

FUTSAL: Technical & Tactical Concepts

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Jonathan Steel

David Jennings

Preface by Vava Marques

Prologue by Guillermo Wallace



WUFA



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&

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Published in 2015 by Asociación Didáctica Andalucía (Spain).

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ISBN: 978-84-939866-5-0

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Published by Asociación Didáctica Andalucía (Spain)
a.d.andalucia@hotmail.com

Cover image and book design by Dr. Daniel Berdejo-del-Fresno. Cover photography from PFL International Challenge in Dr. Pepper Arena (Dallas, 13th March 2015) during the match between FC Barcelona and PFL Team USA.

Pictures in pages 26, 28, 29 and 33 designed by:
Samantha Cox
Stationery Express (South Yorkshire) Ltd.
Venture One, Longacre Close, Holbrook Industrial Estate, Sheffield, S20 3FR.

Authors' Note

This futsal book has been developed as a resource to support coaches in a school or club environment.

It is also appropriate for teachers who may wish to use them as an aid when planning and delivering lessons.

The futsal book shows basic technical and tactical coaching elements that every futsal player should know.

The main aim of the futsal book is to introduce a new, exciting sport and develop new skills to both novices and experienced, traditional footballers. The book focuses on the basic individual and team aspects, both attacking and defending, that are needed to understand, enjoy and play futsal. In addition, it is aimed at English-speaking coaches who do not have access to futsal material in Spanish, Portuguese or Italian.

Acknowledgements

I would like to start these acknowledgements thanking to my two co-authors of this book. This project could not have been finished without your help. Your contributions to this book have been immense, and you never gave up when the book's publication was delayed so many times.

Also, I would like to thank to: Eamonn Chapman, Neto Ferrarini, Curtis Holmes, Demir Kurtovic, Ryon Leyshon, Richard Moore, Thomas Msadala, Bruno Nascimento, Adam Oldham, Joel Rocha, Geovany Simoes, Toluwa Sotonye, Jonny Steel, Ryan Tate, Michael Vasilides, Richard Ward, Oliver Wheatly-O'Neil and Mark England-Woodcock. You were my first ever players at Sheffield FC Futsal. What you achieved was unreal and it will be in my heart for ever. This project started with you. Thank you!

Vava Marques and Guillermo Wallace, you two do deserve a mention here too. You believed in this project since the beginning even with all the problems and the almost 18-month delay that we have had and you accepted to write the preface and prologue for me. I owe you one. Gracias amigos!

Finally, big thanks to Asociación Didáctica Andalucía, my publisher, without whom there would be no book.

Daniel

Thanks to Daniel and Jonathan for helping me get involved with the project and everyone I have had the pleasure of playing with at Team Bath, West London and England for helping me be part of this great sport.

Dave

About the Authors

Dr. Daniel Berdejo-del-Fresno is a Sports Researcher/Sport Scientist/S&C Coach/PE Teacher/Multisport coach and of course, futsal coach living in Loughborough. He holds a Degree in Physical Education Teaching and a Degree in Exercise & Sport Science. He has also completed an MPhil in Sport Performance with his research “Anthropometric and physical condition changes in season for talented tennis players”. In addition, he has just finished his PhD at Manchester Metropolitan University (UK) and the University of Castilla-La Mancha (Spain) with his Thesis: “Body composition, fitness level and training load controlled through the BATLOC tool in British female basketball players”.



His academic and theoretical education may be of the highest quality, but that does not mean he has neglected the practical side of sport. Daniel has professional experience in elite-performance athletics, cycling, tennis, basketball, football and futsal. He has been a keen runner since he was ten years old; he currently runs for Spanish and English athletics clubs and very regularly participates in national races both in Spain and the UK. His tennis experience in Spain involved working as a strength and conditioning (S&C) coach in the Aragonese Tennis Federation Sports Centre. As for basketball, he has worked as a lead strength and conditioning coach for several Spanish teams, in particular Alta Gestión Fuenlabrada S.A.D. – an ACB League Basketball Team (the highest basketball division in the country).

Daniel also has diverse professional experience in England. He was the S&C Coach of Manchester Mystics Women’s Basketball Club, Leeds Carnegie Women’s Basketball Club, and the North West U17 Women’s Basketball Team (the Regional Squad Performance Team) for two years. In addition he has planned, designed and implemented several personal training sessions for many England U18, Great Britain U20 and Great Britain Senior female basketball players. He has also worked as a S&C coach for the Great Britain U20 Women’s Basketball Team at the European Championships in 2009. Since autumn 2012 he has restarted his involvement with England Basketball and Great Britain Basketball as a S&C coach for the England U15 Girls Development Squad and the U13 Girls North West Regional Performance Centre.

With an interest in exploring new fields, he started to work as the S&C Coach for Manchester Futsal Club in 2010, and the next season he became the Goalkeeper

Coach and Assistant Coach in addition to his position as the S&C Coach. Finally, since May 2011 he has been working as the Sport Scientist for the England Futsal National Teams (both Senior and Development Squads). In 2012 he was appointed Sport Scientist for the England National Beach Soccer Team. For the season 2012-2013, he was appointed Head Coach for Sheffield FC Futsal Club and he re-signed for a further season. In January 2014 he was appointed Head Coach for the University of Salford Futsal Club until the end of the season. During the summer of 2014, Daniel went to San Francisco (USA) to work as a Sport Scientist and Soccer Coach for Juventus Soccer Club U18 Academy and Stanford United Soccer Club. After that experience, he accepted the role of Head of Coaching & Sports Science at the International Futsal Academy in Loughborough. Finally, he has also been the S&C Coach Consultant for Gillingham Football Club (Npower Football League 2) and Workington Association Football Club (Blue Square Bet North). In March 2015, he was appointed Assistant Coach and Sport Scientist for the PFL Team USA in the PFL International Challenge in Dallas against Mexico and FC Barcelona. In summer he travelled to San Francisco again to work for World United Futsal Academy and Stanford United Soccer Club.

He likes keeping up to date by reading new articles and new research developed in the area of physical condition, performance and rehabilitation. So far, he has attended over 60 CPD courses and conferences, written almost 50 articles in international peer reviewed journals – including a book – and delivered over 25 talks, including some guest lectures at Salford University, Leeds Metropolitan University, the University of Rome (Italy) and Spanish sport organisations. Obviously, as he is not working for a research centre, all his studies, papers, abstracts, books and conferences are completed through his own initiative. His clear interest in learning and developing his skills led him to start the blog “Simply Sport” (<http://danielberdejodelfresno.blogspot.com>) where he shares all his articles, papers, books, knowledge and experiences with the simple objectives of trying to improve our sport and helping other coaches, sport scientists, researchers, etc. His hard work paid off when the American Journal of Sports Science and Medicine appointed him as a Chief Guest Editor for a special issue about futsal, which was published in March 2014.

Jonathan Steel holds a degree in Sports Coaching from Sheffield Hallam University. The degree focused on a number of aspects relating to sports coaching such as Performance Analysis, S&C and Fundamentals.

Jonathan began coaching tennis at the age of 12, volunteering at Sheffield's leading tennis centre. He quickly developing a passion for coaching and began to study for recognised qualifications. At 16 he successfully acquired his FA level 1 coaching award in football before following this up with his LTA level one coaching award in tennis. Jonathan then completed his level 1 coaching award in Badminton, aiding his local club whilst also competing for his county.

Having played tennis from a young age and having developed a passion for the sport it was a natural progression for him to work towards his level 2 coaching award in the sport. Jonathan combined a degree alongside a variety of coaching awards, which allowed him to develop his knowledge and confidence when delivering coaching sessions and imparting his knowledge onto others. Next on the journey was his FA level 2 coaching award in football, which was the culmination of 3 years of university study.



Jonathan's first step into Futsal was at the age of 17, playing in Sheffield's local league at the Sheffield United Academy on astroturf. He quickly developed a passion for the sport and approached his local FA about playing at a higher level. He joined Sheffield and Hallamshire Futsal club who were competing in the National Futsal League and initially learnt the game through the guidance of a Brazilian coach, who was supported by county FA coaches. He also had the opportunity to train alongside England international futsal players.

Having played in the National Futsal League for 7 years, Jonathan has accumulated a number of successes in the Northern Division as well as playing and scoring in the Grand Final.

Jonathan has learnt vast amounts about the game over the years from coaches from Brazil, Holland and Spain as well as the current England national coaching team.

His keen interest and passion have brought him to this point and remain with him to this day as he continues to compete for Sheffield F.C in the current National Futsal League.

David Jennings first kicked a futsal ball at the age of 18 whilst studying at the University of Bath and instantly fell in love with the game. Since then he has played in the 1st Division Midlands League for Team Bath (now Bristol City Futsal Club) and 1st Division Southern League for West London, and has over 25 caps and 6 goals for England.

With Team Bath, David captained the side for 3 seasons, leading the University side to 2 British Universities (BUCS) silver medals and 2 European University competitions in Podgorica, Montenegro and Tampere, Finland. He was part of the side that qualified for the 2011-2012 Grand Finals and won the 2012-2013 Midlands League. He was called up to the first ever England Development Squad in early 2011 and received his first call up to the England first team in January 2012. His first cap came against Denmark in May the same year. He was part of the first England side to ever qualify from a preliminary round qualifying stage when they beat Lithuania and Cyprus in January 2013 to play in the main round qualifiers in Erzurum, Turkey that year.



A move to West London in the Southern League for the 2013-2014 proved successful as David captained the side to its first ever top 4-finish and qualification for that year's Super League, where the team narrowly missed out on a place in that season's Grand Finals. David also led the team to its first FA Cup finals that same season.

As a translator, combining his love of Spanish and futsal allowed him to interpret for the legendary Spanish World-Cup winning coach Javier Lozano at the Football Association's Futsal Conference 'A Catalyst for Change'. He hopes to have helped and continue helping the development of the "beautiful little game" in England.

Preface

This book will help you to understand the basics and the foundations of futsal from a developing point of view to a competitive stage. It does not matter if you are a novice coach or an expert because the book covers both ends of the spectrum. This book is not a book of exercises, tasks or drills. It is a book of knowledge. Daniel and his collaborators want to spread out the main technical, tactical, physical, social and mental concepts to play futsal in the right way.



Futsal is a great sport that is growing a lot; however, in some countries it is still at a very early stage and therefore the participation, the infrastructure, the organisation, the level and of course the coaching need to be improved. Improving the quality of coaching is so important in order to develop better and more intelligent players, to develop our future football superstars like Neymar, Ronaldinho, Messi, Pele, Falcao, Marta, Xavi, Zidane... and therefore the overall level of the game. However, in countries like the UK or USA, where the main population does not speak Spanish, Portuguese or Italian, it is difficult for the coaches to acquire the required futsal knowledge due to the lack of resources in English. That is the reason that led the authors to write the book. Also, that is the reason why the authors decided to publish it in an online format and completely free: to reach as many readers as possible.

To sum up, with the Professional Futsal League kicking off next year in the USA, I hope that this book also helps to increase the awareness of this fantastic sport and hopefully other countries in the world like England will try to do something similar in the near future.

It is an honour for me and the World United Academy to be asked to write this preface and present the book to you. I hope this book will help to increase futsal participation and quality in the San Francisco Bay Area, the whole USA, England and the whole world. I really recommend all futsal coaches to read it as I am pretty sure you will get something from it. Have a nice read, enjoy the book!

Friends forever!

Vava Marques

USA Futsal Assistant Coach

World United Futsal Academy Founder & Director of Coaching

Stanford United Soccer Club

Prologue

When my friend Daniel Berdejo-del-Fresno asked me to write a prologue for his book, I was delighted as it allowed me to be part of this excellent project.

I have only been in the futsal world for a short while but thanks to the sport I have had the opportunity to meet great people such as Daniel, Jonathan and Dave.

In this book they discuss attacking situations, defending principles, attacking and defending using the power play, movement patterns and formations, set pieces including basic corners, and much more. I hope that this book will help futsal coaches see the sport in a new light – completely different from how most people typically see it. I am impressed by Daniel's efforts, especially as he has carried out this work in another country and in a language that is not his own (for which he

deserves even more credit).

I hope this book is the first of many more.

Now, Danny, I have the opportunity to thank you for all you have done for me without anything in return. You know that you are a very important person for me besides being one of the best sport scientists in futsal. I wish you all the best with this book and with your future plans in the futsal world.

Daniel, a big hug from your friend!

Jonathan is a great example for every single player in the sport world. He showed his commitment to a club, Sheffield FC Futsal, even when he was not playing many minutes. Jonny did not have a lot of court time in the 2011-2012 season; however,



he did not miss a single training session. The following year, under Daniel, he was

a key player in the most successful season for Sheffield FC Futsal. During the 2013-2014 season, Daniel, his technical staff and the Sheffield FC Futsal players showed him how important he is for the team when he was offered the captain's armband. He led the team (in a transitional period) to a final, winner-takes-all match to win the League for the second consecutive season. Jonny also received his first England Development Futsal Squad call-up that season.

Jonny's abilities to read the game, play the ball, defend and lead the team were recognised, his hard work paid off and his progression in 2 seasons has been amazing. This has been helped by his commitment and efforts in training.

I think Jonny is a great example for the generations to come and I hope to see you very soon next to me wearing the Three Lions Shirt.

Last, but not least, Dave. What can I say about Dave?

He is my mate, a good friend, and he helped me a lot with the language when I started playing for England.

I love being on court with him because I know that he will give everything he has inside. His intensity, desire and attitude are what are required to play futsal at the highest level. I feel confident when he is on court.

But most importantly, he is also a good man off court. His honesty is something that it is very difficult to find these days in this crazy world. My friend Dave is an example to others.

Outside futsal, he has worked very hard to obtain a degree, to learn different languages and to find a good job.

Eres un gran ejemplo para todos, y te deseo lo mejor en la vida.

Daniel, Jonny and Dave thanks a lot for giving me the opportunity to write this.



Guillermo Wallace

Futsal Player for Real Betis FSN (Spain) and England Futsal.

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Diagram Key



Team A



Team A Goalkeeper



Opposition



Opposition Goalkeeper



Pass of the Ball



Lofted Pass



Player movement



Ball

1

Technical Coaching

1. Shooting

The contact points that we usually have in futsal are:

1) Foot:

1. Side of foot
2. Internal instep
3. External instep
4. Full instep
5. Toes / toe cap

2) Head:

1. Forehead
2. Parietal (right and left) / sides of head

In general, the key points that we have to take into account are:

a) In any shot, the planted leg should be semiflexed.

b) With the exception of the external instep shot:

i. The follow through aims towards the target.

ii. The planted foot is:

- Pointed towards the target.
- Planted to the side of the ball.

b) The body's momentum is forwards.

The other key aspects to consider are shown in the next table (Beltrán, 1991):

Contact Point	Starting Position	Planted foot	Position on Contact with ball
Toe cap	In line with the ball and target	25 cm apart	Foot of striking leg at 90° Fingers semiflexed inward Body slightly forward
Inside	In line with the ball and target	10 cm apart	Turn pelvis outward Body almost vertical
Full instep	In line with the ball, slightly displaced towards planted leg	35-40 cm apart	Angle of foot greater than 90° Body and planted leg leaning slightly forwards
Internal instep	Slightly towards planted leg	30-40 cm apart	Contact in the middle of the ball Body planted leg leaning slightly forwards
External instep	Slightly towards kicking leg	50 cm apart Slightly behind the ball Direction slightly out of line with the shooting line	Contact ball at 35-40° on exterior of ball on the opposite side to the striking leg Body leaning towards kicking leg

Table 1: Beltrán (1991),

At this point, only three aspects will be mentioned:

- When we are waiting for the ball, we should have our legs open and arms flexed, away from the body.
- Before heading the ball, we must lean our torso slightly backward.
- At the moment of heading the ball, the body must be leaning forwards and follow through towards the target.

Shoot - Toe Poke

Shooting in Futsal differs to football where the ball is struck with the 'laces' when shooting at goal. In Futsal, players use their toes to shoot, like a 'Toe Punt'

Coaching Objectives

- Pull the leg back as you would in Football to take a shot on goal
- Make contact with the ball with the toes, trying to make contact with the ball in the middle of the ball. This will ensure power and will see the ball move through the air with speed
- The technique is very much a 'Quick Snap' action with the shooting leg.

Why use the toes?

- To catch the Goalkeeper off guard because using the toes to shoot is difficult to anticipate
- The player can shoot with minimal leg take back so the shot is very disguised
- The ball moves through the air quicker when using the toes



Key Coaching Points

Contact the ball in the middle

Maintain a strong ankle when striking the ball

Use a quick leg movement

When practicing it with children that have hurt themselves and are scared it is good piece of advice to tell them to semiflex their fingers.

2. Controlling

The types of control can be categorised as follows:

i. Classic:

- Stop: The ball is completely stopped.
- Semi-stop: The ball changes direction and slows down.
- Absorption: The ball continues in the same direction, but its speed decreases.

ii. Oriented control: change the ball's (and often the player's) direction to transition quickly into the next move.

Notes:

- It is important to practise controlling the ball at different heights and with different parts of the foot, as well as the thighs and chest.
- Children should learn to control the ball with the inside of the foot for balls coming from one side and at a medium height.
- Balls dropping from high are more easily controlled with the thigh than the foot, but it is good to practise both.
- For balls controlled with the sole of the foot, it is important to remember:
 - 1) To point the toes upward and the heel towards the ground in order to trap the ball with the sole of the foot by placing the foot above the ball (see next section).
 - 2) The sole is useful for balls travelling along the ground, but it is not recommended for when the ball is bouncing or the pass has been scuffed by a teammate.
 - 3) The sole is not appropriate for all balls travelling along the ground. However, it is particularly useful for balls coming from directly in front of you.
 - 4) Controlling the ball with your sole gives you the chance to perform an oriented control and link it with the next action (see roll control section).

Sole Control

In pairs, passing backwards and forwards over a distance of around 8 metres, ensuring control of the ball is done with the sole of the foot. Try to become accustomed and comfortable with controlling the ball with the sole of the foot, the most important technique in Futsal.

How to achieve the coaching objectives

- Trap the ball with the sole of the foot by placing the foot above the ball
- Point the toes upward and the heel toward the ground
- This will wedge the ball under the sole
- Continue the passing, with time it will become natural

Why use the sole of the foot?

- Protects the ball from the opponent. Ensures close control and prevents opponents being able to gain possession because the ball is trapped safely under the foot.
- Keeps the ball under full control and allows the player to look up and find a pass knowing the ball is safe under the foot.
- Sole control prevents the ball escaping from the player which is important when playing on an enclosed Futsal Pitch



Key Coaching Points

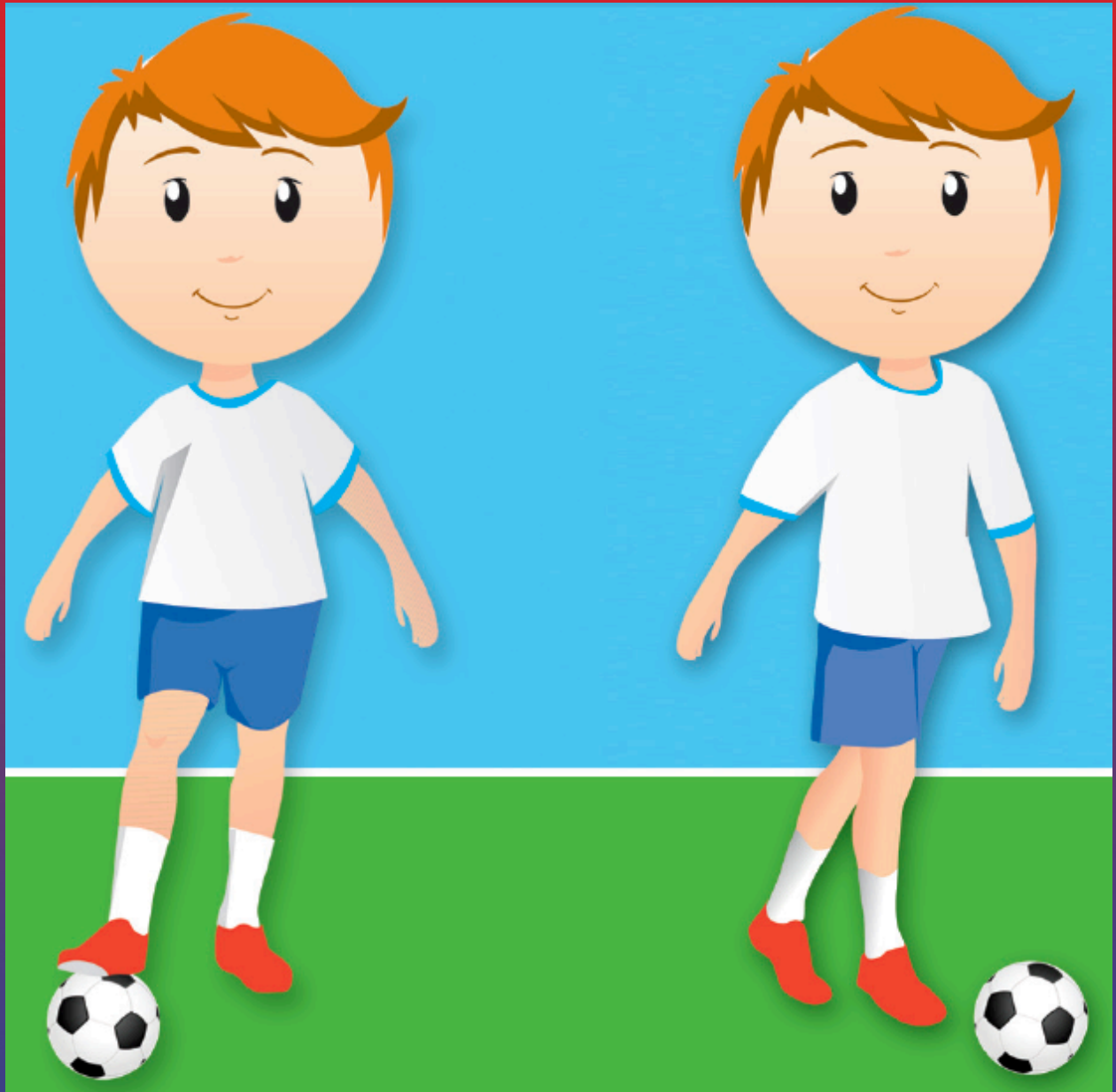
Trap the ball with the sole

Protect the ball

Always know where the ball is

Roll Control (also one of many 'Oriented' controls)

Passing in pairs again approximately 8 metres apart, using the sole of the foot again to control the ball, roll the foot over the ball and across the front of the body. This technique should be one smooth movement; it allows the ball to be moved into space whilst still being under complete control. The pass is then played with the opposite foot to the foot that is being used to control the ball.



