

### *CONCEPT SPORTS TRAINING*

Organized, systematic, and planned educational process;  
Aims to develop technical, tactical, physical and psychological abilities;

It is based on rules and principles properly studied.

### *OBJECTIVES OF SPORTS TRAINING*

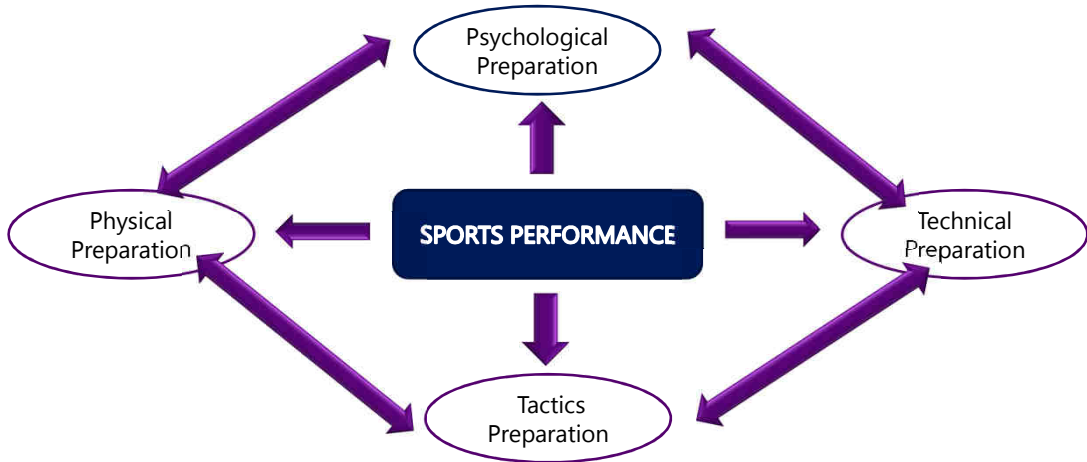
