

TRAINING EXERCISES



Work of the 3-1 system

3 vs 3 + Pivots in the depth

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WEIK
FUTSAL TOOLS

collaborations

WORK OF THE 3-1 SYSTEM

3 vs 3 + Pivots in the depth

Pivot connection training

- **Goal:** Try to connect with the pivot as soon as possible finding and opening passing lines.
- **No. of players:** 8 + 2 goalkeepers.
- **Equipment:** Balls, bibs and mobile goals.
- **Space:** 28x20m.



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DEVELOPMENT:

- A 3 vs 3 is played in 28x20m with a pivot for each team in depth who will be in their own defined area as shown in the image.

Variations:

- Pivot gets the ball and goes for the shot (2-3 touches).
- Pivot gets the ball, one offensive + one defensive player (2 vs 1) come in the zone to finish the action.
- Pivot gets the ball, 2 defensive + 2 offensive players come (3 vs 2) to finish the action
- Pivot gets the ball, and the play is free.

Principles: One player attacks the ball, one the second post and one the space.

