LEVEL ONE FUTSAL PRACTICAL MANUAL

AFC COACH EDUCATION DEPARTMENT

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BASIC TECHNIQUE

DRIBBLING No. 1

ANIMATION
From a technical standpoint, dribbling is the biomechanical execution of a movement, but from a tactical perspective, dribbling has an aim: Going past an opponent with the ball.

PRACTICE 1
ORGANIZATION:
1. PLAYERS: All
2. AREA: Full pitch
3. BALLS: 1 ball per player
4. BIBS: 2 sets of different colours
5. CONES: 20 pieces of 2 different colours
1. Head up for awareness
2. Fast footwork with more touches
3. Keep the ball tight
4. Different kinds of touches
5. Change of direction
6. Technique of easy movements with ball
7. Body feint
8. Emphasize sole contact with the ball
DRIBBLING Practice 1

Practice: Keep the ball tight (close) and run along the line.
DRIBBLING Practice 2

Practice: Keep ball tight, dribble on the line and turn at half line.

Variation: Players to turn from end line

Progression: Emphasize speed in footwork and keep head up.
**DRIBBLING Practice 3**

Practice: Players to move freely in half pitch

Players to keep ball tight with contacts using both feet, head up for awareness

Progression 1: Use other players as ‘opponents’

Change direction and speed, disguise (feints)
Progression 2: Players to keep possession in half pitch by keeping the ball tight and shielding against 3 defenders (white) who will try to kick it away.
Progression 3: Increase playing area to full pitch
Practice: Juggling within 1m radius

Progression: Juggling between two touchlines
Practice: Football tennis (1 vs. 1)
Variation 1: Football Tennis (2 vs. 2) unlimited touches
Variation 2: After 3 mins., restrict to only 1 touch
Progression 1: Increase playing area to full pitch with 2 defenders
Practice: Players with the ball must ‘Cross the river’ (marked area) near the half line and dribble past the 2 defenders into the end zone
Progression 2: Introduce 3 defenders
BASIC TECHNIQUE : DRIBBLING

PRACTICE 1

ORGANIZATION:
1. PLAYERS: All
2. AREA: Full pitch
3. BALLS: 1 ball per player
4. BIBS: 2 sets of different colours
5. CONES: 20 pieces of 2 different colours
DRIBBLING Practice 7

Practice: Player to dribble through 1m channel, and shoot at GK through 2m gates. After shooting, collect ball from GK and join the queue at opposite end.
DRIBBLING Practice 7
DRIBBLING Practice 7

MAJOR COACHING POINTS

1. Fast footwork with many number of touches
2. Keep ball tight (close)
3. Different type of touches
4. Emphasize use of the weaker foot
5. Technique of keeping ball tight
6. Keep centre of gravity low
7. Relax – fluid movements
Practice: Player to slalom around cones, go around red cones and shoot at GK. After shooting, collect ball from GK and join the queue at opposite end.
MAJOR COACHING POINTS

1. Open arms for balance
2. Measured touches on the ball
3. Ball tight
4. Different kinds of contact surface
5. Body feint
6. Change of direction
7. ‘Feel’ ball position with the feet to keep head up as much as possible
DRIBBLING Practice 9

Practice: Player to slalom around 2 sets of cones, pass under the hurdle, receive the ball again
DRIBBLING Practice 9

- Right foot
- Left foot
- Sole shielding
- Backward
- Toe ball touches

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DRIBBLING Practice 9
ADVANCED TECHNIQUE

DRIBBLING No. 3

ANIMATION
DRIBBLING Practice 10

ORGANIZATION:
1. PLAYERS: 2 players (1 vs. 1) in each grid
2. AREA: Full pitch with 4 grids measuring 10m x 20m
3. BALLS: 2 per pair of players
4. BIBS: 2 sets of different colors
5. CONES: 20 pcs of 2 different colors
6. TIME: 1min work 3min rest (depending on age and ability)

PRACTICE:
Attacker to start from own end line and to score by dribbling through the opposite cones (1m wide) at the opposite. Must keep ball possession and dribble past opponent. Exchange roles from Attacker to Defender.
DRIBBLING Practice 10

PRACTICE: Start position (1 vs.1) in 10m x 20m grid
MAJOR COACHING POINTS

1. All previous coaching points
2. Approach opponent with tight control
3. Use feints or quick footwork to deceive opponent
4. Quick change of direction and speed
5. Go past opponent
6. Accelerate away towards goal
Note: Encourage players to dribble despite risk of losing possession
Practice: 2v2+1GK and scoring goal with dribbling
Defenders after possess ball attacking to smalls goals
- Coaches must be planning program that players encouraged to dribbling rather than passing or shooting in dribbling sessions.