Maximum  
Performance

Maximum Efficiency

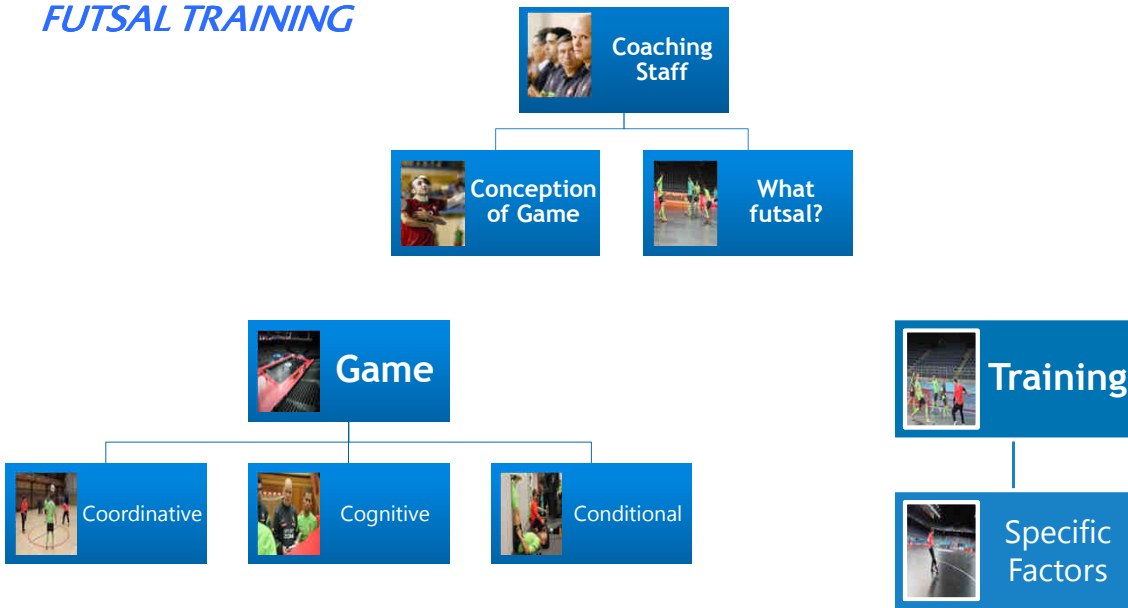
Minimum Energy

Fast Recovery

**PERFORMANCE FACTORS**



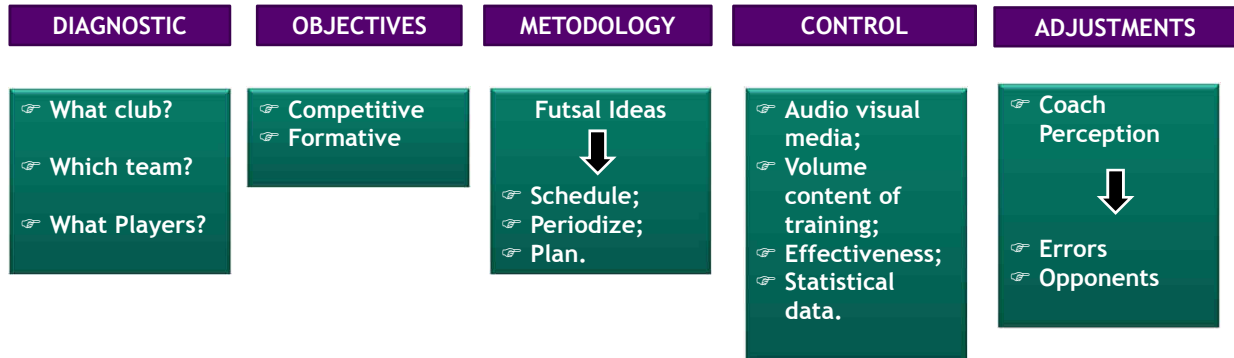
**FUTSAL TRAINING**



## FUTSAL TRAINING

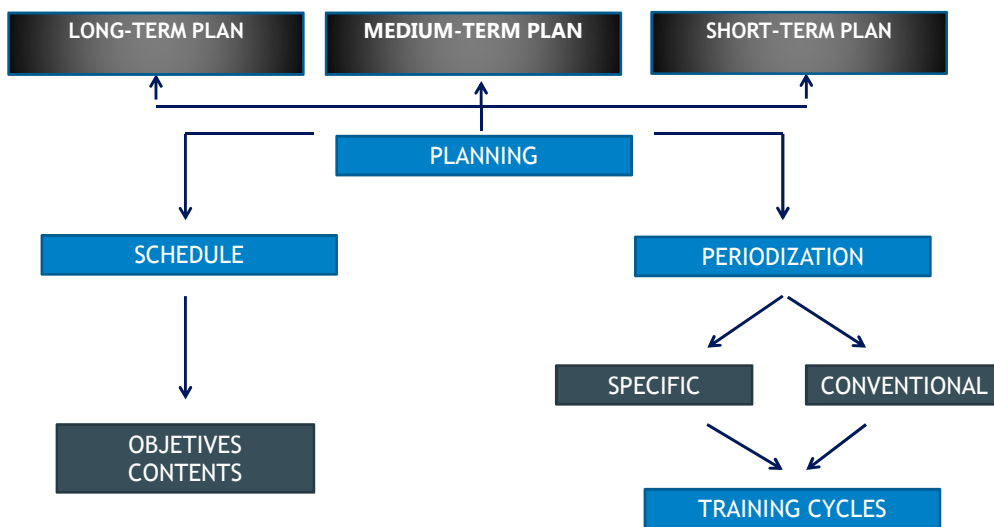
PRIORITIES ?

