

Re-Starts: Offensive

Side Kick –ins

If the kick in is within the first 2 meters from the corner treat it like a corner kick. As the ball goes away from the corner start to prepare to run picks to free a man for the initial shot.

Depending if they are in a man to man or a zone will determine what we run. They must be 5 meters away so possession is easy to play a ball in.

Getting a shot off the re-start is what good teams do well. Remember you have 4 seconds and the goalie is an option.

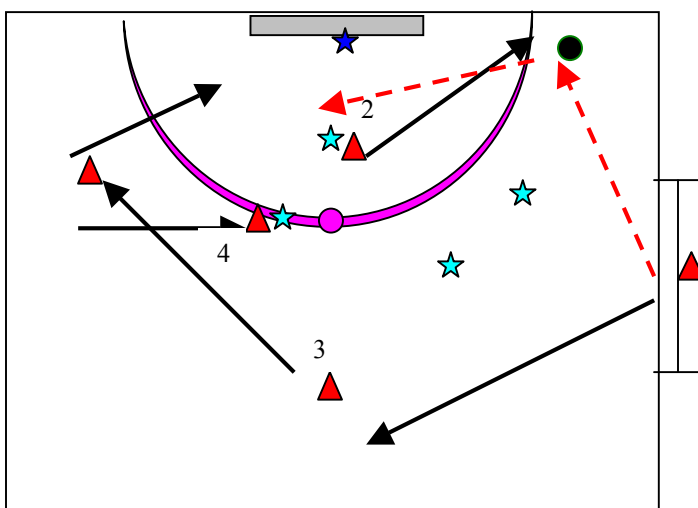
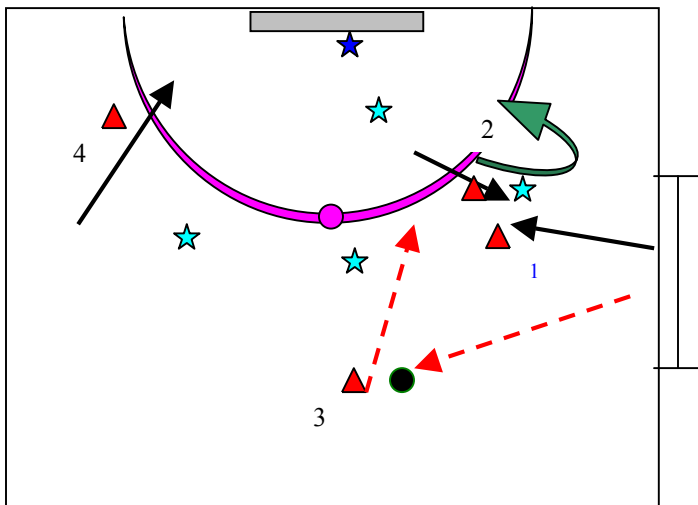
Start with:

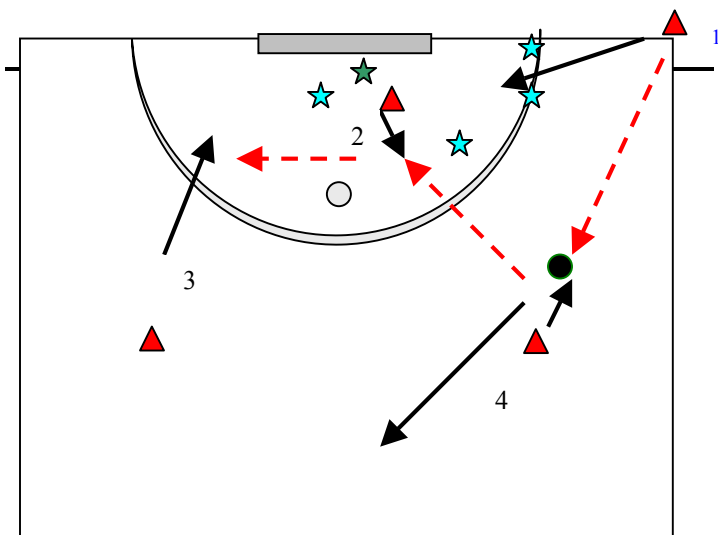
1 Looking for a direct ball to the Target # 2. Then # 1 moves to the end line.
3 Slices the arch off of a pick by # 4
4 becomes safety.

