

'Learn to Train'



GRASSROOTS

Futsal Coaches Handbook

Legend for Training Session Diagrams



PLAYERS

CONE

BALL



RUN



HOP



RUN WITH BALL



STRIKE BALL

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Introduction

BC Soccer strives to provide a healthy and active lifestyle for children, youth and adults through its Grassroots Development Service Plan.

Grassroots programs across province should always focus on fun and emphasize social and athletic development. Where every child is guaranteed playing time and the game is taught while players participate in a fun and enjoyable atmosphere.

Many leagues, games and practices are cancelled during the winter months due to British Columbia's climate, limiting opportunities for players to play the game they love. For the last number of years, BC Soccer has hosted futsal events, hoping this would stimulate FIFA's official indoor version of soccer around the province. However, limited developmental resources and access to futsal specific coaches has affected regional growth .

The purpose of this Futsal Grassroots Handbook is to provide a supplemental training curriculum to coaches who are driven indoors because of harsh winter conditions.

The workshop accompanying this handbook, is designed to enhance your understanding of the contents, increase awareness about what constitutes responsible programming and how to incorporate age-appropriate coaching techniques to the practices you are involved with.

BC Soccer hopes that all soccer and futsal programs in the province embrace:

Active Play

Promotion of lifelong physical activity and healthy living by British Columbians

Inclusive Play

Promoting respect and harmony through access to soccer by boys and girls, men and women, and all people regardless of origin, age and walk of life

Team Play

Promoting collaboration, cooperation and coordination in the pursuit of excellence in soccer and all aspects of life

For further information or questions about BC Soccer's grassroots development service plan and its free services available to your club, please contact:

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Learn to Train

The 'Golden Age of Learning' Under 8-11 Female/ Under 9-12 Male



This stage introduces players to disciplined training and begins to develop their understanding of principles of play alongside their skills practice. Repetitions are important to develop technical proficiency, but creating a fun and challenging environment is still paramount to stimulate learning and promote a love of the game. Players play in a

5v5 game format. A simple league schedule can be created, but no standings should be kept – the emphasis is still FUN. All players play equal time and try all team positions, including goalkeeping, and the training to competition ratio should be 2 to 3 training sessions for every game.

GOAL: Focus on technique and skill development and introduce tactics. Talent identification is introduced but FUN is still paramount.

TECHNICAL:

- ✓ Golden age for learning skills
- ✓ Continue to develop turns, drag backs, shielding, and hooks, as well as fakes such as step overs and scissors
- ✓ Introduce chip pass, short passing with outside foot, medium and long passes
- ✓ Develop short passing
- ✓ Introduce receiving with all parts of the body, including heading at the end of the stage
- ✓ Introduce shooting with volleys and half-volleys.
- ✓ Practice skills in games to encourage decision making.

TACTICAL:

- ✓ Continue small-sided games
- ✓ Introduce attack and defense principles
- ✓ Introduce positional awareness in a variety of positions
- ✓ Teach basic set plays (free kicks, correct throw-ins)

PHYSICAL:

- ✓ Continue to develop Agility, Balance, Coordination and Speed
- ✓ Introduce warm-up

MENTAL:

- ✓ Create environments that build: Confidence, Courage, Composure

GOALKEEPING:

- ✓ Resist temptation to limit goalkeeping to a few
- ✓ Develop ball handling, footwork, rolling and over-arm throws, goal kicks, volleys and back passes
- ✓ Introduce deflecting saves
- ✓ Introduce side-arm and javelin throws
- Introduce catching and deflecting crosses

LIFESTYLE:

- ✓ Identify complementary sports
- ✓ Fair play and ethics
- ✓ Encourage 3+ hours of sleep prior to midnight



Futsal Laws of the Game

BC Soccer recommended modifications to FIFA Futsal Laws of the Game

The Futsal Court:

Court Dimension:

From 15m x 30m to 20m x 40m

Penalty Area: Two lines of 6 m are measured from the outside of each goalpost; at the end of these lines a quarter circle is drawn in the direction of the nearest touch line, each with a radius of 6 m from the outside of the goalpost.

A penalty mark is made 6 m from the midpoint between the goalposts and equidistant to them.

Goal Size: A goal must be placed on the centre of each goal line and measure 3x2 meters.

Goals must be secured so that they are safe and cannot be moved by players or spectators.

Duration of Games:

- Two (2) equal halves of 10 minutes, without stoppages.
- Three (3) periods of 5 minutes, with a time-keeper for stoppages.

Game Format:

A team is made up of 5 players, of which one is the goalkeeper

The Team:

- Recommended roster size does not exceed 14 players
- Substitutions can be made at any point in the game 'on the fly'
- Players must have equal play-time

Laws of the Game:

The following rules of Futsal are to be used:

- All free kicks are direct
- A free kick without a defensive wall is awarded after 5 accumulated fouls within a half
- No offside
- After the ball crosses the touchline, the game restarts from a kick-in
- Substitutes must enter and exit the teams substitution zone
- Kick off, free kicks, corner kicks, kick-ins, goal clearance: opponents must stand back five (5) meters
- Goalkeeper can handle the ball for a maximum of 4 seconds
- Goal clearance are thrown
- Ball Size: Futsal Size 3
- Officiating is informative

Fair Play:

Players and Coaches should shake hands before and after each match.

Supporters & Spectators:

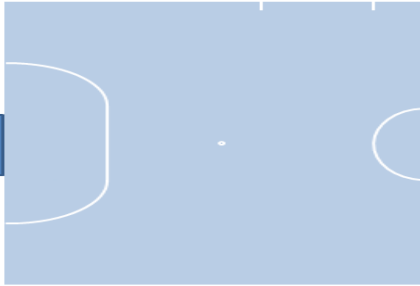
- For safety, the distance from the edge of the pitch is 2-3m.
- No spectators (or parents) should be in the area reserved for children and coaches.

