

TRAINING EXERCISES



Offensive principles
Transition
Defensive readjustments

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WEIK
FUTSAL TOOLS

collaborations

FINISHING

offensive principles

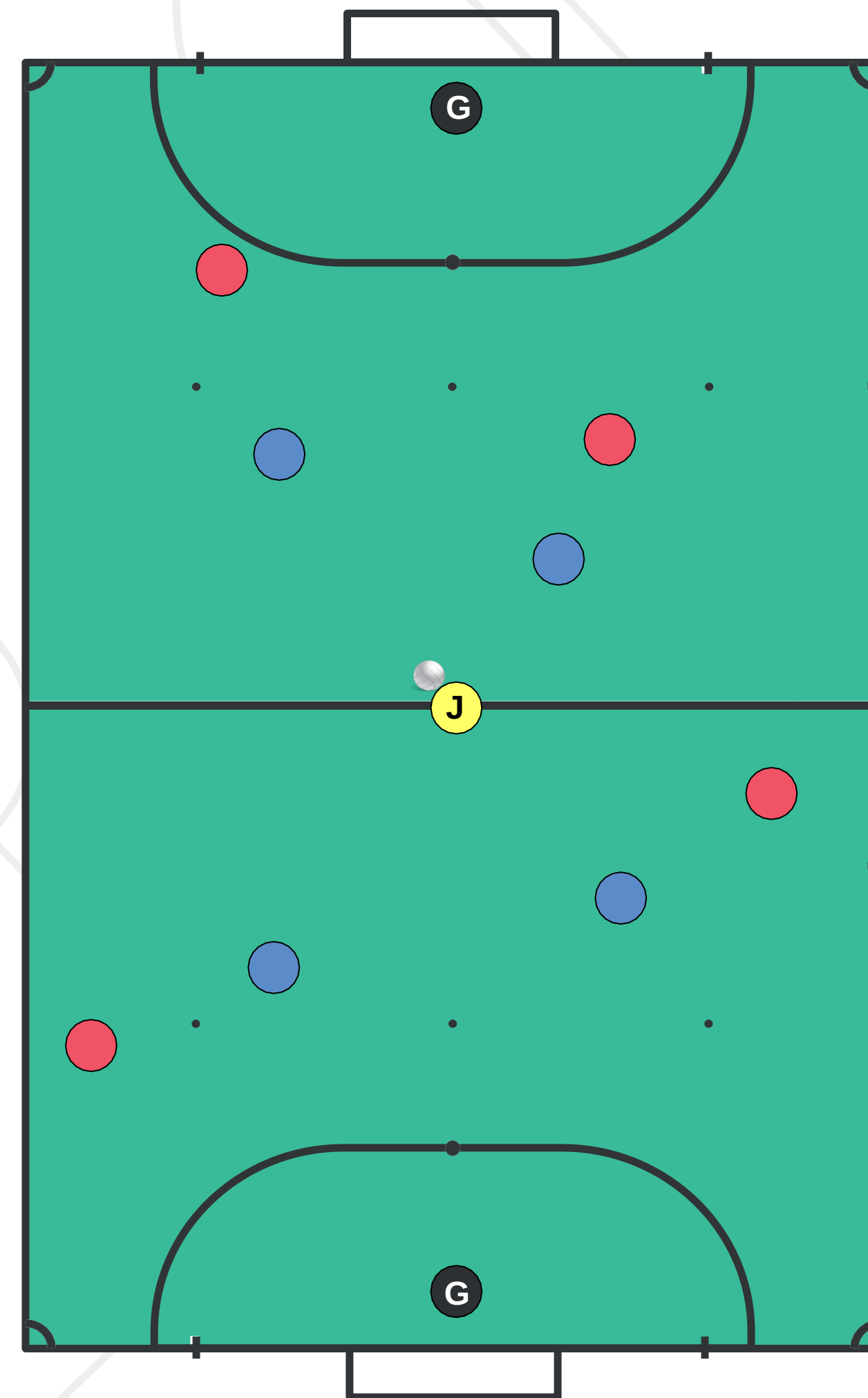
- **Goals and contents:** Work on offensive principles, possession, quick finishing, defensive readjustments and retreats/come backs.
- **No. of players:** 9 + 2 goalkeepers.
- **Equipment:** Balls, bibs and goals.
- **Space:** 40x20m.

DEVELOPMENT:

- In play and before connecting with the joker who will be in the center of the court (He cannot be defended) the teams have no offensive orientation, only ball possession.
- Once they pass to the joker, they can move towards any of the two goals to try to score, with the premises set by the coach: Only one pass, two touches between the whole team, etc.
- If they fail to get a shot on goal, they can restart the possession game until they contact the joker again.

Observation and variations:

- First-time finishes only.



