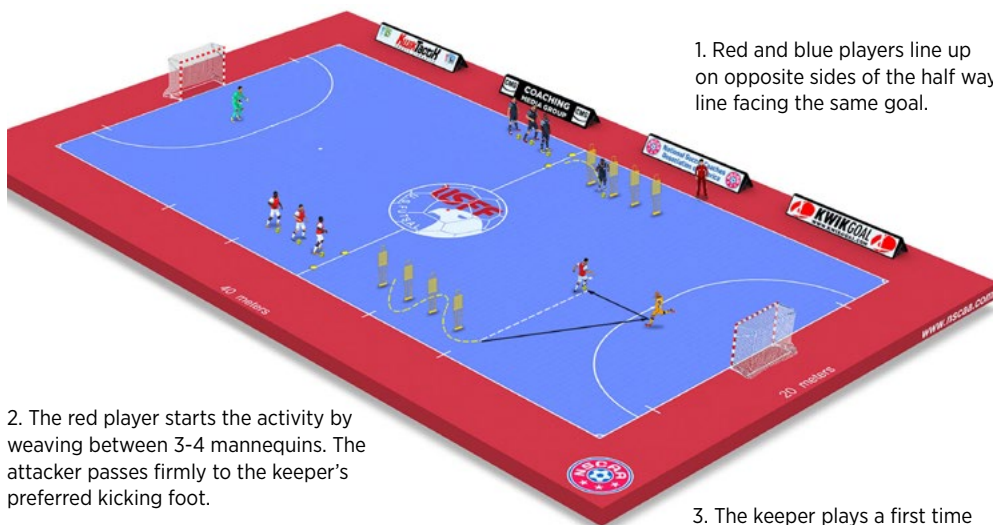
Stages 3, 4 & 5: 9-18 year old players

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 recovery runs.

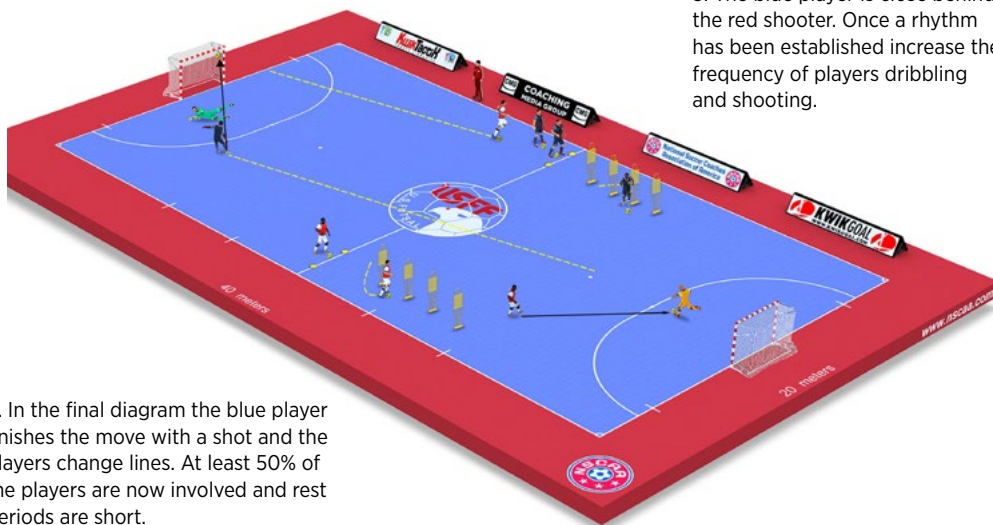
STAGE 4 // GOALKEEPER DISTRIBUTION AND SHOT BLOCKING



2. The red player starts the activity by weaving between 3-4 mannequins. The attacker passes firmly to the keeper's preferred kicking foot.



4. In the second diagram the red player continues the dribble at pace to the far end and attempts to score 1v1 against the keeper. The coach can also add a defender to increase the challenge.



6. In the final diagram the blue player finishes the move with a shot and the players change lines. At least 50% of the players are now involved and rest periods are short.

Why use it?

The goalkeeper in a futsal team will often be involved in starting an attack with a quick throw or pass. More frequently in futsal than in soccer, a goalkeeper will enter into the opponent's half and be required to use his/her feet. This activity replicates a quick transition into attack started by the goalkeeper.

Set up

A futsal court with a goal and keeper at each end. A line of players starts on each side of the field facing the same goal. In front of each line are 3-4 mannequins and each player in the line has a ball. The coach stands in a position to see the whole field and support the players.

How to play

One player at a time weaves through the poles and passes to the keeper along the ground. The keeper plays a first time pass into the path of the attacking player who dribbles at pace towards the other goal. As the attacker approaches the goal keeper comes off the goal line to narrow the angle for the shot. The attacker should collect the ball and dribble to the opposite line. A player from the other line starts as soon as the first pass is made to the keeper.