Safety:

- Players should warm up before a game, all children should do this together if possible.

Workshop Notes

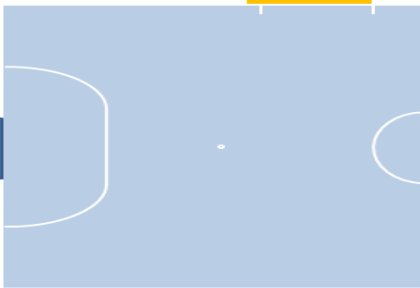
Substitution Zone



Exercise

Coaching Points

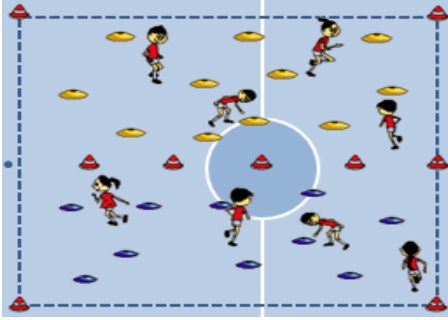
Substitution Zone



Exercise

Coaching Points

Warm Up Activities



Coaching Points

- ★ Balanced movement
- ★ Encourage agile movement
- ★ Orientation (head up)
- ★ Enjoyment

Exercise 1

- ★ Players flip over as many cones as possible
- ★ 'Switch!' players move to the other half to flip cones back to original position
- ★ Variation: Players hop/ skip/ side-step/ move backwards

Organization

- ★ Split the team into 2 balanced groups
- ★ Create a grid that's appropriately sized for players
- ★ Place twice as many cones than players in each half of the grid
- ★ Duration = 90 seconds/ set



Coaching Points

- ★ Balanced movement
- ★ Encourage agile movement
- ★ Orientation (head up)
- ★ Enjoyment

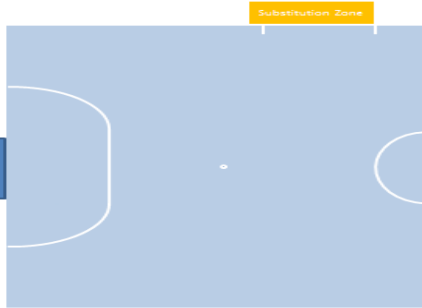
Exercise 2

- ★ Each player has access to a futsal ball
- ★ Dynamic activity where players are encouraged to perform various movements within the grid.
- ★ Variation: Players hop/ skip/ side-step/ move backwards/ carry the ball/ dribble with right foot, left foot or alternating feet/ sidestep and roll the ball using soles of feet.

Organization

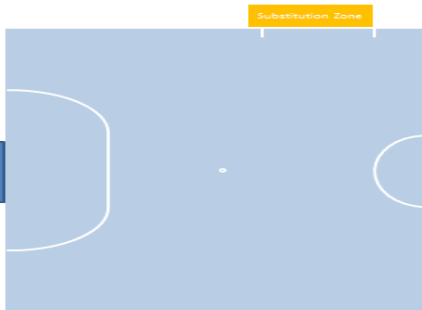
- ★ Create a grid that's appropriately sized for players
- ★ Duration = 30—45 seconds/ set

Workshop Notes



Coaching Points

Exercise



Coaching Points

Exercise

Warm Up Activities



Coaching Points

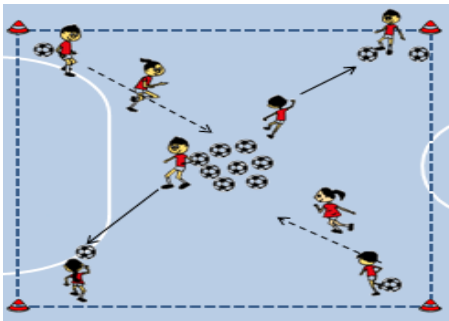
- ★ Balanced movement
- ★ Encourage agile movement
 - change of direction
- ★ Orientation (head up)
- ★ Enjoyment

Exercise 3

- ★ Split the team into 2 balanced groups to play freeze tag.
- ★ Variation: Players hop/ skip/ side-step/ incorporate running with ball

Organization

- ★ Create a grid that's appropriately sized for players
- ★ Duration = 90 seconds/ set



Coaching Points

- ★ Balanced movement
- ★ Encourage agile movement
 - change of direction
- ★ Orientation (head up)
- ★ Enjoyment

Exercise 4

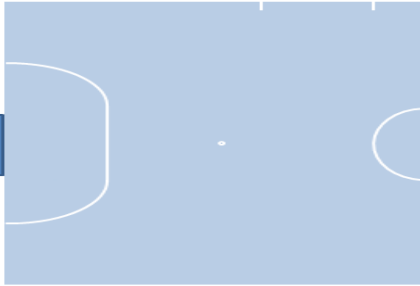
- ★ 1 player from each group runs to the middle to collect a ball
- ★ From the middle players can:
 - run with the ball/ pass/ carry ball
- ★ Variation: Players hop/ skip/ side-step/ move backwards to collect a ball

Organization

- ★ Split the team into 4 balanced groups
- ★ Create a grid that's appropriately sized for players
- ★ Place twice as many cones than players in each half of the grid
- ★ Duration = 90 seconds/ set

