



“LDS” Futsal - Coaching Manual



Following is a very elementary set of training drills to help you and your team. Coaches are encouraged to seek other materials and to creatively apply those principles of training.

The secret to coaching in “LDS” Futsal, like in any sport, is to make the training as enjoyable as the game. If at your practice your players are... listening... standing... watching... and waiting...

your practice is probably... **BORING!** So, be Creative – Enjoy

Competition brings out the “fun” in sports. Create a competitive game – with specific objectives (i.e.: number of goals, consecutive passes, “one-touch”, etc.) from which to judge performance. Limited rewards and penalties (pushups, sit out the next run, etc.) add to the “thrill”; will hold player’s interest longer; will increase learning by more closely duplicating game situations. Remember that individual and team development is more important than “winning”.

Playing is fun. Doing is fun. Involvement is fun. Competition is fun.

PLAYER DEVELOPMENT

Be sure to adapt your training to fit the skill and interest level of your team.

Be concerned with overall player development, rather than winning.

Role of the coach

Facilitator & Teacher	Create a positive, enthusiastic environment that provides positive feedback for proper technique and appropriate decision-making, and that encourages creativity. Be precise in what you expect. Explain the skill(s) you are trying to promote. Allow the team to develop a playing rhythm without undue interference from you, but do provide encouragement and feedback, and immediate correction if needed. Remember that a skill practiced incorrectly will not improve play. Use the “freeze method” to stop play for specific instruction. Re-start play by respecting the player that had the ball, or that was corrected. Promote success.
Practice Organization:	Organize practice so that everyone is involved all of the time! No lines. No Lectures. Use “training squares” for teaching a few players in a confined area. Be creative! Come with a Practice Plan. Have the field prepared with the necessary equipment. Work from simple to complex; from slow to fast; from no pressure to game pressure. Allow players input into practice options – let them create the games that will develop the skill set you want players to learn.

General Training Keys:

There are four key training elements in Futsal. All deserve time in each practice session.

1. **Technical Skills:** “How to do it”. Individual Technical skills are the building blocks of team success. Design your drills (games) for maximum touches on the ball. Repetition of a given skill allows players to develop muscle memory for that skill; provides an opportunity for you to praise quality technique; and allows players to experience success.
2. **Tactical Skills:** “What to do”. Players need to learn to work as a team with strategy – to understand how their individual skills contribute to team success. Simple games, with limited well-defined goals help players grasp concepts and allow them to demonstrate the application of their skills within the framework of the team.

3. **Psychological Skills:** Concentration. Commitment. Desire. A willingness to work for the team good. Players need to develop a positive attitude for the game, for their own abilities and for the team.
4. **Physical Endurance:** NOT running laps, but developing drills that contribute to “game fitness”. Every fitness exercise/drill should be done with a ball, simulating the skills needed for the game.

Principles of Attack – Creating scoring opportunities:

A team with the ball seeks to maintain control in their own defensive third, so play is cautious. In the attacking third however, risk taking is encouraged as it is often rewarded with goals.

1. **Penetration** First attacker (player with the ball) seeks to penetrate deep into the opposing teams’ area by dribbling and passing in order to create a shooting opportunity.
2. **Depth** Second attacker (player closest to the player with the ball) seeks to support the ball by becoming a potential pass receiver. 2nd attacker must recognize open space and move into it, in order to create effective passing angles.
3. **Mobility and Width** Other offensive players work to unbalance the defending team by making off the ball runs that defenders must guard, to reduce the number of defenders on ball and to create additional passing lanes.
4. **Finishing!** Recognize scoring opportunities – don’t fear taking a shot, even an unorthodox one. Be willing to follow the shot to the goal. Blocked shots need to be converted to goals.

Principles of Defense – Defend the Goal:

The primary objective is to win the ball back, to delay the attack, and to prevent a goal.

Communication is key - **INTENSITY** is key – Concentration is key

1. **Immediate Chase** Once possession is lost individual defenders must commit to regaining the ball.
2. **Delay** First defender (player closest to the ball) seeks to delay or re-direct offensive movement until help can arrive. Select proper angle and speed for challenge.
3. **Balance** Second defender (and other defenders) provide support for 1st defender, give balance to the defense (width and depth), deny off ball movement and protect the goal.