Coaching Objectives

- The standing back leg needs to be strong and is key to balancing and giving the player a strong base to control the ball
- Trap the ball with the sole of the foot

- In the same movement roll the ball across the front of the body for example right to left
- Complete the skill by passing the ball back with the opposite foot to the one that controlled the ball

Why use the roll control?

- Caters to a team playing a quick playing style
- The roll across the body moves the ball away from the opponent
- Rolling the ball into space offers the player more options

Key Coaching Points

A strong standing leg creates a strong base for balance

Roll the ball across the body with speed

Roll the ball away from the opponent

3. Driving/Running with the ball

There are many variations and possibilities; therefore we will give just a couple of points to take into account:

- Different variations can be developed but, at a grassroots levels, it may just be enough for children to play, and advice and suggestions are given to those who need them.
- It is very often the case that, until children are confident enough, they run with their head down to look at the ball. They should be told to look down but keep their head up. This way, they will be able to look at the ball without missing what is happening in front of them.

4. Passing

- The main problem we have when we work with children is that they tend to make weak passes. It is essential that this is corrected right from the start: passes must be firm and travel at the right speed. Another aspect that must be avoided is the occasional use of the toe poke, which means they cannot properly control the direction of the ball.
- Limiting the number of passes that can be made (always giving the players enough time and space to complete successful passes) is a good method of coaching this technical content.
- As the children improve, other good coaching methods include:
 - 1) Compulsory movement after passing the ball. In futsal, players have to move after passing the ball to gain space (this movement can even be a feint to create some space from the defender).
 - 2) Limiting the number of touches. Control with one foot and pass with the other or control and pass with the same foot, depending on the focus of the session and aim of the drill.

Loft Pass

Working in pairs standing approximately 8 metres apart from each other passing to one another again using the loft pass technique. Control of the ball is done with the sole. The lofted pass is done through the air rather than across the ground. The pass doesn't need to be too far above head height.



Coaching Objectives

- Control the ball with the sole of the foot
- Place toes under the ball
- Lift toes and foot slightly
- In one motion loft/flick the ball vertically
- The pass does not need to go too far above head height

Why use the loft pass?

- The pitch is so small that often passes along the floor are intercepted. The loft pass is often the best option
- The loft pass down the line creates attacking opportunities, often finding the player receiving the pass with a shooting opportunity
- It is an innovative method of passing the ball and allows players to express themselves.

Key Coaching Points

Place toes underneath the ball

Aim to keep the ball slightly above head height

Flick the ankle to generate aerial ball trajectory

5. Dribbling

We will only mention one area here because there are infinite ways to dribble. As children grow up and develop their ability, it is a good idea to add difficulty in terms of increasing the number of opponents and introducing the idea that dribbling must be followed by another action immediately after: either finishing with a shot on goal or passing to a teammate.

6. Goalkeepers

At the start, all the players should train and play in all positions, including as a goalkeeper. This is for several reasons:

- To avoid an early specialisation that prevents their development in other areas, since child goalkeepers often change their mind and after several years as goalkeepers they want to play as outfield players. If a coach has taught players about every position, it will be easier to adapt to that change.
- If all players know about each playing position and the rotations required at each position, it will improve both the understanding of a teammate's mistake and the ability to adapt to the different situations in a game.
- Where FIFA rules state that goalkeepers can come out of their goal and play with their feet, the goalkeeper will benefit by also training and playing as another outfield player.

Having said that, specific goalkeeper training must cover the following aspects:

A. Offensive actions: throwing and passing. Although the ball may be too big for their hands, goalkeepers should practise the handball throwing style. When throwing the ball to a teammate, goalkeepers must be taught to bend down at the knees to keep the ball close to the floor since that will help their teammates to control the ball more easily and move it on more quickly. For this type of throw, goalkeepers should move as close to the outfield player in question as possible because otherwise this benefits the defence. That does not mean the goalkeeper always has to play to the closest player.

B. Defensive actions:

a. With the ball:

- i. Blocks, shot stopping and diving.
- ii. Foot save and 'K' or cross position.

b. Without the ball: position in the goal.

- i. Goalkeeper should be, in theory, equidistant between the posts.
- ii. Younger goalkeepers often do not move forward but wait for the attacker or until the ball reaches their feet. They must understand that they should come out and meet the ball. When their team is attacking they have to adopt a position higher up the pitch in order to avoid counterattacks and easy goals.

- iii. When they are experienced and big enough, they have to understand that for some corners and kick-ins they do not have to position themselves square on to the ball but at an angle, just in case there is a pass to the back post. This way they will be able to recover their position more quickly. They must turn their head to the ball, but not their body.

2

Defensive Tactics for Players

1. Recovery runs

These are the runs made by players of a team that has lost possession of the ball; the aim is to recover as soon as possible in order to take up an original or established defensive position. It can be an individual recovery, if only one player runs back (see next diagram). In the diagram below, we want our number 4, the back man to recover and take up his natural position. Although the team may still be pressing, it is number 4 who recovers rather than the 'winger', number 3, who is the deepest player in this scenario.

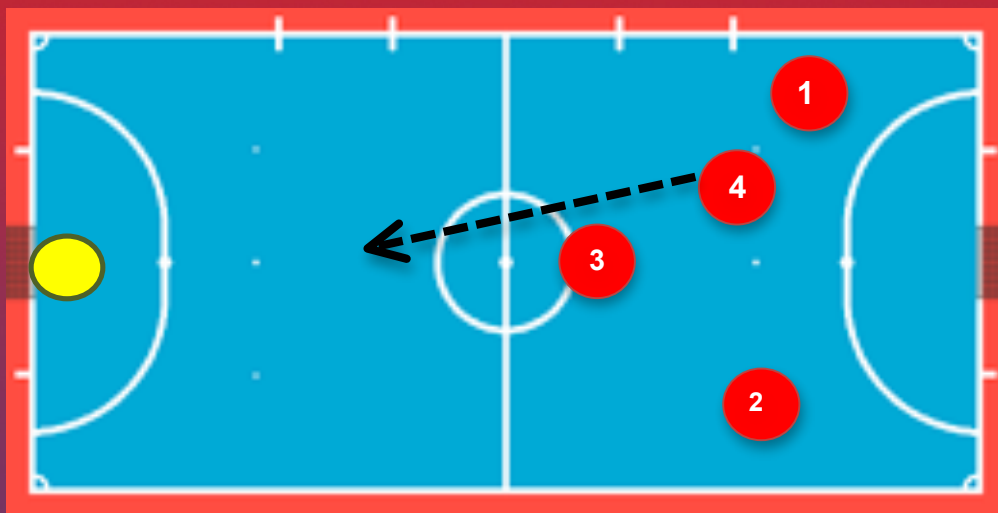


Diagram 1: Individual recovery.

A recovery can also be collective if performed by two or more players. In this case, it is better for the players to adopt specific positions in order to defend the next attack.

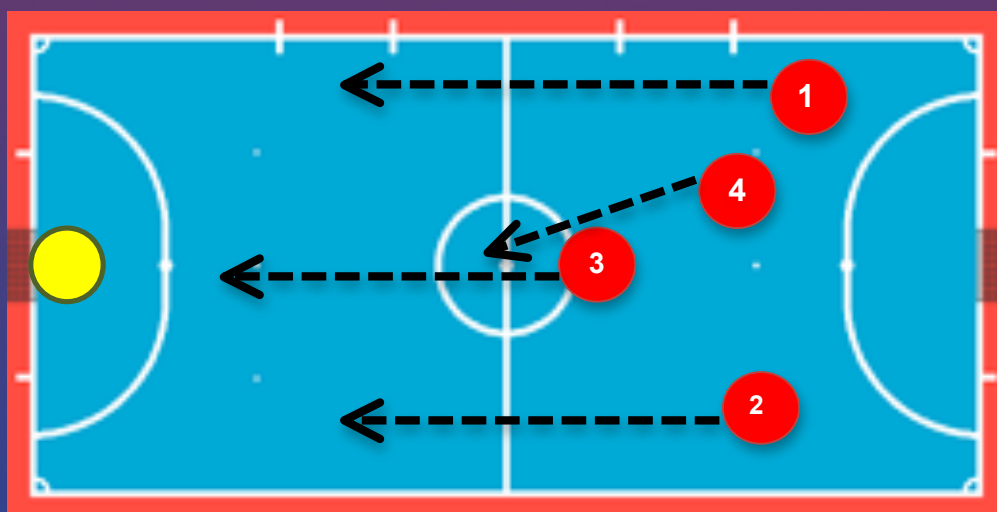


Diagram 2: Collective recovery.

There are two types of recovery run depending on the defensive strategy being used on court and two types of recovery run depending on the position of the players: intensive or non-intensive (defensive strategy being used) and positional or non-positional (position of the players). The 'intensive' recovery run occurs when the team loses the ball close to the opposition's goal and our initial strategy is defending on half way line. Players should recover quickly before the opposition organises the attack. Non-intensive occurs if the team is pressing and we lose the ball close to the opposition's area; as we are pressing full court, small recovery runs and readjustments from 1 or 2 players will be enough. A positional recovery run means that each player recovers their original defensive position and the non-positional means that each player takes the closest or most recommended defensive position.

2. Delaying a counter-attack

These are all the actions that are made in order to gain some time and slow down the opposition's counter attack.

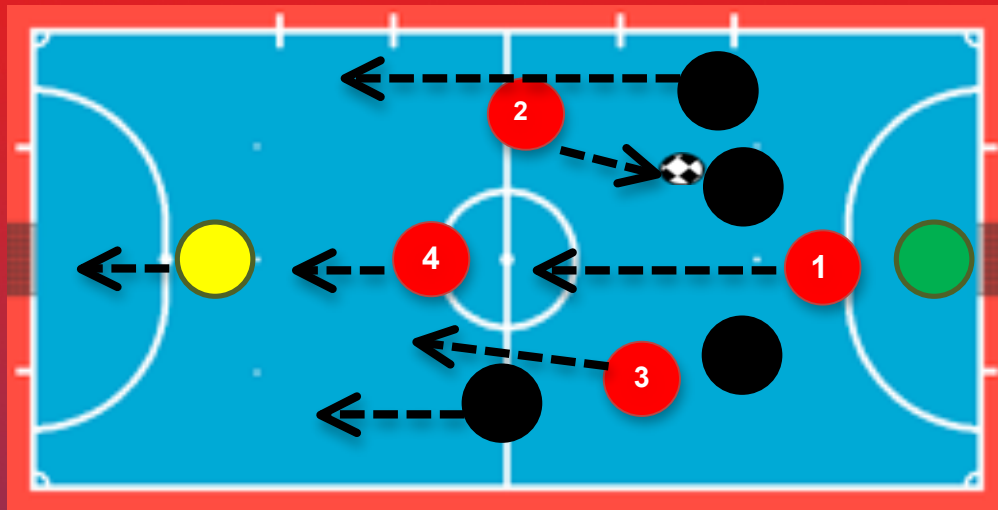


Diagram 3: Defensive timing or delay.

In this scenario, number 2 tried to pass the ball to number 1; however, the pass was intercepted. In this situation, number 2 is the closest player to the ball and therefore presses the opponent with the ball to try and delay the attack. This gives his teammates more time to recover their positions. In this diagram, we can see two tactical elements: the delaying of the counter attack by player number 2 and the recovery made by the goalkeeper and players 1, 3 and 4.

3.Cover

Cover is preventive defensive action that involves taking up a position on court that will help a teammate if he is beaten by either the player he is marking or the ball. When covering, there are some aspects that must be taken into account:

- a) Position on the court
- b) The speed of the opposition player
- c) The technical attributes of the opposition player
- d) Position of the opposition players that are not on the ball
- e) Position of one's own teammates

There are three different types of covers:

- 1) Cover given to a defender

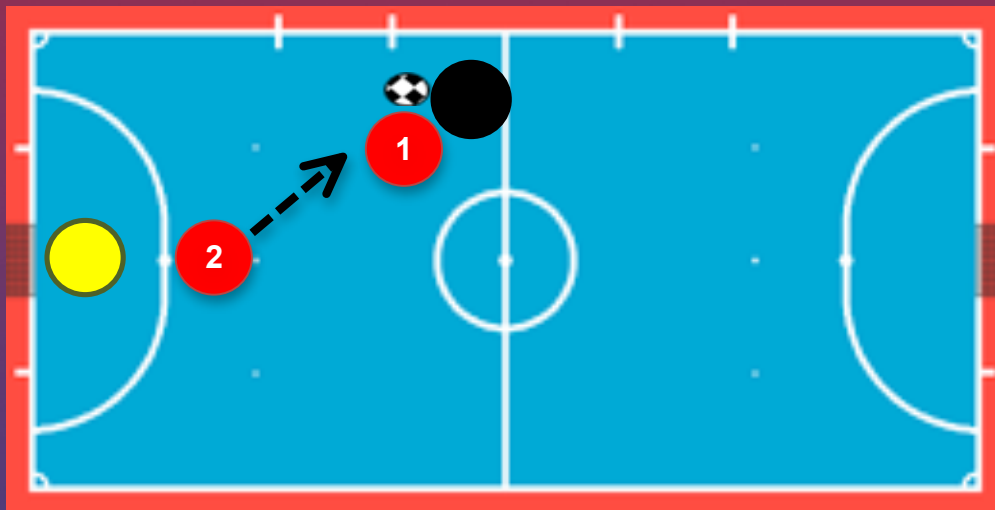


Diagram 4: Cover a defender.

Player 2 is ready to defend against the attacking player with the ball in the event that the attacking player beats player 1.

2) Covering the defensive line

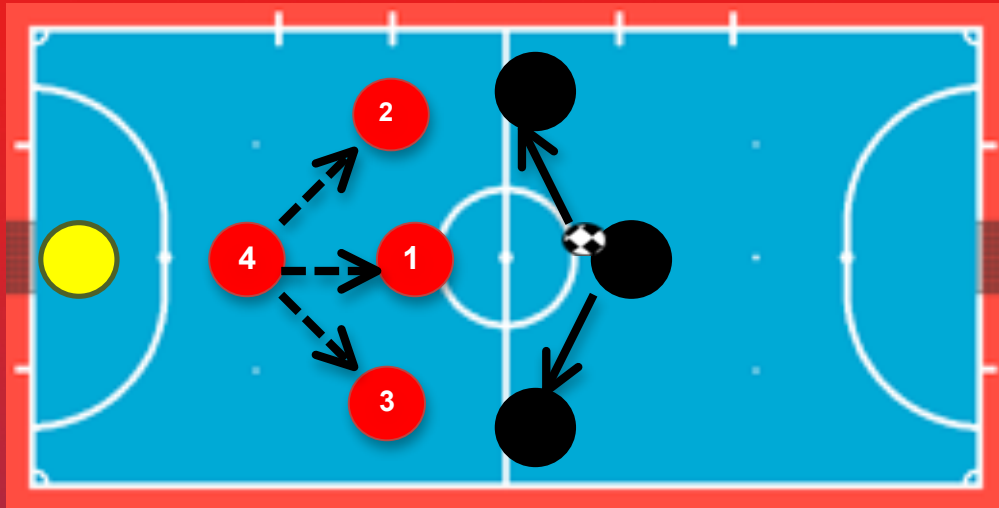


Diagram 5: Cover the defensive.

Player 4 takes a position where he can help any of his teammates from the defensive line ahead of him.

3) Staggered Cover

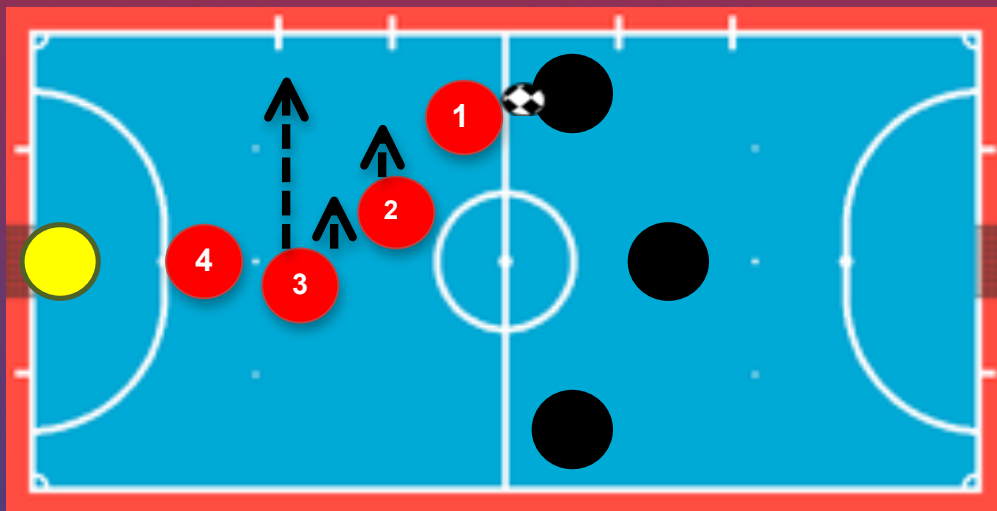


Diagram 6: Staggered cover.

Player 2 adopts a position in which he can help player 1. Player 3 is ready to help player 2 or player 1 if needed.

4. Exchange/Switch

The defensive exchange, or switch, allows us to take the position of the teammate that provided us with cover and/or pick up his man when he covers us, in the event we are beaten by our own opposite number.

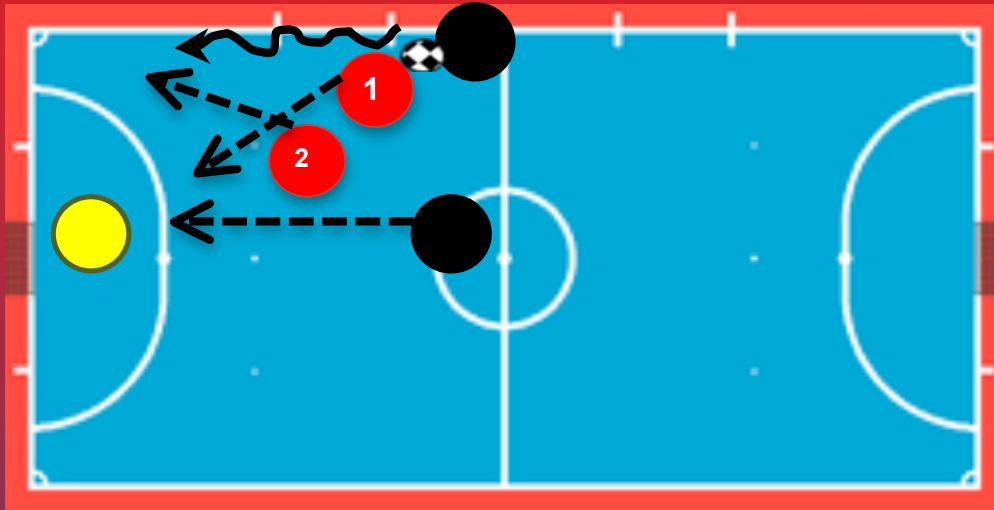


Diagram 7: Exchange.

When player 1 is beaten, player 2 will take his teammate's position and/or mark his man depending on how the play develops.

5. Marking

Effective Marking prevents the opposition from receiving or playing the ball. The main aim is to neutralise the opposition's offensive threat. There are two types of marking:

- a) Individual: each defender takes responsibility for one attacker.
- b) Zonal: the defender or defenders take responsibility for a specific area of the court and mark the attacker in that area.

Individual marking can be:

- a) Contact Marking: When there is physical contact and manoeuvring to create space – a 'battle' between a marker and his opponent.

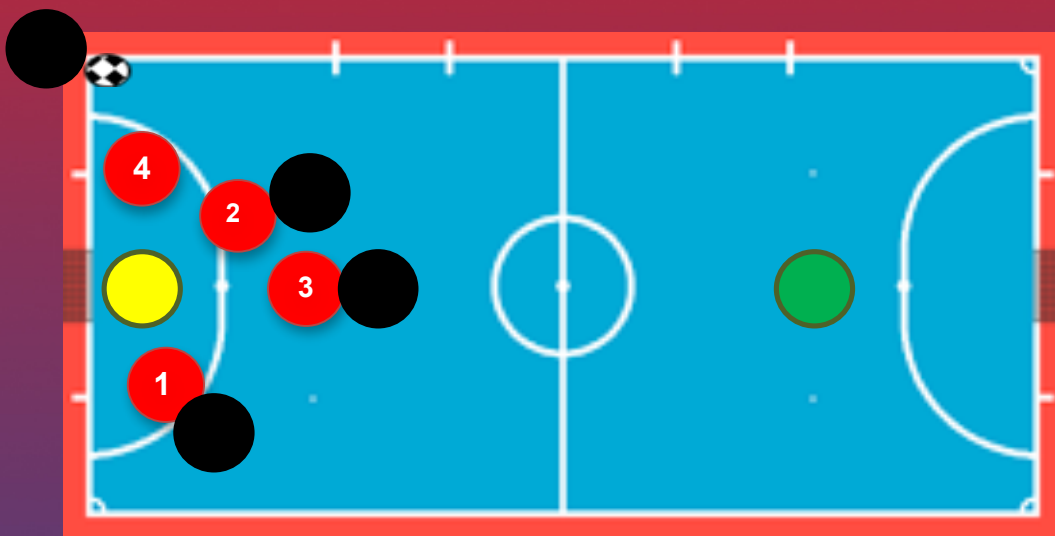


Diagram 8: Marking.