Coaching notes

Coaching Objectives: Focus on the body position and technique of the goalkeeper when receiving a pass. The first time ball from the keeper should be firm and along the ground into the path of the attacker. Play should be continuous.

Coaching Tip: Alternate keepers providing them both opportunities to develop passing and shot stopping.

How to modify

Less Challenging: Start with the first phase of the activity to begin – dribble, pass to the keeper and return to the line.

More Challenging: Players dribble using the sole of their feet only. Introduce a defender that becomes active when the attacker enters the offensive half of the field.

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 and goalkeeper distribution.

Top 3 competencies: Attacking 1v1, shooting and passing over a short distance.

STAGE 4 // 2V1 PLUS KEEPER

Why use it?

One element coaches should focus on in the modern game is the quick give and go to a target/post player at the top of the box followed by a penetrating run and shot. Futsal certainly provides this opportunity on a regular basis.

Set up

Use half a futsal court with 2 groups of 3 players on each side of the goal towards the corner. On one side of the field place 2 manikins opposite each other 5 yards off the end and halfway lines. Place cones at the top of the penalty area and on the edge of the center circle.

How to play

The first player dribbles to the mannequins, fakes and moves to the outside. A player in the line opposite approaches the other manikin, fakes and cuts to the inside. A pass is made in the path of the cutting player, who in turn combines with the target player for a shot.

Coaching notes

Coaching Objectives: Players should be lively and ready to perform this simple and explosive activity. Time and space is of paramount importance.

Coaching Tips: The target player should receive the ball using the sole of his foot, opening his/her arms and keeping the defender away - protection and balance. The passer should check to receive before passing to the target. The defender should arrive as the ball is received by the target.

How to modify

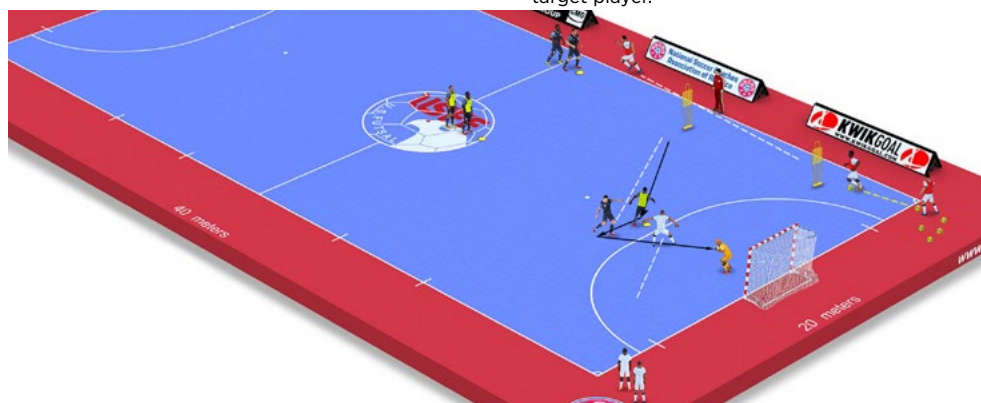
Less Challenging: Do not introduce the defender to provide the target player more time to perfect the correct body position and use of the sole to manipulate the ball.

More Challenging: The target player should vary movement, either passing or turning and shooting. The defender should try to step in front to intercept the ball and coach the target player to wait until the last second to lay the ball in the path of the original passer.



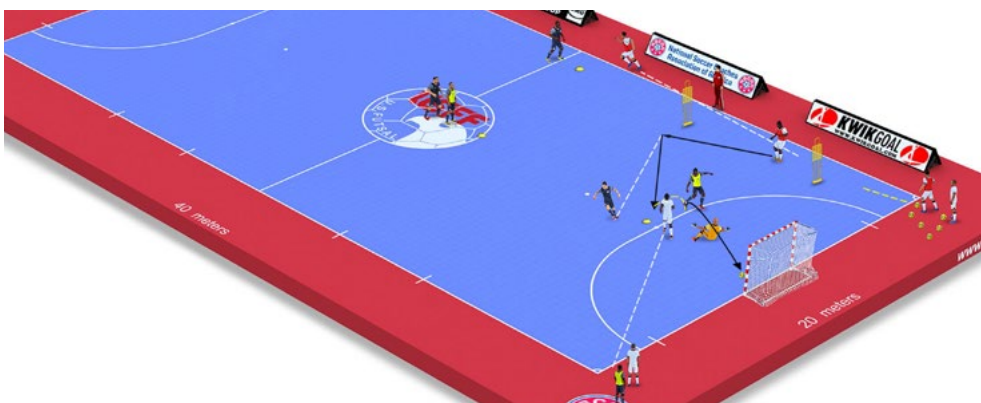
1. The red player dribbles to the mannequins, fakes inside and moves to the right. A move such as a scissors is ideal to create separation.

