



The Small Space Session

Session A5 • Contingency — when the plan does not fit • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

The Box

0:10 – 0:25 • 15 MIN

Four Goals

0:25 – 0:40 • 15 MIN

Winner Stays

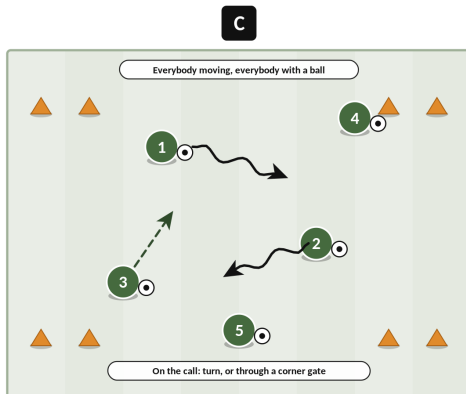
0:40 – 0:55 • 15 MIN

Futsal Rules

0:55 – 1:00 • 5 MIN

Questions and homework**A5.1 THE BOX**

Warm-up • 10 min



NO QUEUES • NO LINES • NOBODY WAITING

SET UP

- 24 × 18 m, or whatever you have — smaller is fine and arguably better.
- A ball each. If you do not have sixteen, pair up and share, alternating every thirty seconds.

RULES

- A ball each, or one between two with a thirty-second swap.
- No contact and no barging — the area is small and getting smaller.

COACH IT

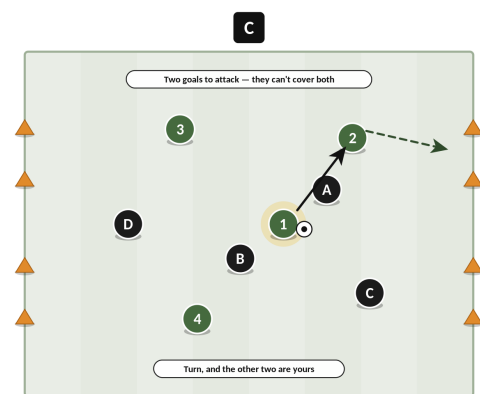
- Technical: Close control, small touches, and turning with the outside of the foot. In a crowded area the ball never leaves the feet.

SAY

- The shrinking box fixes it without a word.
- Small ones. There's no room for a big one.

A5.2 FOUR GOALS

Technical practice • 15 min



FOUR GOALS MEANS THE PICTURE CHANGES EVERY THREE SECONDS

SET UP

- 26 × 20 m, with two small goals at each end, 3 m wide, made of markers.
- Four against four, no goalkeepers.
- With 14–16, run two pitches side by side or rotate ...

RULES

- Four goals — two to attack, two to defend. No goalkeepers.
- 1 point per goal, 2 if the attack switched from one goal to the other.

COACH IT

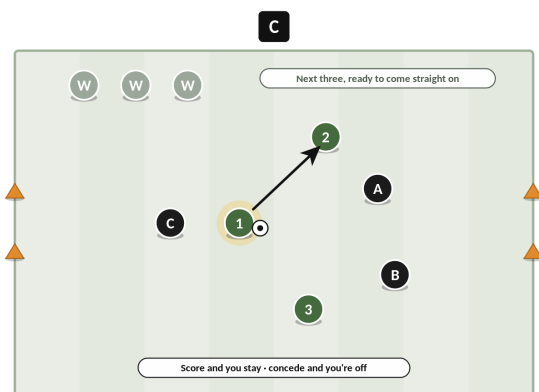
- Technical: Turning, first touch away from pressure, and the short pass under immediate pressure — the three techniques the whole main curriculum is built ...

SAY

- The whole practice. There's another one behind you.
- Turn. Look at what's behind you.

A5.3 WINNER STAYS

Skill game • 15 min



NINETY SECONDS • NO STOPPAGES • EVERYBODY PLAYS EVERY THREE MINUTES

SET UP

- 30 × 20 m with one small goal at each end, 3.5 m wide.
- Teams of three, four or five teams depending on numbers.

RULES

- Ninety-second games. Score and you stay; concede and you go off. Nil-nil and both teams change.
- Waiting teams stand ready at the side and come on within five seconds.

COACH IT

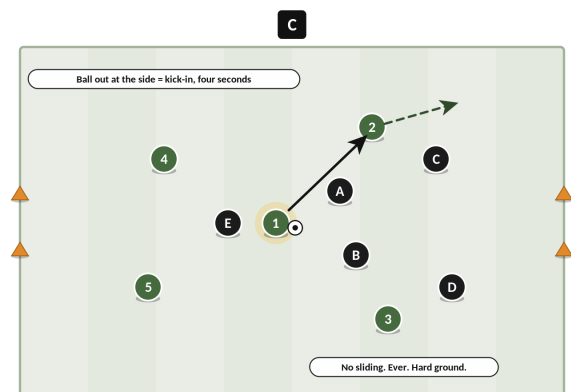
- Technical: Everything, under constant pressure. Note what breaks down but do not stop the game to fix it.

SAY

- Standing, ready. Five seconds and you're on.
- Swap one player quietly between games.

A5.4 FUTSAL RULES (5 v 5)

Conditioned match • 15 min



SMALL PITCH • BIG NUMBERS • A TOUCH EVERY FEW SECONDS

SET UP

- 34 × 22 m with small goals at each end, or full goals if you have them.
- 5 v 5 with goalkeepers if numbers allow; 5 v 5 outfield with small goals and no keepers if not.

RULES

- Kick-ins from the side, not throw-ins.
- Four seconds for every restart — kick-in, goal kick or corner.

! No slide tackles, on any surface, for any reason.**COACH IT**

- Technical: The sole of the foot — stopping the ball, rolling it, dragging it. It is the technique small spaces reward most and it barely appears in ...

SAY

- Four seconds. Count out loud for the first two minutes.