Defenders are usually in permanent contact with their opponents, which enables them to mark effectively as they can watch the ball and have their opponent under control.

- b) Inter-positional Marking: In this scenario, the defender marks the opponent by blocking any passing lines, positioning himself between his marker and the ball.

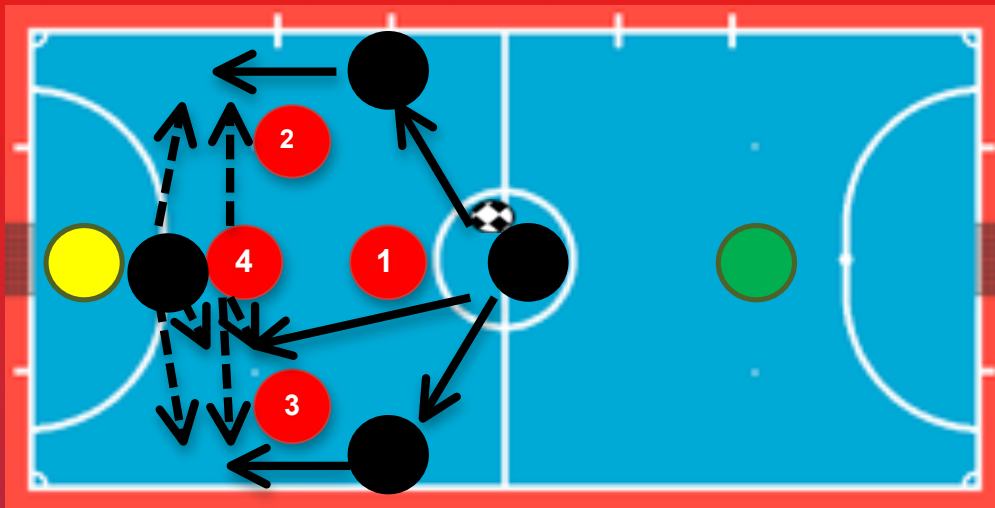


Diagram 9: Inter-positional marking.

This tactic is recommended when the attacking player with the ball is in a central position or when the pivot is near the goalkeeper's 'D'. The main objective of this type of marking is to deter the attacker from making a threatening pass, as it makes it a riskier option. It is almost impossible to beat the back man because there is no space to do it and the cover from the goalkeeper provides additional security in defence.

- c) Distance Marking: There is no physical contact between defender and attacker because the defender is aiming to anticipate or intercept a pass.

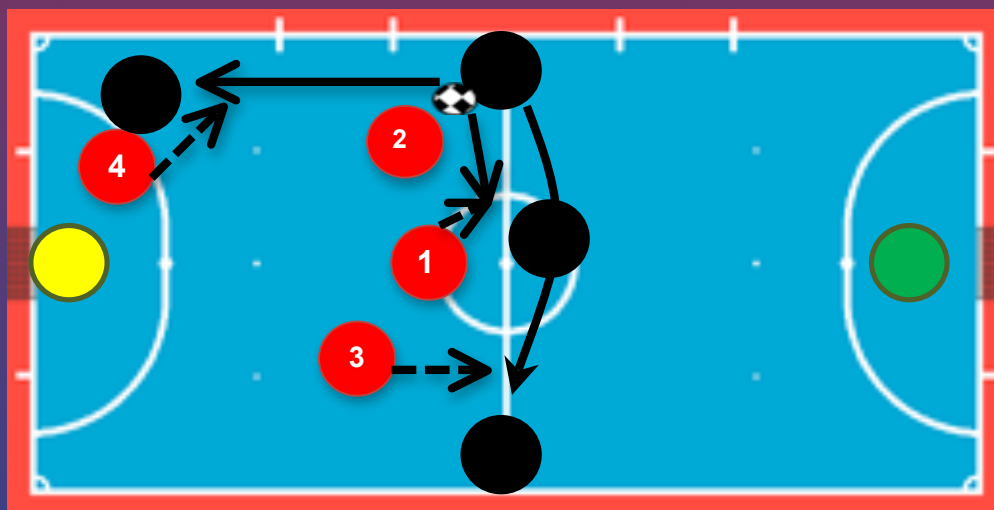


Diagram 10: Distance marking.

Player 1 intercepts as players 3 and 4 anticipate.

- d) 'Containment' Marking: The defender marks the opponent by positioning himself directly between the attacker and the goal.

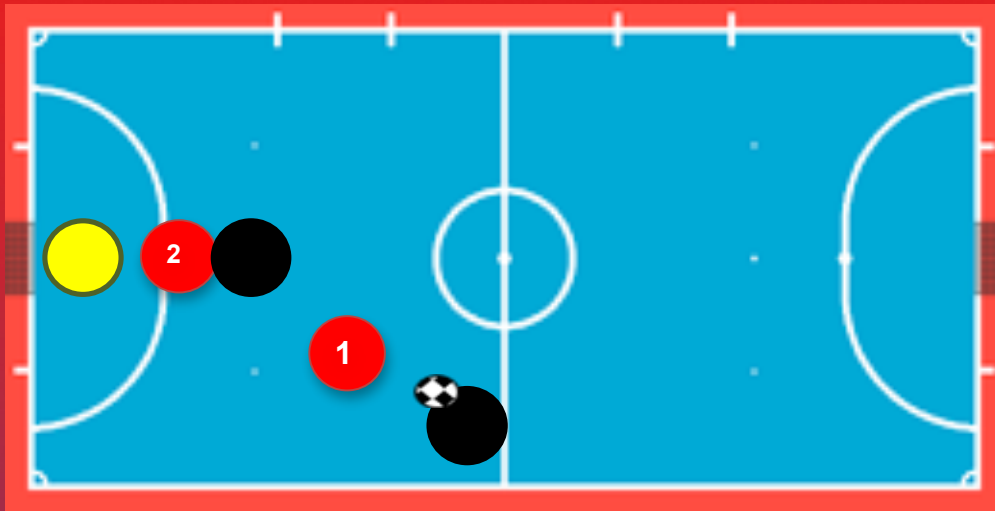


Diagram 11: Containment marking.

This type of marking discourages lofted or chipped passes.

3

Team Tactics in Defence

WEAK & STRONG SIDES OF THE COURT

If the futsal court is divided lengthways with a straight line, the side of the ball is called the “strong side” and the other is the “weak side”.

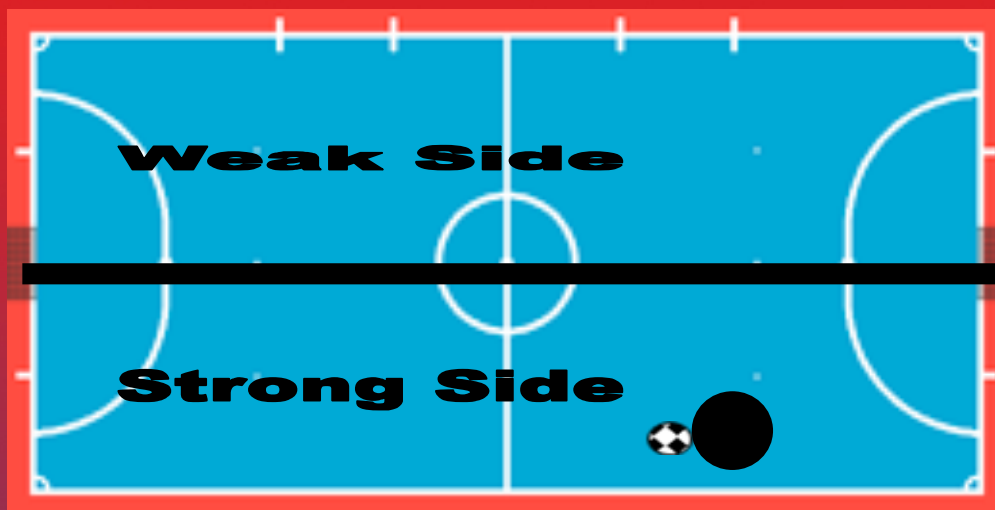


Diagram 12: Sides of the court.

Although defensive shape is maintained, the “weak side” has a very low defensive density (number of players on that side). On the contrary, the strong side of the court has the majority of the defensive support, and therefore the defensive density is high (high number of players on this side). As a rule, the five players of the defending team should be on the “strong side” of the court.

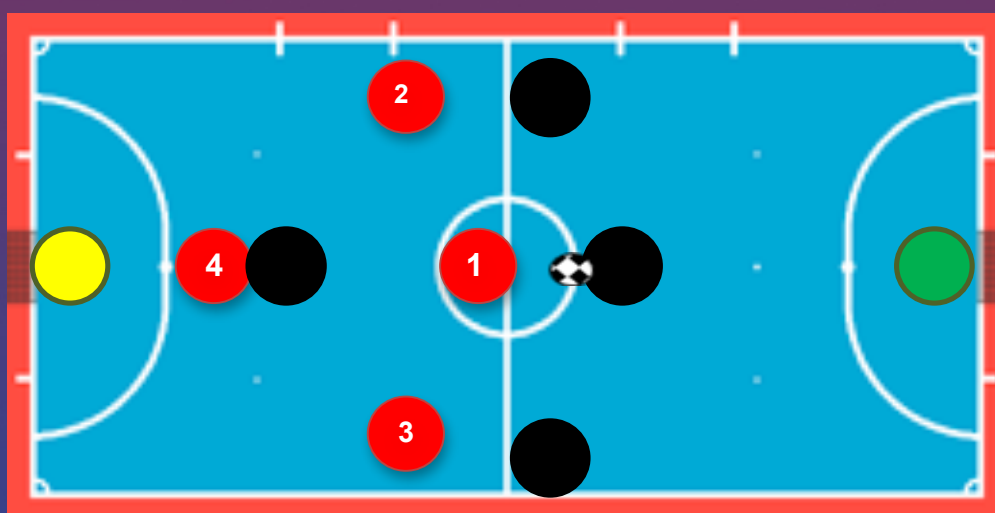


Diagram 13: Defending in a diamond shape (ball in the a central position).

If our team is defending in a 1-2-1, or diamond, formation and the ball is in the middle, the shape is a ‘perfect’ diamond. Once the ball is passed to one of the wings

(in this case, to the player opposing player 2), our winger, player 2, will press the player with the ball. The 'Pivot', player 1, will drop slightly and close the middle of the court. The back man, of 'Fix' (player 4) will move closer to the line to cover player 2. If player 2 is beaten in the 1v1, player 4 will be ready to defend. The most important movement is that of the opposite winger (player 3), who becomes the new Fix. With this rotation we will have the 5 players defending on the "strong side" of the pitch.

If the defending team is rotating at a good intensity and at the right times, the only two possibilities for the attacking team will be:

- a) Play back and start again.
- b) Risk a lofted and diagonal pass. In this case, the goalkeeper or even the new Fix (player 3) will have enough time to intercept the ball.

In the diagram below, we can see the rotation made by the defensive team when the ball is on one wing. We can see the five defensive players on the "strong side" of the court. Also, if the ball is taken as a reference, our basic 1-2-1 or diamond formation is maintained.

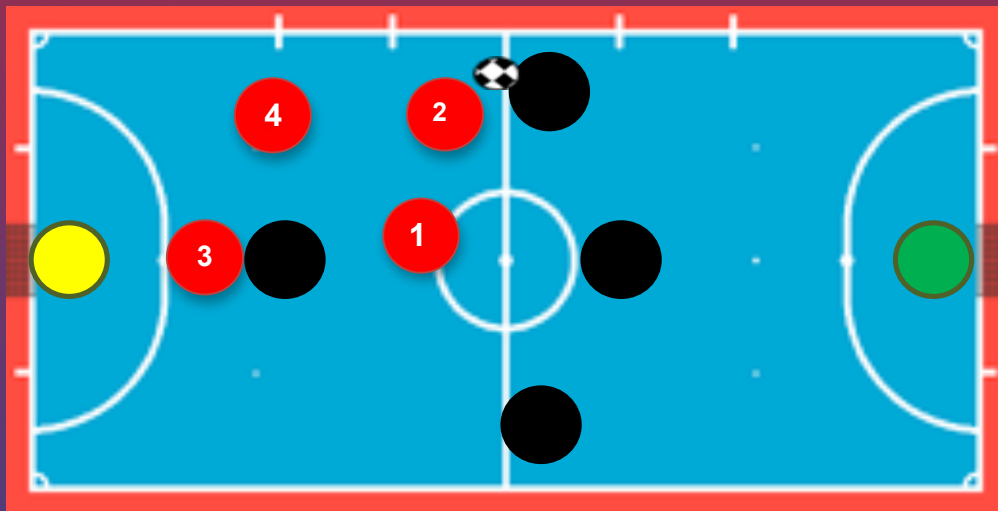


Diagram 14: Defending in a diamond shape (ball in a lateral position).

DEFENSIVE LINES

A team line is a player or group of players that are positioned on the court at the same distance in relation to the goal line (see diagram below).

A defensive line will be the position of a player or group of players positioned on an imaginary line faced with an opponent's attack.

The first defensive line will be the closest to the opposition goal, as it is the one that tries to neutralise the opponents' first options.

The last defensive line will be the goalkeeper, or the last defender who makes a last-ditch attempt to prevent a goal being conceded.

The formation in the diagram below has 4 defensive lines. The first one consists of 1 player, the pivot; the second one by 2 players, the right and left wingers; the third defensive line, by the fix; and the fourth by the goalkeeper. Therefore, we will call this formation 1-1-2-1, each number representing a defensive line.

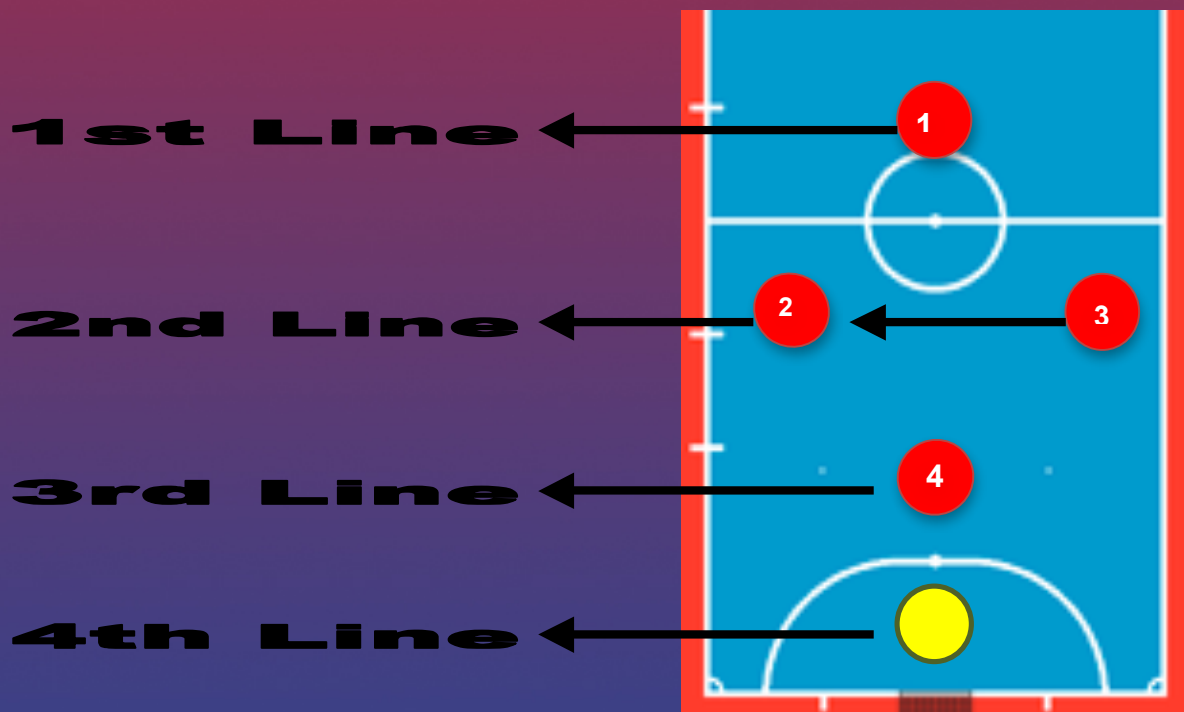


Diagram 15: Defensive lines.

DEFENSIVE FORMATIONS

Defensive Formation – 1-2-2 or Square

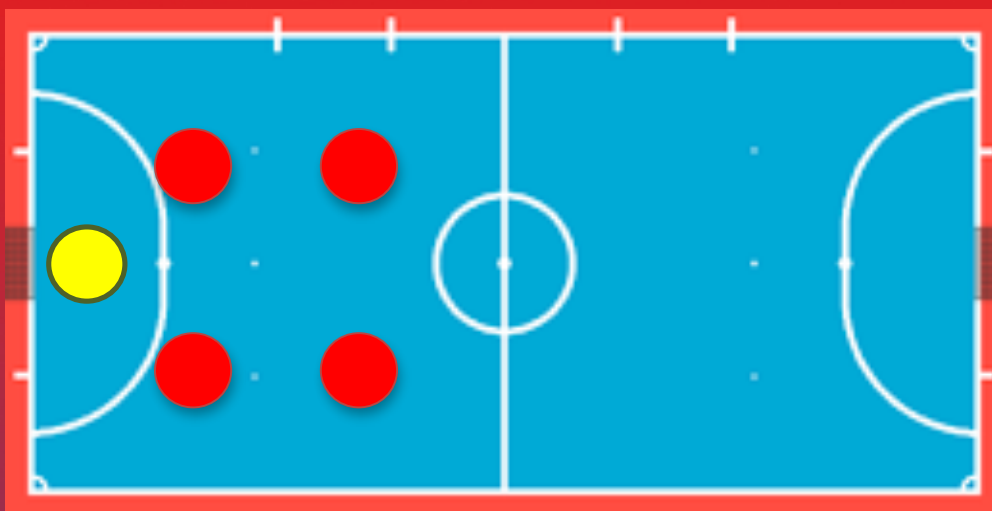


Diagram 16: 2-2 defensive formation.

(1-)2-2 is a formation often used at an introductory level in futsal because of its simplicity – it is easy for players to understand. Although it is used less than the Diamond, this formation is a great starting point from which players can learn the basics of defending in futsal. This formation has 3 defensive lines. The first two are made up of 2 players each and the last one is just the goalkeeper. The players in the second defensive line cover the players in the first one. All players usually remain in half of the court (which is the same as the diamond formation).

Coaching Objectives

- Defence remains in own half of the court.
- Players must try not to cross the half-way line as this will ensure the defensive formation remains tight and compact.
- Players hold their position and try not to get pulled out of that position; they must not follow the opposition's fake runs.
- If the ball enters the area occupied by a defender, the defender needs to react and prevent the attacker being creative.
- As the ball is passed along the half-way line, the formation moves across in order to reduce the opposition's passing angles.

Why use the 2-2

- It is difficult for the attack to break it down.
- It is an easy method of defending.
- It invites opponents to attack the team, which makes them vulnerable to the counter attack – even from one careless pass.

- There is a similarity with the 1-1-2-1 or diamond formation, which means that a team can switch between the 2 formations easily.
- In restarts from the goalkeeper (when playing out of pressure), the attacking team can invite the defending team to be positioned in a square shape (playing out of pressure using the four corners).
- Although the middle is not protected and there can be a large gap between lines, which invites shots and passes between lines to the pivot, this can be counteracted by using the mobile wall. This is a defensive concept used when the 2 players in the first defensive line allow horizontal passes but deny forward passes. Their movement is from side to side on court, which discourages forward passes and shots.
- When defending the 4v5 (Powerplay).

KEY POINT

Communication from the Goalkeeper (they can see everything).

Defending Formation – 1-1-2-1 or Diamond

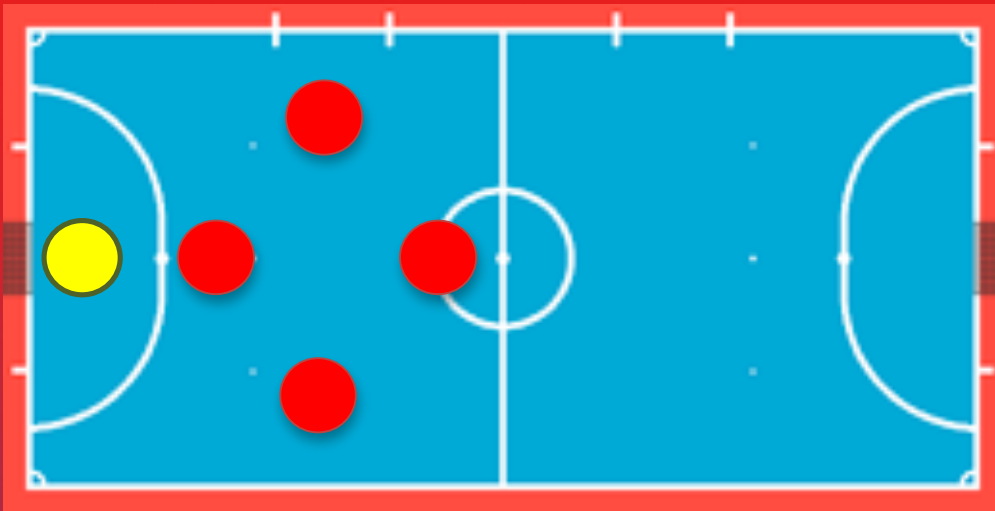


Diagram 17: 1-2-1 defensive formation.

Diamond defending requires a lot of awareness from the team as a whole and the individual players, who must understand where they should be on the pitch in relation to the other defenders. The Diamond defence is successful if the team works together and moves as one to prevent the opposition creating any chances. Here we have four defensive lines.

Coaching Objectives

- Defence remains in own half, or own 1/3 closest to goal; however, it can be used to defend in $\frac{3}{4}$ of court.
- Players must try not to cross the half-way line as this will ensure the defensive formation remains tight and compact
- Players hold their position and try not to get pulled out of that position; they must not follow the opponent's fake runs.
- If the ball enters the area occupied by the defender, the defender needs to react and prevent the attacker being creative
- As the ball is passed along the half-way line, the formation moves across in order to reduce the opposition's passing angles.

