

Phase One: Warm-Up

- Organise all of your equipment (balls, cones, bibs, goals, etc), get the players together and set objectives for the session.
- Seek to increase body temperature and get players warmed up, both physically and mentally.
- The level of intensity should go from low to moderate always allowing players to gradually ease their way into the game.



Phase Two: Development

- The session should be shaped around the objectives you want to achieve, so make sure to correct key points and progressively increase the level of difficulty.
- The intensity levels need to approach maximum or similar to competition level.
- Allow proper recovery time to ensure players maintain high intensity levels at all times.
- Ensure each player maintains the required level of attention and concentration throughout.
- Coach at natural stoppages and in the flow of the game.



Phase Three: Cool Down

- Design exercises aimed at lowering the heart-rate and recovering. Stretching and flexibility are advised.
- Exercises must be consistent with the overall objectives and content of the session. It should not really involve the ball.
- Evaluate and assess the results. Make sure the players understood the objectives and look for areas of improvement.



10 Things Every Futsal Player Should Know

- 1 Never stand still, keep moving around the pitch.
- 2 Give options to a team-mate who has the ball (support, make space)
- 3 Players must stand behind the imaginary line when the opposition attack.
- 4 Never give a ball away cheaply and get quickly behind the line of the ball.
- 5 Maintain the ball triangle (You, ball and direct opponent).
- 6 Pass it! An assist for a team-mate is better than missing a goal.
- 7 Passes between players must be on the ground.
- 8 Don't try to steal the ball unless the attacker's strongest leg is on the floor.
- 9 If you are the last player, never takes risks, just play it simple.
- 10 Be patient when passing the ball, but counter attack at speed.

