

TRAINING EXERCISES

Work of zonal defense

3 vs. 3 + Side jokers



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collaborations

WORK OF ZONAL DEFENSE

3 vs. 3 + Side jokers

- **Goal:** To work on the defensive cover system, defensive turns and readjustments against attacks with a great capacity for 1 vs. 1 on the side.
- **Observations:** This is an exercise to introduce work on zonal defense.
- **No. of players:** 10 + 2 goalkeepers.
- **Equipment:** Balls, bibs and mobile goals.
- **Space:** 28x20m.



DEVELOPMENT:

We start the exercise with a 3 vs. 3 structure with 2 side jokers for each team in the offensive court (5m from the center line) and each joker will have a ball at their feet.

The attacking team (Red) receives the ball from the goalkeeper and can only play in their own court and the defense (Blue) plays high defense.

The sequence of the exercise is as follows:
At the moment the attack considers it, one of the wingers with possession of the ball can dribble out on the side, and at the same moment the joker on the same side must dribble in the court with his ball.
At that moment, all the attacking players can cross the court to finish the action.

The job of the defense will be to position the winger on the weak side correctly to be able to cover the joker and allow his teammates to turn in defense and readjust to continue defending the action.