Workshop Notes

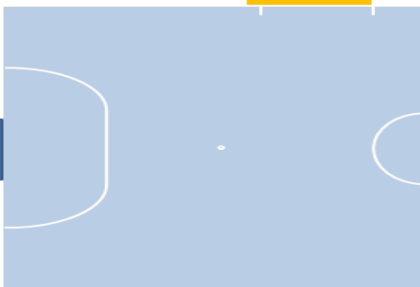
Substitution Zone



Exercise

Coaching Points

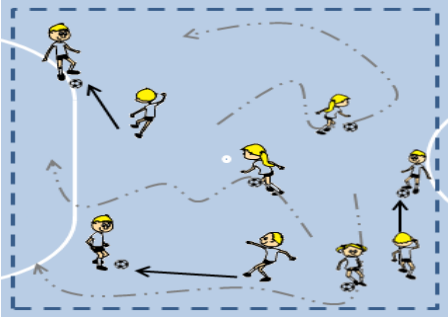
Substitution Zone



Exercise

Coaching Points

Running with the Ball



Coaching Points

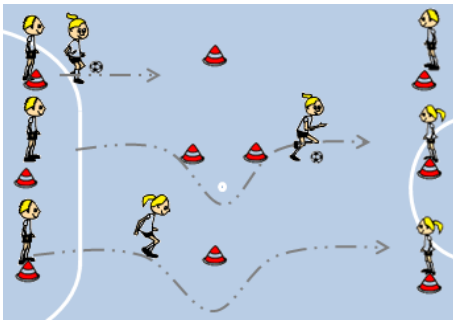
- ★ Orientation (head up)
- ★ Keep ball within playing distance
- ★ Use various surfaces to pass:
 - Sole/ inside & outside of foot/ back heel
- ★ Use sole of foot to receive passes

Exercise 1

- ★ Group A will dribble around practicing feints and skills while trying to avoid collisions and intercepting passes
- ★ Group B will pass the ball in pairs while moving around the grid
- ★ 'Switch!' groups practice the other skill so both teams have equal opportunity

Organization

- ★ Split the team into 2 balanced groups
- ★ Create a grid that's appropriately sized for players
- ★ Duration = 90 seconds/ set



Coaching Points

- ★ Orientation (head up)
- ★ Short steps when dribbling
- ★ Perform feint or skill early and in advance of the cone/ defender
- ★ Ball pushed wide around cone/ defender

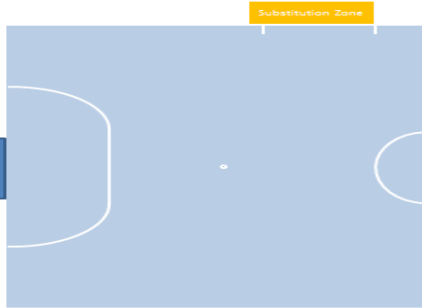
Exercise 2

- ★ Players practice feints and skills while dribbling around the cone
 - shoulder drop/ pivot/ fake shot
- ★ Variation: Players side-step with ball/ move backwards/ insert defender

Organization

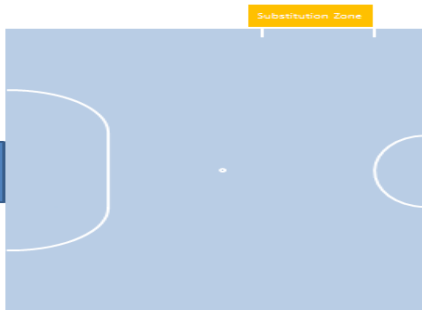
- ★ Groups of 3 players (optimum) or more of similar ability
- ★ 1 ball per group plus spare
- ★ 3 or 4 cones per group
- ★ Duration = 90 seconds/ set

Workshop Notes



Coaching Points

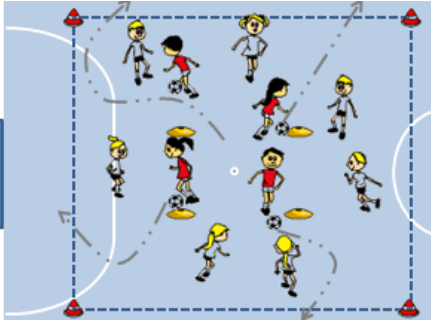
Exercise



Coaching Points

Exercise

Running with the Ball



Coaching Points

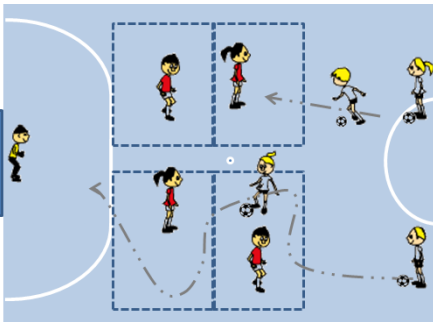
- ★ Balanced movement
- ★ Short steps when dribbling
- ★ Promote agile movement and creativity
- ★ Orientation (head up)
- ★ Keep ball within playing distance

Exercise 3

- ★ Players in the middle try to dribble the ball outside of the grid
- ★ If a player loses control of the ball, they become defenders until all attackers have been caught
- ★ Variation: side-step roll/ move backwards/ 'crab walk'/ introduce time limit

Organization

- ★ Split team into 2 balanced groups
- ★ Create a grid that's appropriately sized for players with a square in the middle
- ★ 1 ball between 2 players, plus spares



Coaching Points

- ★ Orientation (head up)
- ★ Short steps when dribbling
- ★ Perform feint or skill early and in advance of the defender
- ★ Protect ball from defender

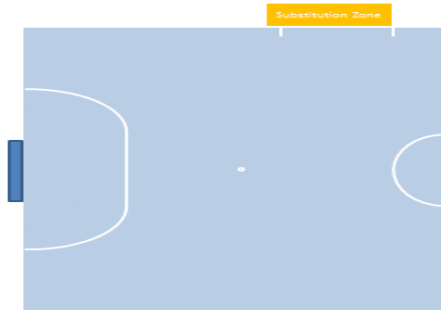
Exercise 4

- ★ Player with the ball tries to advance through the 2 squares with defenders to shoot on net
- ★ If player loses control of the ball, they immediately become a defender

