

For additional challenges and ideas on how to keep physically active visit the School Sport Partnership [website](#) or your School Games Organiser page on www.yourschoolgames.com



PRIMARY

FUTSAL

SCHOOL GAMES

#stayinworkout
#stayhomestayactive

THIS RESOURCE HAS BEEN PRODUCED
USING RESOURCES AND IDEAS FROM



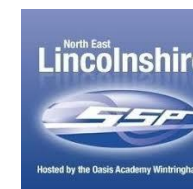
RESOURCE PRODUCED
IN PARTNERSHIP WITH



EAST RIDING SSP (WEST)
hosted by Cottingham High School

THE SCHOOL
SPORT
PARTNERSHIP

GET AHEAD
PARTNERSHIP
EDUCATION. SPORT. WELLBEING



The SSP and the SGOs cannot be responsible for any risk associated with activities suggested. Please click [here](#) for more details.

PRIMARY

FUTSAL

MONDAY MOVERS

! Physical literacy/skills

Activity overview
Mastering the Ball

Equipment needed

- ✓ 1 ball per person, preferably a Futsal but any ball is OK!
Tennis Ball, Basketball etc. etc.

School Games value



TUESDAY CHALLENGE

! Personal Challenge

Activity overview
Shooting

Equipment needed

- ✓ 1 ball per person, or a bundle of socks

School Games value



60 minutes of moderate to vigorous physical activity each day helps us stay mentally and physically healthy

WEDNESDAY WORKOUT

! Personal Challenge

Activity overview
Futsal Fitness

Equipment needed

- ✓ 2 markers
- ✓ Stopwatch

School Games value



THURSDAY THINKING

! Links to numeracy/literacy

Activity overview
Agility – T Test

Equipment needed

- ✓ 4 Markers to create a T shape
- ✓ A ball or alternative – be creative!

School Games value



FRIDAY FUN

! Virtual Competition

Activity overview
Pin Ball Passing

Equipment needed

- ✓ 1 Ball (*be creative if you don't have a Tennis Ball – use socks*)

School Games Value



RESOURCE PRODUCED
IN PARTNERSHIP BETWEEN



PRIMARY

FUTSAL

MONDAY MOVERS

! Physical Literacy/Skills



30mins



ACTIVITY

Mastering the Ball

- Pick a safe area to complete the challenge. A hard surface is preferred for Futsal!
- Try and have at least 6 metres marked out for a start and finish point (the same distance as a Futsal D) If this isn't possible in your space, make sure it's as far as possible.
- Use the sole of your foot to pull the ball around the turn and into your path
- Make sure you take the ball over the line each time
- How many can you do in 30 seconds?

EQUIPMENT NEEDED

- 1 Ball per person – any ball will work!
- Two markers (waste paper basket, cardboard box, shoes...)
- Stopwatch or timer.



How can you demonstrate determination throughout this challenge?



TECHNICAL / TACTICAL

- It is easiest to control the ball if players use the sole of the foot.



MAKE IT EASIER...

Make the distance less than 6m.
Use a larger ball
Allow 60 seconds time limit

MORE OF A CHALLENGE

Increase the distance between the start line and turn line
Try the challenge with a tennis ball or other small ball
Introduce rules i.e only turn using your weaker foot sole

MAKE IT INCLUSIVE

Make the distances shorter between the turning point and start line
Allow for walking pace by getting rid of the stopwatch – instead, challenge them to complete a certain number of turns i.e 10 turns in any time!

LEAD OTHERS

Time the challenge, offer suggestions for alternative rules. Set a score to beat and challenge your friends and family!

PRIMARY

FUTSAL

TUESDAY CHALLENGE

! Personal Challenge



30mins



ACTIVITY

Shooting

- Pick a safe area to complete the challenge. A hard surface is preferred for Futsal
- Try and have at least 12m marked out, to a maximum of 20m (the same distance as a Futsal pitch halfway line to the Goal). If this isn't possible, try and mark out the longest area you can in the space you have.
- Create your own futsal goal or target – don't make the goal larger than 3m. Remember – the smaller your goal/target the harder the challenge!
- Start with 4 balls (or as many as you have) on a half way line, the player must start on a marker half way between the balls and goal/target. Make sure the players start at the same place.
- How fast can you collect all the balls and score a goal – 10 seconds is added to your time for each 'miss'!

MAKE IT EASIER...

Make the goal a maximum 3m
Lower the time penalty for 'misses'
Allow players to start behind the ball to start

MORE OF A CHALLENGE

Make the goal or target much smaller
Introduce a new rule i.e player must use sole of their foot to collect the ball
Use smaller balls to increase difficulty

EQUIPMENT NEEDED

- 4 balls per person, this could be done with just one ball if you collect the ball after each shot!
- Markers – jumpers, socks, books...