Reasons for using the Diamond

- Invites the opposition to attack the team, this makes them vulnerable to the counter attack.
- Encourages the defenders to counter attack the opponents if an interception is made.
- Prevents passes through the middle of the pitch because the team is so compact

- Stops passes being made down the line because of the two wide defenders, leaving the opposition with few options.
- Facilitates the use of covers and exchanges/switches.
- It is very easy for the formation to morph into a different formation, normally into the 2-2.
- It is also used in the 4v5 Powerplay.

KEY POINT

Communication from the Goalkeeper (they can see everything).

Defensive Formation – 1-1-1-2 or Y (Pressuring)

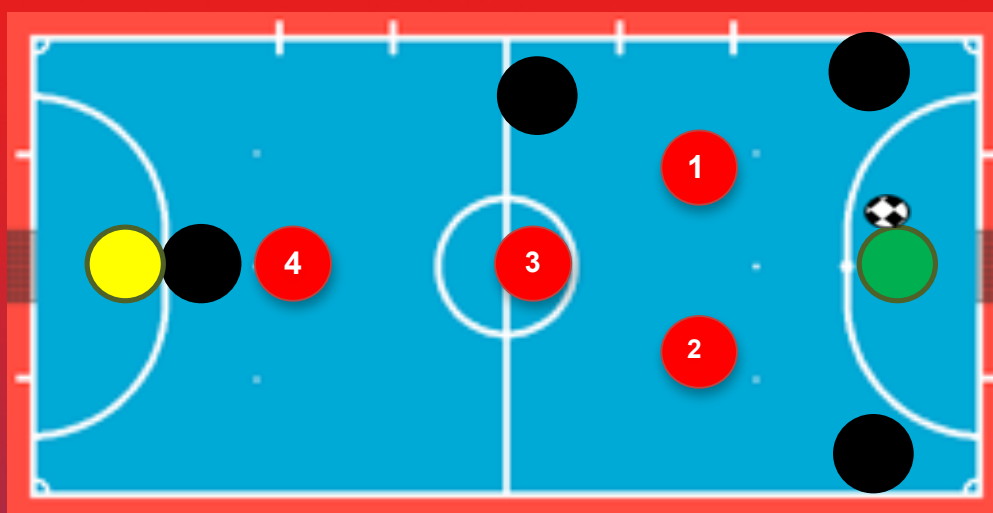


Diagram 18: 1-1-1-2 defensive formation (1).

The initial distribution of the players is in a “Funnel” or “Y” shape, with the first defensive line being made up of 2 players. The other defensive lines (3) have just one player. This formation is normally used when the defending team wants to press high up the court (up to the $\frac{3}{4}$ ‘line’). Pressing is a tactic often used by a team that is losing. The aim is to gain possession of the ball, doing so as quickly as possible, ideally within 4 or 5 seconds, and as high up the court as possible.

This formation tries to prevent the goalkeeper from throwing through the middle of the team to the pivot, especially players 1 and 2 (using the mobile wall). Player 3, who is also key in stopping this throw, must be watching the right winger just in case he receives the ball from the goalkeeper.

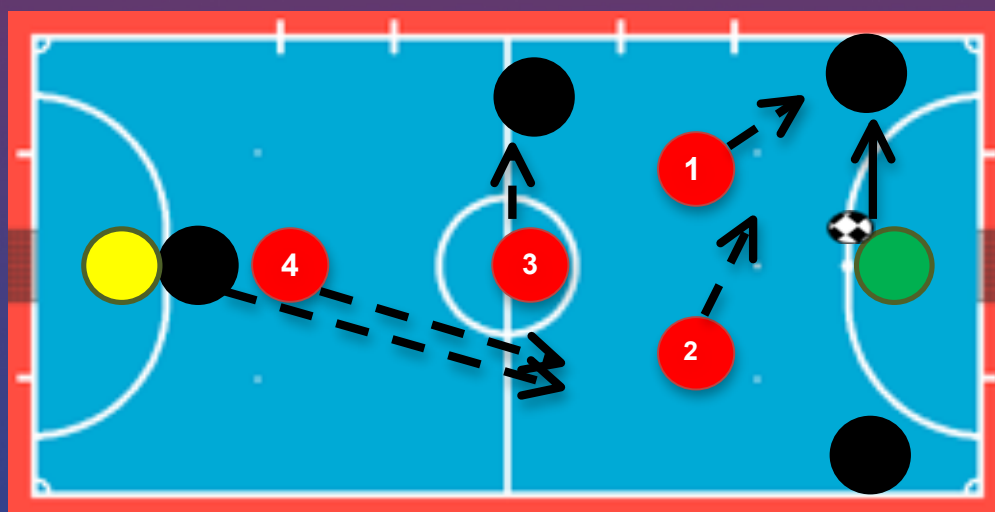


Diagram 19: 1-1-1-2 defensive formation (2).

This formation can also be morphed into the Diamond and Square formations. After the goalkeeper passes the ball to the back man in the corner and the opposing pivot rotates, the defending team rotate from the initial “Funnel” formation into a Diamond formation.

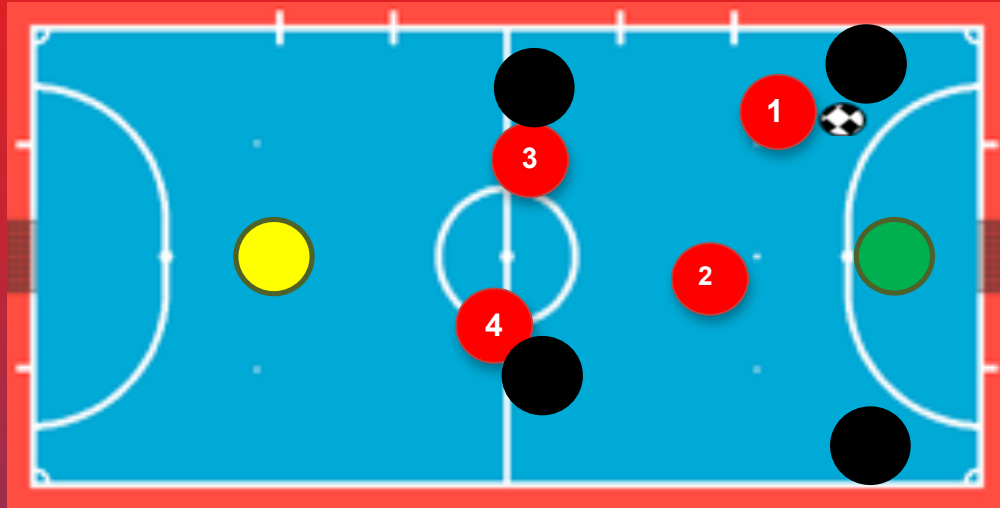


Diagram 20: 1-1-1-2 defensive formation (3).

Coaching Objectives

- Players pick an opponent each and stick with that opponent whilst the ball is in play.
- Players are responsible for and must follow their opposite number.
- Players should be encouraged not to make fouls in this scenario; defenders will feel the need to try anything to win the ball and make rash decisions. This will quickly increase the team's foul count.
- Patience should be encouraged. Players should wait for the right opportunity to make a tackle and not jump in.

Reasons for using the Y formation

- When a team is in a losing position, it can be used to recover the ball quickly.
- The opponent with the ball has very little time to look up and find a team mate to pass to.
- Putting the opponents under this type of pressure often leads to mistakes that can be capitalised on
- 'Getting in the opponents' face' makes them nervous and uncomfortable on the ball. This is particularly true when playing a team with little futsal experience.

KEY POINT

Defenders are always behind the ball, making the team harder to break down.

Defensive Formation – Others

There are 3 other main defensive formations but as they are not used very often and are more difficult to practice, we will summarise them here:

- a) Offensive Triangle or 1-1-3. Usually used for man-to-man marking, unless we are defending in $\frac{1}{4}$ of the court.
- b) Defensive Traingle or 1-3-1. Used when defending in $\frac{1}{4}$ of the court.
- c) Inverted Funnel or 1-2-1-1. Mainly used to defend the Powerplay.

TYPES OF DEFENCE

1. **ZONAL DEFENCE:** Each player of the team is responsible for an area of the court that will be changing as the defensive scenario progresses. The players must be aware of: a) the ball, b) the opponents (especially any opponent that enters his zone), c) working with other teammates and d) his own goal.

General Considerations:

- Team stays behind the ball unless the play is in the corners nearest the goal.
- Players must be communicating constantly when defending in a zonal defence.
- The reference for the players' positions is always the ball, which is why the defenders must continuously alter their position in relation to ball.
- The player with the ball must always be under pressure and the passing and shooting lines must always be blocked.
- Collective responsibility is key. The players help each other, which facilitates the use of covers. No individualism.
- High intensity.
- Avoid having one player marking 2 players.
- The player with the ball must feel under pressure at all times, especially if the ball is not perfectly controlled; this way he will not be able to think clearly and will make mistakes.
- The players must always be able to see the ball. This is true for all types of defences.
- The key areas have greater protection (between 12-15 metres out from goal).
- Players must be aware of the ball and the opponent in their respective zone. The defence must rotate towards the ball (remember strong and weak sides).

Advantages of Zonal Defence:

- Increases the protection of the 'D'. The middle of the court is closed off, preventing passes to the pivot and finishing at the far post.
- It is easier for players to take up covering positions for their teammates.
- Fewer fouls (or, that is the aim!).
- Less physical tiredness.
- It is easier to recover the ball and pick it up from a rebound, which makes it easier to counterattack.
- Recovery runs are easier.

- It is a very good defensive shape when playing against teams with bad passers.
- Good for slow(er) defenders.

Disadvantages of Zonal Defence:

- There is a lot to learn.
- The overload of attackers in specific areas is a problem, as defenders become outnumbered.
- Weak defence against teams with good shooters.
- Huge physical effort for the first defensive line.

Finally, in a futsal clinic held in Bratislava in December 2012, Marcos Angulo highlighted the 6 key principles that are essential for a zonal defence. We fully agree with these principles.

- 1) The ball must always be under pressure.
- 2) Defensive lines must stay close together and compact, as this is a block defence. We defend as a team.
- 3) The last man must cover the sideline (wing) and anticipate a possible pass.
- 4) The opposite wing must close the middle and become the new back man/Fix.
- 5) Players must cut all passing lines. This is particularly true for the pivots, who should be very clever players.
- 6) The goalkeeper's participation is very important. They must defend the diagonal passes and passes that travel from side to side across the face of their goal.

2. INDIVIDUAL DEFENCE: In this kind of defence, each player is responsible for an opponent and must not forget where the ball is. It is the most important defence, as it is the base of all the others.

General Considerations:

- The main objective is the opponent and then the ball; therefore, each defender focuses on his attacker, the opposite of what happens in a zonal defence.
- The way each defender marks their opponent is different. Everything will depend on their position on the court, unless the coach has assigned a specific marking style for particular players.
- The defence will be behind the ball, if possible, to facilitate covering their teammates (i.e. closing the middle of the court).

- Intercepting the ball and anticipating passes are facilitated.
- Goalkeepers defend parallel passes.

Advantages of the Individual Defence:

- It is more aggressive than the zonal one, which enables fast counterattacking. The defensive intensity increases when the attacking team gets closer to the goal.
- The players' jobs are well defined, which increases the aggressive nature of the defence.
- In certain situations, when the team is losing, it allows the ball to be recovered very quickly, although this can be a very risky tactic.
- Passing lines are reduced, which will cause mistakes from the team with the ball.

Disadvantages of the Individual Defence:

- It requires great physical and mental fitness.
- It is more difficult to take up covering positions because the focus is on man-to-man marking.
- It creates some free space as everyone is following their opposite number.
- There are more fouls, since there is more contact between the players and more aggression in this style of defending.
- Screens, blocks, etc. (tactical, offensive techniques) are very dangerous because they generate confusion.
- It is not recommended for slow players, as the game develops at high speed and regularly changes pace.
- If there is a mistake when attempting an interception or anticipating a pass, the defending team will be outnumbered.

Other types of individual defence, which will not be covered in this book, are:

- Full court (press).
- $\frac{3}{4}$ of the court.
- Half court or $\frac{1}{2}$ of the court.
- Close individual defence or $\frac{1}{4}$ of the court.
- 'Blitz switch' and 'blitz trap' (basketball defensive tactics developed by Morgan Wootten).

3. MIXED DEFENCE: A style of defending in which the team uses varying defensive tactics: some players defend man-to-man and others defend zonally. Usually, this kind of defence is used with 3 players defending zonally and 1 player defending man-to-man, full-court press because the opposition team relies heavily on that

particular player. Sometimes it can also be applied with 2 players in a zonal defence and 2 defending man-to-man.

General Considerations:

- Sharing the defensive responsibility between 3 players (rather than 4) will make it easier for the attacking team to find free spaces and passing lines. This will lead to opportunities to score. Everything will depend on how much space the 3 defensive players manage to cover.
- For the reason stated above, it is recommended that the 3 players defending zonally are positioned in their 1/3 of the court and the player who is marking man-to-man defends with a full-court press.
- This type of defence should surprise the opposition.

4. ALTERNATIVE DEFENCE: This style of defending begins by the team waiting in a zonal defence to establish how the other team is set out to play. The team can then determine which opponent each player marks and then every player will follow their opposite number until the end of the play, unless there is an exchange of opponent with a teammate.

General Considerations:

- The man-to-man pairings are established by how the attacking team sets up, or how the back man/goalkeeper/most experienced player views the game.
- It has characteristics of both main styles of defence:
 - 1) Pressing the player with the ball.
 - 2) Defensive cover. Solidarity and support.
 - 3) Behind the line of the ball.
 - 4) Defensive tasks are well defined:
 - a) When to perform a 2 v 1.
 - b) Call the blocks.
 - c) When to delay and timings.
- The defence is staggered and can be used within any area of the court, although it is usually employed in a half-court (1/2) set up.
- The recommended formation in ½ of the court is with 4 defensive lines: 1-1-2-1.
- The team should try to prevent the ball reaching the pivot through the middle of the defence.

5. MULTIPLE OR CHANGEABLE DEFENCE: This defence uses 2 or more different styles during the match. For example, a team starts to defend man-to-man with a full-court press. If the ball goes to the wing, the team will change to a zonal defence

and after the ball crosses the halfway line the team will defend using an alternative defence.

General Considerations:

- The attacking team are usually surprised by this style because they do not know which kind of defence they are facing and it is very difficult to focus on the attack.
- Plenty of coordination, hours of training, and tactical experience are needed to practise it.
- Great concentration is required to pull it off. An experienced player should be playing in order to advise and help his teammates know when to change from one kind to another.
- The smallest mistake in defence by any individual player will cause a huge break down in the defensive organisation.
- When learning how to play this style, players must focus on practising the different defences on their own and then put them together afterwards. They must decide the triggers to be used for each one.

6. DEFENCE OF CHANGES: This type of defence is the last step in defensive learning. It tries to combine the concepts of all the others to try to avoid their individual weaknesses and achieve the 'perfect' defence. Marking involves constant covers and exchanges; the team does not allow the first defensive line to be pushed back, causing the wingers and back man to pick up the attackers that cut/travel through with or without the ball.

General Considerations:

- A defender will never follow his opponent when he passes and cuts/travels through without the ball.
- There are no specific defensive positions.
- Continuous work required to close off passing lines.
- Defenders must be ready to anticipate a counterattack.

4

Individual Tactics in Attack

1. Feints

A feint (also known as the fake, or dummy, or check) is a simple action that tricks the defender, giving the attacking player more space to work with.

General considerations:

- It must be done throughout the match.
- Players should do it without thinking. Feints in futsal should be a habit.
- Feints should be realistic, otherwise they are not believable.
- The player who feints should ask for the ball after the feint, if not, the player with the ball will be confused.
- When receiving the ball after the feint, it should be controlled with the leg that is furthest away from the defender.
- When doing the feint, it is essential to move past the defender's shoulder line (and go past their line of vision) to achieve the desired outcome. If not, the attacking player will not get that free space as the defender can see us all the time.
- Although feints must be a habit for all futsal players, they must not be performed 100% of the time because the defender will soon know what his opponent is up to. However, if the attack plays at a high intensity, the defence will be caught off guard more often.

There are many different types of feints, with and without ball. However, here we only cover the most common one: the feint to receive the ball.

The feint to receive the ball aims to open up a new passing line. One of the attackers moves away from the ball and towards a defender, and after travelling past the defender's field of vision, he stops suddenly and travels back a couple of metres to receive the ball.

The main tips for this feint are:

- The feint should begin by the attacker moving towards the opposition's goal.
- Good timing is needed from the player with the ball.
- When the attacker receives the ball, the distance between him and the defender must be threatening for him.
- Requires a sharp change of direction and pace.
- The player who cuts across a defender can perform the feint in front or behind the defender.

2. Parallel

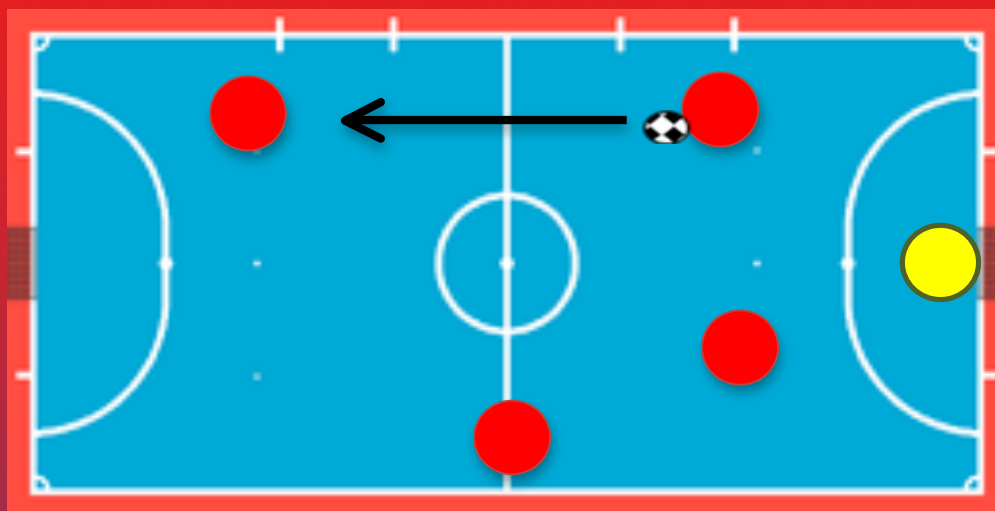


Diagram 21: Parallel pass.

This is an effective attacking strategy which capitalises on the space created down the sides of the pitch and gets the ball in to the pivot's feet.

Coaching Objectives

- The ball gets passed quickly along the halfway line, patiently waiting for an attacking opportunity to arise.
- Look to see if the pivot has pulled away from the defender and found some space to receive the ball.
- If this is the case a first time pass should be played down the line into the pivot's feet.
- It is important for the team to support the pivot once he has received the ball.

Reasons for using the Parallel

- It pulls opposition players out of position
- First time passing is quick and creates goal-scoring chances
- It is a quick method of getting the ball from back to front
- When the pass is played down the line the defenders have to turn around and begin running back towards their own goal.
- When the defender is on the turn the attacker is facing the way they want to run and will have a head start supporting the pivot. (This is known as having the run on the opponent).

- If the defender is close to the attacker and is closing the parallel, the pass must be done at defender's hip height to avoid its interception.
- The movement of the attacker will be more effective if it is done behind the defender rather than in front of him.

Types of parallels

- a) **Classic Parallel:** After passing the ball, player 1 can make an explosive movement forwards, feint or fake after a short distance, then move (in this case) to the right-hand side towards the ball. Alternatively, player 1 can just run straight after the pass.

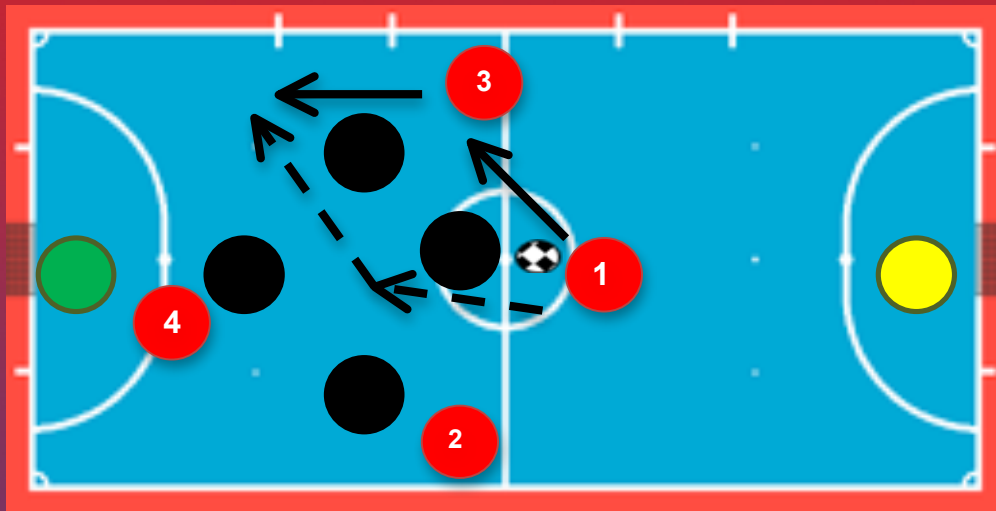


Diagram 22: Classic parallel pass.

- b) **Parallel by the pivot:** The pivot feints from a position behind the Fix and then travels to collect the ball. In the example below, player 1 makes a run to the back post (after a feint).