THERE ARE SEVERAL WAYS TO ACHIEVE THE SAME PURPOSE

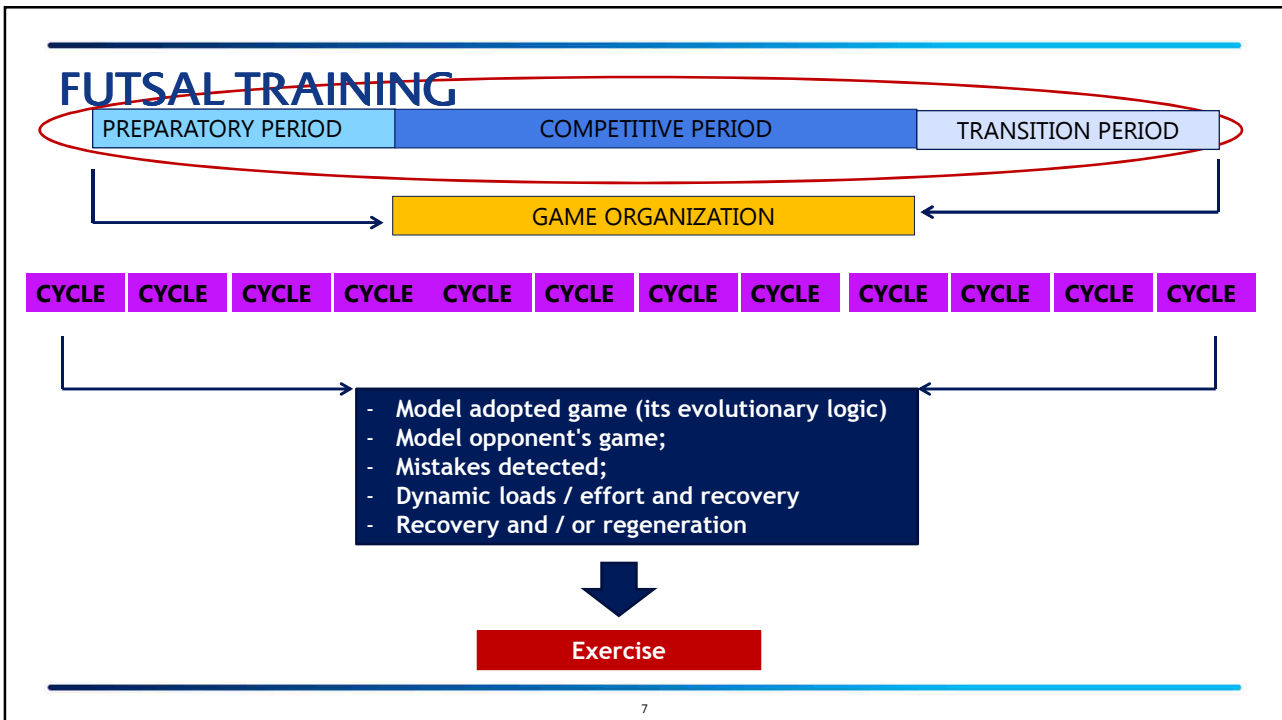


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## FUTSAL TRAINING



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# WEEKLY STANDARDIZATION

Grupo Desportivo Fundação Jorge Antunes

Segunda	Terça	Quarta	Quinta	Sexta	Sábado	Domingo
FOLGA	<b>MUSCULAÇÃO</b> Grande tensão muscular. Finalização. Combinações ofensivas. Jogos em espaço reduzido. Concentração e agressividade.	Transições defesa ataque e ataque defesa. Jogos de alternância ofensiva/defensiva. Concentração	<b>VIDEO MUSCULAÇÃO</b> Ações individuais e grupais. Preparação estratégica (saídas de pressão, 4x3 e 5x4)		Velocidade de reacção.  Preparação para a competição.	
Análise do jogo anterior e preparação da semana. Tática de equipa Grandes princípios. (jogo formal, Circulações tácticas)	Grande tensão muscular. Pressão defensiva Jogos em espaço reduzido. concentração e agressividade. <b>Crioterapia</b>	Jogos espaço reduzido. Transições defesa ataque e ataque defesa.  Dinâmica ofensiva / Pressão defensiva	Resistência específica. Aplicação de conteúdos. Experimentação do plano estratégico-táctico.	Velocidade de reacção e execução. Situções estratégicas. Finalização.	<b>JOGO</b>	

