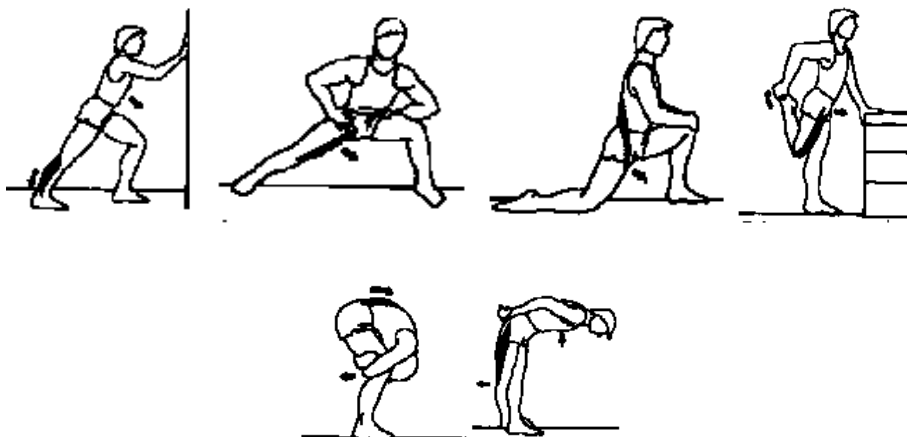


## FUTSAL TRAINNING

### WARM UP

- **Run:** around the football field (3 laps)
  - **Waist:** stop the race round the waist and on, about 5 times.
  - **Career aside :** while running perpendicular to the path and put forward.
  - **Carrera Back :** follow the direction of the run but going in reverse.
  - **Touching the ground with both hands :** while it is running, bending over and touching the ground with both hands . For the past four movements it will take approx . About 10 minutes.
  - **Kneeling above:** while it is running jumps with knees until they touch the chest, this will be about 5 or 6 times.
  - **Heels ago:** after finishing his knees , touched his heels on the buttocks . This also will be about 5 or 6 times.
  - **Jumping:** head is jump , while runs away , as if they finish off his head . As players make this the porters imitate the jump to catch a ball. About 5 times.
  - **Skipping :** knees toward your chest without touching it were lifted. This will be done for one minute.
  - **Short sprints:** will be great distress and about two meters sprint will . During a minute approx .
  - **Long sprints:** about 20 meters sprints will be made.
  - **Walking slowly :** Finally a length as the middle of the field players walk to catch air and get some rest .

### Stretch for 5 minutes:

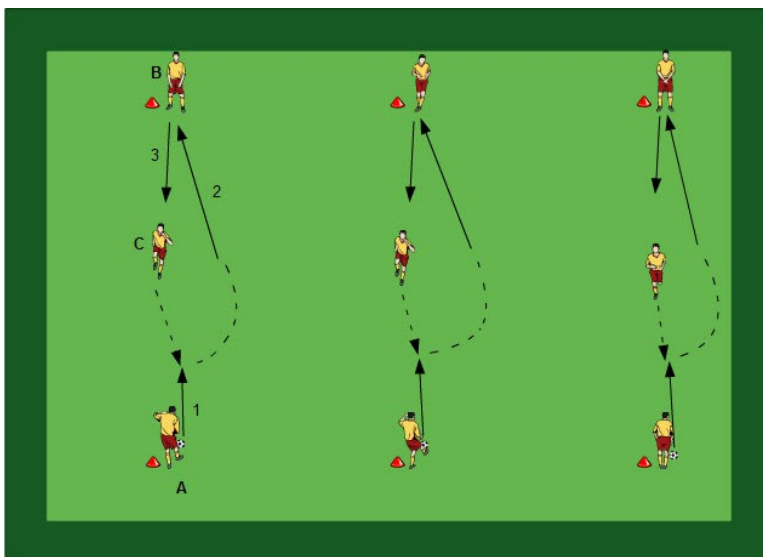


### EXERCICES

1. **(RONDO).** A CIRCLE WITH TWO PEOPLE IN TRYING TO TAKE THE BALL TO REMOVE THE CIRCLE . CAN ONLY GIVE THESE TWO HITS.