TECHNICAL SKILLS

There are four primary **TECHNICAL** skills to master:

- Trapping the ball - stopping it so that you can control it and play with it.
Key: Move to meet the ball. Trapping surface should be relaxed to “cushion” the ball.
Use “first touch” to direct the ball away from pressure.
- Dribbling the ball - so that you can get past by your opponent into position to pass or score.
Key: Use a variety of foot surfaces, alter speed and direction. Use your body as a shield.
- Passing the ball - so that your teammates can play with it too. Look for open space.
- Shooting the ball - so that you can WIN! Players need to recognize opportunity around the goal.
Key: Strike the ball with a “hard surface” for power.

“LDS” Futsal is played with the feet. We’ll start here. There are five playing surfaces on the foot.

1- Inside of the foot
“Master Skill”



Toes out, ankle locked, strike through with heel up

2- Outside of the foot
“Beat-em” Move



Foot square, ankle locked. Balance is the key!

3- The Instep
“Power Drive”



Ankle LOCKED!
Toes down hard!
Body over the ball!
Non-kick foot next to the ball

4- The Heel
“Trickery”



Fun! But hard to control

5- The Sole
“The Gas Pedal”



Light touch can move the ball in any direction, Good trap, but stops momentum.

Philosophy:

A soccer coach's primary role is to provide a framework of activities that lead to success and positive feedback. Always be ready to correct technique – practicing it wrong does not help.

All players should be involved all of the time!

Training should be “fun” and challenging and directed to a specific skill set.

Be creative in your practices and encourage players to be creative in their play.



TECHNICAL DRILLS

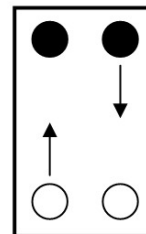
Repetition of the CORRECT skill is critical

Basic Warm-up:

Work in pairs. Twenty pass back and forth, using one surface each round.

Progression: Use all surfaces. Increase speed. Use non-dominant foot.

Key points: Proper technique



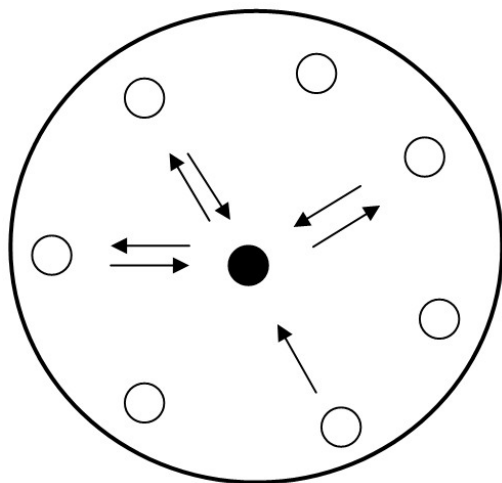
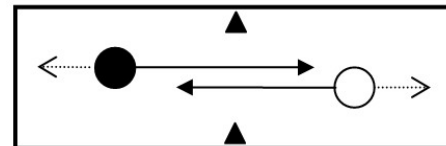
Bowling:

Work in pairs. Pass the ball through the cones. Use one foot surface in each round. If pass and trap are successful take a step back. If not successful take a step forward – or start over (?) First team to step back 10 steps each and complete the pass wins!

Progression: Change surfaces of the foot and do it all over again.

Add speed. Add competition reward / penalty

Key points: Accuracy and adequate power.



King of the circle

“King” is in the middle of the circle. Players surround the circle, 5 yards away from the king. King determines which foot surface to use.

All Players raise their hands. Player plays the ball to the king, shouting out another player's name just before kicking the ball. The king must trap the ball and then pass it to the player named, who passes it back to the king, shouting another player's name just before kicking the ball. As players play the ball they lower their hands so each player only plays the ball one time. Once every player has had a play on the ball and new king enters the ring and you start again. Or, you can change kings with a player who makes a bad pass, bad trap or who fails to call a player, or calls a player who has already played the ball.

Progression: Increase speed. Increase distance

Key points: Players must think ahead of the play and make good decisions. Players must maintain proper form under pressure

Relay

Divide team into four lines – two lines facing the other two lines five yards apart, each pair with a ball. Players pass the ball to the head of the opposite line then run to the back of their own line.

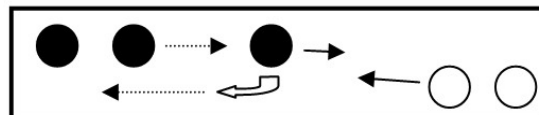
Progression: Increase speed. Pass with the non-dominant foot.