1 Looking for ball to # 3 then moves to the center of the arch as # 2 moves to pick # 2's man. # 4 goes back door.
3 stays safety and # 1 stays high
2 goes low post. Pick and roll.

1 looks for # 2 showing low post
4 sets a pick on # 3's man and # 3 overlaps the pick and goes to the back post # 1 passes and goes back for safety.
4 Picks and rolls for the front of the net

Remember to always take the easy play if it is there for a shot. Keep it low.

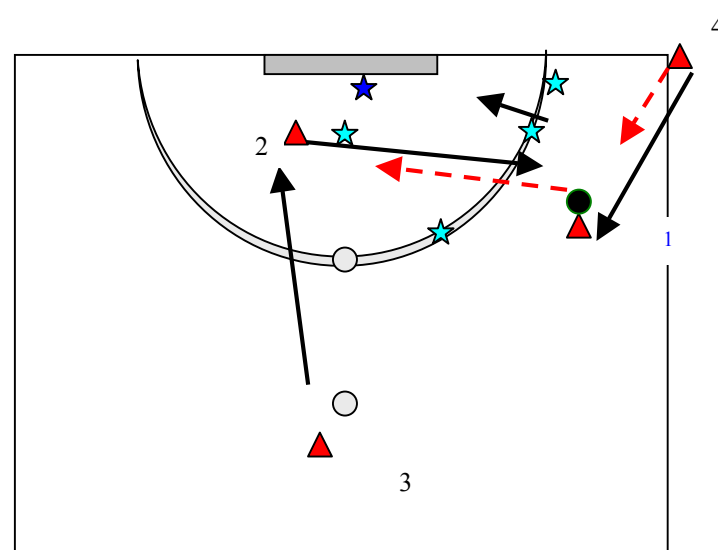




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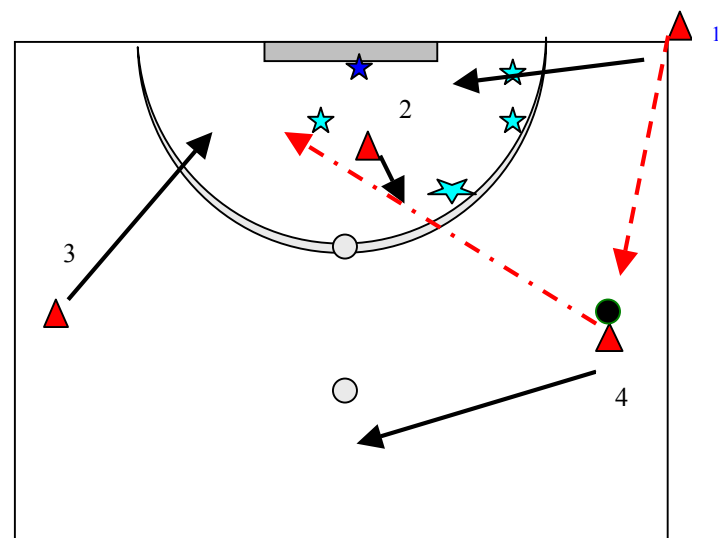
Corner Kicks

1 Starts with trying to get the ball directly to the middle of the Arch to a streaking target man.



Play # 1

Play ball from # 1 to # 4 showing to play one touch pass to target # 2 # 3 goes back door and # 4 circles back to safety. # 1 goes to the net.



Play # 2

4 plays ball to # 1 for a shot as # 2 sets a pick on defender and rolls to the net.

3 goes back door to back post.

4 overlaps and becomes safety

1 looks to shot then goes to the top of the arch.