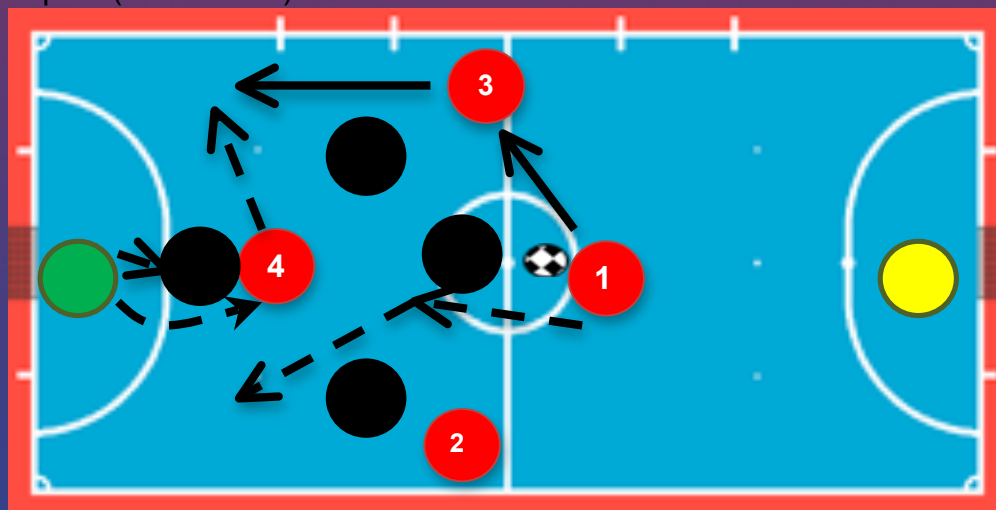


Diagram 23: Parallel pass by the pivot.

- c) **Simple Parallel:** When the player is already positioned on the same wing as the ball.

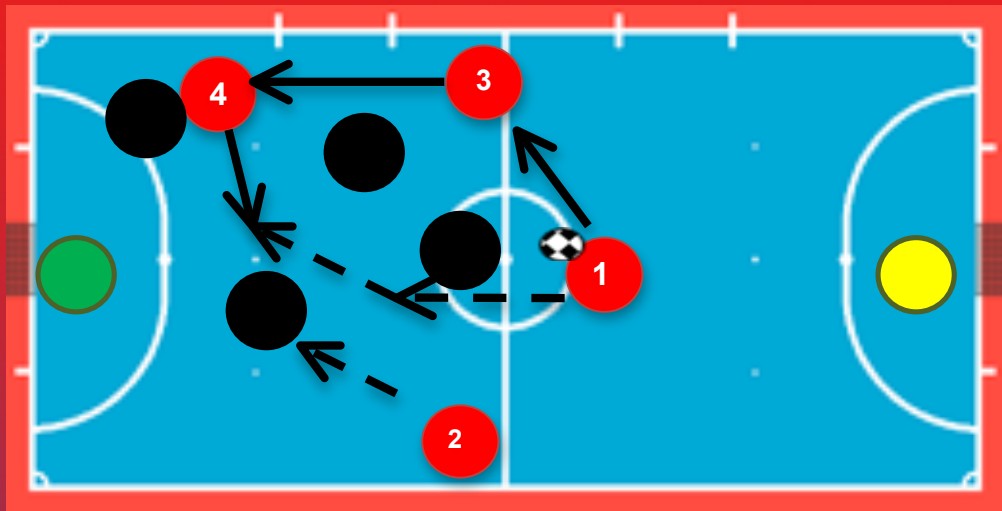


Diagram 24: Simple parallel pass.

- d) **Long Parallel:** The player who collects the ball makes the run from the opposite wing (running from wing to wing). In the example below, this is player 2.

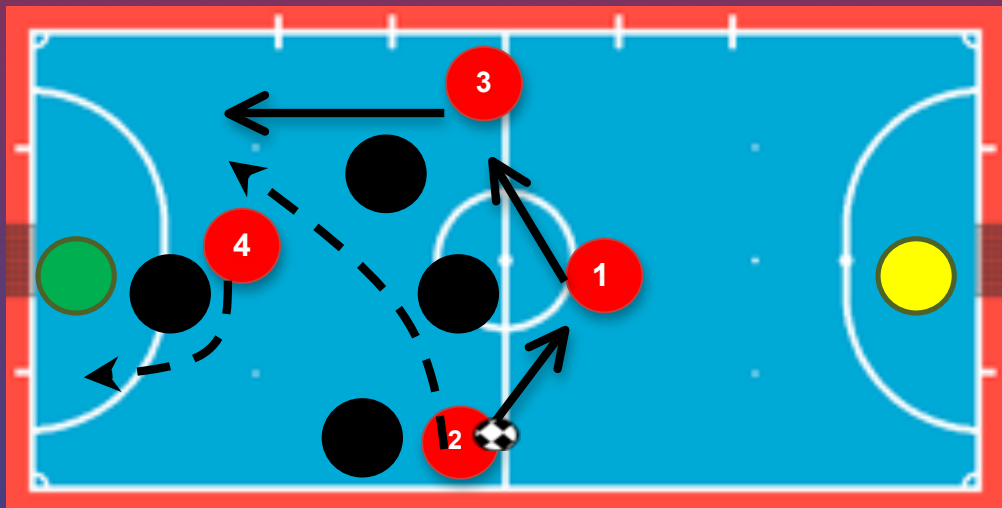


Diagram 25: Long parallel pass.

- e) **Short Parallel:** When the player who collects the ball starts on the same wing as the pass that is made, in this example player 2 receives the parallel pass.

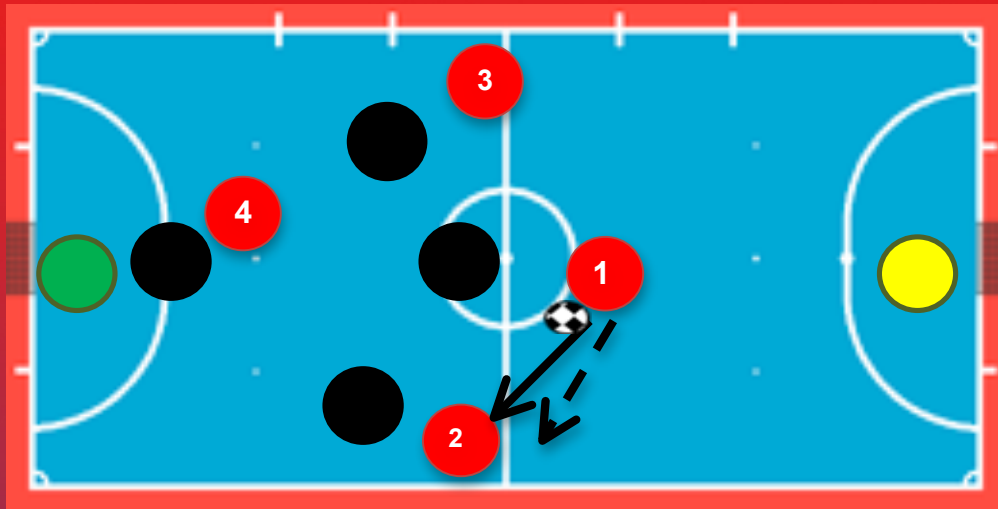


Diagram 26: Short parallel pass (1).

The back man or “Fix” passes the ball to winger number 2. Player 2 will face up his defender, and player one will follow the pass and place himself behind player 2.

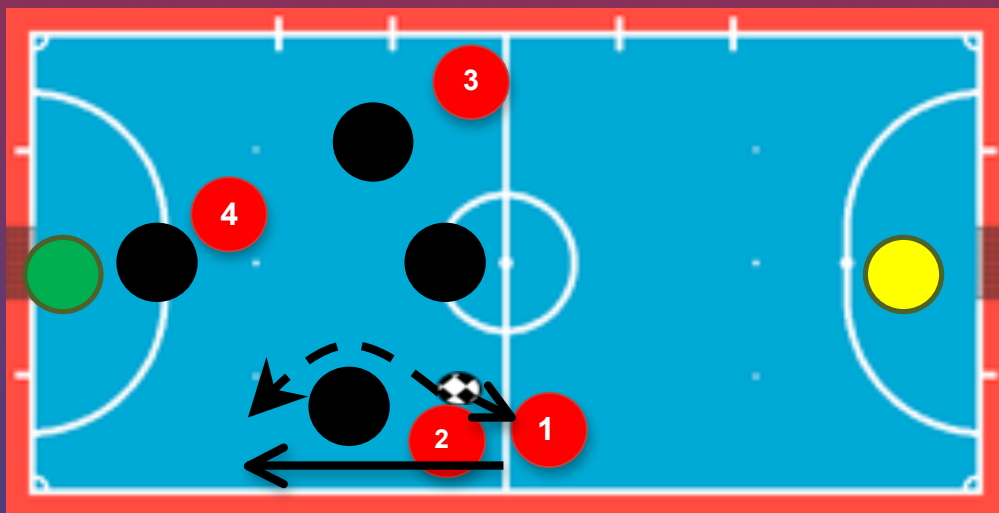


Diagram 27: Short parallel pass (2).

Player 2 then passes the ball behind him to player 1 by using the sole/heel of his foot. Player 2 then cuts inside, feints around the defender, and then travels back to the wing in order to receive the short parallel from the back man or “Fix” (player 1).

KEY POINT

An accurately weighted pass is important here.

3. Playing off the pivot

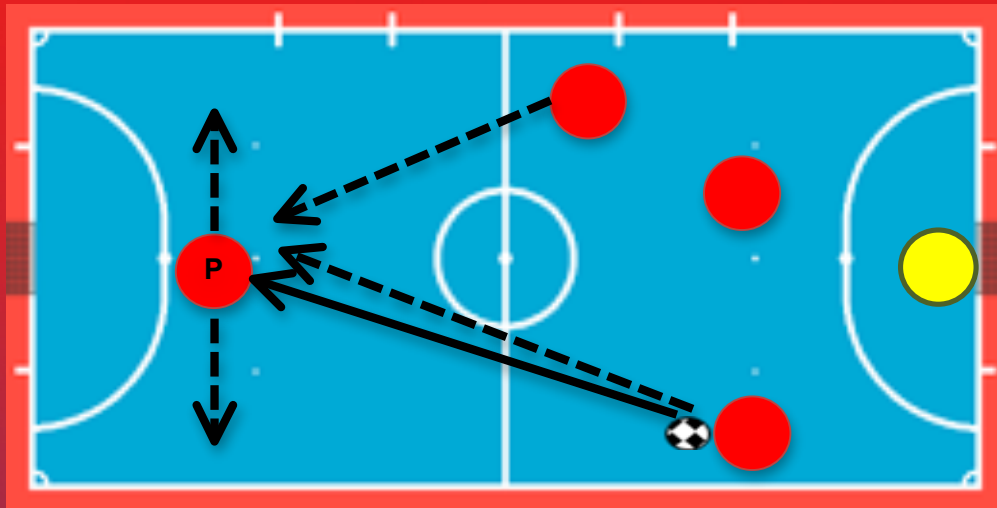





Diagram 28: Playing off the pivot.

It is important in futsal to utilise the pivot in the team because they can be the point of every attack. The pivot can receive the ball and bring the rest of the team in to play. The pivot can also have shots on goal if they can get the ball under control and find enough space to test the goalkeeper.

Coaching Objectives

-  The pass needs to be fired in to the pivot's feet with pace.
-  The pass in to the pivot needs to be supported with forward runs from team mates.
-  The run should be either directly at the pivot ending with a first time shot at goal or to the side of the pivot for a one-two.

Why play off the pivot?

- The defender has to turn around and follow the attacker. The attacker will always have a head start.
- It is a great method of creating a shooting opportunity.
- An effective way of getting the ball from back to front quickly with one well-played pass.

KEY POINT

It is important that players make supporting runs. These runs must be made at maximum speed.

4. Back Post

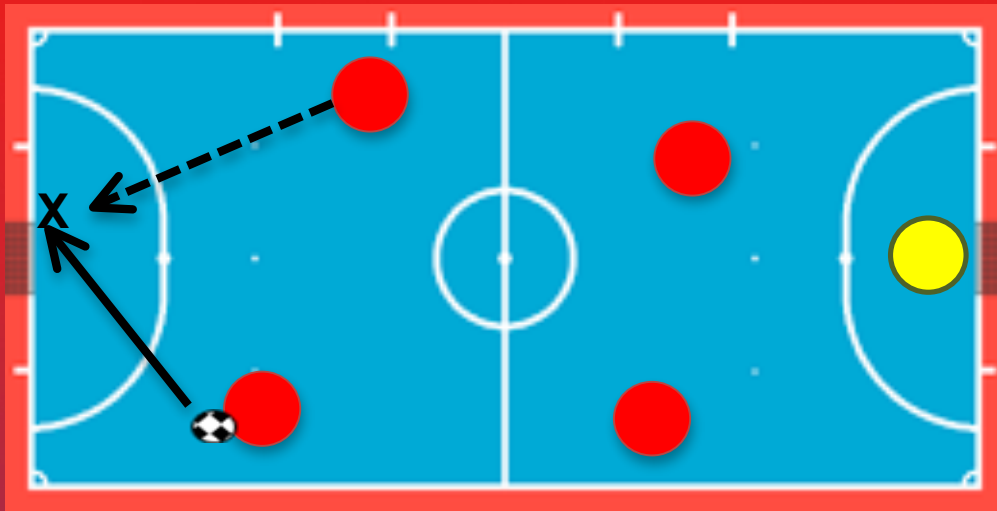













Diagram 29: Back post.

Futsal pitches are small so if the ball can be played in to the back post an attacking player will be around that area to get a shot off at goal. This tactic is an effective and successful way to create chances with a simple finish at the back post.

Coaching Objectives

-  If the players find the ball in a wide position after patient build up play then the back post tactic is an option.
-  The ball needs to be passed to the back post with speed.
-  The pass needs to be powerful to evade the goalkeeper and the defenders.
-  It is important a team mate is making a positive run to the back post.
-  This run needs to be well timed.
-  The run should begin when the team mate passing the ball pulls their leg back to make the pass.
-  The defender will be slow to react because they will have to turn around and run back to own goal.

Why play to the back post?

-  It is an effective method of scoring a simple goal.
-  If the timing of the run is correct the striker will find themselves close to the goal which leaves them an easy goal-scoring opportunity.
-  Supporting teammates in the attacking half creates chances.
-  If the keeper pushes the ball away it may fall to the player running in at the back post, hence the importance of continuing the run to the back post.

KEY POINT

Timing of the run.

5. Clear out

The aim of this move is to facilitate a 1v1 situation without any defensive cover. In the diagram below, the pivot moves to other side of the court to player 3, essentially clearing out the space. This puts player 3 in a 1v1 situation against his marker, who is isolated with no defensive support.

The pivot anticipated the movement and when the back man passed the ball to the winger he cleared out of the space in the middle of the court to the opposite wing.

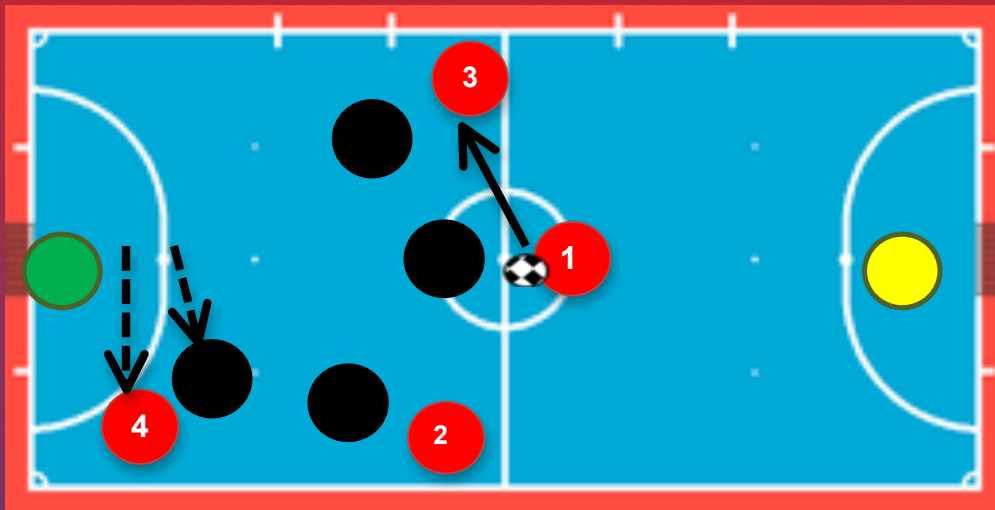


Diagram 30: Clear up.

6. Blocking

A player can block off a defensive run or move by putting himself between a teammate and his marker, or in the defender's path. This allows his teammate to gain free space.

There are many different kinds of blocks: with the ball, without the ball, direct, indirect, lateral, diagonal, simple, double block, maintained, short and quick... Due to the complexity of this move, we are only going to discuss the most common in this book: the simple block performed by an attacker without the ball.

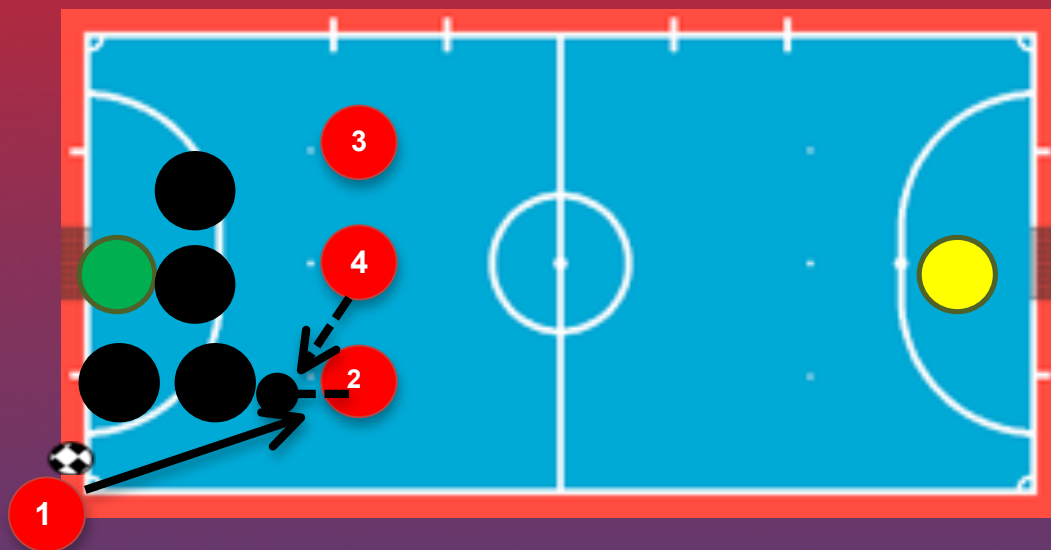


Diagram 31: Blocking.

During the corner shown in the diagram above, player 2 blocks the defender (the pivot) allowing player 4 to receive the pass in greater space, completely free from his marker, and get a shot off on goal. This is a classic example of the simple block.

7. Pass & Go (also called the 'one-two' or the 'wall pass')

A pass & go involves a player passing to his teammate and then receiving the ball back immediately. It is used to pass around an opposing player.

There are more than 20 types of pass & go, the simplest kind is discussed here.

General characteristics:

- For a pass & go to be performed most effectively, players must be aware of the position of the opposition defender. The attacking players must try to occupy areas that can influence the defender's position and decision-making, preferably outside of his field of vision in order to surprise him.
- It is effective against any kind of defence, but it is better to use it against defences that are: pressing high, open or stretched, and/or man-to-man. It is also effective during counterattacks.
- The pass & go should be introduced to players at the beginning of the coaching process.
- The supporting player must be in a position to receive the ball securely.
- Once he has made the initial pass, the passing player must change his pace and direction of movement in order to surprise his defender. If the defender looks at the trajectory of the ball, that is a trigger to use the pass & go.

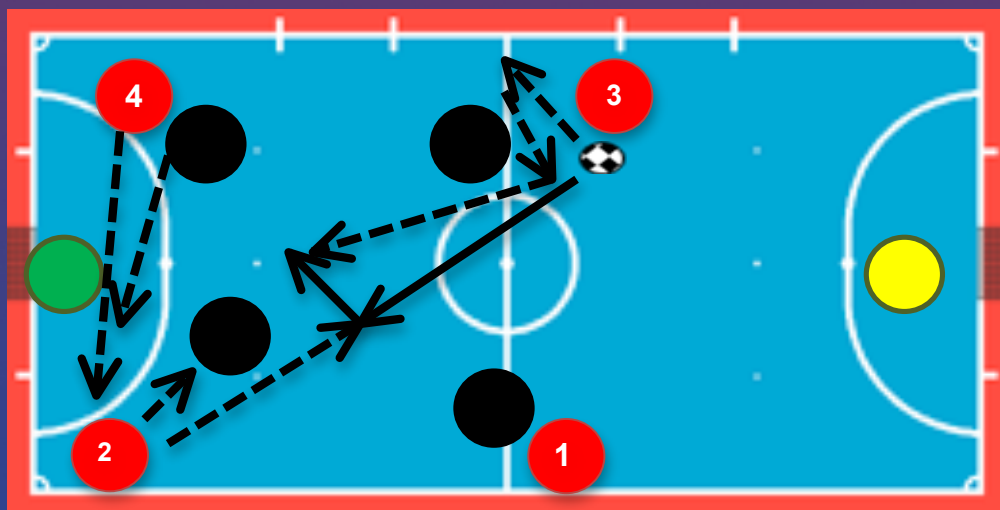


Diagram 32: Pass & go (1).

In the diagram above, we can see how the pivot moves and creates the space that player 3 wants to use. After passing to player 2 and making a feint, player 3 runs towards player 2, following his pass, and receives the ball back in order to shoot or continue the move.

In the previous diagram, we can see a pass & go performed in a tight space, as the player runs and follows the pass towards the player who had received the first pass. However, the same action can be performed over a wider area. This action is shown in the next diagram, which shows what is usually meant when using the 'one-two'.