Increase distance. Decrease number of touches

Key points: Proper technique under pressure (speed).

Adequate power and accuracy with movement

Variation: After playing the ball, have players run to the back of the opposite line.



Obstacle Course

Using the sole of the foot, negotiate the ball through the cones.

Progression: Introduce competition, by another player in the opposite direction

Key Points: Maintain balance, move the ball in all directions.

Philosophy:

In order to progress a player needs to challenge their current skill level. You can add difficulty by increasing speed, decreasing space, and adding additional players, balls or goals. Never let a drill become “stale” or easy because you will loose interest and intensity and the opportunity for learning.

TACTICAL DRILLS

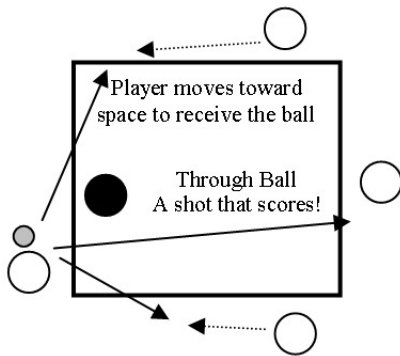
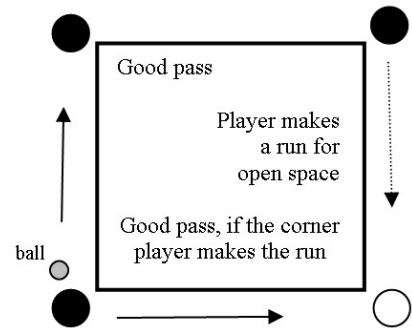
Decision making – under pressure

Square drill

Three players on outside the corners of a 5 yard square with one ball. The object is to pass to a player when you have the ball “and move to space” without the ball – so that you can receive the ball.

Progressions: Increase speed. “One touch” passes

Key points: Players need to make correct decisions about who is in position to receive the ball – and where to find “open space” to receive the ball themselves.



Rat in the hole

One player on each side of the square with one ball, with a “rat” in the middle. Players pass the ball to each other, through the square. A point is scored every time a ball is played to the perpendicular line – a “through ball”. The Rat may not leave the box and attempts to intercept the ball while in the box. If the rat gets the ball he goes outside the box and the player making the poor pass becomes the new rat.

Progressions: Larger square. Limit player touches on the ball. Add another rat.

Key points: Players need to move toward the player with the ball to cut-down the length of the pass – and the subsequent time it is available to the rat. Defender needs to anticipate and cut-down the angles.

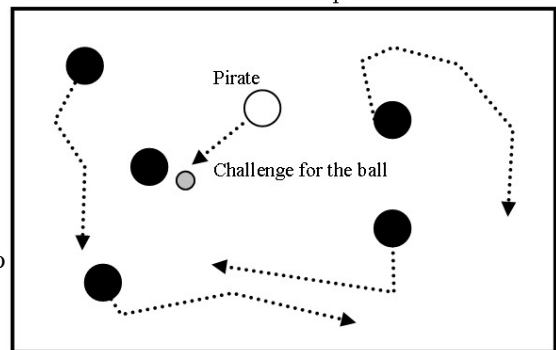
P I R A T E S

All players inside the square with a ball except the pirate, who tries to gain (win) and maintain possession of a ball. All players must remain in the square. Once a ball is won the player so disposed becomes the new pirate.

Progressions: Smaller box. Add a second pirate. Let everyone have a ball and have them kick-out other players while keeping their ball under control.

Key points: Players need to change speeds and direction to avoid the pirate. Players also need to quickly transition between offense and defense.

10 X 20 Yard Square



Keep-away

Players divided into two teams with contrasting colors. Players and ball to remain in the square.

Progressions: Smaller box. Add an additional ball. Reduce the number of touches allowed prior to a pass. Add a third color. Add a “safe player” who is offense to whichever team has the ball.

Key points: Players need to be aware of open space and aware of teammate skills. Players need to play with heads up so they can see the field.

Keep-away is a classic small-sided game that can be used to teach both technical and tactical skills. It also works to improve physical conditioning – and is a test of competitiveness and tenacity.

