

# POKÉMON FUTSAL

**WELCOME TO THE GAME!**



**THESE POKÉMON FUTSAL RESOURCES HAVE BEEN DEVELOPED WITH THE PURPOSE OF HELPING SCHOOLS INTRODUCE FUTSAL OR TO PREPARE FOR THE SCHOOL GAMES FUTSAL COMPETITION.**

- Use these resources to engage pupils in an 2v2, 3v3 or 4v4 intra school futsal competition
- Progress to 5v5 futsal which you can also play in the Inter School Games Competition

## WHY PLAY

Futsal is fantastic for the development of technical, physical, thinking and social skills for boy and girls in school. It provides an excellent opportunity to engage pupils who may not take part in other school football teams and offer them a chance to represent their school in a fun and exciting format.

## WHERE TO PLAY

An indoor sports hall or outside playground is ideal. You could even use the markings of a netball court, tennis court or badminton court if you have them.

## HOW TO PLAY

The cards will explain how to play each game but also think about...

- Setting up **multiple games at once** so everyone is playing or has an active role
- Using the **School Games Values** throughout each game – ask teams to award a value to the opposition at the end of the game – or ask them focus on a particular value whilst participating
- **Adapting the games** or changing the set up - we have included a few suggestions but please use your own creativity to suit the players needs



# 2V2 DUOS DUEL



## HOW TO PLAY:

- Players play 2v2. There is one ball per pitch and the game is played with the teams competing against each other to score a goal.
- There are no lined boundaries, the players can choose the size of the pitch and each team put down two cones to make a small goal (roughly 1 metre wide to start with).
- The teams then play against each other, trying to score a goal by passing the ball through the opponent's goal from within one metre, to reduce powerful shots from long distance.

## ADAPT IT

- To score, a team has to stop the ball on either cone, rather than pass the ball through the goal.
- Play on a three-way pitch so it is 2v2v2 (effectively 2v4).
- Play 3v3 instead of 2v2.

## ALTERNATIVE SET UPS

Here are some examples of how you might set up the game for different needs or abilities.

### Easier:

- Add another goal or extra target cones
- Make the goals bigger
- Play 1v1 or 3v2

### Harder:

- Only have one target cone
- Make the goals smaller
- Play 1v2 or 2v3



## SCHOOL GAMES VALUE

Encourage teams to discuss and award a School Games value to the opposition at the end of each game.



# 3V3 LINE GAME



## HOW TO PLAY:

- Players play 3v3 on a pitch roughly 15m x 10m, which is a third of a standard netball court, but essentially you can use whatever space you have available.
- There is one ball per pitch and the teams play against each other competing to score a goal by stopping the ball within the back lines of the pitch, which the opposition are defending.
- If successful, the team gain a point and the other team start with the ball from their back line.

## ADAPT IT

- Every time a player scores they swap with someone from a different pitch (they go and pick another pitch to join and tell a player on this pitch to take their place on their former pitch).
- Every time a player scores they move to a different pitch of their choice, without swapping. This creates an underload or overload.
- Dribbling round an opponent at any point in the game scores a point.

## ALTERNATIVE SET UPS

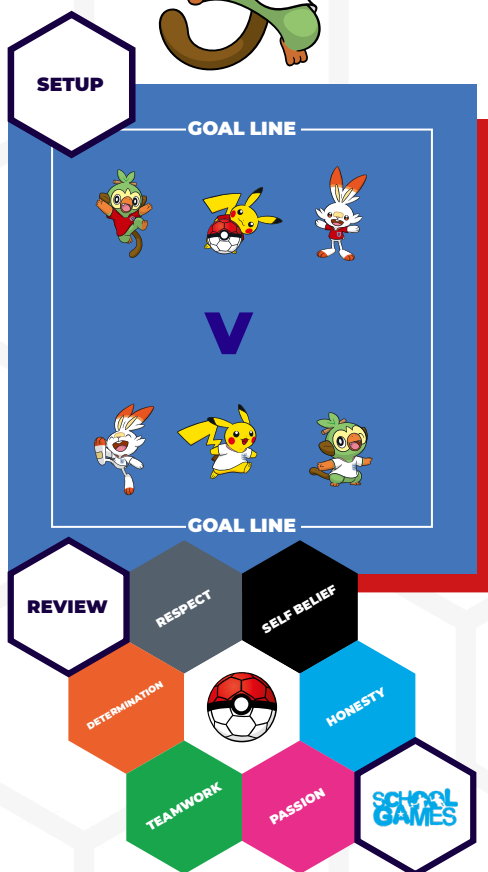
Here are some examples of how you might set up the game for different needs or abilities.

### Easier:

- Add safe zone channels down each side of the pitch where a player cannot be tackled
- Add safe zone channels and once a player receives the ball in the safe zone they have 3 seconds before an opponent can enter and tackle them

### Harder:

- Winning teams play winning teams every 4 minutes
- Play 3v4 to make it harder for the 3 players doing well
- Players cannot pass back to the player they received it from



## SCHOOL GAMES VALUE

Encourage teams to discuss and award a School Games value to the opposition at the end of each game.



# 4V4 TARGETS



## HOW TO PLAY:

- Players play 4v4 on a pitch roughly 15m x 10m, which is a third of a standard netball court, but essentially you can use whatever space you have available.
- There is one ball per pitch and the game is played with teams competing against each other to score a goal.
- To score a goal in this game, players have to pass the ball to their target player who is stood on the opposition's end line. If this is achieved the team earn 1 point.
- The player who passes to the target then swaps with them and the other team start with the ball. All passes must be below head height.

## ADAPT IT

- If the pass to the target player goes between two of the opposition players, the goal is worth 2 points.
- If a player executes a 'give and go' (one-two or wall pass) around an opponent before scoring, the goal is worth 3 points.
- After each game the same players stay on the same pitch but they change the teams.

## ALTERNATIVE SET UPS

Here are some examples of how you might set up the game for different needs or abilities.

### Easier:

- Add another target goal in addition to a target player
- Allow players to be 'safe' in their own halves – players can only be tackled in the opponent's half before an opponent can enter and tackle them

### Harder:

- Reduce the width of the area which the target player can operate in
- Passes in to the target player must be first time or with weak foot



## SCHOOL GAMES VALUE

Encourage teams to discuss and award a School Games value to the opposition at the end of each game.