- This is essential for learning procedure to loose the ball and attempting to achieve for next time (trial and error).
DRIBBLING 4v4

Practice: All players trying to dribble and boost their skills
Practice: 4v4 normal game with focused on dribbling in all the pitch
PRACTICE AND OBJECTIVE

1. Possession of ball
2. Boost kicking skills
3. Recognize choice of pass on different zone
4. Variety of passing skills
5. Support play
6. Creating space
7. Increase quality of passes
8. Pass to far leg
PASSING COACHING POINTS.

1. **Weight or Pace of Pass**: The pass should be sent with optimal weight to the receiver who control the ball easily or play the ball comfortably with one touch.
2. **Accuracy**: Pass accurate is a kind of art and essential for ball possession.
3. **Time of the Pass**: The player in possession of the ball should not pass to teammate who does not good position. A poorly time of pass would be lost of possession.
4. **Time of the Run**: The player making a run to receive a pass should ensure that the player in possession of the ball has under pressure and is ready to make the pass. Poorly timed run would be a waste of energy and losing ball possession.
5. **Support**: It is vital that support the player in ball possession. The more options a player has to pass the ball, the easier than to ball possession. (angle and distance)
6. **Awareness**: It is essential for quality of passes
PASS BASIC NO 1

Practice variety of passes:
Inside
Outside
Toe
Sole
Heel
Instep
Lob

Practice: Two players 1 ball
VARIATION: basic passes should be doing in different shape of practices
PASS BASIC NO 2

Practice: Two players 1 ball
Movement and pass through the cones

VARIATION: different type of passes
PASS BASIC NO 3

1st touch with the sole

Practice: Two players 1 ball
BASIC LOB PASS NO 3

Practice: Two players 1 ball
Mix Practice: the players split up 3 groups with 2 lines. Objective is lob but player would be developed in the control, pass, break run, shoot.
PASS NO5

Practice: players after control the ball pull it with sole to pass to next teammate

Variation: different type of passes
PASS AND MENTAL SKILL NO6

ORGANIZATION:
1. PLAYERS: All
2. AREA: 8 or 6 each zone
3. BALLS: 2 ball per zone
4. BIBS: 2 sets of different colours
5. CONES: 20 pieces of 2 different colours

Practice:

Start point: The player No3 should pass to their team-mate at the next cone (No 10) and then follow to take the place of the front No 10 who return the ball and No3 pass to the next cone for combination again between No 10 and No6.

Progression: the practice with two ball from two opposite corner this is good for all technical and tactical and mental aspects though to player involve with two balls.
PASS AND MENTAL SKILL NO6
PASS AND MENTAL SKILL NO6
PASS AND MENTAL SKILL NO6

VARIATION: Two balls

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ORGANIZATION:

PLAYERS: 4 each zone or 3v1

PRACTICE:

ball possession with free touches, defender after catch ball, change position.

PLAYING AREA:

5x5m zones

VARIATION:

Reduce number of touches 3, 2, 1
PASS AND SUPPORT BASIC NO 1

VARIATION: Restriction the number of touches
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PASS AND SUPPORT BASIC NO 2

VARIATION: 4v2 same practice

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ORGANIZATION:

- PLAYERS: 4v4+ 2 Neutral player (GK)
- Practice: The team have ball with 2 GK as neutral players try to maintain ball and reach to width or goal line consider scoring goal, the ball must stabilized for 2 second on the line
- Rule: The team have possession ball have to kick less than 3 touches
- Playing area: All pitch

Coaching points

- All movements base on pass and support technical aspects.
PASS AND SUPPORT NO3

Progression: to limit passes up to 1 touch
Practice: Playing 5v5 free game non pass restriction to GK
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PASS AND SUPPORT NO5

Practice: Normal game 4v4+2GK

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PASS AND SUPPORT

SAMPLE

For major coaching points
Coaching points:  Weight of pass
Low weights pass maybe:
Coaching points:

A: Time of pass
B: No 4 deliver sole pass

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AN IDEA: WALL AS PARTNER:

1. Can perform in saloon
2. More touches
3. To Draw signs on wall for accuracy of passes
4. Anticipation
5. Awareness (head up)
6. To use small scale balls to improve skill
7. Increase ball control abilities
ORDINARY FUTSAL PRACTICE

1. Vertical line for accuracy of different kinds of passes
2. Boost ability of receiving and turning with ball
ORDINARY FUTSAL PRACTICE

ACCURACY OF PASSES

1. According to points give them guideline to account their abilities
2. Individual and exciting
3. All player can join same time
ORDINARY FUTSAL PRACTICE

1. Wall pass exercises
2. With both left and right legs
ORDINARY FUTSAL PRACTICE

1. Toe pass
2. Lob pass upper than horizontal line
3. Long passes
ORDINARY FUTSAL PRACTICE

1. Swerving Inside
2. Swerving Outside
3. instep
BASIC PASS AS WARM UP

NOTE FOR COACHES:

1. Futsal coaches must to plan basic part of their technical program as Warm-up, focus on objectives.

2. Futsal coaches must to Clarify practice session rules and expectations through individual and team descriptions.
CONTROL

PRACTICE AND OBJECTIVE

1. Awareness and head up when under pressure
2. Boost receiving skills
3. Develop the quality of the first touch
4. Variety of contact surface
5. Develop Pivot player
6. Possession of ball
7. To develop technical aspect of GK
ORGANIZATION:

PLAYERS: 3 players each groups, 2 in front of 1

PRACTICE: the exercise start with the player 2 aside with simple inside of foot passes and after leave pass change position with the receiver.

Playing area: 3 zones

Follow by all coaching points
Force on player to control and lead the ball for next kick with the sole up to reach and obtain skill
CONTROL BASIC

VARIATIONS: next page
CONTROL BASIC

VARIATIONS:

1. Control the ball with right leg toward left side and kick with left
2. Control the ball with right leg toward right side and kick with right
3. Control the ball with left leg toward right side and kick with right
4. Control the ball with left leg toward left side and kick with left
5. Control the ball with left leg forward and kick with the left
6. Control the ball with right leg forward and kick with the right
7. Change the variety of passes, inside, outside, lob, etc.
MAJOR COACHING POINTS

1. Principal of control technique
2. Ball line
3. Body position in different zones
4. Encourage players to control with sole due to tight space in Futsal
5. Open body angle for ball possession to set out tactic
6. Quality of 1st touch
ORGANIZATION:

PLAYERS: 3 Players on each groups.

Equipments: 3 marks in each field triangle shape and balls

Practice: Players supposed to defender as marks try to receive ball with sole 1st touch and pass to next player

VARIATION:

1. Change ball circulations
2. Lob pass and control
CONTROL NO1

Practice; NO.11 send the ball to receiver (No.4) which sole control with left and give pass with right foot to next teammates.
ORGANIZATION:

PLAYERS: 2v2 + 2 neutral players + 2 GK
Defenders do not allow to go 1/3 defending
Playing area: 3 zones A, B, C
Follow by all coaching points
CONTROL NO2

Practice: 2v2 + 2 neutral players + 2 GK
ORGANIZATION:

PLAYERS: 3v3 + 1 neutral players + 2 GK
Defenders do not allow to go in the own 1/3 defending
Playing area: 3 A, B, C zones
pay attention to all control coaching points
Practice: 3v3 + 1 neutral players + 2 GK
ORGANIZATION:

Players: 5v5+ 2 GK

Practice: The team have ball with 2 GK as neutral players try to maintain ball with two touches, each interception accounts 1 score.

Rule: The team have ball possession have to control (1st touch) and pass.

Area: All pitch.
Progression: Same as last practice but only 1 Neutral player
ORGANIZATION:

PLAYERS: 4v4+ 2 Neutral GK

Practice: The team have ball with 2 GK as neutral players try to maintain ball and reach to width or goal line consider scoring goal, the ball must stabilized for 2 second on the line.

Rule: The team have possession ball have to control (1st touch) and pass.

Playing area: All pitch
All control coaching points must be done.
VARIATION: free game non pass restriction to GK
ORGANIZATION:

Players: 4v4+ 2 GK

Practice and condition: Players start from original side and they could score in both goals but the team after catch the ball just available to score in another half

Rule: Free touches
Area: All pitch
All control coaching points must be done
Normal game 4v4+2GK
SHOOTING

WITH ANIMATION
PRACTICE AND OBJECTIVE

1- Scoring goal
2- making rebound situation
3- Timing of overlapping
4- accuracy of shot
5- player mentality get ready to shot
6- skill of toe shot
MAJOR COACHING POINTS

1. Awareness and head up
2. Glancing to position of goalkeeper when shooting
3. Technique non kicking foot
4. Technique toes shooting
5. Fast Shot if possible first touch.
6. Correct technique of kicking foot
7. To Shot accurately before powerfully
BASIC SHOOTING NO 1

VARIATIONS: FROM OTHER SIDES SHOOTING WITH BOTH FEET

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VARIATIONS:

1. White color players after pass put pressure to the receivers
2. Progression: defenders send pass from other side and attackers shooting with other leg
SHOOTING UNDER PRESSURE NO2

VARIATIONS:
BASIC SHOOTING NO 3

Sequence:
• Players line up outside of box which forbidden arriving to catch ball.

Equipments: One ball per 2 players, cons

Practice focused on:
• This practice has both fun character and match character for shooting training

Tips for players
• Two groups attempting to score against rival's goal which are empty and each player has direct opponent who trying to prevent score goal. The ball must be catching without hand.