Organization

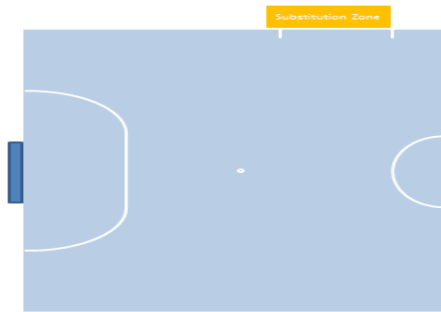
- ★ Split the team into groups of similar ability
- ★ Create two appropriately sized squares for 1v1 scenarios
- ★ Duration = 8 to 10 minutes

Workshop Notes



Exercise

Coaching Points

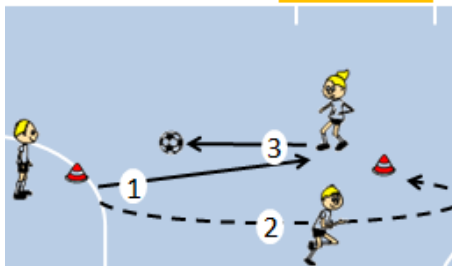


Exercise

Coaching Points

Passing, Ball Control & Movement

Substitution Zone



Coaching Points

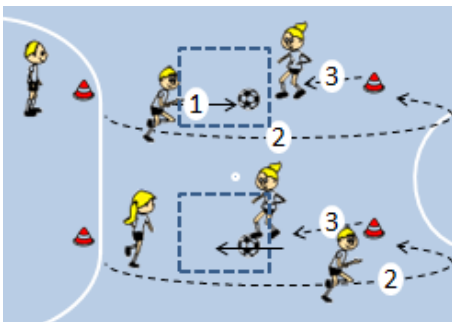
- ★ Use various surfaces to pass:
 - Sole/ inside & outside of foot/ back heel
- ★ Orientation (head up)
- ★ Keep ball in front of body
- ★ Use sole of foot to receive passes

Exercise 1

- ★ Rotational passing activity to maximize repetition and touches on the ball

Organization

- ★ Groups of 3 players (optimum) or more of similar ability
- ★ 1 ball per group plus spare
- ★ Duration = 90 seconds/ set



Coaching Points

- ★ Pass with the sole of your foot, with right and left feet
- ★ Meet the ball when receiving a pass
- ★ Keep ball in front of the body
- ★ Orientation (head up)

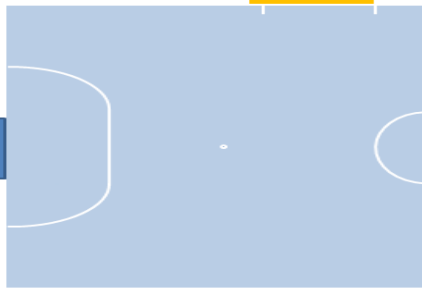
Exercise 1

- ★ Rotational passing activity to maximize repetition and touches on the ball
- ★ 1 touch passing, keeping the ball inside the square

Organization

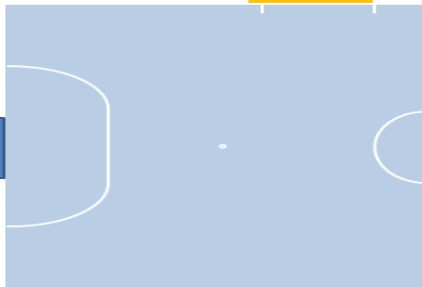
- ★ Groups of 3 players (optimum) or more of similar ability
- ★ Create a square in the middle
- ★ 1 ball per group plus spare
- ★ Duration = 90 seconds/ set

Workshop Notes



Coaching Points

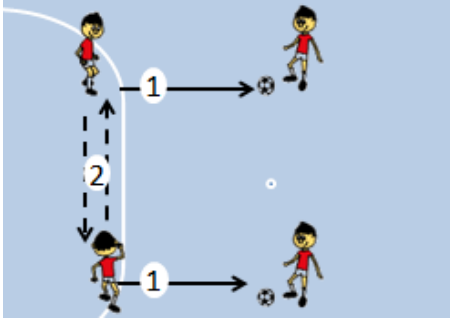
Exercise



Coaching Points

Exercise

Passing, Ball Control & Occupying Space



Coaching Points

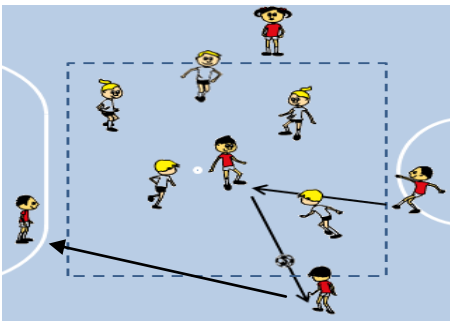
- ★ Pass with the sole of your foot, with right and left feet
- ★ Meet the ball when receiving a pass
- ★ Keep ball in front of the body
- ★ Avoid clicking heels while sidestepping

Exercise 1

- ★ Rotational passing activity to encourage accurate weight of pass and timing
- ★ After passing ball, switch positions with the player to the side

Organization

- ★ Groups of 4 (optimum) or 3 players of similar abilities
- ★ 2 balls per group plus spare
- ★ Duration = 90 seconds/ set



Coaching Points

- ★ Orientation (head up)
- ★ Encourage body feints and change of speed
- ★ Keep body in front of ball
- ★ Receive ball using sole of foot
- ★ Meet ball when receiving pass