2. At the same time the blue player fakes to the outside and cuts inside to receive a pass inside. Finally, a yellow player sprints from the center circle to the top of the penalty area to become a target player.



3. The blue player passes into the feet of the target player and sprints to overlap. A white defender provides passive pressure to the target player.

4. The target and the blue player interchange passes quickly and the blue player shoots first time.



5. The next group start as the pass is made into the target player in the proceeding group. The yellow target player now turns and shoots instead of laying the ball off to the blue player.

6. Players rotate positions after each attempt. A second goalie can also be added and the frequency of attacks increased.

Stages of development covered by activity

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

Development themes and competencies

Top 3 themes: Combination play, playing with back to goal and shooting.

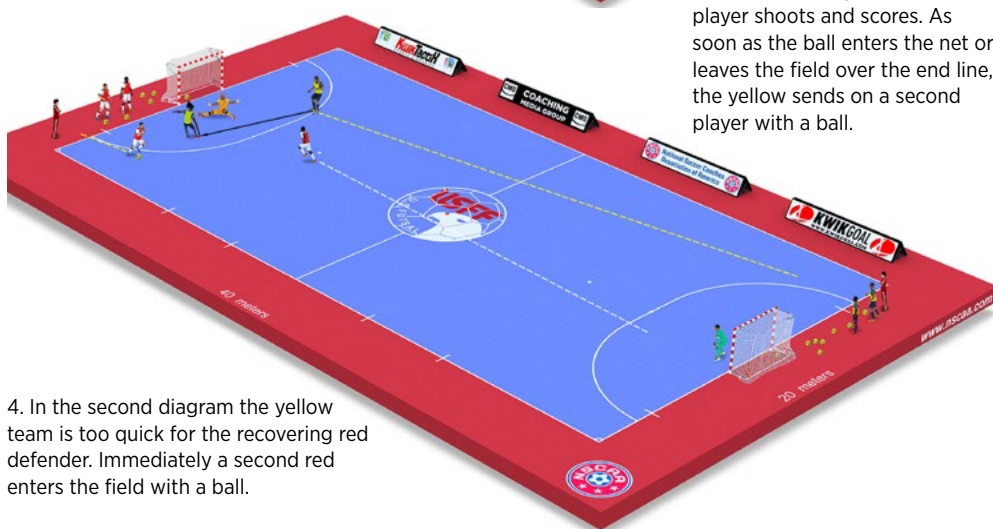
Top 3 competencies: Passing over short and medium distances, support - width and depth and shooting technique.

STAGE 4 // 2V2 TO 5V5 TRANSITION BUILD-UP



1. The game starts 1v1 with the red player attacking the yellow defender and goalkeeper.

2. At both ends of the field a coach waits with the remaining teammates. There is a large supply of balls with each team.



3. In the first diagram the red player shoots and scores. As soon as the ball enters the net or leaves the field over the end line, the yellow sends on a second player with a ball.

4. In the second diagram the yellow team is too quick for the recovering red defender. Immediately a second red enters the field with a ball.



5. In the final sequence the teams are now numerically even - 2v2 plus keepers.

6. On this occasion the yellow player in a deeper starting position is quick to recover and prevents the red attacker dribbling the length of the field.

Why use it?

Top class players must be able to attack and defend. Futsal is the perfect setting to help players achieve these competencies as futsal is a game requiring attack and counter-attack all the time!

Set up

Played on a futsal court with two teams of 5 - a goalkeeper and 4 outfield players. To assist with player transition use a coach/assistant to stand with each team. There should be a large supply of balls at both ends and each player waiting to enter the game should have a ball.

How to play

The game commences with a 1v1 with goalkeepers and one of the keepers should distribute the first pass. The coach can manipulate the rules to increase or decrease the speed of transition. If a shot is taken (score or miss) a player from the defending team enters the field to join his/her teammates. This pattern continues until both teams are playing 5v5. It is possible for one team to have an overload of 2 (3v1) or 3 (4v1) players. In these situations, the coach can instruct the players to maintain possession to create a good shooting opportunity. Although this strategy would be less realistic in soccer, in Futsal there will be occasions where a team will play temporarily up/down a player. The extra space created with a player receiving a red card should be a significant advantage - similar to a power play in ice hockey. Rotate the sequence the players enter the field to allow players to rest and recover.

Coaching notes

Coaching Objectives: When the opponent's defense is disorganized, the attackers should play the ball forward quickly to exploit space in front of the keeper. When the defenders are organized, attackers should maintain possession seeking to probe defensive weaknesses.

Coaching Tips: Discuss players the concept of attacking with defense in mind. Will the attackers be in a good position to defend when the ball is turned over to the opponent?

How to modify

Less Challenging: Allow players to have unlimited touches before passing the ball.

More Challenging: Limit the number of touches to 2 when in a numerical advantage.

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.