How can you demonstrate self belief throughout this challenge?

MAKE IT INCLUSIVE

Use different balls for each person

LEAD OTHERS

Let your family be creative and introduce their own rules!

TECHNICAL / TACTICAL

In addition to striking a ball with the laces or instep of the foot in Futsal players often toe-poke the ball because it creates lots of power with the very little back-lift of the shooting leg. In such a quick game, this is sometimes the best way to catch defenders and goalkeepers unaware.



PRIMARY

FUTSAL

WEDNESDAY WORKOUT

! **Personal Challenge**



30mins



ACTIVITY

Futsal Fitness

- Pick a safe area to complete the challenge. A hard surface, is preferred for Futsal!
- Create a set of markers for your shuttle runs – you might want to try this challenge at your local park! Don't make your shuttle relay any longer than 21 metres and ensure you have 3 turning points.
- Start by sprinting your relay course without a ball
- Introduce a ball
- How many times can you complete the relay?
- What's the fastest time you can complete one relay in?

MAKE IT EASIER...

Start with shorter distances.

MORE OF A CHALLENGE

Build up your fitness by running for longer distances

MAKE IT INCLUSIVE

Shorten the distance between the markers.

LEAD OTHERS

Observers can analyse technique (running and turning) and offer some feedback to help improve times.

EQUIPMENT NEEDED

- Markers – use household objects.
- Stopwatch or timing device!
- A ball



How can you demonstrate determination throughout this challenge?

TECHNICAL / TACTICAL

Really focus on controlling your turns, and then accelerate into running with the ball

PRIMARY

FUTSAL

THINKING THURSDAY

! [Links to numeracy/literacy](#)



30mins



ACTIVITY

Agility – The T Test

- Pick a safe area to complete the challenge. A hard surface, is preferred for Futsal.
- Create a T shape using 4 markers – this can be as short or as long as you wish
- A player must run from the bottom of the T shape, to the top middle marker and then either turn left or right. If a player turns left, they must remember to then run all the way across the T to the right side and visa versa!
- How quickly can you complete the T test?
- Start without a ball and then introduce the same T test but whilst running and controlling the ball.

EQUIPMENT NEEDED

- 4 Markers to create a T shape
- A ball or alternative – be creative!



How can you demonstrate passion throughout this challenge?

MAKE IT EASIER...

Make your T smaller

MORE OF A CHALLENGE

Make your T bigger
Introduce rules i.e. players can only use weaker foot when completing a turn or players must touch the marker with both hands

MAKE IT INCLUSIVE

Make the T smaller
Complete the T test without a ball and purely focus on agility

LEAD OTHERS

With an adult or sibling, take on the role of the umpire and tally/score the number of points achieved.



Rotation



Movement



Cut-back

TECHNICAL / TACTICAL

Futsal is an 'invasion game' and as such evading your marker is a key skill. A common way for players to find space to receive the ball is to run away so the defender follows them and then 'check' back in to the original space to receive the ball.

PRIMARY

FUTSAL

FRIDAY FUN



30mins

! Physical Literacy



ACTIVITY

Pin Ball Passing

- You will need a partner, and one ball
- Pick a safe area to complete the challenge. A hard surface, is preferred for Futsal
- Stand a short distant apart, roughly 6 metres would be a good start.
- Complete as many passes together as possible in 30 seconds
- Remember to use the sole of your foot to control the ball, and then pass the ball with your second touch



Honesty with others and with yourself. Having the courage to do the right thing and what you know is right. Let the best person win not the best cheat.

Treating everyone equally, supporting each other and working together to achieve at your very best level. Celebrate each other's successes and be a positive team player.

Respect for the referee, for the opposition, for your team mates for yourself and for the game. Accepting victory and defeat with grace, treating others politely and with understanding. Respect every day, in every sport and for everyone.

You've got to believe to achieve. Have the self belief and confidence to succeed and reach your personal best.

Giving it 100 percent. Putting your heart and soul into the game and never giving up. Passion makes you enter the race and passion makes you finish it.

Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and self-discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be.

EQUIPMENT NEEDED

- One ball or rolled up bundle of socks
- 2 markers.



How can you demonstrate honesty throughout this challenge?

TECHNICAL / TACTICAL

Common passes in Futsal are the 1-2 pass, diagonal passes between players, and little flick passes over the defender's feet for players to run on to.



1-2 Passing



Diagonal Passes



Flick passes