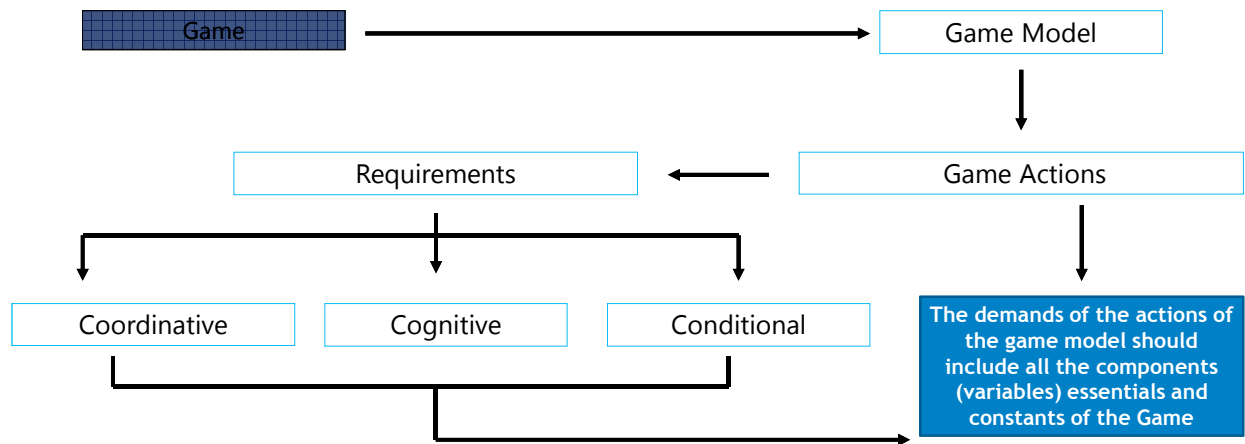
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Jorge Gomes Braz

## NATIONAL TEAM

	Segunda	Terça	Quarta
<b>PLANIFICAÇÃO ESTRATÉGICO-TÁTICA:</b>	Entrega de DVD com informação total acerca do adversário	<b>REUNIÃO DE PREPARAÇÃO DO JOGO</b>	<b>REUNIÃO DE ANÁLISE E DE PREPARAÇÃO DO PRÓXIMO JOGO.</b>
<b>UNIDADE DE TREINO</b>	<b>ORGANIZAÇÃO DEFENSIVA:</b> Posicionamento; Coberturas defensivas e permutações; Zona Pressionante (linhas de passe).	<b>ESQUEMAS TÁTICOS:</b> Pontapés de canto; Pontapés de linha lateral; Pontapés livres; Saídas de pressão;	<b>REPOUSO</b>
<b>UNIDADE DE TREINO / JOGO</b>	<b>ORGANIZAÇÃO OFENSIVA:</b> Circulações táticas; Aplicação / Decisão;	<b>JOGO</b> Corrida contínua; Flexibilidade balística; Alongamentos; <b>CRIOTERAPIA</b>	<b>JOGO</b> Corrida contínua; Flexibilidade balística; Alongamentos; <b>CRIOTERAPIA</b>

## METODOLOGY



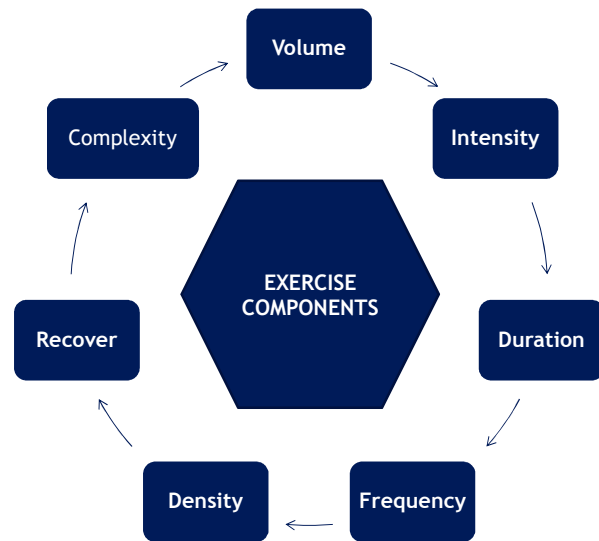
## FUTSAL TRAINING

Training Exercise

Contents

Objectives

Criteria for success



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## *EFFORT DESCRIPTION\**

Distance	4-6 Km
Medium speed ( $m \cdot s^{-1}$ )	$1.93 \pm 0.13$
Heart Rate	$171.8 \text{ p/min} \pm 3.11$

• Adaptado de Barbero (2002)