Tips for coaches:
• 5 min Account number of scoring of each groups.
No 8 attempting to avoid the ball get through to their goal post (with head or body)
BASIC SHOOTING NO 3

sample

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Practice: players split up 2 line and after pass try to shot and scoring

Variation: toe shot technique
BASIC SHOOTING NO 4

Variations: From flanks

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BASIC SHOOTING NO 4

Variations: from flanks
2v1 SHOOTING NO 7

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Note: NO. 5 must be left foot player from right side of attacking areas and vise versa.
Practice: 3V2 competitive situation, Coach deliver ball for stickers and practice focuses on shooting
VARIATION: 5v5 +2 GK and normal game in each half 3v2, defender after intercept the ball pass to striker of the other half and support them from own field.
VARIATION 3: when strikers ball possession one of the striker other side could withdraw to make 3v3 which to have shooting under pressure.
VARIATION3: when striker having ball one of the striker other side could withdraw to make 3v3 which to have shooting under pressure.
VARIATION: 4v4 Normal game and focuses on more shooting
ROTATION.2.2 NO1
PRACTICE AND OBJECTIVE

1. player should constantly create space with break runs
2. to develop, the ability of losing man marker
3. provide support with rotation
4. all player learn to play as pivot & sweeper
5. possession ball for set out tactic
6. continuous movement of players with and without ball
BASIC MOVEMENTS:
1. without ball

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BASIC MOVEMENTS:
1. without ball
TACTIC AND ROTATION 2.2 NO.1

BASIC MOVEMENTS

1. Player 1 moves to the right.
2. Player 2 moves to the left.
3. Player 3 moves to the right.
4. Player 4 moves to the left.
5. Player 5 moves to the right.
6. Player 6 moves to the left.
7. Player 7 moves to the right.
8. Player 8 moves to the left.
9. Player 9 moves to the right.
BASIC MOVEMENTS

PROGRESSION 1:

with ball
BASIC MOVEMENTS

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TACTIC AND ROTATION 2.2 NO.1

BASIC MOVEMENTS

1. Player 7 moves to the left and player 6 moves to the right.
2. Player 2 moves to the left and player 4 moves to the right.
3. Player 9 moves to the left and player 3 moves to the right.
4. Player 5 moves to the left and player 8 moves to the right.

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TACTIC AND ROTATION 2.2 NO.1

BASIC MOVEMENTS

No 8 & 9 must run together same time
TACTIC AND ROTATION 2.2 NO.1

MAJOR COACHING POINTS

1. Accuracy of pass
2. Pass to far leg from opponent
3. Awareness
4. Body position on receiving
5. Timing of pass
6. Weight of pass
1. movements for change position: when? How? Where?
2. No4 break after make sure that No3 has received the ball
3. communication between 2&4
4. good angle according to opponents
5. losing man marker
TACTIC AND ROTATION 2.2 NO.1

PROGRESSION 2
PROGRESSION 3
TACTIC AND ROTATION 2.2 NO.1

PROGRESSION 3
NORMAL GAME 5v5 WITH 2.2 SYSTEM AND ROTATION
SYSTEM AND STYLE

2.2 (ATTACKING) NO2

WITH ANIMATION
BASIC TAC. ROTATION 2.2 NO.2
PRACTICE AND OBJECTIVE

1- Spread out to create opportunities to pass
2- After pass get open again
3- Getting open at the right moment
4- Communication
5- Timing of the supporting run
6- Ball to move quickly
MAJOR COACHING POINTS

1- 1st option safe pass
2- Pass to far leg
3- Awareness
4- Body position on receiving
5- Timing
6- Weight
7- Observe opponent when leave pass
VARIATION: NO 3 out side Break running
Rotation destroys opponent’s organization
SYSTEM AND STYLE

2.2 No 3 (ATTACKING) ANIMATION
TACTIC 2.2 NO3

finishing
PRACTICE AND OBJECTIVE

1- Signal for implementing tactic
2- last player will be sweeper
3- Time of your rotations carefully
4- Open body to create opportunity for passes
5- Long lob for tight area
6- finishing
TACTIC 2.2 NO3
MAJOR COACHING POINTS

1- Quality of passes
2- Diagonal and sidestep running
3- Awareness
4- Signals for implementing tactic
5- Thinking to opponent’s counter attack
6- Quality of first touch (mostly with sole)
7- Always checking
8- Easy scoring
TACTIC 2.2 NO3

NO 2 support attackers and cover defending area
NO 5 As sweeper, double cover
NORMAL ROTATION AND PASS