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SUPERIORITY / INFERIORITY

Transition and defensive readjustments

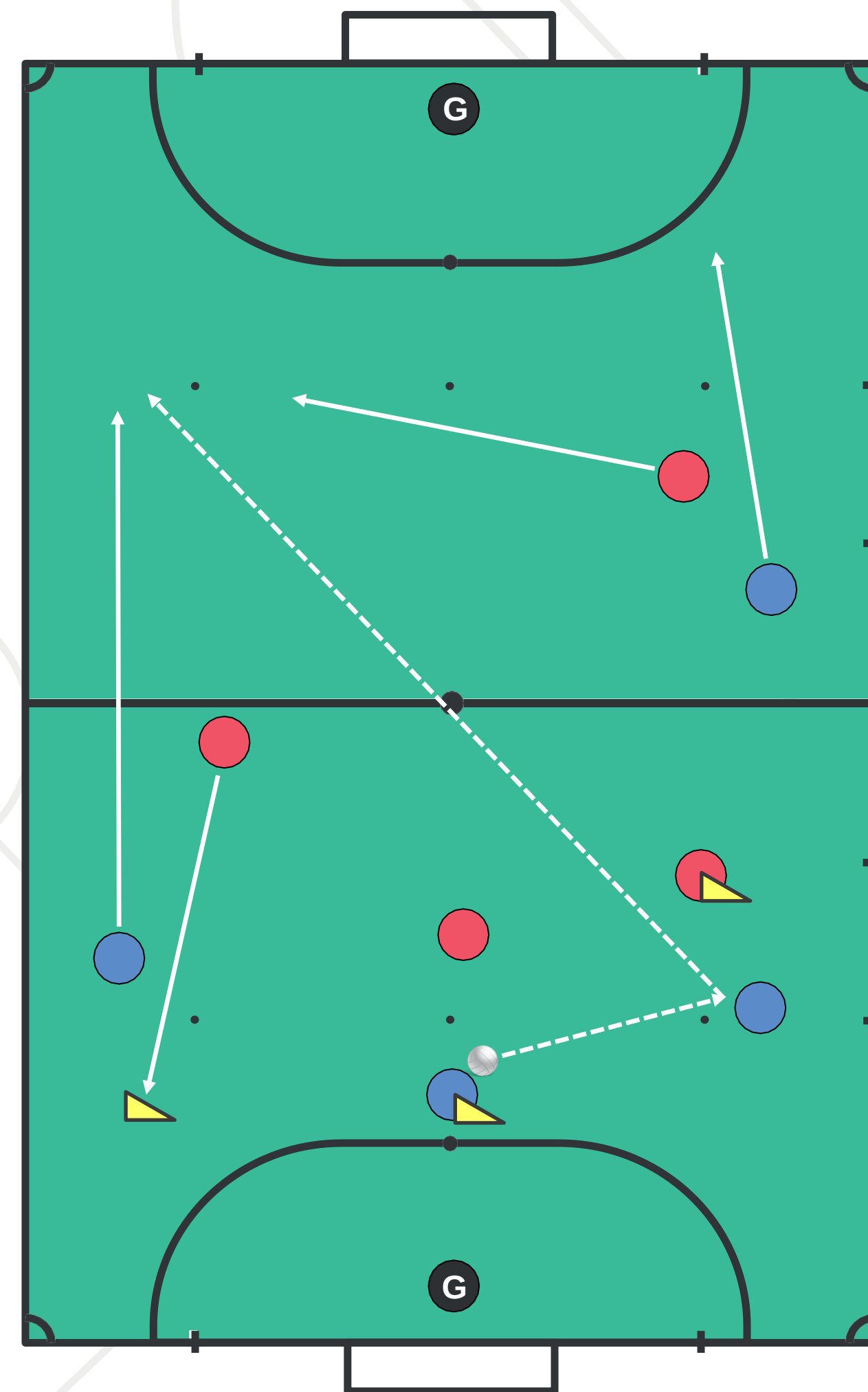
- **Goals and contents:** Work on transition, defensive readjustments, superiority, retreats/come backs and finishing.
- **No. of players:** 8 + 2 goalkeepers.
- **Equipment:** Balls and bibs.
- **Space:** 40x20m.

DEVELOPMENT:

- Two teams of 4 players in 40x20m. A normal game is played, except that there will be three bibs in the hands of two offensive players and one in a defensive player.
- At any time, while the ball is in the offensive team's own court, one of the bib holders may throw it to the floor, and the defending team must immediately go to pick it up to defend again.
- It's at that moment when the attacking team must organize the fast attack in superiority, since a defender will be picking up the bib.

Observation and variants:

- Only the player in possession of the ball can throw the bib.
- Defender who has the bib in his hand, can't be the one who is going to pick up the bib, which could generate even more superiority.



FINISHING

Offensive principles

- **Goals and contents:** Work on offensive principles, quick play, defensive readjustments, decision making, reaction velocity and 2nd post.
- **No. of players:** 9 + 2 goalkeepers.
- **Equipment:** Balls, bibs and goals.
- **Space:** 26x20m.

DEVELOPMENT:

- In 24-26 x 20m a 3v3 is played.
- The defenders start the exercise as shown in the picture, with their backs to the ball and can only move laterally without knowing where the ball is, until the ball appears in their vision area where they will activate defensively.
- Attack can finish in any of the two goals, being able to make only one offensive change of direction.
- The first control of the player who receives the first ball defines a first attacking intention, being able to change once.
- If defenders steal the ball, they attack towards the opponent's goal where they were defending.
- The situation ends when the ball goes out.
- 3 teams: Attack - defense - out.