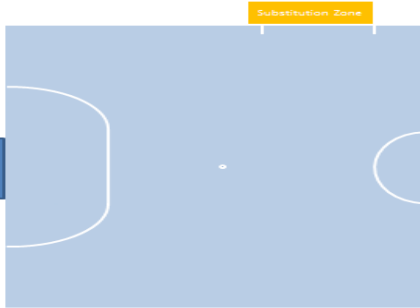
Exercise 2

- ★ Attacker in the middle finds space to move into so they can receive pass from the outside attackers
- ★ If inside attacker is unable to receive ball, outside attackers continue to pass the ball around the box

Organization

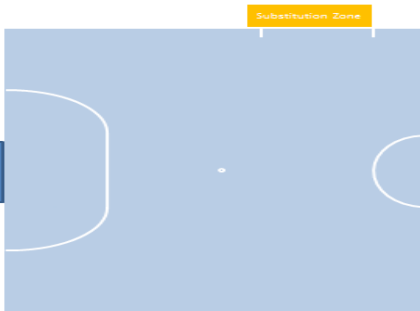
- ★ Balanced groups of 5 (optimum)
- ★ Create a grid that's appropriately sized for an attacker to find space amongst defenders
- ★ 1 ball per group plus spare s
- ★ Duration = 45 seconds/ set

Notes



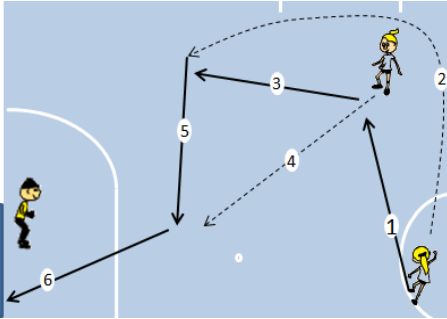
Coaching Points

Exercise



Coaching Points

Exercise



Coaching Points

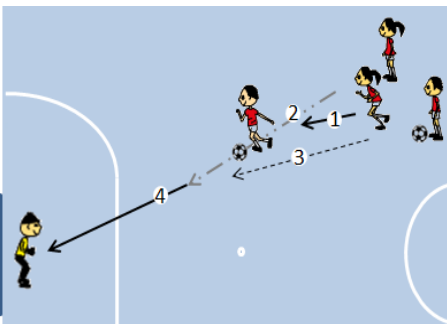
- ★ Use various surfaces to pass:
 - Sole/ inside & outside of foot/ heel
- ★ Orientation (head up)
- ★ Use sole of foot to receive passes
- ★ Timing
- ★ Body position

Exercise 1

- ★ Combination play to encourage movement off of the ball
- ★ After passing the ball, player overlaps teammate to receive a pass down the touch line.
- ★ Player then crosses the ball along the ground for a shot
- ★ Variation: introduce time limit/ defender

Organization

- ★ Players rotate positions each turn
- ★ 2 balls per group plus spare
- ★ Duration = 8 to 10 minutes



Coaching Points

- ★ Use the sole of the foot to pass ball
- ★ Keep ball within playing distance
- ★ Defender's recovery run directed to near post

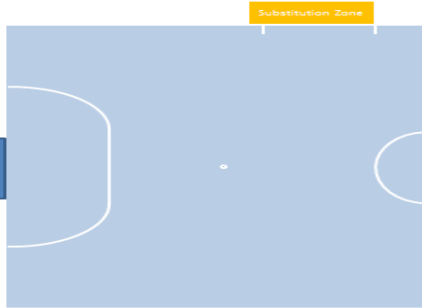
Exercise 2

- ★ Through ball activity to promote confidence in 1v1 attacking situations
- ★ Defender passes the ball to attacker and chases attacker to prevent a shot on goal.

Organization

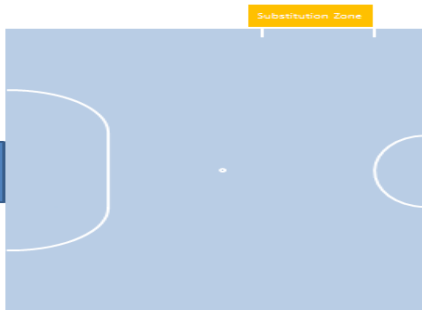
- ★ Players rotate positions each time
- ★ 1 ball per pair plus spares
- ★ Duration = 8-10 minutes

Workshop Notes



Coaching Points

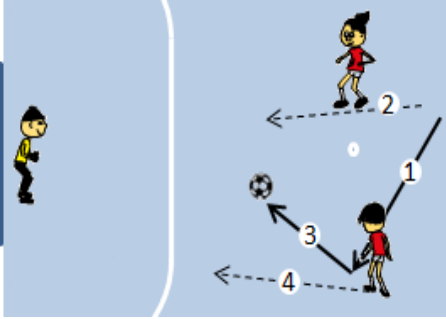
Exercise



Coaching Points

Exercise

Passing and Shooting



Coaching Points

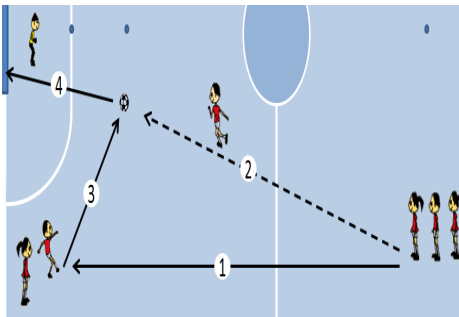
- ★ Use various surfaces to pass/ shoot:
 - Sole/ inside & outside of foot/ toe
- ★ Orientation (head up)
- ★ Use sole of foot to receive passes
- ★ Timing
- ★ Body position

Exercise 3

- ★ Combination play to encourage movement off the ball, as well as accuracy of passing and shooting
- ★ Player moves forward into space after passing the ball to a teammate
- ★ Variation: introduce time limit/ defender