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## EFFORT DESCRIPTION\*

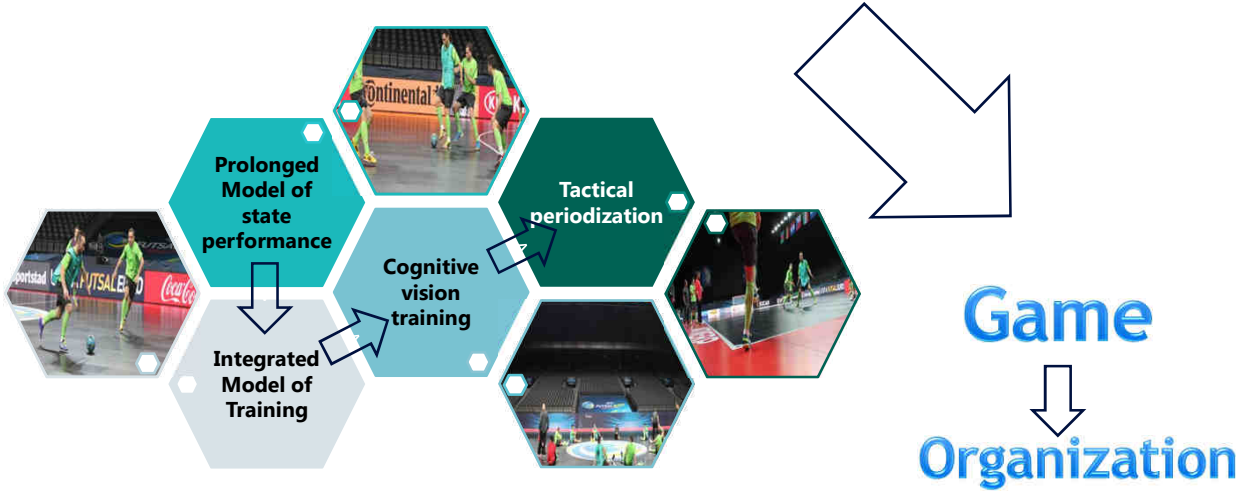
	DIMENSIONS	
	Space	Time
Rest (0 a 0.1m/s)	1.78 ±0.52	5.88% ±1.40
Walk (0.2 a 0.9 m/s)	453.73 ±98.51	32.02% ±1.04
Trot (1 a 2,9 m/s)	2002.65 ±355.46	41.09% ±0.44
Medium Speed(3 a 4.9 m/s)	1393.45 ±205.02	14.15% ±1.22
Fast Speed(5 a 6.9 m/s)	642.31 ±62.82	4.53% ±0.59
Maximum Speed(+ 7 m/s)	384.46 ±28.14	2.03% ±0.59

• Adaptado de Barbero (2002)

## EFFORT DESCRIPTION\*

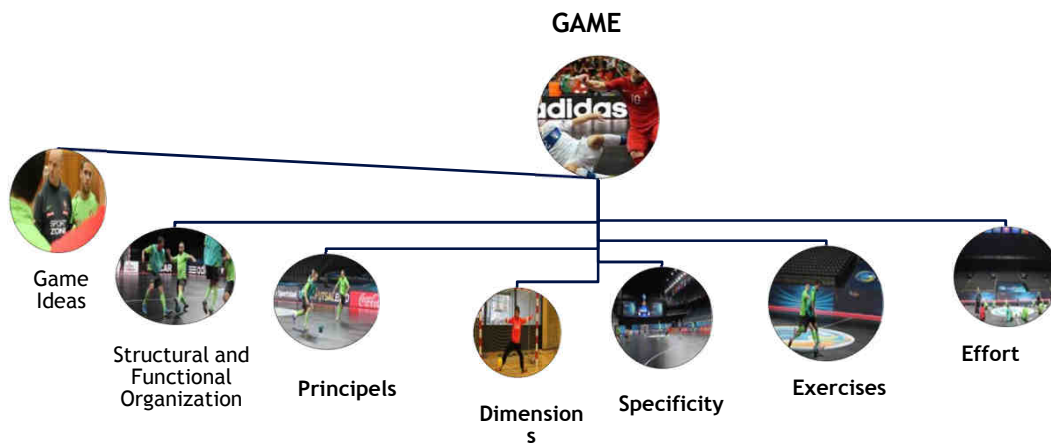
- Futsal is a complex and adaptive motor activity, with alternate randomly changing phases in intensity and volume of work and rest, where all relevant actions **have a relatively small duration**, but performed with **high intensity**. (Riveiro, 2000)
- Futsal is a sport of the intermittent type, which requires a large request of the cardiovascular system, alternating phases of high intensity and variable duration, recovery periods, sometimes active, sometimes passive, of different duration. (Barbero e col., 2004)