Play # 3

1 plays ball to # 4 who plays a one time pass

to a showing dummy running # 2 target as # 3 goes back door.

1 goes to the near post after the pass out to

4. # 4 Becomes safety at the top of the center circle. # 2 Dummy and rolls to the net.

Re-Starts: Defensive

Side Kick -ins

If the kick in is within the first 2 meters from the corner treat it like a corner kick.

As the ball goes away from the corner start to prepare for players running off you and setting picks to free a man for the initial shot.

1 + # 2 Start with taking away the direct ball to the middle.

1 + # 2 defenders takes away the close pass / shot # 1 Looks for any player at the low post position.

3 defender takes the high shot.

4 defender covers any player in the box or flick pass to the back post side.

Goalie attacks any high ball or penetrating pass.

Once first pass is made by offence then go to the ball in a normal 1-2-1 trapping defense.

See Corner / 1-2-1 defensive responsibilities.

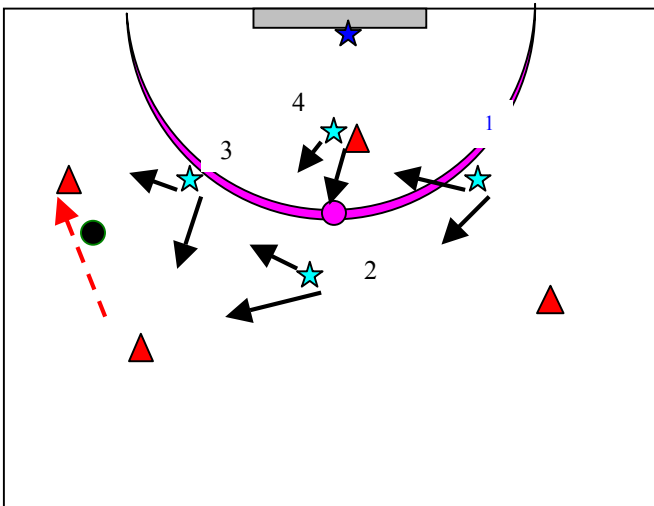
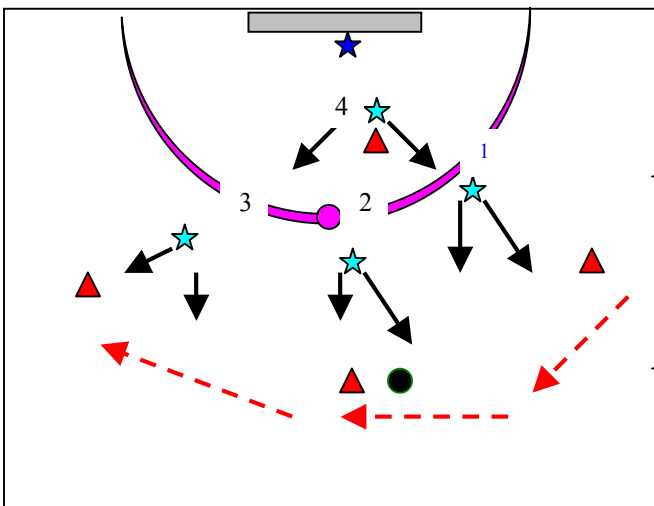
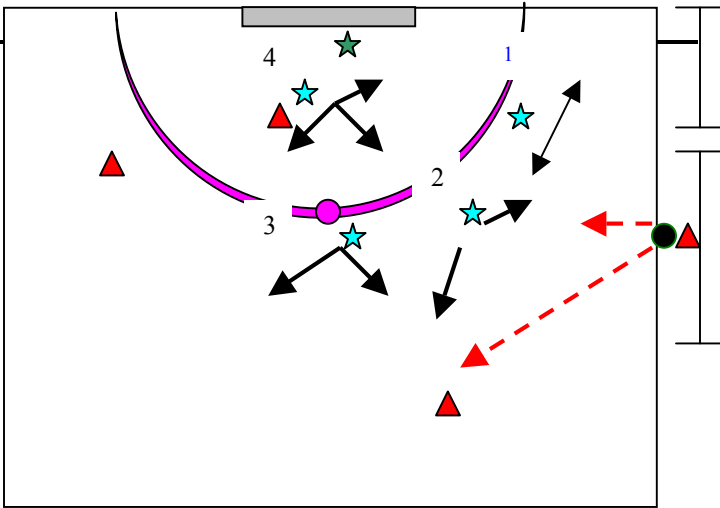
All players must be aware of the pick to free a forward.

