



Objective: Learn to play 5v4 situations (both in defense and in attack)

Set-up: full pitch, 1 goal-keeper, 9 fields players, 2 big (futsal) goals, 2 small goals, at least 1 ball, cannot play behind small goals.

Drill: White team has a fifth field player (nr.5). The job objective of white team is to score to the left goal. Black team has to defend their goal and try to score to the goal on the right. If white team scores, it counts as 1 point. Black team has two options: to score in futsal (big) goal or in any of two smaller goals. If black team scores in smaller goals it counts as one point. If black team scores in big goal, it counts are 2 points. If black team scores in futsal (big) goal, then it only counts, if it is done within two touches of the ball.

Intensity: High

Duration: 10 minutes each game.

P.S. Make sure, teams switch sides every 10 minutes. That is needed for every player to experience different roles.