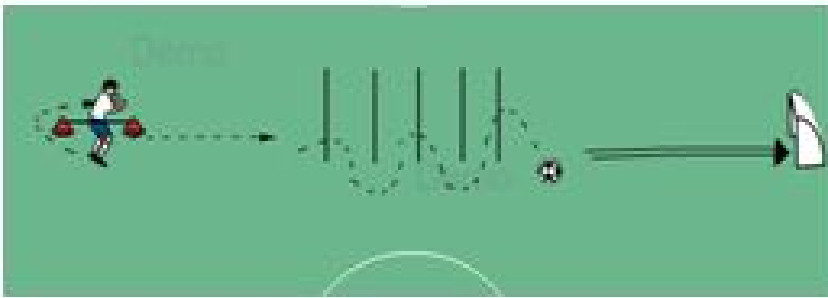
2. PASS THE BALL BETWEEN THREE PEOPLEs . FIRST CLOSER AND THEN MORE FAR.



3. two lines and will make a zigzag movement of the ball .  
at the end of the circulation will take a shot at goal without goalkeeper

#### 4. exercise ball to the area more shot .

come in threes . one of them opens a band and go two a shot in the area.



**5. 4x3, 3x2, 2x1 and 1x1:** Coach assigns 3 defenders who wear an alternate jersey. The attackers begin with the ball. A keeper should be defending the goal

#### Instructions

Instruct the players to exploit their numerical advantage and finish with a shot on goal.

Attackers should move the ball looking for the open player and holes in the defense.

Defenders should attempt to break-down the attack and will gain experience in how to cover a one-down situation. Defensive players should complete a pass to the coach to end the attack.

The coach should then give the ball back to the attackers to build the attack again.

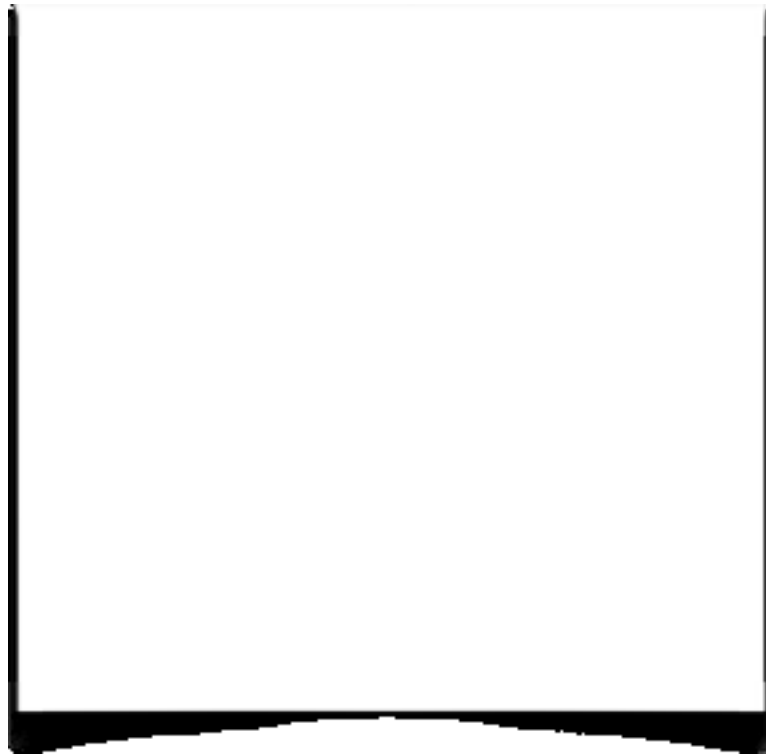


6. two teams, posesión of the ball.

- 10 pasees

- 5 pasees + gol

- 7 pasees + comodín + gol.



7. To finish we will play a match with goalkeeper. and after a full stretch of the muscles involved in the exercise.