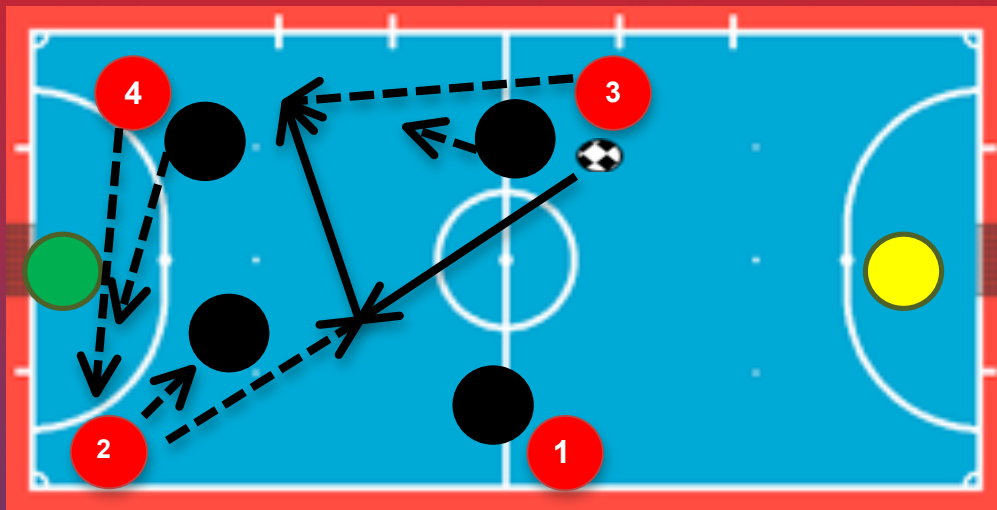


Diagram 33: Pass & go (2).

8. Diagonal

A diagonal can refer to either the movement of a player who is trying to lose his marker, and also the trajectory of the ball, across court and towards the opposition's goal.

- It is made across court and towards the opposition's goal.
- The pass can be a diagonal one, but the important aspect is the diagonal run made by the player, who then receives the ball.
- It is one of the fundamental movements in futsal.

There are four types of diagonals, according to Gallego (2013):

a) 'J' Diagonal: The action begins from the first offensive line, usually in a central area. The player makes the pass and then cuts through the middle, making a sudden change of direction to the opposite wing. The ball is then played into his path.

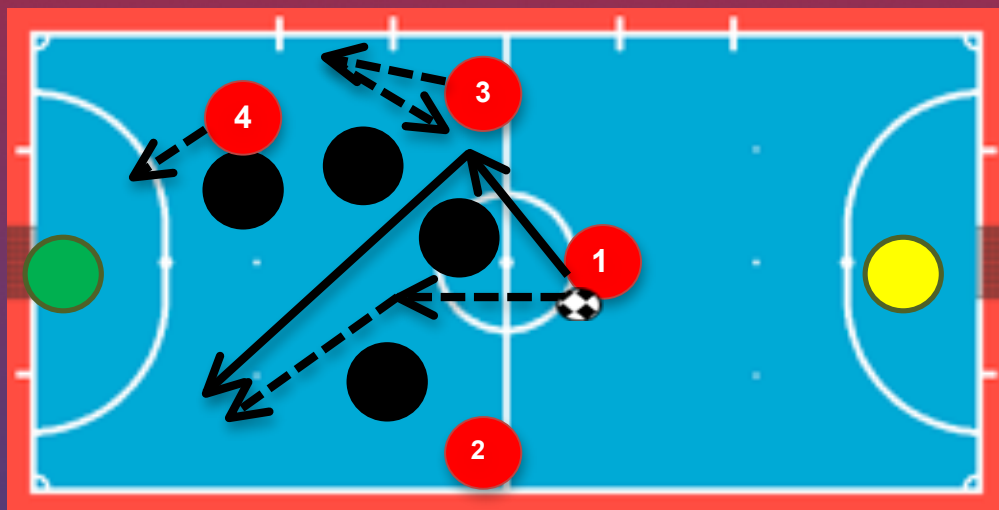


Diagram 34: 'J' diagonal.

b) Short Diagonal: In this example, the player interrupts his initial movement and appears between the defensive lines in order to receive the ball. This diagonal works very well against defences in which the players exchange the players they are marking.

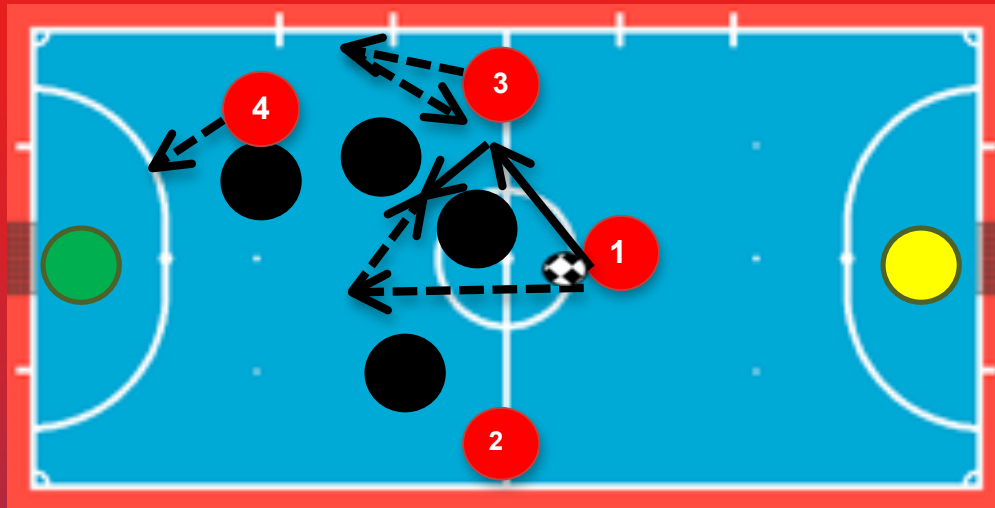


Diagram 35: Short diagonal.

c) **Long diagonal:** This movement is made by one player running from one wing to the other. The pass is made from either the centre or the wing.

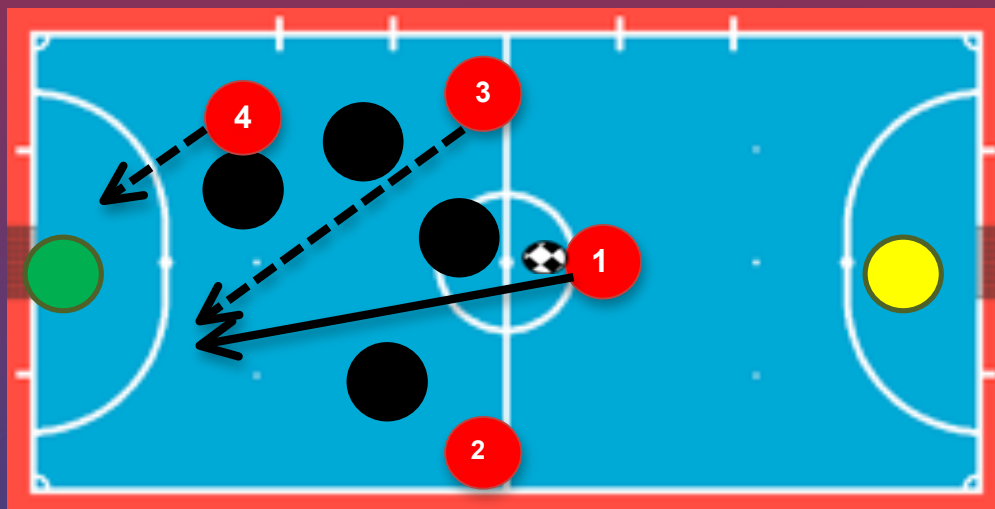


Diagram 36: Long diagonal.

d) **Simple diagonal:** An action that is not described by the previous 3 categories. The back man passes the ball to winger 2, and, after the pass, because winger 3 has performed a clear out, there is a free space on the opposite wing. The “Fix” (player 1) decides to use that space, allowing winger 2 to play the diagonal pass through the defenders.

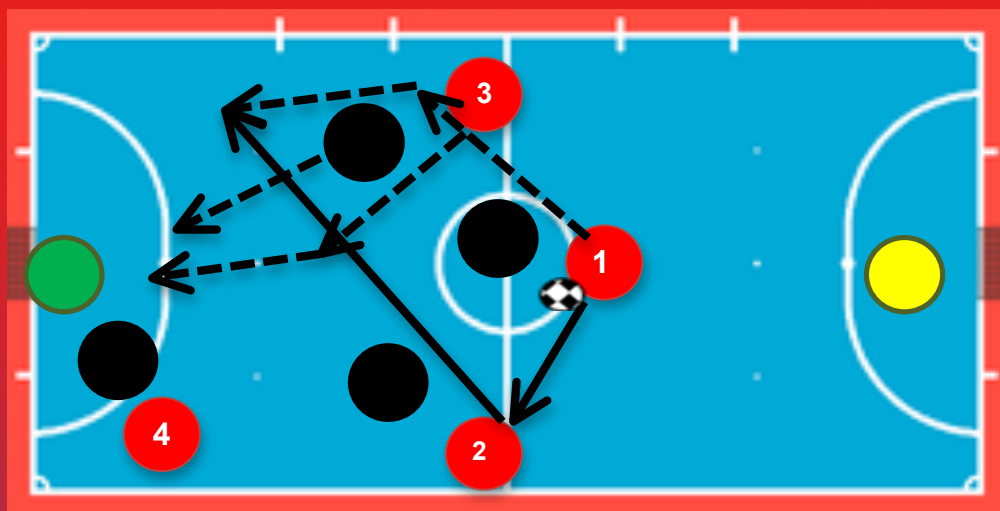


Diagram 37: Simple diagonal.

5

Team Tactics in Attack

ATTACKING FORMATIONS

Attacking Formation – 1-2-2 or 'Square'

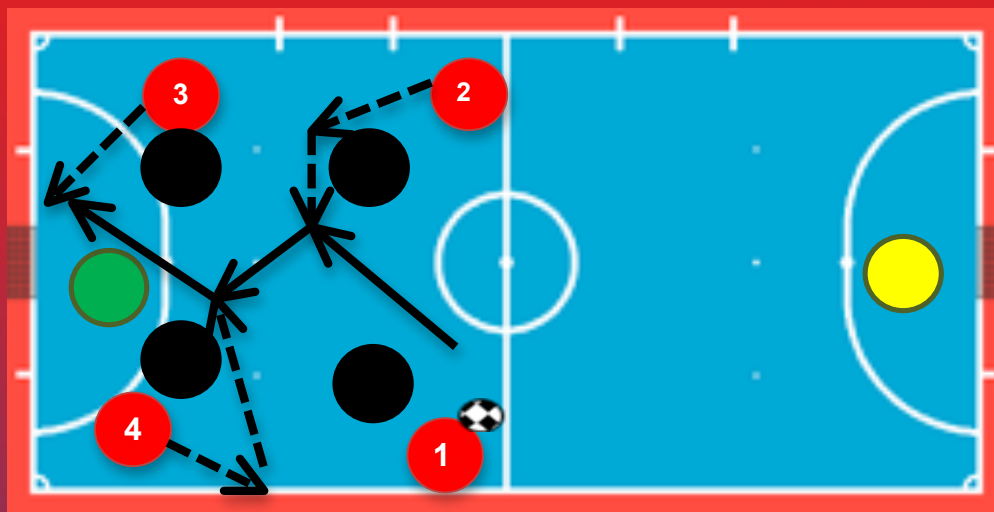


Diagram 38: Attacking 2-2 formation.

- This system was the most popular when futsal was in its infancy.
- There are 2 attacking lines and the GK; 2 players are in the first attacking line and 2 in the second one. They have specific and well-defined jobs.
- As the system is very easy to understand, it is a good tactic for grassroots players and those learning about the game, as well as for teams at a lower technical-tactical level.
- It is a solid option against very closed diamond defences.
- It is a good press breaker as it uses the four corners.
- As there are 2 players in the danger zones, there are not many empty spaces, especially if the defence is very deep. However, shooting from distance is a good resource to use.
- For the system to work well, one of the players from the first attacking line should have a high technical ability and a lot of pace.
- There is only one player that supports the player with the ball in the first attacking line, so this system is a risky one. It should only be used in exceptional circumstances, for example: looking for the 1v1 on the wing if the players in the first

line are wide and the players in the second very deep; or when using blocks with the players in the first line close to the second.

- However, if the team loses the ball in the first attacking line, the resulting counterattack will be lethal.
- To prevent this system from remaining static, the 2 lines should be 8-10 metres apart at most. This enables the players to rotate and switch positions.

To sum up, we would use this system if our team is losing towards the end of the game, if the opposition is defending very deep and the team has good finishers. We would instruct the team to shoot from distance and look to get a few long-range finishes – perhaps with the help of a few lucky deflections.

Advantages:

- It is quite static without much movement, so it is not physically demanding.
- Initially, it creates free space in the centre of the court.
- It gives the attacking team the chance to shoot from distance if the defending team is positioned very deep.
- It creates a situation of numerical superiority after a successful 1v1.

Disadvantages:

- Few free spaces in the danger areas.
- It means that 2 defenders will be ready to provide cover for their teammates.
- There is only one pass or support player during a rotation.
- There is no defensive balance and recovery is next to impossible, so a poor pass is lethal.
- For this formation to be successful, players must be very strong in a 1v1 situation.

Attacking Formation – Inverted funnel or 1-2-1-1

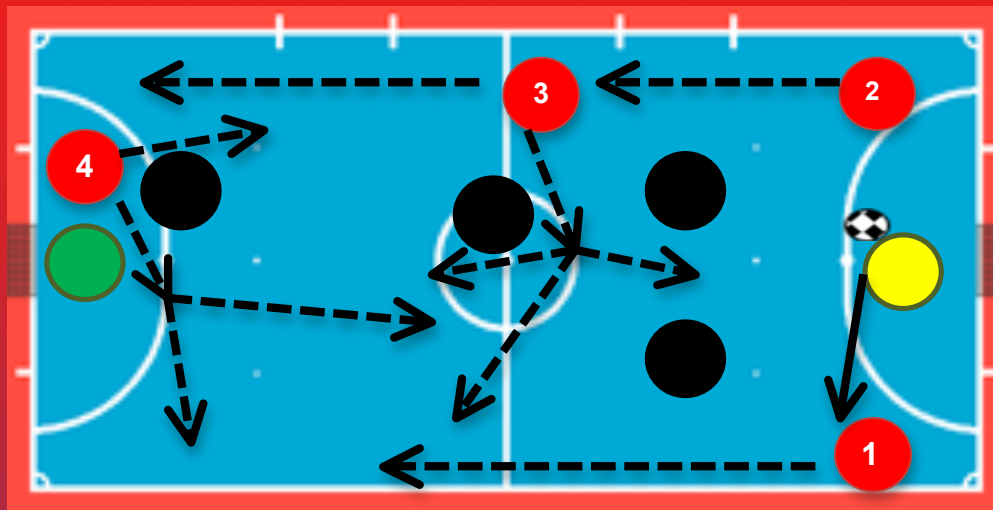


Diagram 39: Attacking 1-2-1-1 formation.

- The inverted funnel is a variation of the 2-2 system, with the only difference being that we moved one of the more offensive players into a deeper position.
- This formation needs players with specific characteristics:
 - 1) Good goalkeeper: Excellent throwing and distribution skills.
 - 2) Two defenders: very good passing skills and a strong shot from distance.
 - 3) Winger-Pivot: very quick, good shot from a medium range and the intelligence to exchange positions with players when needed.
 - 4) Classic Pivot: strong and able to play with back to goal. Good passer (including with the sole of the foot) to the players that travel towards him in support.
- This system can be used as a press breaker (see diagram above) and as a tactical attacking formation.

Attacking Formation – Triangle Systems (1-3-1 or 1-1-3)

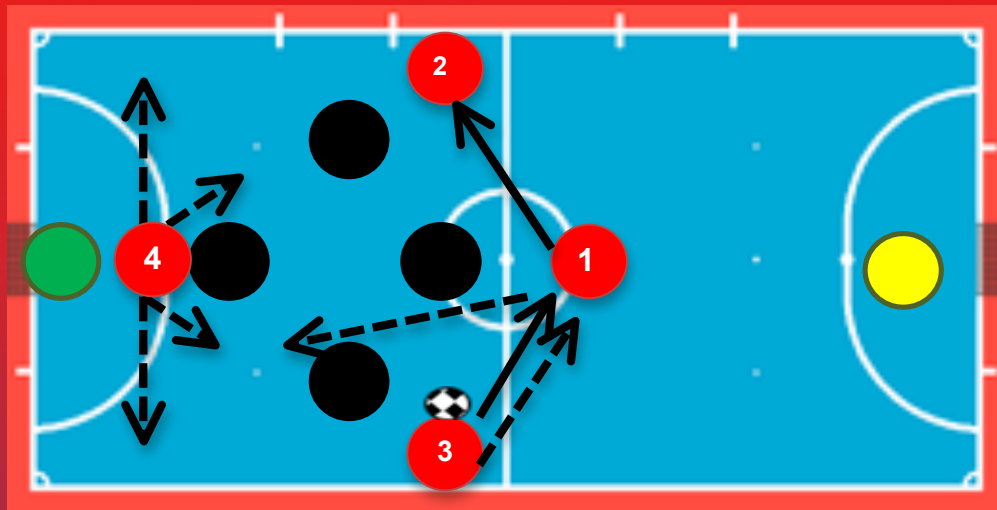


Diagram 40: Attacking 1-3-1 formation.

These two systems overlap and alternate during the game. In creating and building the attack, the 1-3-1 is the most common formation, and it transforms into the 1-1-3 as the team attempts to score.

In situations other than the transition outlined above, the triangle with the defensive base – the 1-3-1 – is the more common of the 2 formations. The more attacking triangle – the 1-1-3 – is used when the team is in a difficult situation, for example: if the team is not dominating the game through the 5v4 (fly GK) option or it has not capitalised on the numerical advantage and time is running out.

1-3-1 Formation

- Lots of tradition. It fell out of favour when the 4-0 system took off but since the updated FIFA rules were introduced in 2006 it has become more popular
- Begins with 3 players in areas around the middle of the court in order to build an attack and 1 player in the danger area close to the opposition's goal.
- There are clear roles for each position:
 - 1) Back man or "Fix": usually plays in the centre of the court, giving balance to the team. He should dominate the ball through a solid passing game and have plenty of long-range shots.
 - 2) Wingers: quick, with a good 1v1, they give width to the team. They can play on the opposite wing to their strongest foot to have a greater angle to pass or shoot, i.e. a left-footed winger plays on the right wing and the right-footed winger on the left

wing. Ideally, they should be capable of using both feet to a high standard.

3) Pivot: able to play with back to the opposition's goal. Adds depth to the team. Great finisher and visual awareness.

- Allows rotation without losing the defensive balance or ability of the defence to recover as it ensures that there is/are always 1 or 2 players behind the ball.
- Allows the player with the ball to have at least two supporting players, one on the same attacking line and the second providing depth from behind.
- Perfect to control the game pace or tempo without taking too much risk.
- Offers multiple possibilities to build the attack and finish.

Advantages:

- Allows players to use feints and other movements to create space, due to the amount of width and depth provided during an attack game.
- Provides mobility without losing the tactical balance of the team.
- There are always 2 supporting options for the player on the ball.
- Every ball that reaches the pivot is instantly dangerous for the opposition.
- Useful for escaping pressure quickly and without risk if the other team is pressing high.

Disadvantages:

- Requires a specialist pivot on court.
- Good pressure from the defence could prevent passing lines to the pivot.
- The opposition can easily create a sturdy defensive shape.

Attacking Formation – Four in line or 1-4-0

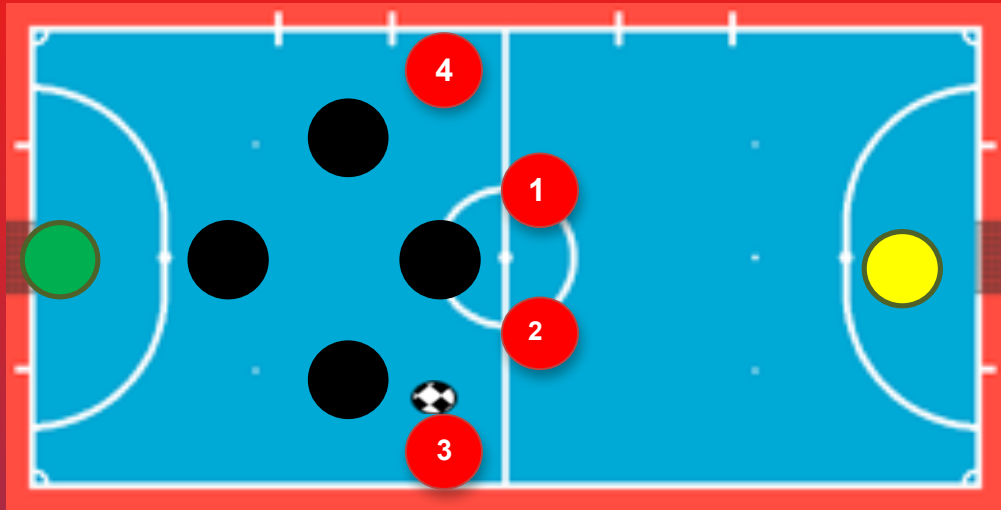


Diagram 41: Attacking 1-4-0 formation.

- This formation was introduced in Spain by the Brazilian coach, Zego Acevedo in the 90s and started a big trend.
- The initial formation involves 4 players in the middle of the court, usually in a slight semicircle shape.
- This system doesn't require specific player attributes as required by the 1-3-1.
- The main objective of this formation is to cause the defensive team to form a line and then exploit the free space that opens up behind them. It also tries to reduce the defensive team's ability to provide support to each other.
- It is based on the constant mobility of the players and the quick circulation of the ball.

Advantages:

- Facilitates the creation of free space close to the opposition's goal.
- Very useful against the individual defensive system.
- Good option against pressing defences that have a high line.
- Favours possession of the ball because the player on the ball has options at all times.
- Allows multiple rotations and technical-tactical concepts to be introduced in play.
- Physically and mentally tires the opposition.

Disadvantages:

- Requires a huge amount of concentration.

- Not very useful against tight and deep defences.
- Great risk if possession is lost because there is no defensive balance.
- Requires good coordination and team synchronisation, which is only attained through many hours of training.
- Players should have a decent technical ability and a good tactical knowledge.
- May become one-dimensional, which prevents the attacking team from using the 1v1 threat.
- Very difficult to train, practice and implement at a grassroots level.

