



Objective: Creating passing lines

Set-up: full pitch, no goal-keepers, 5 fields players in each of two teams, no goals, at least 1 ball.

Drill:

The pitch is divided into 4 equal zones. The rules is, that "at any point of time in one zone there can only be maximum 2 players of one team". The objective of each team is make 10 consecutive passes. 10 passes are made (without losing the ball) - 1 point is scored.

If a third player of the same team enters a zone, the ball should be given to an opponent.

Intensity: High

Duration: 2 games of 10 minutes each

Variations: Put a goal-keeper in goals. Now team would have 1 goal-keeper and 5 field players each. Play normal futsal game. The restriction "maximum two players of each team in one zone at any point of time" remains.