SIGNAL FOR TACTIC
SYSTEM AND STYLE

2.2 No4 (ATTACKING) ANIMATION
TAC 2.2 NO4

PRACTICE AND OBJECTIVE

1. fast implementing tactic both sides
2. Signal
3. Losing man marker
4. Sequential
5. Mentality (thinking for solutions themselves)
6. Game control
1- all last practice coaching points
2- losing man marker
3- movements
4- communication
5- signals skill
6- disguise
Quality of the left foot sole control and pass

Disguise the pass
SYSTEM AND STYLE

2.2 (ATTACKING) NO.5 ANIMATION
QUALITY OF INSTRUCTOR:

ABILITY OF COACH

QUALITY OF COACH:

ABILITY OF PLAYER
TACTIC.2.2 NO5

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PRACTICE AND OBJECTIVE

1- spread out to create opportunities to pass
2- after pass get open again
3- getting open at the right moment
4- communication
5- Timing of the supporting run
6- Ball to move quickly
MAJOR COACHING POINTS

1- 1st option safe pass
2- Pass to far leg
3- Awareness
4- Body position on receiving
5- Timing
6- Weight
7- Observe opponent when leave pass
TACTIC 2.2 NO 6

Toe shot
PRACTICE AND OBJECTIVE

1. Planning to do tactic proper time (right & left foot)
2. Blocking
3. Use sprints and fake to get clear opponent
4. Receiving ball under pressure
5. Creating passing opportunities
6. Anticipation
MAJOR COACHING POINTS

1- all last practice coaching points
2- losing man marker
3- movements
4- communication
5- signals skill
6- disguise
TACTIC 2.2 NO 6

- NO2 blocking
- NO4 open body angle to see all the pitch
- To engage all organs for control the ball

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TACTIC 2.2 NO 6
IMPLEMENTING TACTICS FROM RIGHT AND LEFT

Why right and left foot?

When going to do tactic and give signal from left side of pitch must be sure that our left side winger be right foot player and vise versa for:

1. Easy control ball far away from opponent and toward target
2. Easy to turn and shot to goal
3. Easy to sole pass
Now, it is obvious:
Why, when, where
Left or right side, right or left foot
SYSTEM AND STYLE

2.2 NO.7 (ATTACK)

ANIMATION
TAC 2.2 NO7
PRACTICE AND OBJECTIVE

1- To adopt 2.2 system to open area
2- Solution for anti press
3- provide support
4- sweeper
5- ball possession
6- continuous movement of players
7- Quality of passes
8- Scoring

Coaching points:

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Coaching points:

No 5 does his job as pivot

No 5 moving to create space

Quality of first pass is very important
Coaching points: The last player (No4) will be sweeper
Possession ball for set out tactic
Coaching points:

- Continuous movement of players with and without ball
- Running with ball, head up for signal
Coaching points: Blocking by No5
Quality of last touch and scoring

ANALYSIS TAC 2.2 NO7
Coaching points:
- Signal: pass base on first movement (shock)
- Time of movement
- Time of pass
SYSTEM AND STYLE

2.2 NO.8 (ATTACK) ANIMATION
Coaching points:
1. Draw out opponent
2. Delay the ball for:
Coaching points: Weight of pass
Low weights pass maybe:
Coaching points:

A: Time of pass
B: No 4 deliver sole pass
ANALYSIS TAC 2.2 NO8

Coaching points:

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Coaching points:
SYSTEM AND STYLE

2.2 NO.1 (DEFEND) ANIMATION
MAJOR COACHING POINTS

1. Principals of 1v1
2. delay
3. looking ball
4. reaction instead of pressing
5. High weight down
6. Body position
DEFENDING 1v1
MAJOR COACHING POINTS

1- Awareness of situation
2- Communication
3- Shot stopping
4- Ball oriented
5- Quickly counter attack
6- Be patient and watch the ball
7- Interception
8- Anticipation
9- Always checking opponents positioning
10- covering first defender
DEFENDING 2v2
DEFENDING AND COVERAGE

Practice: 4v4, with all above major coaching points
ANALYSIS DEFENDING

2.2 NO.2 (DEFENDING) ANIMATION
DEFENSIVE TACTIC 2.2

TYPE OF DEFENDING IN FUTSAL

1. Man marking
2. Zonal
3. Mix
4. Alternative
PRACTICE AND OBJECTIVE

1- Zonal defending on our 1/3
2- Covering angle
3- Covering deep passes gaps
4- Defending organization
5- Each defender control the his area
6- Preventing opponent to score
7- Recovering ball possession
8- On 1/3 zonal defending more effective than man marking

COMPACT DEFENDING 2.2
COMPACT ZONAL DEFENDING 2.2
MAJOR COACHING POINTS

1. Awareness of situation
2. Communication
3. Shot stopping
4. Ball oriented
5. Quickly counter attack
6. Be patient and watch the ball
7. Interception
8. Anticipation
9. Always checking opponents positioning
COMPACT ZONAL DEFENDING 2.2
COMPACT ZONAL DEFENDING 2.2

1/3 DEF.
COMPACT ZONAL DEFENDING 2.2

Variation 1

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COMPACT DEFENDING 2.2

Variation 1

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Pressing the ball or zonal defending depend on quality of your opponent.