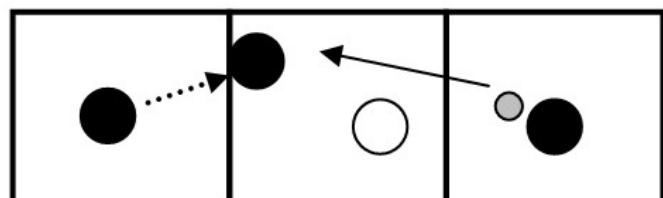
2 v. 1

Defending player remains in center square, offensive players on either side attempt to play a “through ball” to a teammate, who can move in two squares.

Progression: Add another defender.

Limit offensive touches prior to pass

Key Points: Receiving player must move behind the defender in order to force him to look and move away from the ball. This creates a passing lane, or frees the dribbler for an open shot on goal.

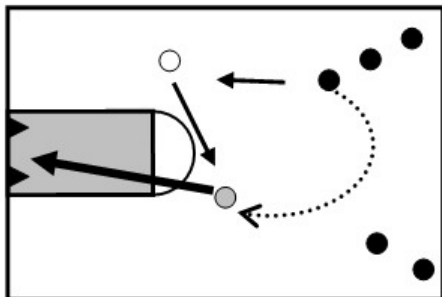


Philosophy:

If Heavenly Father would show us our score card of life in the clouds each day, we would all improve our score. Scoring is what the game is all about – it gives us pleasure and success. It is a measure of our accomplishments. So... encourage risk taking and individual skills in order to score.

SCORING DRILLS

Players need to recognize opportunities and have the creativity to capitalize



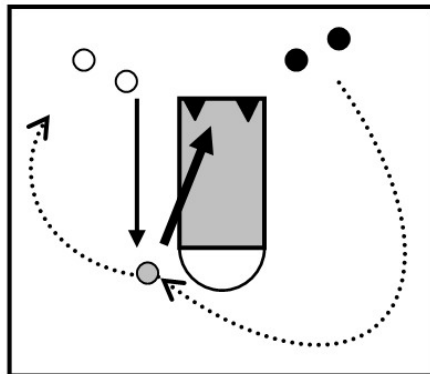
Give and Go – then Show!

Players divide into two lines (right and left of field center). Player plays the ball to a teammate then makes a run to open space. Ball is delivered and a one-touch shot is taken.

Progressions: Shooter to vary the run.

Use non-dominant foot.

Key points: Proper technique – look to the goal, plant foot facing the goal, strike the ball with authority



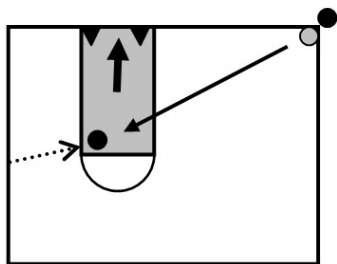
Warm-up

Players line-up outside each goal cone with a ball. Players take turns making a run to the top of the key, turn toward the goal, call for the ball to be delivered, receive the ball and shoot with a maximum of two touches. Player then moves to the end of the opposite line.

Progressions: One touch shot

Key points: Proper technique

Shots from “Set Plays”



Corner

Pass to player moving from behind the defense, looking for a deflection goal.

Progressions: Add defenders. Add secondary offensive targets.

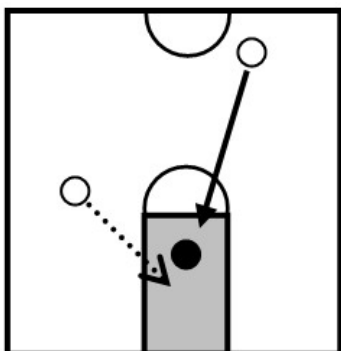
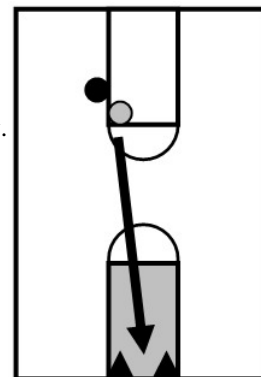
Key Points: Receiver must move to an open space and shoot on “first touch”.

Making the Kick from the Line

The team may get a penalty kick, or an overtime opportunity. Like a “free throw” these are shot without defensive and should be made. But need to be practiced.

Progressions: None, just practice

Key Points: Add clamor and crowd noise. Add reward.



Get the Garbage

Player shoots from inside halfway line. Have a keeper (without using hands) deflect the ball to charging offensive players.

Progressions: Harder shots. Closer shots. Limit time to score.

Key Points: Players must be aggressive in chasing the loose ball. Players must be creative in their shots.