

TRAINING EXERCISES

Work of Defense

2 vs. 2 with Fixed Defense



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Head Coach • Academy F6



WEIK
FUTSAL TOOLS

collaborations

WORK OF DEFENSE

2 vs. 2 with Fixed Defense

- **Concepts:** Individual and collective defensive tactical principles in individual defense.
- **Contents and goals:** Work of the 1st defensive line, ball pressure, positioning, movement without ball and body orientation.
- **No. of players:** 8 + 2 goalkeepers.
- **Equipment:** Balls, bibs and mobile goal.
- **Space:** 18x20m.
- **Time:** 12 minutes.



DEVELOPMENT:

Two players are designated to defend, and the other players are placed in the corners as shown in the picture.

The defense of these 2 players will be fixed for 3 minutes, then we will change them for two new players to defend.

The goalkeeper puts the ball in play and starts a 2x2 action with the defensive goal of stealing the ball and finishing.

The attack will try to do the same in the opposing goal.

We will focus the corrections on the concepts and content of the exercise.

Every time the ball goes out or the action is finished, a new attacking pair goes out after a pass from the goalkeeper.

At the end of each defense (3 minutes), we balance the number of goals scored/received to score the winning and losing pairs.

