



## TRAINING CYCLE THEME IDEAS

The 25 rules for Futsal players below provide excellent training cycle theme ideas. Not all of them are appropriate for each age group as younger players won't be able to learn some of the more advanced rules. A cross indicates suitability for that age group. Feel free to use these in conjunction with the curriculum for your age group to plan your training sessions.

	25 Rules for Futsal Players	Pre	U7/8	U9	U10	U11	U12	U13/14
1	<b>Open the court</b> , the wingers play hugging the sidelines.		X	X				
2	<b>The 3 second rule:</b> 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.				X	X		
3	<b>Where do I find space?</b> Rule: Occupy the space left free by my team mate.			X	X			
4	<b>The player with the ball</b> 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.		X	X	X			
5	<b>Help the player who has the ball.</b> Sometimes getting closer, other times moving away. The aim is to create a clear passing line between you and your team mates.				X	X		
6	<b>Never lose the sight of the ball nor the eyes of the teammate who has it</b> (sometimes it does not matter if you move: as your teammate has not even seen you).				X	X	X	
7	<b>Pass and run.</b>	X	X					
8	<b>Be generous with your passing.</b> The game is won by the TEAM who scores more goals not the player who scores more goals.						X	X
9	<b>Dissociate (separate)</b> where you look from where you pass. Do not make obvious passes. Disguise.							X
10	<b>Futsal is a sport for "liars".</b> Perform feints (tricks) of pass, of movement to lose your marker, during a kick-in, etc.		X	X	X			
12	<b>Passes must be strong</b> but not carelessly violent. This doesn't give defenders time reach you or your teammates.	X	X	X				
12	<b>Be careful with passes</b> that travel from one wing to another when playing close to your own goal, near the "D".				X			



13	<b>Patience.</b> Rule of 5 passes. Pass the ball at least 5 times before shooting to disorganise the opposition.						X	X
14	<b>The goalkeeper</b> 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.							X
15	<b>The backman or “fix” (or any player for that matter) never dribbles if he is the last man,</b> because if he loses the ball it will be a 1 v 1 against the goalkeeper				X	X	X	
16	<b>Finish the play with a strong shot</b> to avoid a counterattack			X	X	X		
17	<b>Aggressiveness:</b> 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. <sup>[1]</sup> <sub>SEP</sub>					X	X	X
18	<b>Strength in the tackle.</b> Tackle the ball like you mean it but not violently.						X	X
19	<b>Do not allow the player with the ball to think.</b> Annoy/disturb continuously but <sup>[1]</sup> <sub>SEP</sub> without trying to steal the ball unless the attacker loses control of it.		X	X				
20	<b>Never lose the sight of the ball or the eyes of the player who has it.</b>				X	X		
21	<b>The wing (sideline) is one more defender.</b> Direct the opposition player with the ball towards it.			X	X	X		
22	<b>There is no rest when defending</b> and no player should adopt an upright position/stance, as the opposition will exploit the tiniest mistake to score						X	X
23	<b>All players must defend behind the ball.</b>	X	X	X				
24	<b>Never cross over in defence.</b> Talk and change the players being marked.						X	X
25	<b>Constant communication</b> between the defenders.				X	X	X	