Don't let yourself be picked off by another offensive player.

Do Not turn on the shot, and must close down nearest offensive player with the ball with speed and low body position for jockeying style.

No fouls around the Arch.

Try to make the offensive team come back to the top of the center circle.



Re-Starts: Defensive

Corner Kicks

1 Starts with taking away the direct ball to the middle.

2 defender takes away the close pass / shot
3 defender takes the high shot.

4 defender covers any player in the box or flick pass to the back post side.
Goalie attacks any high ball or penetrating pass.

Once first pass is made by offence then go to the ball in a normal 1-2-1 trapping defense. All players must be aware of the pick to free a forward. Don't let yourself be picked by another offensive player. Defensive strategy is to take away the penetrating ball and first possible shot from the pass.

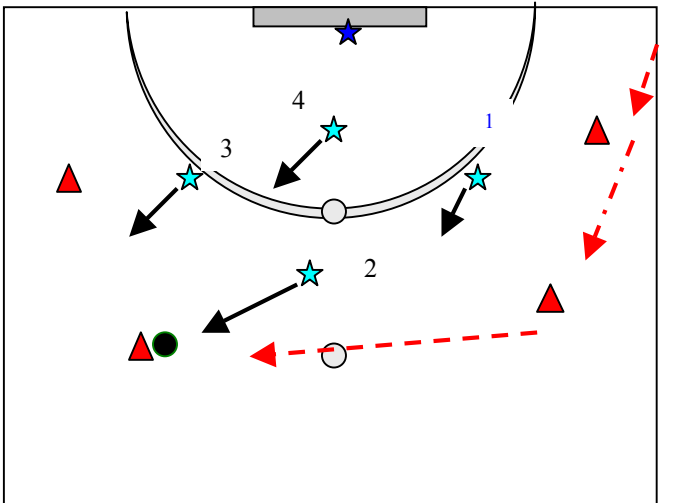
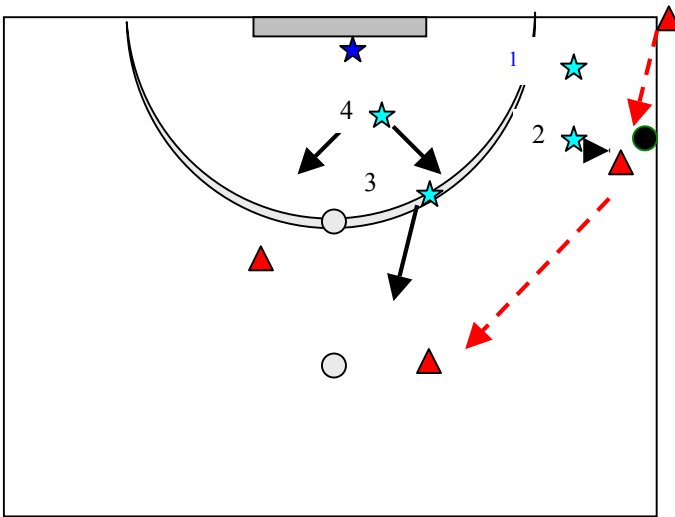
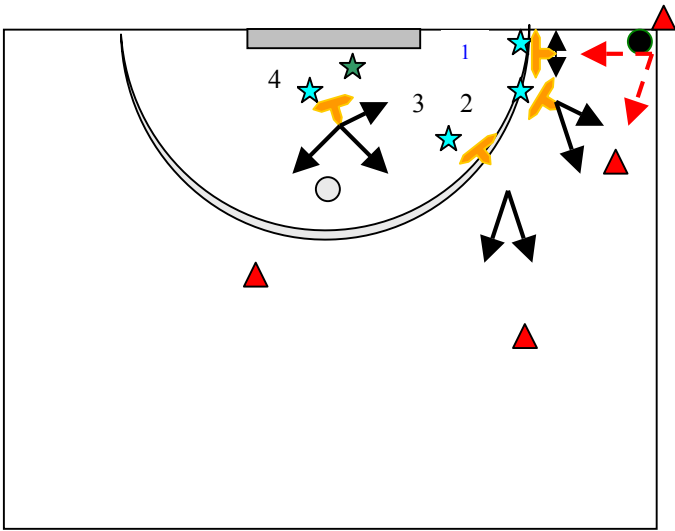
Make them pass 2 times then we are in normal defense.

