



Ball Mastery Zigzag (15 mins)

- **Activity Name:** Ball Mastery 4 cone zigzag
- **Activity Description:** Set up as shown. Maximum 3 per set up. 4 per corner for higher level/fast moving groups. For groups of 6 (8 for higher/fast moving) or more setup 2 areas. Players dribble in the direction shown- around the outside of each of the big cones and then weave through the line of tighter smaller cones. Have the next player in each group go when the player in front gets half way through.
- **Progression/ Variation:** Variation: Possibilities are but not limited too- 1: dribble both feet, 2: Single cuts Left, 4: Single cuts right, 3: toe taps all the way or more advanced players can do toe taps forwards to the first cone then rotate and do them backwards to head toward the next cone 4: soccer boxes all the way or more advanced can do forward backwards, 5: double cuts (outside left- inside left- outside right- inside right), 6: pull pushes with lace and sole switch feet, 7: sole roll left all the way- will need to go outwards toward the right, 8: sole roll right all the way- will need to go outwards toward the left, 9: dribble in and then sole delay back then head to the next cone, 10: L turns. Should you need more you can add in attacking moves and/or scoops etc.
- **Coaching Points-** Look to utilize every part of the foot when dribbling, lots of touches and soft touches when doing taps, boxes, cuts, pull pushes. Don't cross feet when doing sole rolls. Any moves the touch outwards needs to be a positive direct touch toward next cone.



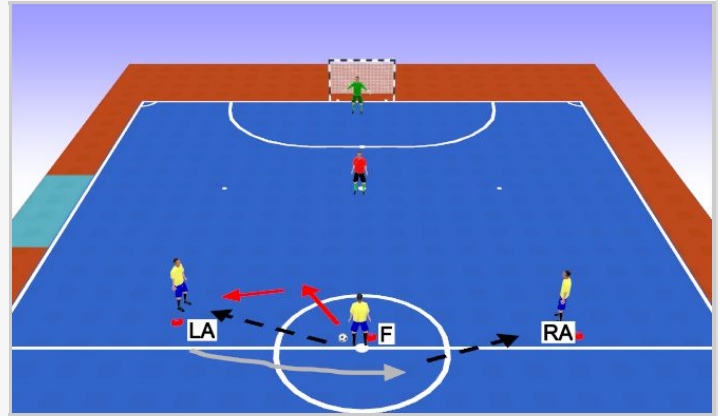
3 Player Weave Unopposed (20 mins)

- **Activity Name:** Introduction to 3 player weave/rotation (Unopposed)
- **Activity Description:** Players work on a basic 3 player rotation- Fixo (F) plays the ball to RA or LA then makes the horizontal run. They then make the diagonal run but this time 'block' the defender so that the ala can come behind them and bring the ball towards the center of the court. Blocking player must be stationary when they block, with their hands by their side. LA/RA can take the ball into the center and work the rotation on the opposite time. Players can work through the rotation a couple times then when coach yells break they can attack the goal unopposed to score but trying to use the rotation. For groups of more than 6 have the players use the other half to practice.
- **Coaching Points:** - Good communication.
 - Timing and angles of runs.
 - Futsal technique on the ball - sole of the foot, scooping, turn and face, etc.
 - movement- quick and sharp. Being sure to pause for a moment to shield the run.
 - Dynamic
 - Players after they pass must run diagonally inside the court then check out, player receiving the ball comes inside behind.



3 Player Weave Opposed (20 mins)

- **Activity Name:** Introduction to 3 player weave/rotation (opposed)
- **Activity Description:** Players can work through the rotation a couple times then when coach yells break they can attack the goal opposed against 1 defender to score but trying to use the rotation.
- **Progression:** Add in 2 defenders if needed.
- **Coaching Points:**
 - Good communication.
 - Timing and angles of runs.
 - Futsal technique on the ball - sole of the foot, scooping, turn and face, etc.
 - Dynamic movement- quick and sharp. Being sure to pause for a moment to shield the run.
 - Players after they pass must run diagonally inside the court then check out, player receiving the ball comes inside behind.



Final Game (20 mins)

- Regular 5 v 5 - Final Game - No restrictions - Reinforce session topic.
- Encourage players to setup in a 3-1.
 - Be sure to introduce players to the correct futsal positions (GK, Fixo, Right & Left Ala, Pivot).
 - Use futsal rules - 1 passback to GK, 4 second rule on sidelines, kick-ins, corners.