## Conceptions TRAINING



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## Training conception

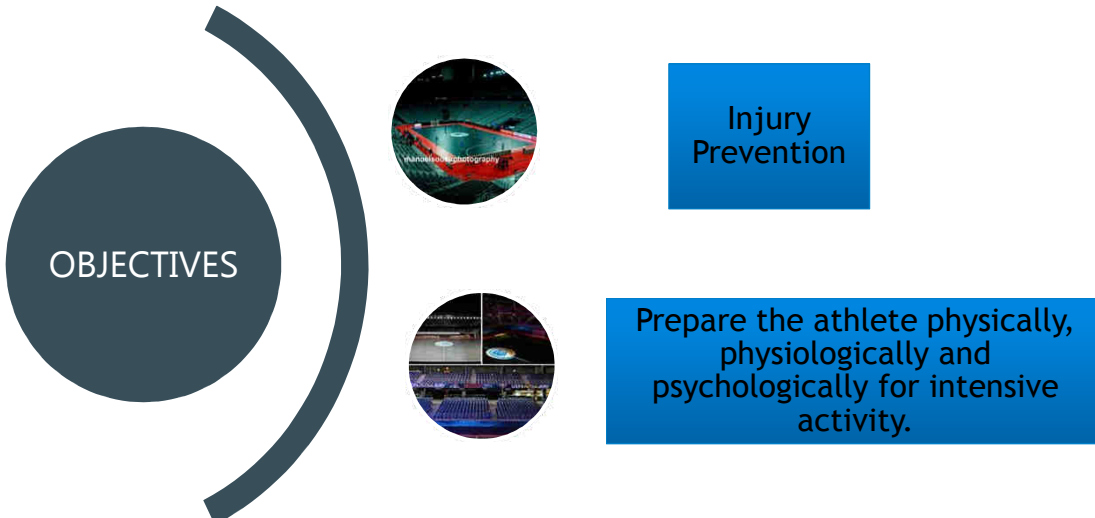


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**WARM-UP**

**OBJECTIVES**




**Injury Prevention**

Prepare the athlete physically, physiologically and psychologically for intensive activity.

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**WARM-UP**

**General Part**




- Displacements and coordination exercises aimed at activating cardiorespiratory part, joint and large muscle groups.
- Stretching

**Specific Part**



- Practicing technical skills, numerical superiority and inferiority situations.
- Shooting at Goal
- Changes in speed and direction



Global	Specific
- Complex	+ Complex
- Intense	+ Intense

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“Cool downs”

After Match



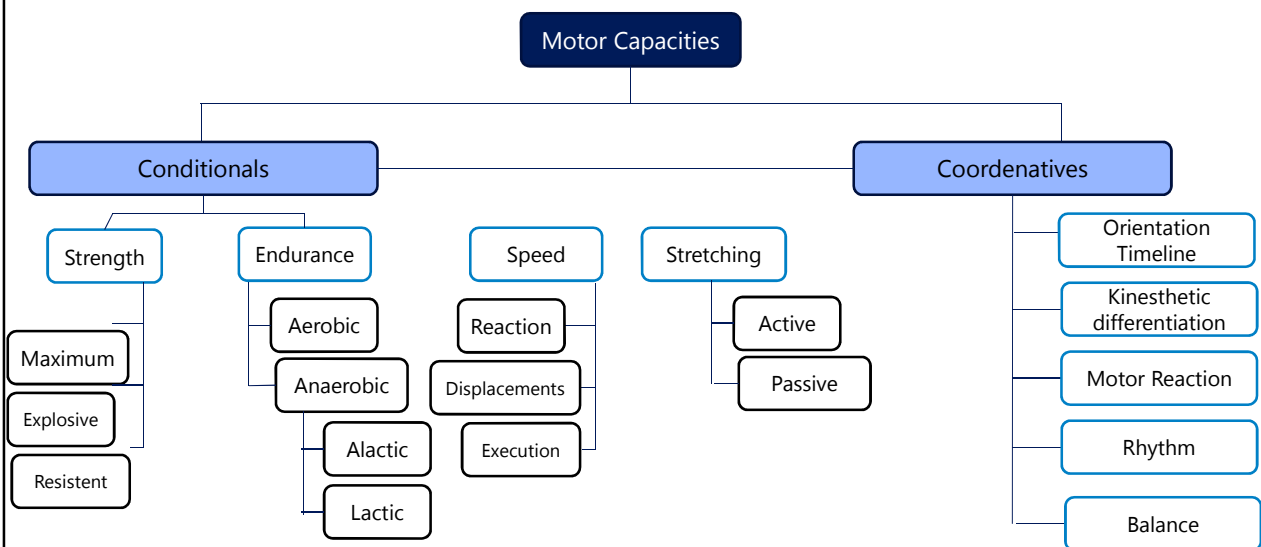
- Running low intensity (Aids in the removal of lactic acid);
- Stretching (recovery from muscle pain, muscle relaxation, reduction of injuries, improves blood circulation, ...);
- massage;
- cryotherapy;
- ...