Organization

- ★ Players rotate clockwise each turn to practice each position
- ★ 1 balls per group plus spares
- ★ Duration = 8 to 10 minutes



Coaching Points

- ★ Use various surfaces to pass/ shoot:
 - Sole/ inside & outside of foot/ toe
- ★ Orientation (head up)
- ★ Use sole of foot to receive passes
- ★ Timing
- ★ Body position

Exercise 4

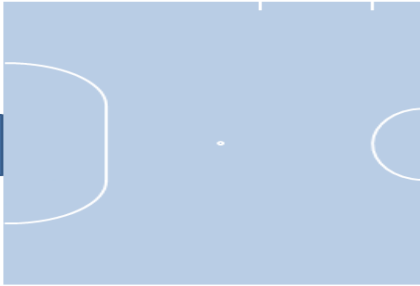
- ★ Combination play to encourage long pass, timing and shooting accuracy
- ★ Variation: introduce time limit/ defender

Organization

- ★ Players rotate clockwise each turn to practice each position
- ★ 1 balls per group plus spares
- ★ Duration = 8 to 10 minutes

Workshop Notes

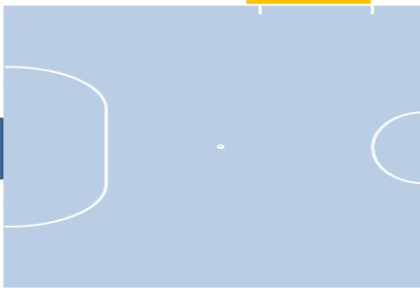
Substitution Zone



Exercise

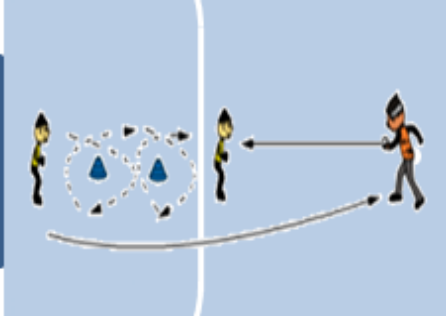
Coaching Points

Substitution Zone



Exercise

Coaching Points



Coaching Points

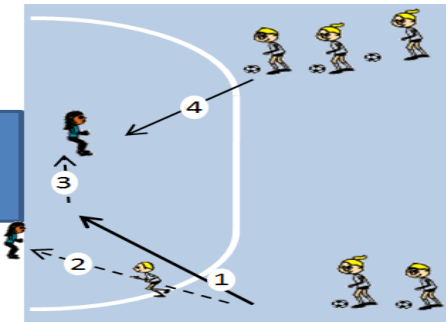
- ★ Balanced shuffle steps around cones
- ★ Orientation (head up)
- ★ Low ball = pinky fingers touching to scoop the ball
- ★ High ball = 'W' shape, thumbs together elbows in front of the body

Exercise 1

- ★ Footwork and handling activity to encourage confidence catching the ball and proper technique

Organization

- ★ Groups of 3 players (optimum) or more of similar ability
- ★ 1 ball per group plus spare
- ★ 3 or 4 cones per group
- ★ Duration = 90 seconds/ set



Coaching Points

- ★ Orientation (head up)
- ★ Body positioning
- ★ Low ball = pinky fingers touching to scoop the ball
- ★ High ball = 'W' shape, thumbs together elbows in front of the body

Exercise 2

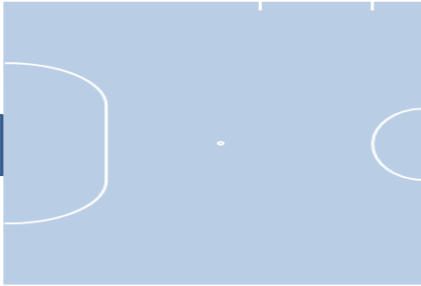
- ★ Rotational Shooting encouraging footwork and handling
- ★ Players run with the ball and have a shot on the goalkeeper
- ★ Variations: low/ high/ far post/ near service (shots)

Organization

- ★ Players rotate clockwise each turn to practice each position
- ★ 1 ball per player plus spares
- ★ Duration = 8-10 minutes

Workshop Notes

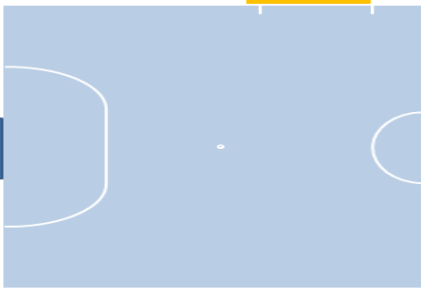
Substitution Zone



Exercise

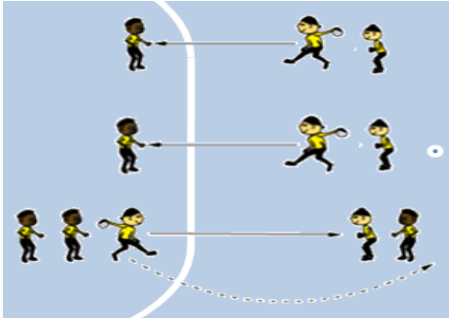
Coaching Points

Substitution Zone



Exercise

Coaching Points



Coaching Points

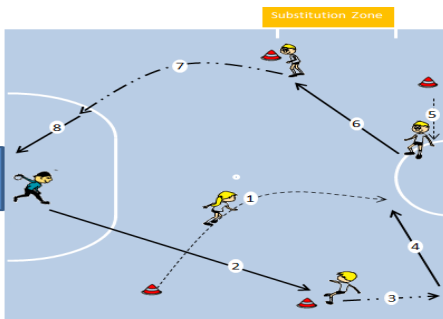
- ★ 'Ready' position
 - feet shoulder width apart
 - knees slightly bent
 - hands in front of the body
- ★ Encourage agile movement
- ★ Keep ball in front of body