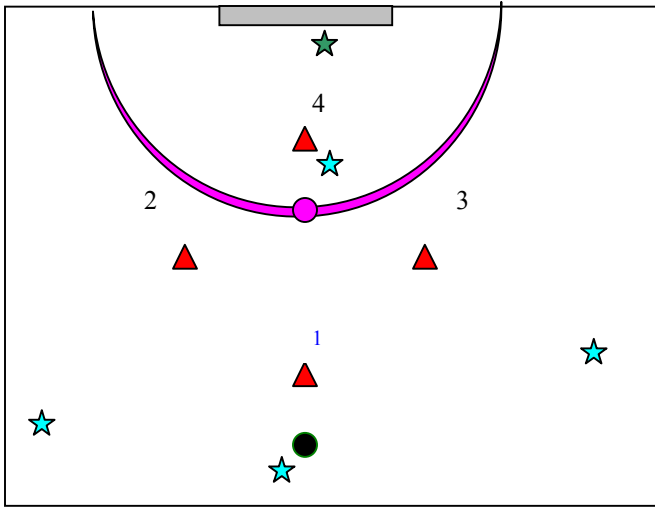
Can not turn on the shot, and must close down nearest offensive player with ball with speed and low body position for jockeying style. No fouls around the Arch. Body position is key, stay between the goal and the ball.

If you are the weak side defender get goal side and ready to help.

Try to make the offensive team come back to the top of the center circle.

Once they are back to the top of the circle / arch stay in a 1-2-1- Zone defense. The # 1 -2 - 3 defenders rotate along the arch forcing play outside. # 4 stays home as much as possible. Keep them out of the Key.





1-2-1 : Defensive

The 1-2-1 zone defense is a defense that can be used full court or in tight to your own net for protection of the goal area and any in-between set we wish. $\frac{3}{4}$ court half court etc.

The top player puts pressure on the ball and the wide players don't allow the ball through the middle. They keep the ball on the outside