When ball near touch line easy to pressure.

Blocking any possibilities for entryways.
OPEN DEFENDING 2.2

Defense in ½ of the pitch or 20m
Defense in $\frac{3}{4}$ of the pitch or 30m
ENTIRE OPEN DEFENDING 2.2

Enough time and distance for ball interception

Usually in ¾ man marking easier than zonal
Big gap equivalents with less opposition support

Defense in ¾ of the pitch or 30m
SYSTEM AND STYLE

1.2.1 (ATTACKING) ANIMATION
ROTATION 1.2.1 NO1

Width rotation or 8

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PRACTICE AND OBJECTIVE

1. Awareness in possession, rotation on correct time
2. Losing man marker
3. Provide support with rotation
4. Playing as pivot & sweeper are essential
5. Possession ball with both feet
6. Movement of players with and without ball
Variation 1:
1. Awareness
2. Quality of passes
3. Pass to far leg from opponent
4. Body position on receiving
5. Positioning of none kicking foot to cover ball
6. Communication
7. Co-operation
Variation 2:
- NO.3 has to carry ball with left foot and vise versa
- NO 4 after break must be turn with facing toward teammates and vise versa
Length rotation

All principals of width rotation

VARIATIONS: 1. Improvement with add defenders
Normal game with 1.2.1 system
SYSTEM AND STYLE

1.2.1 NO.2 (ATTACK)
WITH ANIMATION
PRACTICE AND OBJECTIVE

1- Be prepared to control ball even under pressure
2- Release the pressure
3- Timing of support
4- pivot & sweeper duties
5- possession ball
6- Scoring goal
1. Awareness
2. Pass to far leg from opponent
3. Accuracy of pass
4. Body position on receiving
5. Time of pass
6. Weight of pass
7. Lob
8. Toe shot for finishing
TACTIC 1.2.1 NO 1

NO 2 does both disguise for creating space and blocking

Proper angle for support
ANALAYZE 1.2.1 NO1

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TACTIC 1.2.1 NO2

Click once
DIAGRAM 1.2.1 NO2

VARIATION:

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SYSTEM AND STYLE
1.2.1 NO.3 (ATTACK)
WITH ANIMATION
TACTIC AND ROTATION 1.2.1

PRACTICE AND OBJECTIVE

1. To develop sensitive and varied tactics
2. Be prepared to control ball even under pressure
3. All 5 player work at the same time
4. Timing of support
5. pivot &sweeper duties
6. possession ball
7. To attack with flank
8- Scoring goal
TACTIC 1.2.1 NO 3

STAGE 1: Click once
STAGE 1

DIAGRAM 1.2.1 NO3

Finishing

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ANALAYZE 1.2.1 NO 3

STAGE 1
MAJOR COACHING POINTS

1. Awareness
2. Diagonal running
3. Pivot role
4. Signals
5. Quality of 1st touches
6. Technique of passes
7. Toe shot for finishing
8. Sweeper duties
9. Changing from 1.2.1 to 2.2 system
TACTIC 1.2.1 NO 4

STAGE 2: click once
TACTIC 1.2.1 NO 5

STAGE 3: one click
STAGE 3

Finishing
ANALYZE 1.2.1 NO5

Disguise of pass
SYSTEM AND STYLE

1.2.1 (ATTACKING)

ANIMATION
PRACTICE AND OBJECTIVE

1. Improvement to see the field more efficiently
2. Improve balance to change direction with the ball
3. Provide support with rotation
4. Distribution of ball to flank player
5. Possession ball for set out tactic
6. Finishing
TACTIC AND ROTATION 1.2.1

One click

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MAJOR COACHING POINTS

1. Awareness
2. Diagonal running
3. Pivot role
4. Signals
5. Quality of 1st touches
6. Technique of passes
7. Toe shot for finishing
8. Sweeper duties
9. Changing from 1.2.1 to 2.2 system
DIAGRAM 1.2.1 NO6

sprint

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ANALYZE 1.2.1 NO6
TACTIC 1.2.1 NO7

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click once
TACTIC 1.2.1 NO8

click once
ANALYZE 1.2.1 NO8
TACTIC 1.2.1 NO 10

Click once
PIVOT PLAY

WITH ANIMATION
Pivot Requirements

1. Brilliant in the ability of control the ball with both feet
   (if pivot loose the ball when implementing tactic it makes best counter attack for opponents)