Exercise 3

- ★ Handling exercise to encourage confidence catching the ball and distribution for goal clearance
- ★ Players roll the ball to their teammate and chase ball to the other side
- ★ Variation: Bounce pass/ half-volley/ volley/ service from feet

Organization

- ★ Groups of 3 players (optimum) or more of similar ability
- ★ 1 ball per group plus spare
- ★ Duration = 90 seconds/ set



Coaching Points

- ★ Movement and Positioning
 - Shoulders square to the ball
- ★ 'Ready' position
 - feet shoulder width apart
 - knees slightly bent
 - hands in front of the body

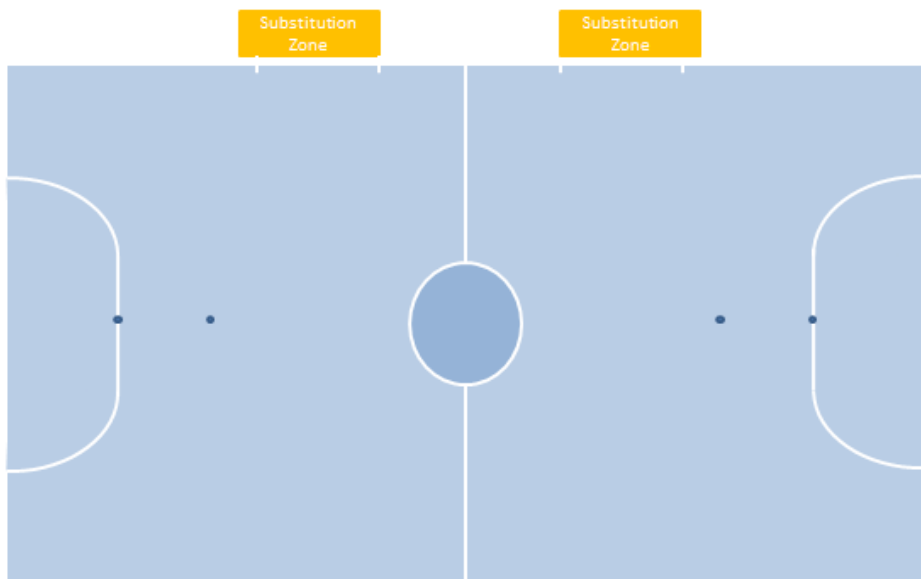
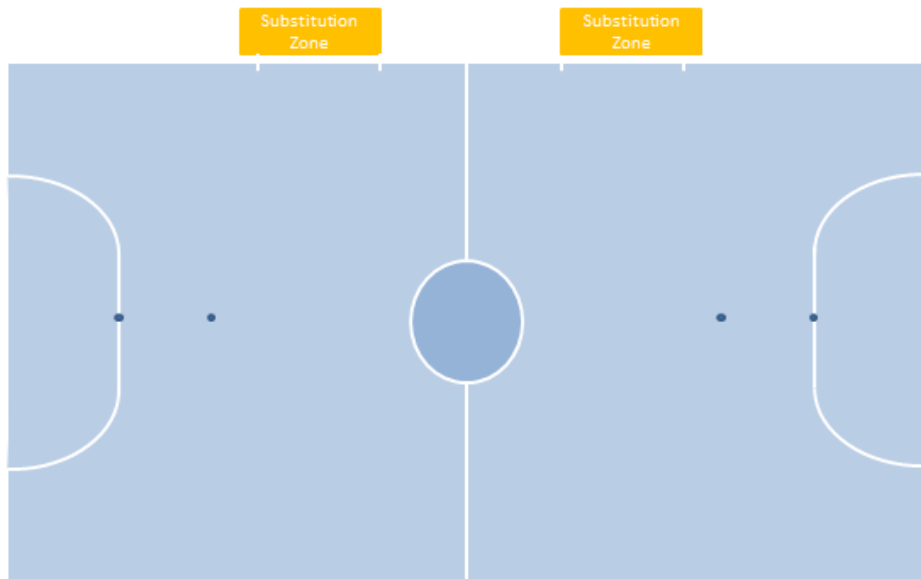
Exercise 4