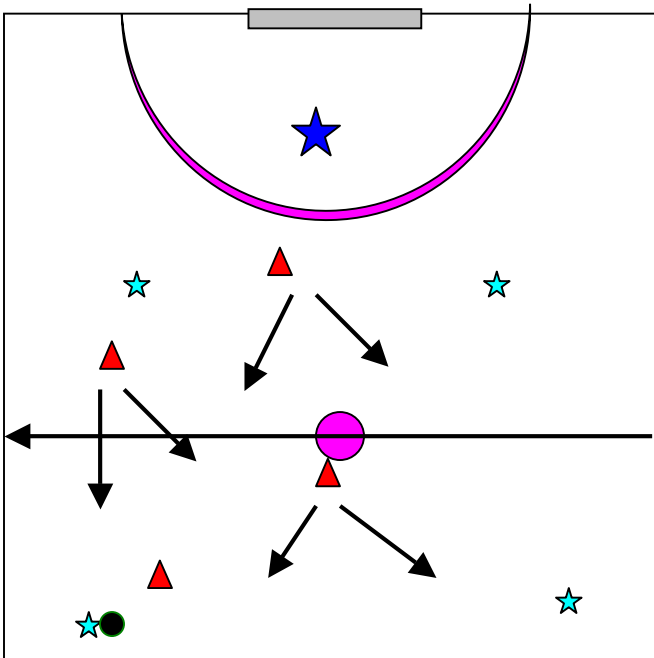
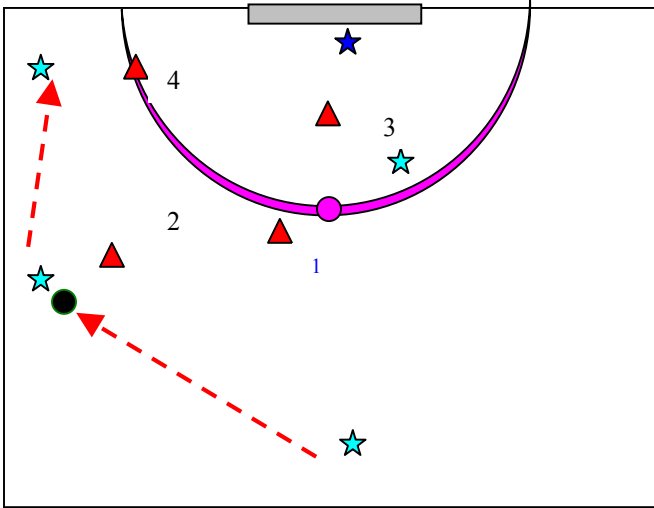
Looking to double when ever possible. Weak side wide player comes in to the middle to help. Low man goes out to stop corner player as the wide player on the side of the ball drops to double. High man drops to the middle and the weak side player in front of the net or the middle of the field.

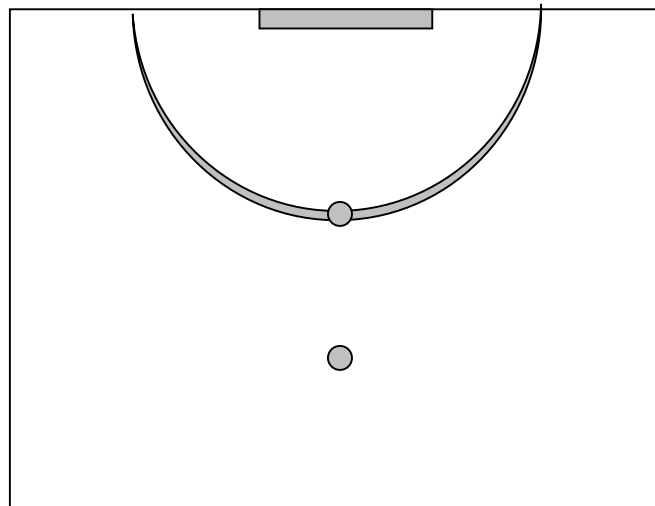
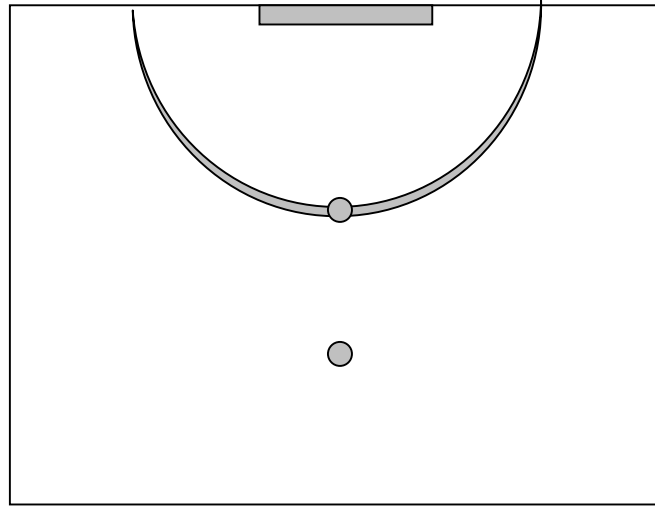
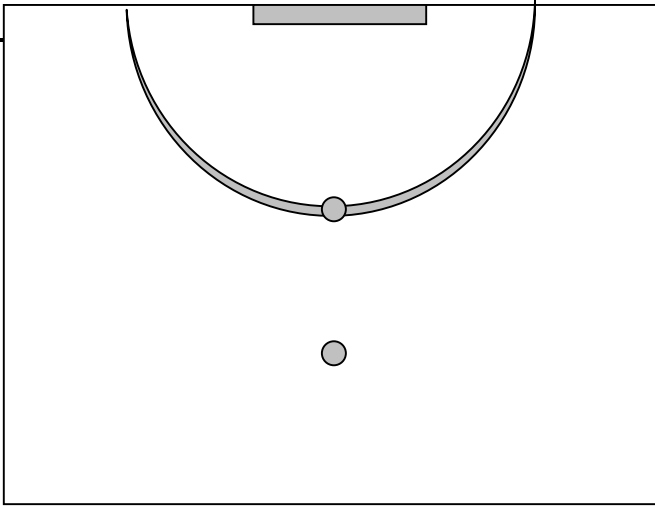
The defense is based on movement by all players to trap and cover. Always covering the pass to the middle of the field keeping the opposition on the outsides.

