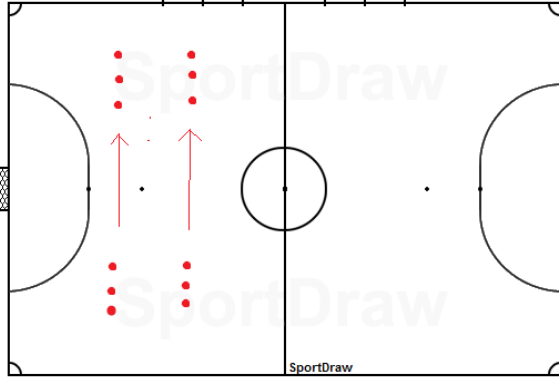


Futsal class – Marko Novak, Petar Otković, Matko Galić

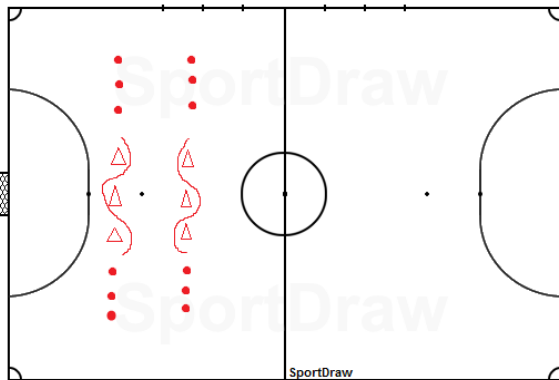
1. Warm up: Running around the field with basic and specific movements for futsal, and dynamic stretching (8 min)

2. Dribbling (10 min)

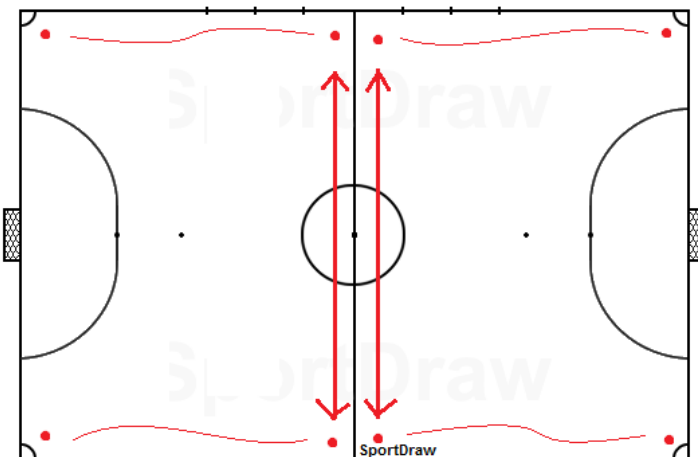
1. Dribbling the ball with tip of foot and sole of the foot (5 min)



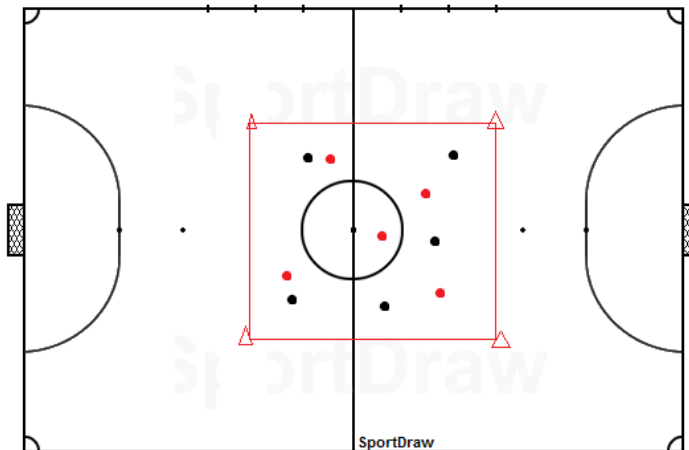
b) Dribbling the ball between cones (5 min)



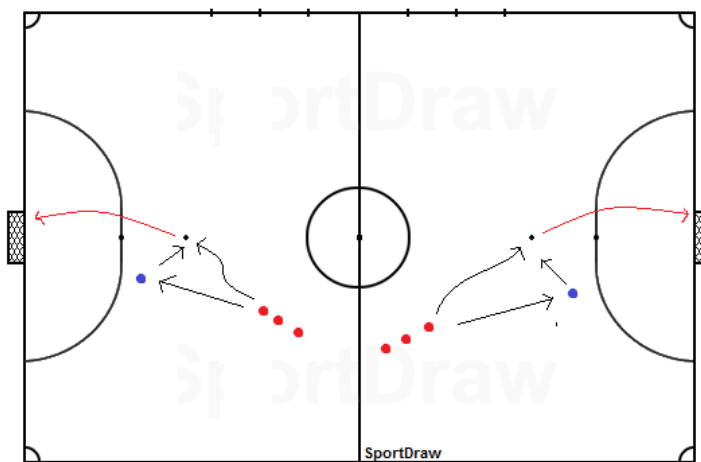
3. Passing and exchanging places: Every player stands on every corner of half-court. He passes the ball the player on the opposite side of court and after a pass he exchanges place with the player on same side of the court (7 min)



4. Possession of the ball: 10 players are in field 10x10 m, 5 vs 5, trying to have the possession of the ball as long as possible (8 min)



5. Shooting : Players are on the centre of the field, while 1 player is near 6-meter line. Centre player passes the ball to the player on 6-meter line, he gives return pass to the player to shoot the ball. (10 min)



6. Relaxation and stretching (7 min)