2. Strong at lower body muscles

3. Skillful at shielding the ball at least 5 second

4. Best at turning with the ball

5. Powerful at shooting

6. Best at pass skills

7. Familiar at Futsal signals

8. Good at leading teammates
NO 5 usually is pivot

Ball Control with the right foot from left side and with the left foot from right side of attacking area
1. First option Turning and shot
2. Second option Passing to NO 4
3. Third option Passing to NO 7
4. Forth option Cut back to NO 2
PIVOT DUTIES

1ST OPTION
2ND OPTION
3RD OPTION
4TH OPTION
PIVOT PRACTICE NO 1

Good angle of the body

1

2

3
PIVOT NO 2

Rebound

1

2

3

4
PIVOT NO 2
Pivot open the body toward goal
Sample 1 of pivot’s tactic

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TACTIC PIVOT
TACTIC 1.2.1 DEFENDING BASIC ANIMATION
PRACTICE AND OBJECTIVE

1. Prevent opponents from scoring
2. Defending method
3. Provide teammates coverage
4. Areas covering
5. Regain the ball
6. Communication
1.2.1 zonal defending areas
MAJOR COACHING POINTS

1. Awareness
2. Defenders position between ball and goalpost
3. Principal of 1v1
4. Principals of 2v2
5. balance
6. communication
TAC. 1.2.1 DEF. BASIC

Playing against high level opponent

- compact
- Ball oriented
- Close the gaps

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Playing against high level opponent
TAC. 1.2.1 DEF. BASIC

Playing against high level opponent
Playing against low level opponent (basic)
DEFENDING
1.2.1 NO.2
WITH ANIMATION
PRACTICE AND OBJECTIVE

1. Prevent opponents from scoring
2. Defending method
3. Man marking
4. Zone marking
5. Regain the ball
6. Communication
TACTIC 1.2.1 DEF.

MAN TO MAN

Click once
MAJOR COACHING POINTS

1. Awareness
2. Defenders position between ball and goalpost
3. Principal of 1v1
4. Principals of 2v2
5. balance
6. communication
7. concentration
DIAGRAM 1.2.1 DEF.

MAN TO MAN
ANALYZE DEF 1.2.1

MAN TO MAN
TACTIC 1.2.1 DEF.

MAN TO MAN
DIAGRAM 1.2.1 DEF. MIX

Man to man

Zone marking
GOALKEEPING WITH ANIMATION
STRUCTURE OF GOALKEEPER TRAINING

- TECHNIQUE
- TACTIC
- CONDITION
- PSYCHOLOGY
THREE STAGES OF GK TRAINING

- Basic training
- Intermediate training
- Advance training

PRINCIPAL OF EACH STAGES BASE ON:

1. Technical phase
2. Tactical phase (team)
3. Competitive phase (game situation)
TECHNIQUE:

- Catching ball
- Punching ball
- Distribution ball
REVIEW BASIC HANDLING TECHNIQUE:

1. Along ground
2. At hip height
3. At chest height
4. At above head height

Noticeable: body must be going behind the line of the ball.
GOALKEEPING

PRACTICE AND OBJECTIVE

1. Boost technique pass and support
2. motivation and positive attitude (self confidence)
3. To develop mobility and agility
4. Willing to get involve
5. Catching ball
6. Ball delivery
7. Improve optical–motor perception
GOALKEEPING

MAJOR COACHING POINTS

1. Accuracy of ball delivery
2. Observation
3. Communication
4. Positioning rush out of goal cover shooting angle
5. GK as sweeper
6. Anticipation the opponent's play
INDIVIDUAL TRAINING

Goalkeepers have to do special training together in their practical session
Cognitive goal post and reaction time:
Coach divided goal post to five areas.
GK should to save 2,3,4 with hand and 1,5 with feet.
1. GK attempt to touch areas 1, 2, 3, 4 or 5 which are numbered (shadow)

2. to express the number and throwing ball with hand the same place.
Practice: to express the number then shooting
Variation: Random kicking
POSITIONING AND REACTION TIME NO2

GK facing own goal

C

Turn

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POSITIONING AND REACTION TIME NO2

C

Turn

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dribbling toward goalkeeper 1v1.

- Lead the attacker as far away from the goal as possible.
- Hold your hands out to the sides (wide).
- Wait your opponent take the action thereafter react quickly.
- Watch ball rather than body feint.
- Body weight down.
- Try to disguise striker
- Use feet for blocking ground kicks (faster than hands)
- Concentration on ball
Practice: 1v1 Goalkeeper encounter with attacker
Practice: 1v1 Goalkeeper encounter with attacker

When striker loses possession, sprint out when reach stand up and get ready for reaction.