When ever you are not sure where you should be just drop to the center of the field in front of the net and pick up a man.

Look to keep on your toes and anticipate the ball into the middle and players running interference.

As one player goes out to challenge the player on the other side comes in to cover.





Player formation: 1-2 1 Defense

Line 1

Target:

Midfielders:

Defender:

Line 2

Target:

Midfielders:

Defender:

Line 3

Target:

Midfielders:

Defender:

Power play: _____

Short Handed: _____

5 th Attacker: Pull Goalie

PK Shot: _____

Futsal: Defending Free kicks

3 man wall defending center front

Target man is in front of the ball middle of the wall.

Midfielders on each side ready to go to the ball and ½ a step back from the target man.

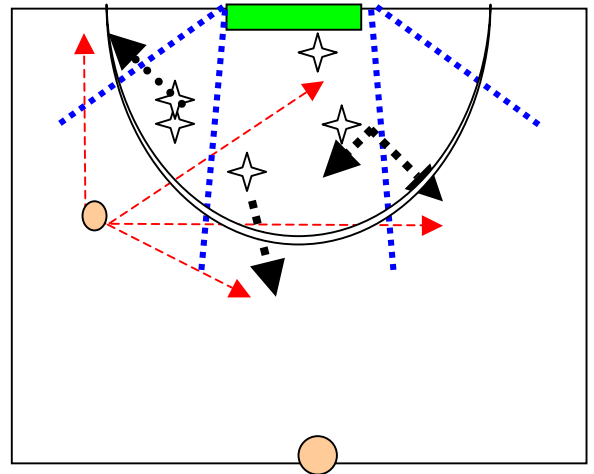
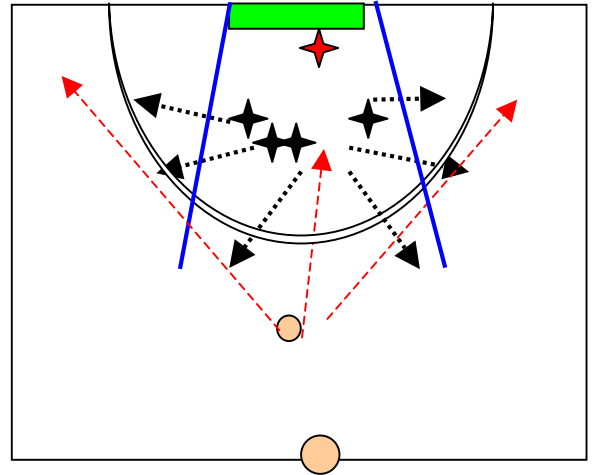
Defender is dropped back ready for a low pass.