Next day- depends

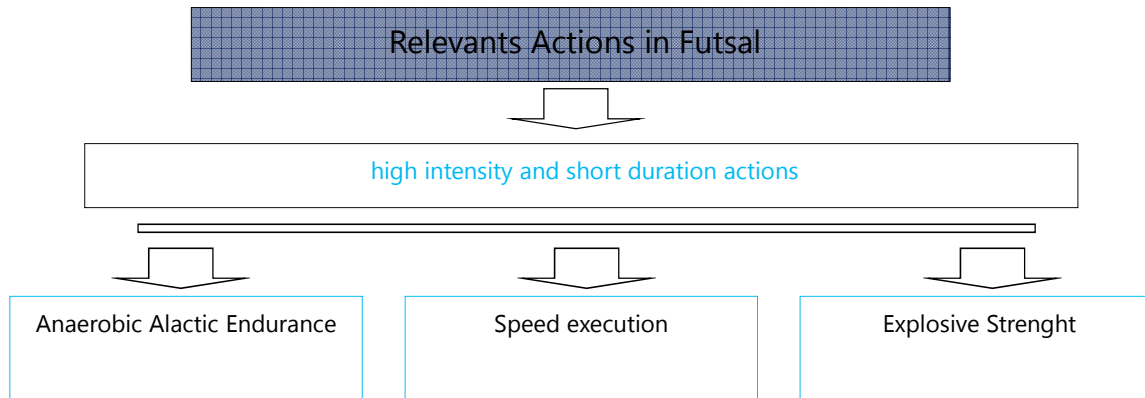


- Regen collective organization;
- hydrotherapy;
- gym;
- ...

*Fitness for Futsal*



## FITNESS FOR FUTSAL



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(Adaptado de Riveiro, 2000)

## FITNESS FOR FUTSAL

- ENDURANCE

- Physical and mental ability to withstand fatigue at relatively long efforts or the ability to recover quickly after those same efforts (Grosser, s/d).



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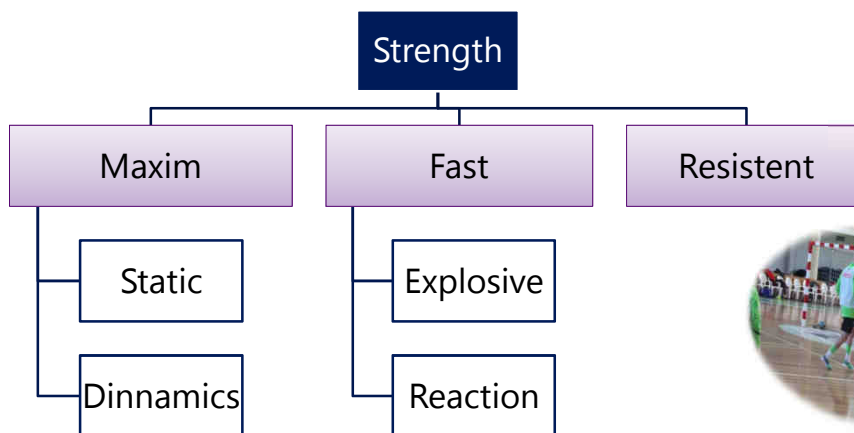
## FITNESS FOR FUTSAL

Endurance		Duration	Intensity	HR	
↳	<b>Aerobic Endurance</b>	Full Recovery	12'a15'	60% a 75% FCM	120 a 160
↳	<b>Aerobic Endurance Alactic</b>	Relevant Actions	0 a 15"	95% a 100% FCM	> 180
↳	<b>Aerobic Endurance Lactic</b>	Maintenance of high levels during game	20" a 2'	90% a 95% FCM	170 a 190
↳	<b>Mixed Endurance</b>	Energy for the entire game			

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(Adaptado de Riveiro, 2000)

## FITNESS FOR FUTSAL



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## FITNESS FOR FUTSAL

**STRENGTH**

**Geral**

General and multilateral player development;



**Dirigida**

Specific aims at the development of the athlete, in terms of strength, in the context of the closest match

**Especial/  
Competição**

Execucion of actions of game in simultaneous or alternating with strength exercises.



