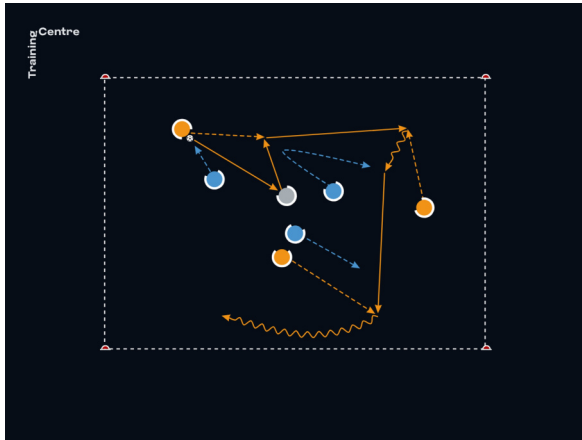
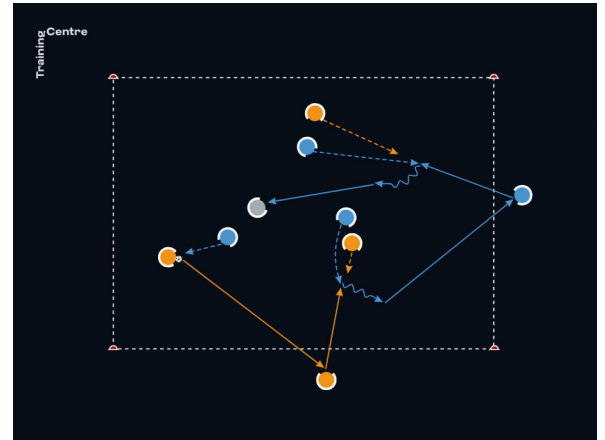


Futsal- Anaerobic Training using a possession game



Basic sequence



Variation 3

Organisation

- Mark out a 15m x 20m exercise area.
- Set up a 3v3 plus 1 scenario inside the exercise area.

Explanation

- The objective for both teams is to retain possession for as long as possible.
- The neutral player plays for the in-possession team.
- The exercise involves 60 seconds of play followed by a 40-second rest. This sequence is repeated 4 or 5 times.
- If the ball goes out of play, the coach introduces a new ball.

Variation 1

- Players are limited to 2 touches.

Variation 2

- A team are awarded a point each time they complete 10 passes.

Variation 3

- One player on each team is added on the outside of the exercise area. This player is limited to 1 touch.

Coaching points

- Players should make good movement to receive the ball.
- Out-of-possession players should press opponents aggressively.
- Players should perform the exercise at high intensity.