Attacking Formation – Power Play or Flying Goalkeeper formations

The Power Play is mainly used for 2 reasons:

- a) When the team is losing and there is not much time left.
- b) To keep possession of the ball and break up the opposition's tempo and flow.

Option a) is the most common reason for using the Power Play.

If the ball is lost, the team must press the ball immediately quickly in order to prevent the opposition from shooting into the empty net. Players have to be patient when on the ball.

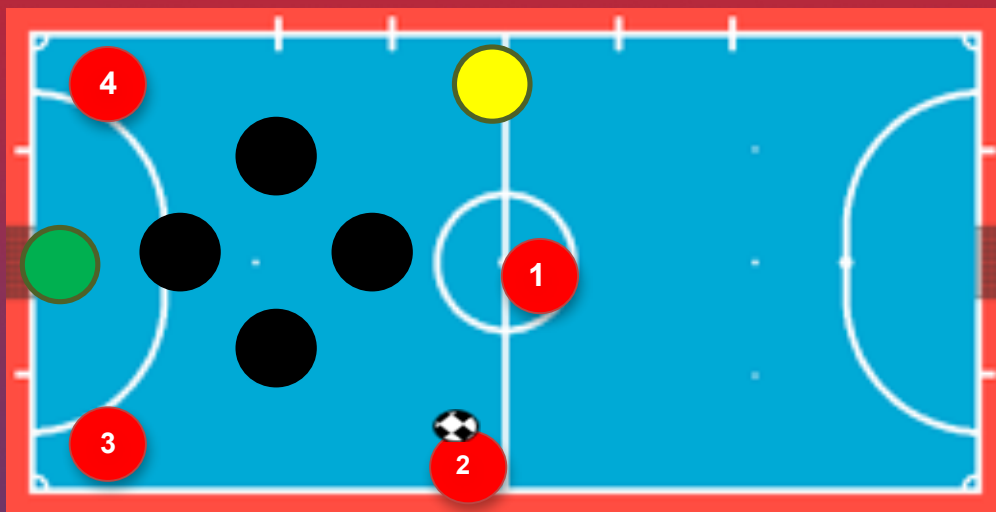


Diagram 42: Power-playing formation.

There are many different formations that can be used during the Power Play. However, many of those systems are highly complex and, as this book only aims to give a solid introduction to futsal, we will not cover them here (a 3-2 formation with the wingers opening up the court is shown in the diagram above):

- a) Symetric formation
 - 3-2
 - 1) With wingers opened
 - 2) With wingers closed (pyramid)
 - 2-1-2
 - 2-3
- b) Asymetric formation
 - 2-1-2
 - 1) A winger opened and the other closed
 - Overload on one wing

Attacking Formation – Numerical Superiority

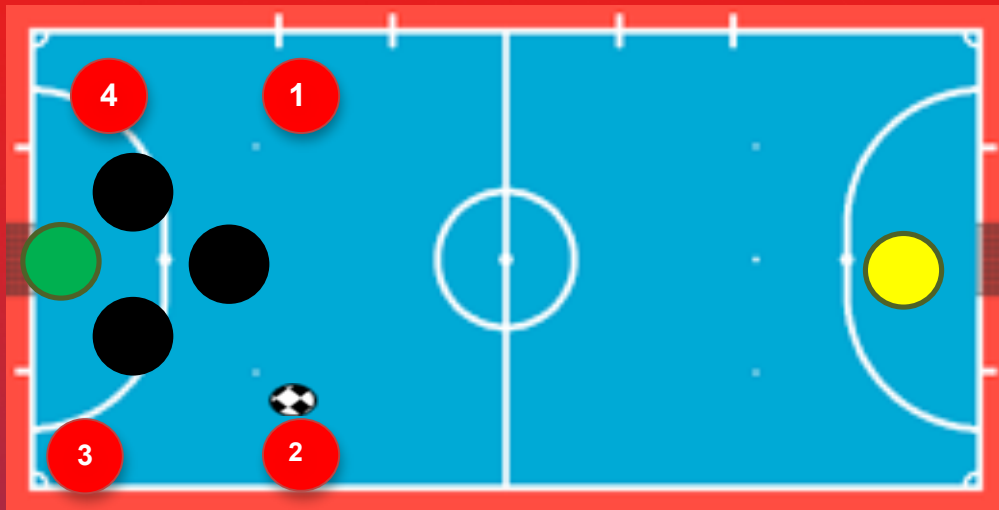


Diagram 43: Attacking with numerical superiority.

- a) Formation 1-2-2 (4v3) (See diagram above)
- Need patience and to move the ball quickly.
 - Players must show in the middle or far post (back post).
 - Continuous exchanges.
 - First line (players 1 and 2) should shoot if the first defensive line hesitates to press the ball.
 - The power play can also be used in this situation of numerical superiority, but we would call it 3-2.
- b) Formation 2-1-2 (5v3)
- Same as playing with the fly goalkeeper 5v4 but easier as we have one more player.

ATTACKING ROTATIONS

Figure of 8

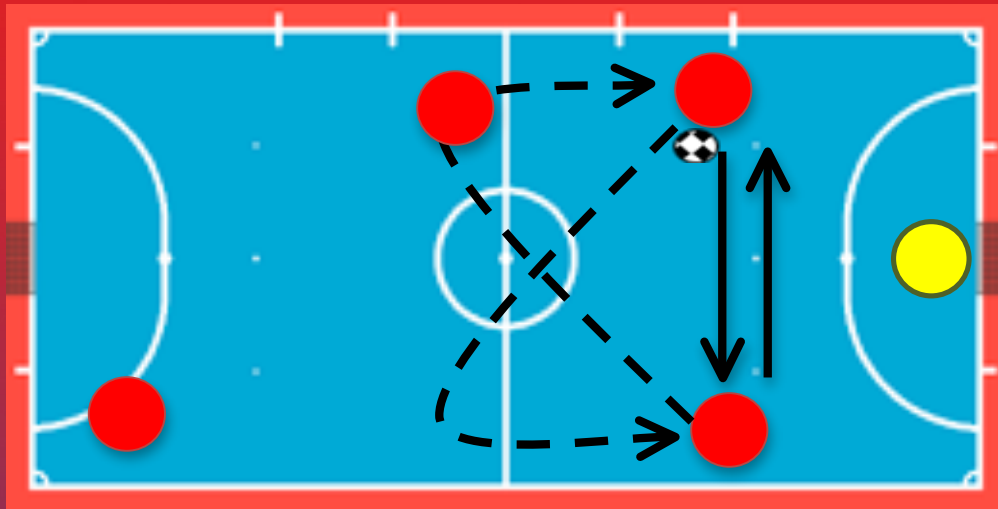









Diagram 44: Figure of 8 attacking rotation.




The figure of 8 rotation is a great starting point to learn about rotating in Futsal. The main aim of rotating in Futsal is to ensure there is always a pass available for the player on the ball and to find gaps in the opposition's defence.

Coaching Objectives

-  Three players rotate in their own half of the pitch
-  Rotating in the figure of 8 always opens gaps for a pass
-  Players pass the ball across the halfway line and run diagonally
-  The player then fills in the opposite gap from where they have just come from
-  Always passing the ball along the half way line. It is important to remain patient and not get frustrated if gaps don't appear in the opposition defence immediately.
-  When the opportunity to play the ball into the pivot or play a one-two arises, the players break the rotation and build an attack.
-  Continue the rotation until an attacking opportunity arises.

Why use the figure of 8?

-  Retain possession in safe areas

-  Keeping possession tires the opposition who are trying to regain possession.
-  Passing the ball at speed and penetrative diagonal runs open gaps in the defence
-  The opportunity to pass the ball into the pivot or play a one-two will arise if possession is retained.

KEY POINT

The player with the ball must always have at least one passing option available.

1-3 Rotation

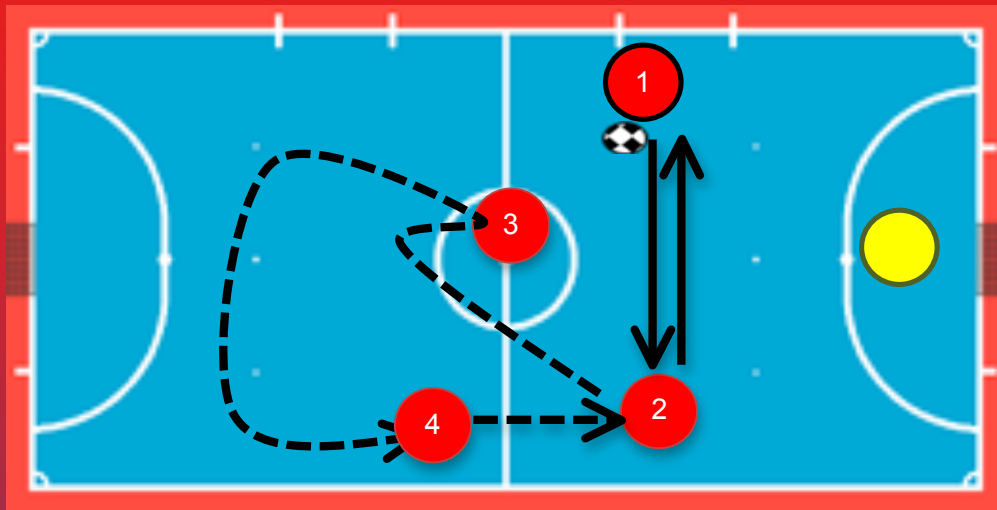













Diagram 45: 1-3 attacking rotation.

1-3 is a very tactical rotation, it involves three team members rotating around a static player. The static player needs to be very disciplined because if they lose the ball the opposition will be through on goal.

How to achieve the Coaching Objectives

-  Player 1 stands in the same position throughout the rotation
-  The other three players rotate using just half of the court
-  Leave the other half of the court free for player 1 to utilise
-  Player 1 can dribble into the space vacated or play a one-two into the empty space
-  Players pass the ball to Player 1 run diagonally but check their run.
-  When the player offers the one-two in the middle of the pitch they then spin off to continue the rotation.

Why use the 1-3?

-  Allows fast movements from the three rotating players
-  Opens a large area that can be used to form an attack
-  It is a good method of retaining possession
-  Player 1 can conserve some energy and come to life when the opportunity arises.
-  Player 1 is also able to dictate the speed of the game to suit the team.

KEY POINT

Player 1 is responsible for dictating the speed of the game.

SET PIECES

CORNER 1

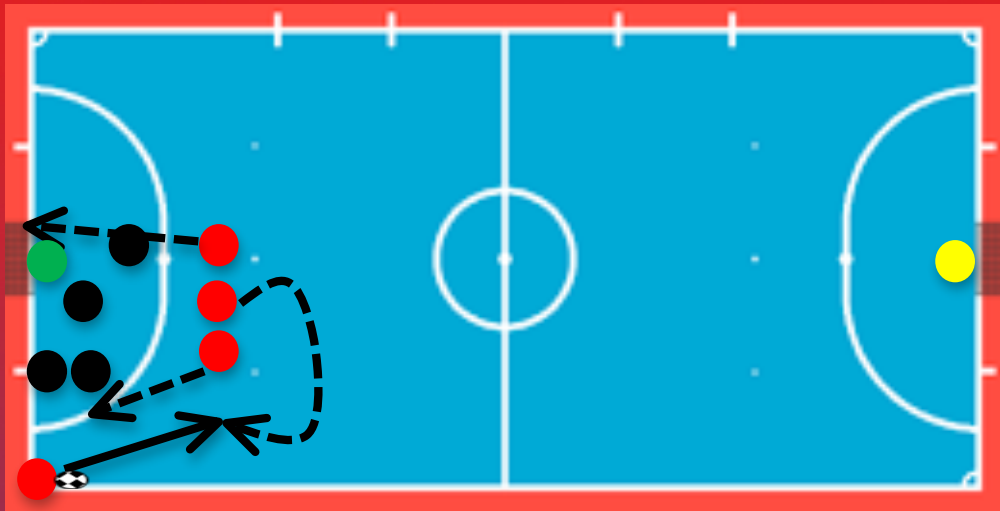








Diagram 46: Corner 1.

Set Pieces are an opportunity to create a shot on goal, it is important to practise the specific corners regularly so players understand their role and movement. Practising the set pieces regularly will lead to the team becoming successful and scoring goals.

Coaching Objectives

-  Corner taker passes the ball out to a safe area
-  The front man of the three attackers (player nearest the corner taker) starts on the edge of the penalty area and makes a darting run to block off the defender (prevent them intercepting the pass).
-  The second man makes a bending run around the back of the teammate who is blocking to strike the ball to the back post
-  The third player runs to the back post in the hope that the ball reaches the far side of the penalty area.

Why utilise corner 1?

-  It is a successful and simple strategy to create a shot on goal
-  It is difficult for the opponents to defend against because of the effective movement

KEY POINT

The player blocking the defender must stand his ground (be strong).

CORNER 2

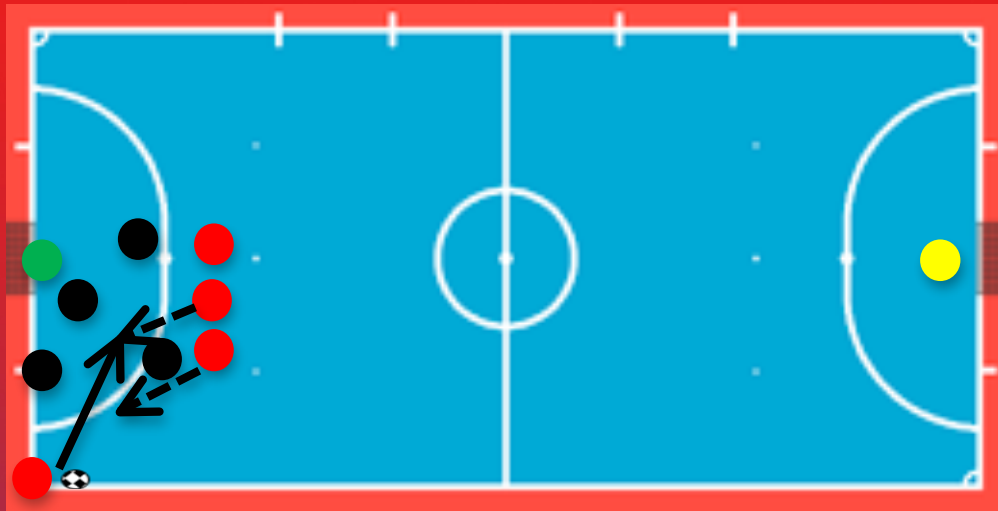









Diagram 47: Corner 2.

Coaching Objectives

-  The front man of the three attackers starts on the edge of the penalty area and makes a darting run to block off the defender (prevent them intercepting the pass).
-  The second attacker makes a powerful run straight into the 'D'
-  Player 3 stands and holds their position to prevent a counter attack
-  The corner taker fizzes the pass into the gap for the (second) attacker to get a shot on goal.

Why use corner 2?

-  Good movement will create a shot on goal
-  The corner straight into the penalty area can catch the opponents out
-  A strong, hard corner into the danger area can end up in the back of the net with a deflection off of one of the defenders.

KEY POINT

The corner taker must be 100% confident that the pass will reach its intended target.

CORNER 3

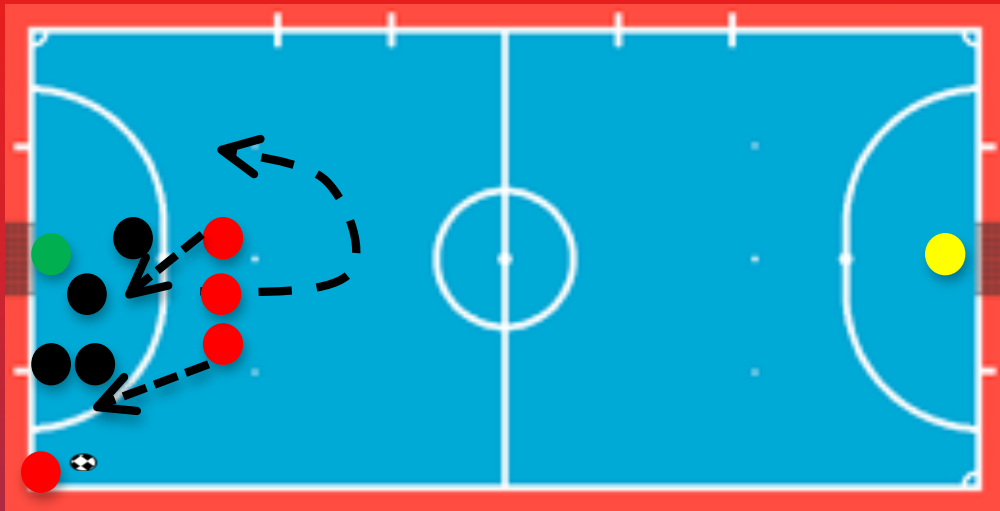










Diagram 48: Corner 3.

How to achieve the Coaching Objectives

-  The front man of the three attackers starts on the edge of the penalty area, makes a darting run to block off the defender (prevent them intercepting the pass).
-  The second man makes a run to the back of the penalty area but holds his run on the edge rather than continuing the run to the back post
-  It is the job of the third attacker to run into centre of the area and take away his defender, opening up the space for the attacker who peels off to the back of the penalty area
-  Corner taker lofts the pass to the back of the box for the attacker to strike a volley on goal

Why use corner 3?

-  Good movement from all team members will create a shot on goal
-  The lofted pass to the back of the area will surprise the opposition because generally the corner is passed along the floor
-  If the corner is struck first time on the volley and is on target it will be difficult for the goalkeeper to save
-  Striking the ball first time may catch the goalkeeper out of position

KEY POINT

The player receiving the corner pass must strike the ball on the volley first time.

6

Coaching Futsal to Children

Daniel was lucky enough to attend a coaching course in Daniel's home town, Utebo (Zaragoza, Spain), on the 20th September 2009, which was delivered by one of the most successful futsal coaches in the world, Jesús Candelas Rodrigo. His talk was entitled: "Metodología del entrenamiento en categorías base", which could be translated as "Training methodology at grassroots level". It was fantastic! After some reflection, we have decided to translate some of his presentation into English. He talked about the different coaching periods for futsal players at grassroots level. We have included the slides that cover the six periods between the ages of 9-10 and 18 years old.



Figure 1: "Training methodology at grassroots level" (Candelas, 2009).

There is another question that comes to mind: if children can play mini-basketball, mini-handball or smaller-sided football (such as the Spanish game 'football 7') with specific, modified rules, why not mini-futsal?

A project led by Miguel Rodrigo (Head Coach of the Japanese National Futsal Team) and several other coaches, which started in 1999, attempted to create different mini-futsal games. They produced a document containing an adapted version of the rules of futsal for children, according to their abilities.

The first rule that should be changed is the **size of the ball** (in Brazil 4 different sizes for Under 8, Under 10, Under 12 and Under 14 have been available for several decades). In Spain, there are only two sizes that have been available since 2003: one size for U12 competitions and another size for leagues involving older players, the latter being the same size as that used by professional players. However, there are four different sizes made by Penalty, especially adapted for training sessions. In their research, the Federación Paulista has proven that the use of inadequate balls (i.e. balls that are too big and/or too heavy) can cause knee injuries.



Figure 2: Four different sizes of futsal balls.



Figure 3: Comparison of two different sized futsal balls.

The second one would be the **size of the goal**. That would also be very easy to implement, as handball uses goals that can lower the height of the crossbar for U12 and U10 players.

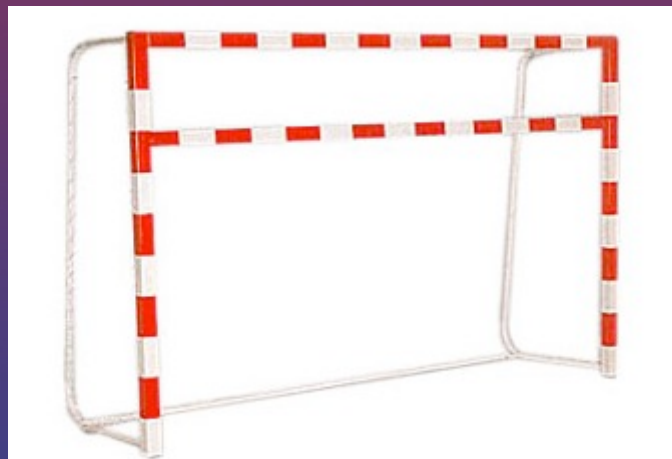


Figure 4: Handball goal with a moveable crossbar.



Figure 5: Kids playing futsal with a handball goal that has had its crossbar lowered.

The last one would be the **size of the court**. Mini-handball courts could be used if the sports hall has the relevant lines on the floor. The second option would be the basketball court's length used with the futsal court's width (28x20m).

Other rules that would also improve children's development in futsal would be: not to allow zone defence until U14; and not to allow U14 players to press higher up the court than the halfway line until the opposition goalkeeper has thrown the ball into play.

TACTICAL		TECHNICAL	PHYSICAL ASPECTS	THEORETICAL KNOWLEDGE	PSYCHOLOGICAL ASPECTS
TEAM	INDIVIDUAL	ATTACK	<ul style="list-style-type: none"> • Develop general dynamic coordination. • Improve hand-eye coordination. • Improve perception and spatial awareness. • Consolidate static balance and develop dynamic balance. • Develop the dominant foot. • Consolidate general coordination and proprioception. • Develop general/overall physical abilities. 	Learning the Game (basic rules) <ul style="list-style-type: none"> • Where to play <ul style="list-style-type: none"> - Positions - Court lines. - What happens when the ball goes out of play. • Number of players involved. • Game length. • How to play the ball. • Behaviour towards the opposition. • Sanctions: <ul style="list-style-type: none"> - Technical. - Disciplinary. 	<ul style="list-style-type: none"> • Guide and use the child's natural egocentrism of this age. • Promote cooperative behavior. • Encourage respect for others.
<p>There is no specific team organisation. The game is played with very general instructions.</p> <p>Attacking is:</p> <ul style="list-style-type: none"> • Moving the ball towards the opposition's goal to find a good position to shoot. <p>Defending is:</p> <ul style="list-style-type: none"> • Preventing a goal. • Recovering possession of the ball. 	<p>GENERAL OBJECTIVES</p> <ul style="list-style-type: none"> • Constant and active participation of all players in the game. • Introduce the idea of attacker-defender. <p>OBJECTIVES OF ATTACK</p> <ul style="list-style-type: none"> • Progress towards the opposition's goal. • Help the player with the ball = losing your man (gaining space and using the free space on court). • Quick decision-making by the player with the ball. <p>OBJECTIVES OF DEFENCE</p> <ul style="list-style-type: none"> • Introduce the idea that marking = frustrating/annoying the player with the ball. • Ball interception . 	<p>DEFENCE</p> <ul style="list-style-type: none"> • Balance when marking opposition. • Body position to facilitate the interception of the ball. 			