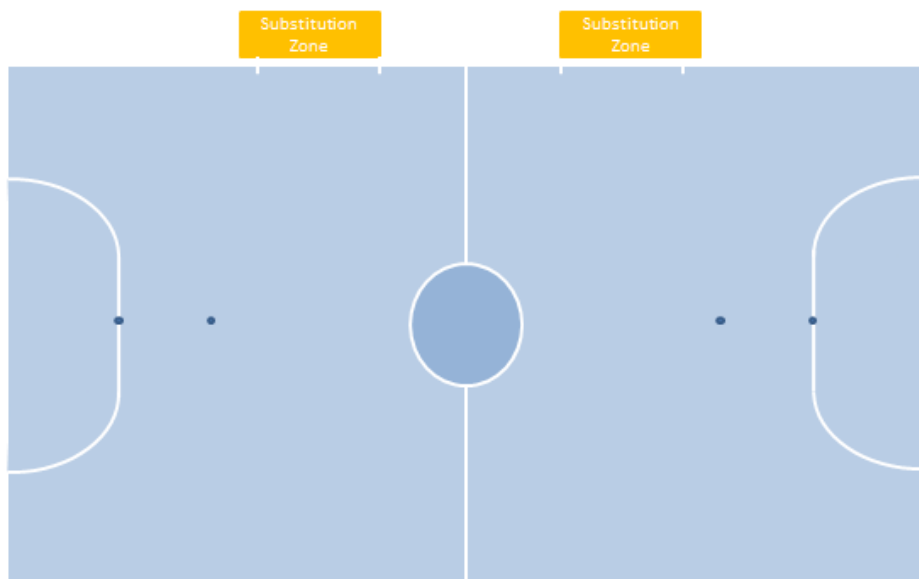
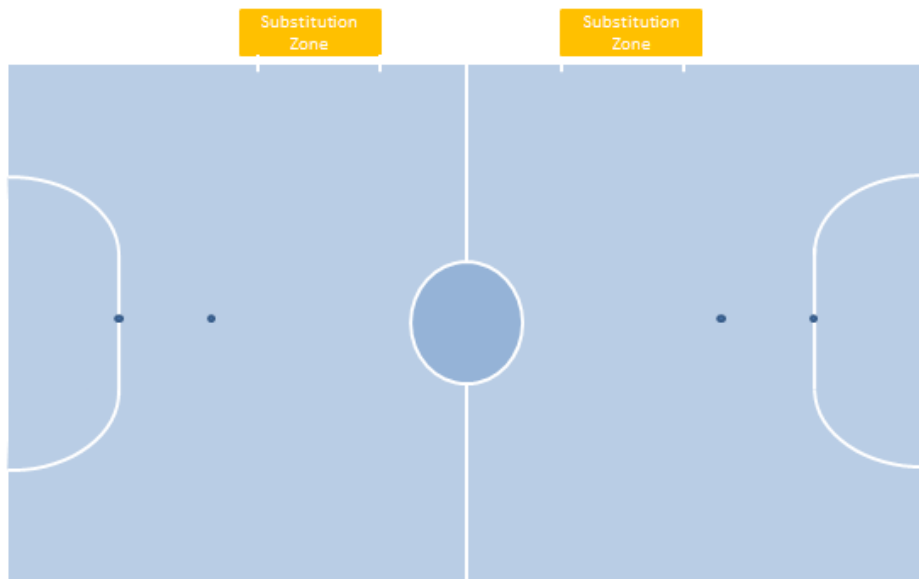
- ★ Distribution and shot stopping activity

Organization

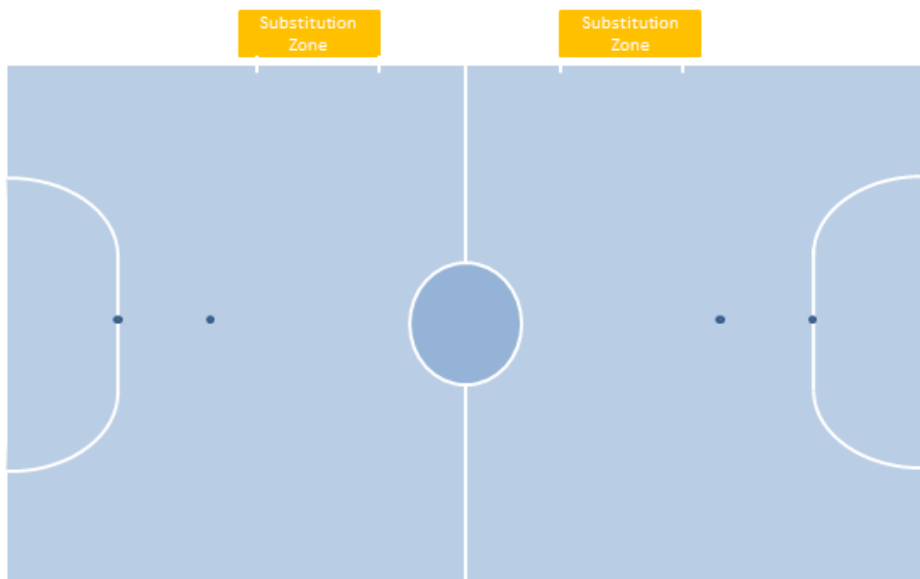
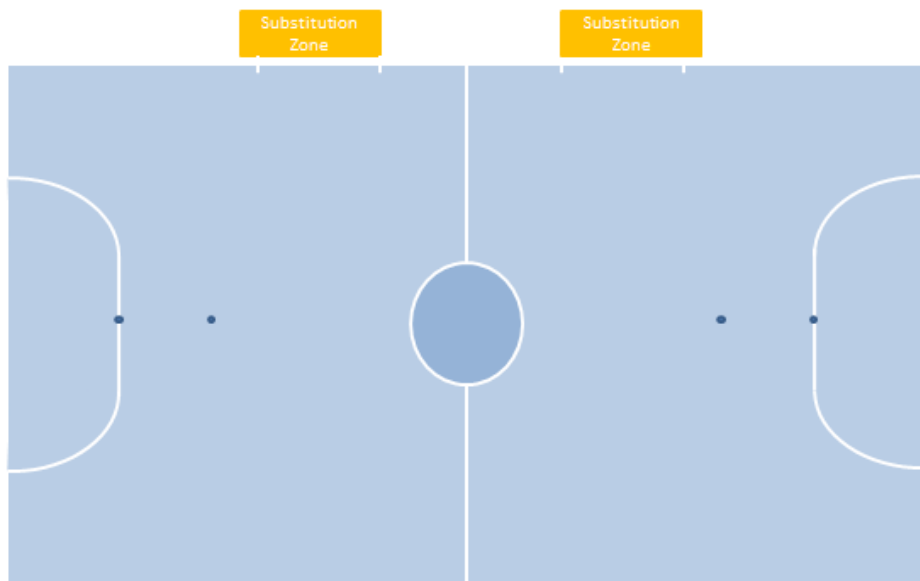
- ★ Players rotate counter-clockwise
- ★ 4 cones
- ★ Duration = 8-10 minutes

Notes





Notes





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