Goalie is ready for a shot and any low passes to the outside. Stay low if the ball goes wide.

Be ready for a wallop...

No fouls around the top of the Arch please.

All pass backs to the keeper that result in an infraction are indirect. Just play the 1-2-1 zone tight.



2 man wall defending Zonal area wide

Target man is in front of the ball middle of the wall.

Midfielders on right side ready to go to the low ball and ½ a step back from the target man.

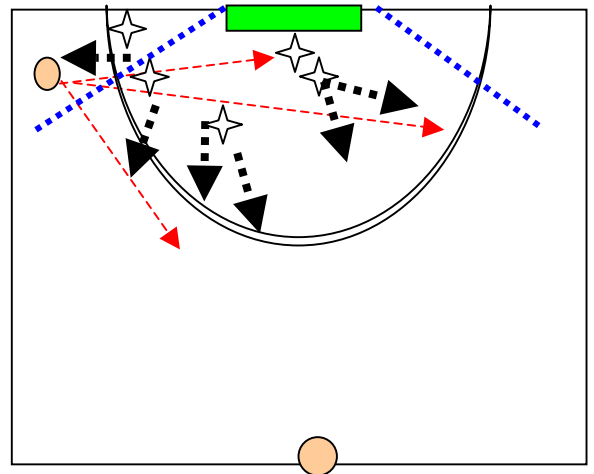
Second midfielder is at the top ready for any ball across or any penetrating ball. Defender is dropped back ready for a low pass or wide switch.

Goalie is ready for a shot and any low passes to the outside. Stay low if the ball goes wide.

1 man wall is played like a corner kick.

Any direct free kick past the 10 meter mark is played with 1-2-1

Zonal defending format. Get in front of the ball and cut off any penetrating balls. Keep them outside and your legs closed.



Futsal: Getting out of the back

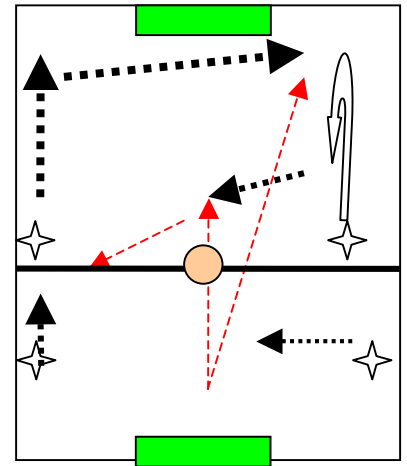
Once ball is out: Basic

Target and one midfielder go deep

Target checks back to center, deep mid crosses to other side.

Defender on opposite side of showing target man supports wide for lay off.

Player low stays for defensive cover.



Once ball is out: "X" Pattern

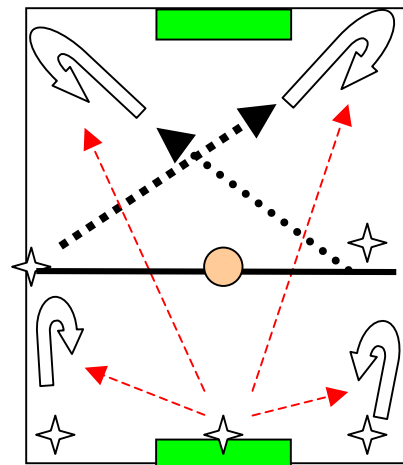
Target and one midfielder go deep

Crossing runs looking for the long ball.

Two low players clear the zone then check back for the ball.

Target checks back to center, deep mid stays on his side.

Defender on same side of showing target man supports wide for lay off.
Player low stays for defensive cover.



Once ball is out:

Target man goes long and try's to set up a post position.

Two midfielders go wide to center and look for the ball.

Defender stays home and looks for the easy first ball. Once ball is played then the offensive set begins. Always look for target then set crossing runs off the target man.