2nd STAGE (10 - 11 years old)

TWO LINES OF DEFENCE

TACTICAL		TECHNICAL	PHYSICAL ASPECTS	THEORETICAL KNOWLEDGE	PSYCHOLOGICAL ASPECTS
TEAM	INDIVIDUAL				
FORMATIONS <ul style="list-style-type: none"> • Counterattack after winning the ball back with a 2-line defence. • The 2 lines of defence. • Attacking against 2 lines of defence. • Introduce ideas about the four phases of the game. • Pass and follow. 	GENERAL OBJECTIVE <ul style="list-style-type: none"> • Know what to do in each of the four phases of the game. OBJECTIVES OF ATTACK <ul style="list-style-type: none"> • The game without the ball: losing the defender: <ul style="list-style-type: none"> - Offensive - Defensive • The need for both • Decision-making of the player with ball: <ul style="list-style-type: none"> - Improve visual awareness. - Quick decisions - Pass, shoot or progress with the ball? • Awareness of goal and keeper when shooting. • 1-on-1 v Goalkeeper OBJECTIVES OF DEFENCE <ul style="list-style-type: none"> • Marking the player with the ball. • Ball interceptions. • Preventing the shot. 	ATTACK <ul style="list-style-type: none"> • Link the basic attacking skills: <ul style="list-style-type: none"> - Running with the ball. - Moving without the ball. - Shooting. • The shot: <ul style="list-style-type: none"> - Basic improvements of previous drills. - Increase depth and angle of shot and improve body position. - Correcting how players strike a ball and improving the forces on the planted foot during the shot • Passing: essential. DEFENCE <ul style="list-style-type: none"> • Basic stance and formation. • Movements (basic stance and running). • Ball interceptions. 	<ul style="list-style-type: none"> • Further develop the areas that make up the previous stage. 	<ul style="list-style-type: none"> • Improve knowledge of the rules (reduce complete freedom). • Futsal: game and sport (introduce training as an idea in itself). • Study mistakes to motivate the players to train and improve. 	<ul style="list-style-type: none"> • Develop an appreciation of training as a means to improving. • Encourage respect for others (assessing the positive aspects of having team mates). • Develop courage. • Increase motivation to apply what is learnt in training in games.

TACTICAL		TECHNICAL	PHYSICAL ASPECTS	THEORETICAL KNOWLEDGE	PSYCHOLOGICAL ASPECTS
TEAM	INDIVIDUAL	ATTACK	<ul style="list-style-type: none"> Consolidate the areas worked on in previous stages. Develop segmental dissociation. Improve dynamic balance. Consolidate spatial-awareness: Overall improvement of basic physical abilities (endurance, strength, speed and flexibility). 	<ul style="list-style-type: none"> Further develop knowledge of the rules. Solving simple situations in which the team has a numerical superiority. Assess effectiveness as a measure of improvement. Self-assessment. Focus on team objectives over individual ones. 	<ul style="list-style-type: none"> Develop positive team attitudes. Promote: <ul style="list-style-type: none"> Desire Determination Honesty (owning up to mistakes) Collaboration. Develop players' self-criticism. Develop players' self-control. Team spirit.
FORMATIONS / SYSTEMS <ul style="list-style-type: none"> Man-to-man defence. Counterattack after man-to-man defending. Attacking against an individual defender or man-to-man system. Pass and follow. Using man-to-man marking (with blocks). 2 v 1 and 3 v 2. 	GENERAL OBJECTIVE <ul style="list-style-type: none"> Adapting to each phase of the game. OBJECTIVES OF ATTACK <ul style="list-style-type: none"> Decision-making. Executing decisions at the right moment. The game without the ball (movements) Losing the defender: <ul style="list-style-type: none"> Offensive Defensive Helping teammates lose their man (eg blocking). <ul style="list-style-type: none"> Shooting: Awareness of goalkeeper & variety of shots. Passing and controlling the ball Knowing how to break through the opposition with a pass: <ul style="list-style-type: none"> Journey of the ball. Fakes/Feints. OBJECTIVES OF DEFENCE <ul style="list-style-type: none"> Marking goal side. Distance, body shape, body language. 1 v 2, defending the overload Help/recover after a mistake. Goalkeeper selection. 	ATTACK <ul style="list-style-type: none"> Shooting: <ul style="list-style-type: none"> Vary shooting style (toe poke, side foot, etc.). Feints/fakes: <ul style="list-style-type: none"> Of movement. Of shooting. Passing & controlling the ball: <ul style="list-style-type: none"> Pass in all directions without changing your body position. Fundamental and non fundamental passes. Complex passing combinations. DEFENCE <ul style="list-style-type: none"> Marking: <ul style="list-style-type: none"> Initial/Basic position. Best position (saving energy and defending properly). Changing positions in a system. Ball interceptions: <ul style="list-style-type: none"> Dynamic. Static. Helping your team mate. Simultaneously performing all 3 tasks above. Goalkeeper specific coaching. 			

4th STAGE (13 - 14 years old)

TRANSITION TO THE ADULT GAME

TACTICAL		TECHNICAL	PHYSICAL ASPECTS	THEORETICAL KNOWLEDGE	PSYCHOLOGICAL ASPECTS
TEAM	INDIVIDUAL	ATTACK <ul style="list-style-type: none">• Running with the ball: use of the sole.• Improve feinting.• Shooting:<ul style="list-style-type: none">- With opposition.- With tight angle.- Use of several approaches (when shooting) and ways of executing a shot (toe poke, side foot, etc.).- Increase the speed of execution.• Improve ball control: Special attention to passing and controlling the ball in situations of counterattack and positional/tactical attack. DEFENCE <ul style="list-style-type: none">• Improve marking .• Improve double-up defending.• Improve ball interception.• Tackling.• Body position (so the player can see the ball and the opponent).	<ul style="list-style-type: none">• Further develop aspects that make up the previous stage.	<ul style="list-style-type: none">• Good knowledge of the laws of the game.• Offensive and defensive objectives.• Effectiveness of simple actions.	<ul style="list-style-type: none">• Promote:<ul style="list-style-type: none">- Spontaneity- Strength- Courage• Improve self-control.• Improve analytical capacity.• Improve receptivity (to new ideas).• Proper focus.• Motivation.• Promote cooperative attitude.
FORMATIONS / SYSTEMS Evolution of defence: <ul style="list-style-type: none">• Reduce man-to-man defence to effective areas only.• Zonal defending: 3 v 3 and 3 v 2-1 (Y defending). Evolution of attack: <ul style="list-style-type: none">• How to attack against each defensive system.• Collective offensive movements patterns.• Improve the work on the 2 v 1 and 3 v 2.• Pass and follow.• Blocking.• Crossing.• Collective defensive movement patterns.• Changing which opponent a player marks.• Covering.• Shifting the defensive shape.	ATTACK <ul style="list-style-type: none">• The game without the ball: losing the man.• Feints/Fakes.• Shooting: Vary:<ul style="list-style-type: none">- Position- How players shoots- Time of shot• Shooting with opposition.• Improve running with the ball.• Adapt to less time and space on ball. DEFENCE <ul style="list-style-type: none">• Marking<ul style="list-style-type: none">- Shooting and passing lines.- Variation of marking elements.• Doubling-up:<ul style="list-style-type: none">- After a mistake.• Improve ball interception.				

5th STAGE: SPECIFIC LEARNING I

15 years old (first year U16)

COUNTERATTACK	ATTACKING MOVEMENT	DEFENSIVE BALANCE	DEFENSIVE POSITION	PHYSICAL ASPECTS	PSYCHOLOGICAL ASPECTS
Individual Aspects	Individual Aspects	Individual Aspects	Individual Aspects	<p>Start general physical training:</p> <ul style="list-style-type: none"> - Endurance - Strength (body weight or similar). - Speed. - Flexibility. <p>The importance of agility at this age (complex ability).</p>	<ul style="list-style-type: none"> • Promote: <ul style="list-style-type: none"> - Spontaneity - Strong decision-making - Courage • Improve self-control. • Improve analytical capacity. • Improve ability to receive information and take it on board quickly. • Good focus. • Motivation. • Promote a positive team attitude.
<p>Reaction speed:</p> <ul style="list-style-type: none"> • Anticipating the free space. • "Fight" for loose balls. <p>Moving the ball:</p> <ul style="list-style-type: none"> • Visual awareness. • Passing and receiving the ball on the move. • Long strides. • Running with the ball on the counterattack. • Shooting. • Not running with the ball towards the GK. 	<p>Shooting</p> <ul style="list-style-type: none"> • Shooting under pressure. • Shooting from tight angles. <p>Moving the ball:</p> <ul style="list-style-type: none"> • Using players inside the defensive shape (pivots) • Moving the ball at the correct speed. <p>Player Movement:</p> <ul style="list-style-type: none"> • Positioning. • Feints. • Losing the man. 	<ul style="list-style-type: none"> • Reaction time • Good defensive attitude for the whole phase. • Attacking on the ball. • Interceptions • Control and technique 	<p>Marking goal-side:</p> <ul style="list-style-type: none"> • Taking note of the 4 components of good defending (where on court, relation to goal, distance from goal and body language) <p>Interceptions:</p> <ul style="list-style-type: none"> • All over the court <p>Recovering after a mistake.</p>		
Team Aspects	Team Aspects	Team Aspects	Team Aspects		
<p>Team balance in the tasks distribution when it starts.</p> <ul style="list-style-type: none"> • "Fight" for the ball. • Fill in the space left by others' movement. <p>Positioning in 2v1 & 3v2 situations on the counter.</p>	<p>Tactical areas:</p> <ul style="list-style-type: none"> • Pass and follow. • Blocks (generic) • Switching position. • Problem-solving during situations of numerical advantage 2v1, 3v2. <p>Movement patterns/Attacking formations 3:3.</p> <ul style="list-style-type: none"> • The game in the 1st attacking line: <ul style="list-style-type: none"> - Attack in the position - Attack in adjacent positions <p>= Division of space</p> <ul style="list-style-type: none"> • The game in the 2nd attacking line (players play in all the positions) 	<ul style="list-style-type: none"> • Organise according the circumstances until the defence is properly organised. 	<p>Tactical areas:</p> <ul style="list-style-type: none"> • Change of opponents (traditional) <p>Game Strategies/Formation s</p> <ul style="list-style-type: none"> • 3:1 • Movement depends on the ball 		

5th STAGE: SPECIFIC LEARNING II 16 years old (second year U16)

COUNTERATTACK	ATTACKING MOVEMENT	DEFENSIVE BALANCE	DEFENSIVE POSITIONING	PHYSICAL ASPECTS	PSYCHOLOGICAL ASPECTS
Individual Aspects	Individual Aspects	Individual Aspects	Individual Aspects	<ul style="list-style-type: none"> • Further develop the areas of the previous stage 	<ul style="list-style-type: none"> • Further develop the areas of the previous stage
Travelling with the ball: <ul style="list-style-type: none"> • Choosing which passing option and ball speed. • Passing and receiving the ball without changing body position. • Running to lose marker. Improve shot: <ul style="list-style-type: none"> • Looking at different part of goal to where the ball ends up (confusing GK). 	<ul style="list-style-type: none"> • Shooting: <ul style="list-style-type: none"> - Under pressure from opposition defender. - Increasing distance of shot. - Power, accuracy and variety of shots. • Awareness of 2nd post. • Variety of movement and general awareness when in possession of the ball: • Increased range of passing. • Movement: <ul style="list-style-type: none"> - Same movements in less time and with fewer gestures. 	<ul style="list-style-type: none"> • Interceptions: <ul style="list-style-type: none"> - Discouraging the opposition from making certain passes • Controlling/reducing the opposition's options on the ball. 	<ul style="list-style-type: none"> • Marking: <ul style="list-style-type: none"> - Varying of the situation (shooting angle, passing line). - Varying body language. - Appropriate body shape • Ball interceptions <ul style="list-style-type: none"> - Difference between static and dynamic interceptions (dynamic meaning to encourage an opponent to pass; it's risky but high success on counter). • Enabling team to recover from a previous mistake. 		
Team Aspects	Team Aspects	Team Aspects	Team Aspects		
<ul style="list-style-type: none"> • Travelling with the ball. • Ensuring the team makes full use of the space available. • More complex situations of numerical advantage: 4v3... 	<ul style="list-style-type: none"> • Tactical areas: <ul style="list-style-type: none"> - Improved blocking (1st and 2nd line of defence). - Improve cross-over movement. - Situations of numerical advantage: 2v1. - Exploiting several areas of space: 3v2. - Overall situations: 5v4. - Movement patterns/attacking formations: 2:2 / 3:1 / 4:0. - 1st line of attack: Division of space = rotations - 2nd line: Progression. 	<ul style="list-style-type: none"> • Further develop the same areas as the previous year. 	<ul style="list-style-type: none"> • Tactical areas: <ul style="list-style-type: none"> - Changing opponent being marked (traditional). - Anti-blocks. - Game strategies/formations: further develop the 3:1 formation. 		

6th STAGE FOR SPECIFIC IMPROVEMENT I

17 years old (1st year U18)

COUNTERATTACK	ATTACKING MOVEMENT	DEFENSIVE BALANCE	DEFENSIVE POSITIONING	PHYSICAL ASPECTS	PSYCHOLOGICAL ASPECTS
Individual Aspects	Individual Aspects	Individual Aspects	Individual Aspects	<ul style="list-style-type: none"> • Introduction to specific S&C training. • Maintaining a high quantity of general physical training. • Introduction to a weights workout. 	<ul style="list-style-type: none"> • Further develop the areas of the previous stage.
<ul style="list-style-type: none"> • Perceptive anticipation. • Travelling with the ball: <ul style="list-style-type: none"> -Exercises with limited time or with rules to accelerate decision-making. - Passing and making small movements. - Faking with the eyes and general body language. • Improve shooting: <ul style="list-style-type: none"> - Close-range shooting. 	<ul style="list-style-type: none"> • Shooting: <ul style="list-style-type: none"> - Speed of execution. -Short distances. - Surprise shots. - Shot from the pivot. • Travelling with the ball: <ul style="list-style-type: none"> -Speed of pass (change of pace). - Progression in movements to play with the pivot. • Movement: <ul style="list-style-type: none"> -Develop feints and how to lose marker. 	<p>The defensive game 1v2 in large spaces.</p> <p>Clever fouls on the player with the ball.</p>	<ul style="list-style-type: none"> • Marking: <ul style="list-style-type: none"> -Change distance, depending on objective(s) (anticipated/expected). - Appropriate body shape - Specific body language depending on the on-court situation. • Ball Interception: <ul style="list-style-type: none"> -Static & Dynamic • Recovery: <ul style="list-style-type: none"> -Before the mistake: 1v2. 		
Team Aspects	Team Aspects	Team Aspects	Team Aspects		
<p>Organisation of the initial phase and development of counterattack.</p> <p>Solving simple situations of numerical equality (2v2, 3v3):</p> <ul style="list-style-type: none"> -Pass and follow. - Cross-over movement 	<p>TACTICAL AREAS</p> <ul style="list-style-type: none"> -Progression in blocks and crossovers. - Introduction to parallels and overlapping. <p>GENERIC IMPROVEMENT OF SITUATIONS OF NUMERICAL ADVANTAGE/MOVEMENT PATTERNS</p> <ul style="list-style-type: none"> -Switching between systems and patterns. - Continuity (balance between attacking the goal and ball movement). 	<ul style="list-style-type: none"> • The immediate distribution of tasks: <ul style="list-style-type: none"> - “Fight” for loose balls. - Defensive balance. • The organisation of defence to press when opponent travels with the ball. • The organisation of own defensive system. 	<ul style="list-style-type: none"> • Tactical areas: <ul style="list-style-type: none"> - Change opponent being marked with attackers in different line of defence. - The “anti-block”. • Game strategies/Formations: <ul style="list-style-type: none"> -3:1 & 4:0 - Begin marking the pivot with 2 players. - When defence is outnumbered. 		

6th STAGE FOR SPECIFIC IMPROVEMENT II 18 years old (2nd year U18)

COUNTERATTACK	ATTACKING MOVEMENT	DEFENSIVE BALANCE	DEFENSIVE POSITIONING	PHYSICAL ASPECTS	PSYCHOLOGICAL ASPECTS
Individual Aspects	Individual Aspects	Individual Aspects	Individual Aspects	<ul style="list-style-type: none"> • Further develop the areas of the previous stage. 	<ul style="list-style-type: none"> • Further develop the areas of the previous stage. • Competition-specific training.
<ul style="list-style-type: none"> • Travelling with the ball: <ul style="list-style-type: none"> -Exploiting different ways of passing and receiving the ball in situations with strong opposition and an artificial time limit. • Shooting: <ul style="list-style-type: none"> - The ability to surprise (the defence and GK). 	<ul style="list-style-type: none"> • Shooting: <ul style="list-style-type: none"> -Mastery of shooting repertoire (emphasis on surprise): Speed + Fakes. - Shooting from all areas of the court. • Continuity of the game in terms of the defensive system. • Movements: <ul style="list-style-type: none"> - Generic work. 	<ul style="list-style-type: none"> • Further develop the areas of the previous stage. 	<ul style="list-style-type: none"> • Marking: <ul style="list-style-type: none"> -Position on court: ability to deter an attack when outnumbered. - Interact with the attacker by varying one's distance, body shape and body language to avoid being caught out. • Interceptions: <ul style="list-style-type: none"> -Static: demand. -Dynamic: adaptation. • Covers: <ul style="list-style-type: none"> - Before the mistake: 1x2. -Before being blocked. 		
Team Aspects	Team Aspects	Team Aspects	Team Aspects		
<ul style="list-style-type: none"> • The organisation of support play. • Situations in which the defence quickly reorganises itself when facing a counterattack. • Situations of equality (5v4 and 5v5). 	<ul style="list-style-type: none"> • Tactical areas: <ul style="list-style-type: none"> - Progression. - The use of parallel and diagonal passing. • Situations of numerical advantage: <ul style="list-style-type: none"> -Simple situations: Progression. - Complex: need for effectiveness. • Movement patterns/attacking formations <ul style="list-style-type: none"> - Continuity of movement. - Individual movement. - Team movement. 	<ul style="list-style-type: none"> • Exploiting the concepts previously learnt in very difficult situations. • Training with artificially increased difficulty (2 balls, outnumbered, limited touches...) 	<ul style="list-style-type: none"> • Tactical areas: <ul style="list-style-type: none"> -Further develop the concepts from the previous year. • Game strategies <ul style="list-style-type: none"> -Further develop the concepts from the previous year. - Marking the pivot with 2 players. -Using alternative defences in special situations (individual, 4v2...). 		

7

The 25 Rules for the Futsal Player

ATTACKING

1. **Open the court**, the wingers play hugging the sidelines.
2. **The 3 second rule**: Players must move without the ball. Do not stay in the same place more than 3 seconds. In a game of 40 minutes; you play for 4 minutes with the ball and 36 without it.
3. Where do I find space?
Rule: **Occupy the space left free by my team mate**.
4. **The player with the ball moves closer to the defender** (to be able to pass and force him to turn around), the other players (without the ball) move away from their defenders.
5. **Help the player who has the ball**. Sometimes getting closer, other times moving away. The aim is to create a clear passing line between you and your teammates.
6. **Never lose the sight of the ball** nor the eyes of the teammate who has it (sometimes it does not matter if you move: as your teammate has not even seen you).
7. **Pass and run**.
8. **Be generous with your passing**. The game is won by the TEAM who scores more goals not the player who scores more goals.
9. **Dissociate (separate) where you look from where you pass**. Do not make obvious passes. Disguise.
10. **Futsal is a sport for “liars”**. Perform feints (tricks) of pass, of movement to lose your marker, during a kick-in, etc.
11. **Passes must be strong** but not carelessly violent. This doesn't give defenders time reach you or your teammates.
12. **Careful with passes that travel from one wing to another when playing close to your own goal, near the “D”**.
13. **Patience. Rule of 5 passes**. Pass the ball at least 5 times before shooting to disorganise the opposition.

14. **The goalkeeper must know how to deal with the tempo of the game.** If we are losing, goalkeepers should play as quick as possible, but if we are winning they should take their time with the restarts and their throws.
15. **The backman or “fix”** (or any player for that matter) **never dribbles** if he is the last man, because if he loses the ball it will be a 1 v 1 against the goalkeeper.
16. **Finish the play** with a **strong shot** to avoid a counterattack.

DEFENDING

1. **Aggressiveness:** a ball is never given up, fight for every single one. The defence is more about attitude than technique. We have to want to steal the ball with everything we've got and try to be the best defender in the team.
2. **Strength in the tackle.** Tackle the ball like you mean it but not violently.
3. **Do not allow the player with the ball to think.** Annoy/disturb continuously but without trying to steal the ball unless the attacker loses control of it.
4. **Never lose the sight of the ball** or the eyes of the player who has it.
5. **The wing (sideline) is one more defender.** Direct the opposition player with the ball towards it.
6. **There is no rest when defending** and no player should adopt an upright position/stance, as the opposition will exploit the tiniest mistake to score.
7. **All players must defend behind the ball.**
8. **Never cross over in defence.** Talk and change the players being marked.
9. **Constant communication between the defenders.**

8

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