

TRAINING EXERCISE



- **Defensive duality**
- **Defensive approaches**
- **Body orientation**
- **Individual defense**

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DEFENSIVE DUALITY
DEFENSIVE APPROACHES
BODY ORIENTATION
INDIVIDUAL DEFENSE

- **Goals and contents:**
Work on defensive dualities, defensive approaches, body orientation and individual defense.
- **No. of players:** 4 + 2 goalkeepers.
- **Equipment:** Balls, bibs and mobile goal.
- **Space:** 28x20m.

DEVELOPMENT:

Two teams of 2 players plus goalkeeper.

The game starts when the player with the ball (Blue) pass the ball forward.

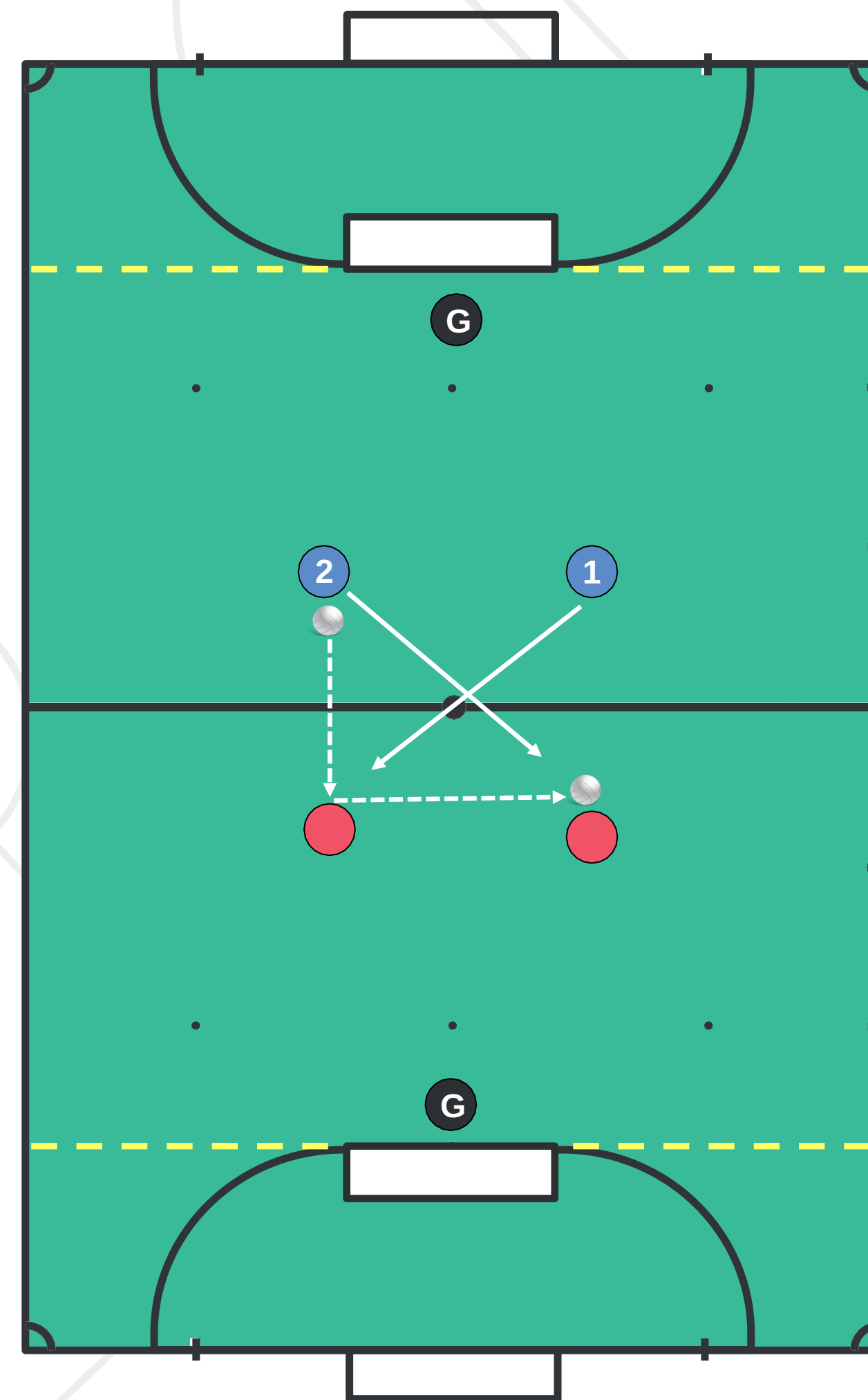
His teammate is activated by initiating the diagonal approach, with the ball travelling, making the run and reaching the defensive distance with body orientation.

When the opposing player receives the ball, he immediately passes the ball to his teammate and the player who has initially passed the ball initiates the approach.

When the second attacking player (Red) receives the ball the 2x2 game is initiated.

During this exercise we will focus the defensive part, without forgetting that we will also be working on the attack.

We will make corrections on posture, defensive distance and each coach will put his idea of how he wants his team to defend these situations.



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