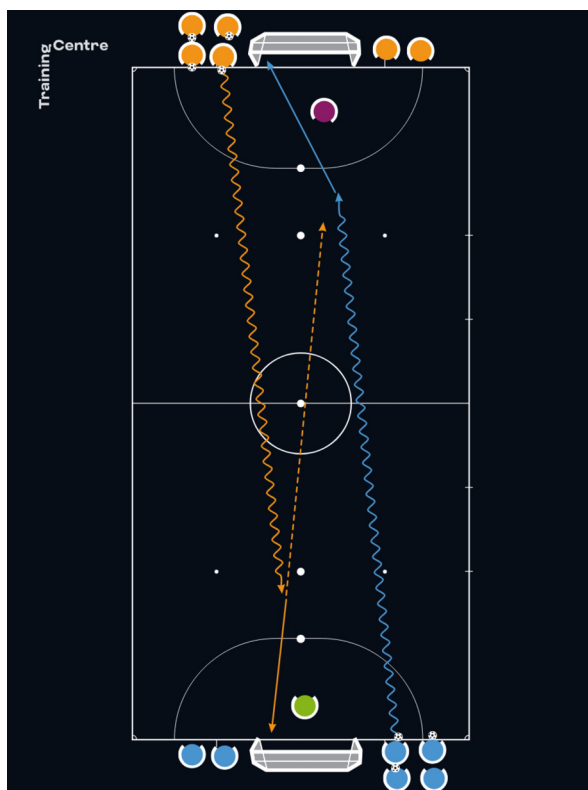


Futsal- Recovery runs



Organisation

- Use a full pitch.
- Place a goalkeeper in each goal.
- Divide the group into 2 teams of 6 (oranges and blues).
- Line each team up beside a goal and give each player a ball.

Explanation

- The first orange player in the queue dribbles as fast as they can towards the goal at the opposite end of the pitch.
- As soon as they enter the end zone (delimited by the 10-metre mark), the first blue player in the queue dribbles as fast as they can towards the opposite end of the pitch.
- Immediately after making an attempt on goal, the orange player chases the blue player and tries to prevent them from scoring.
- If the ball goes out of play by passing over a touchline, the move is over, and the next player advances towards goal.
- The sequence is repeated until all players have had a go.

Coaching points

- Players should perform all actions at maximum intensity.
- When making an attempt on goal, players should ensure that they hit the target.
- Players should focus on recovering quickly and preventing the opposition player from scoring.