Lead striker to the weak angle and zone.
PRACTIC NO4: 3v2 possession ball and deep pass for No6 defender follow him with 5m far away No3 going to support.
VARIATION: 4v4 normal game but defender not allowed to go in the their defending areas (B).
Ball delivery No2
Ball delivery No1
GK must catch the ball before contact with field
2 GK and balls
4 areas 4x4
Each goalkeeper will save 2 areas
Goalkeepers must be catch the ball before contact with the field.
Ball delivery No2
GOALKEEPING NO10

Ball delivery No2
GOALKEEPING AND SIGNAL NO11

Ball delivery No1
GOALKEEPING AND SIGNAL NO11

Ball delivery No1
Ball delivery 1v1 No 2
GOALKEEPING AND SIGNAL NO13

Competitive situation

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POSITIONING AND SHOT STOPPING

- Position forward to narrow the angle
- Feet movement
- Timing of movement
- Rebound and fast reaction
- Technique shot stopping
- Open body when ball in flank (to see second attacker)
POSITIONING NO14

Narrow the angle

PRACTICE: Goalkeeper must be steady position on assume narrow the angle

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POSITIONING NO16

Narrow the angle

PRACTICE: Shadow drill (narrow the angle)
POSITIONING NO17

Narrow the angle

PRACTICE: GK movement to narrow the angle
PRACTICE: Coach deliver ball and 2v1 in 1/3 each group

GK communicate with teammate’s and to narrow the angle
POSITIONING NO19

Narrow the angle

VARIATION: 2v1 in 1/3 each group after possess ball pass to teammates in other side
POSITIONING NO20

Narrow the angle

PRACTICE: practice 3v2 in 1/3

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POSITIONING NO21

Narrow the angle

VARIATION: practice 3v2 in each half after interception ball pass to teammates on the other side
Narrow the angle

VARIATION: 4v4 normal game with 1.3 system for narrow the angle
CMBINATION PLAY

BASIC
COMBINATION PLAY BASIC
PRACTICE AND OBJECTIVE

1. Getting out of tight situation
2. Release the opponents pressure
3. Wall pass, take over, overlapping
4. Develop Timing of combination
5. Possession ball outside of body when take over
6. Scoring goal
MAJOR COACHING POINTS

1. Awareness in possession
2. Hide intended Pass in ½ and take over
3. Explosive action at the combination times
4. Good angle and body position on 1/2
5. Optimal distance and quality of touches
6. Correct technique of delivery of passes
7. Signals and communication
COMBINATION PLAY BASIC

1. Sample for 1/2

4. FINISHING
COMBINATION PLAY BASIC
VARIATION 1: TAKE OVER AND SHOT
COMBINATION PLAY BASIC

VARIATION 2: take over and shot
ANALYSIS TAKE OVER

TAKE OVER:

• NO 4 must be carrying ball with left foot
• Losing man marker
• Best time for blocking
• Hide intention
• Disguise opponents
• Easy scoring
COMBINATION PLAY

CLICK ONCE

OVER LAPPING NO.1
COMBINATION PLAY

OVER LAPPING NO.1
ANALYSIS OVERLAPPING 1

OVER LAPPING 1

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COMBINATION PLAY

ONE CLICK OVER LAPPING 2

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COMBINATION PLAY

OVER LAPPING 2

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ANALYSIS OVERLAPPING 3

OVERLAPPING:

NO 5 running in suitable time
Space creation
Make 2v1 situation
Quality of pass (outside foot)
Support
OVERLAPPING NO3
ORGANIZATION:
Practice: Four pair player simultaneous 1v1 on 20x30.
There are also 2 neutral players on the field.
Each player possession ball until an opportunity arises to play a combination with one of the neutral players.
Attackers may shoot only after a combination.
If they score, they keep the ball if not their opponents get it.
Neutral player one touch and should switch roles with others after a while.

MAJOR COACHING POINTS:
Protect the ball by shielding opponent with your body
Change speeds after passing.
Eye contact and communication for clarify kinds of combination
All coaching points at the above mentions.
VARIATION 1: playing with one ball 4x4+2 neutral players

VARIATION 2: Normal game
PRACTICE AND OBJECTIVE

1. get out of tight situation
2. Release the pressure
3. Timing of support
4. Wall pass, take over, overlapping
5. Possession ball
6. Scoring goal
COMBINATION TACTIC NO1

5. FINISHING

COMPETITIVE SITUATION
MAJOR COACHING POINTS

1. Awareness in possession
2. Hide intended Pass
3. Explosive action at the combination times
4. Good angle and body position on receiving
5. Optimal distance and quality of 1st touch
6. Correct technique of delivery of passes
7. Toe shot for finishing
COMBINATION TACTIC NO2

COMPETITIVE SITUATION

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TAKE OVER