

TRAINING EXERCISE



Offensive principles

Fake mov. + Fixation + 1x1

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WEIK
FUTSAL TOOLS

collaborations

OFFENSIVE PRINCIPLES

Fake mov. + Fixation + 1x1

- **Concepts:** Offensive individual technical-tactical principles.
- **Contents:** Individual technical resources, fake movements, reception, oriented control, fixation and 1x1.
- **Goals:** To improve 1x1 situations and finishing after that to achieve an effective 1x1.
- **No. of players:** 8 + 2 goalkeepers.
- **Equipment:** Balls, bibs, small cones and mobile goal.
- **Space:** 15x15m.
- **Time:** 3 minutes + 3 rest.

DEVELOPMENT:

We delimit the court in an area of 15x15m and place a mobile goal. Inside this area we will play a 2x2 with a goalkeeper for each team, and outside we will have two more players per team waiting.

The exercise consists of playing the 2x2 in this reduced space and finish actions, for this we will put some premises that favor the goals that we want:

- The defense will be individual and defensive helps are not allowed, so we are creating constant 1x1 situations to be able to overcome the defending team.

The offensive goals will be: The realization of fake movements to be able to create space and receive the ball, oriented controls to be able to fix the defender and 1x1 work to be able to overcome the opponent and finish the actions.

Every 3 minutes we change and enter the 4 players who were waiting and rest the 4 players who were in the exercise.