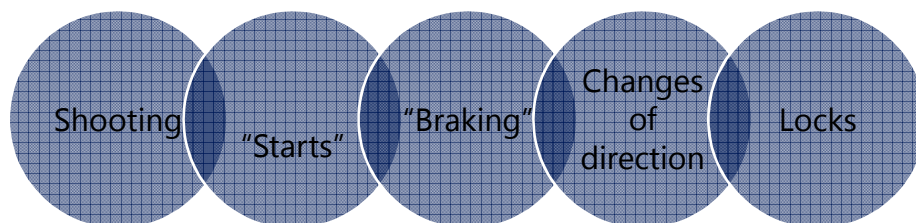
**Compensatória**



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## FITNESS FOR FUTSAL

Actions which manifests STRENGTH in the futsal game



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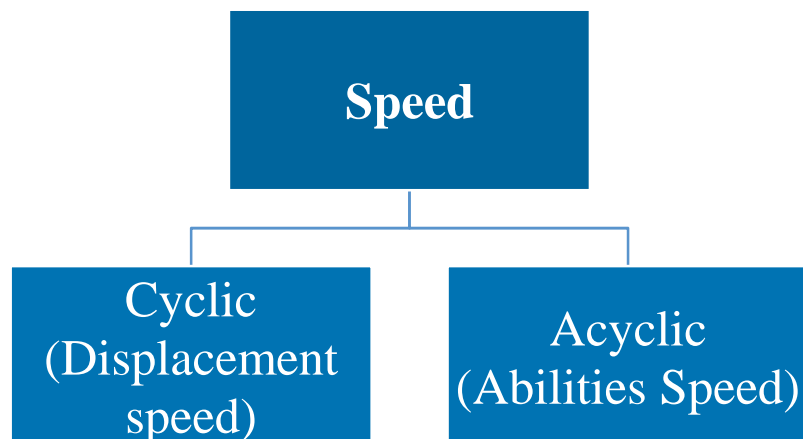
## SPEED IN FUTSAL



- The speed in futsal training should be directed to positively influence the **process of perception** and **analysis of the situation**, as well as **decision making** and motor operation. (Castelo e col., 1998)

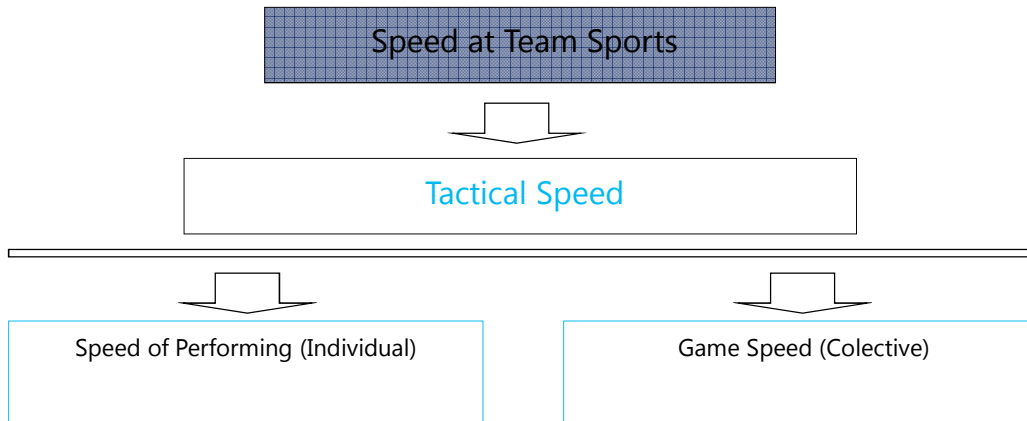
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## SPEED IN FUTSAL



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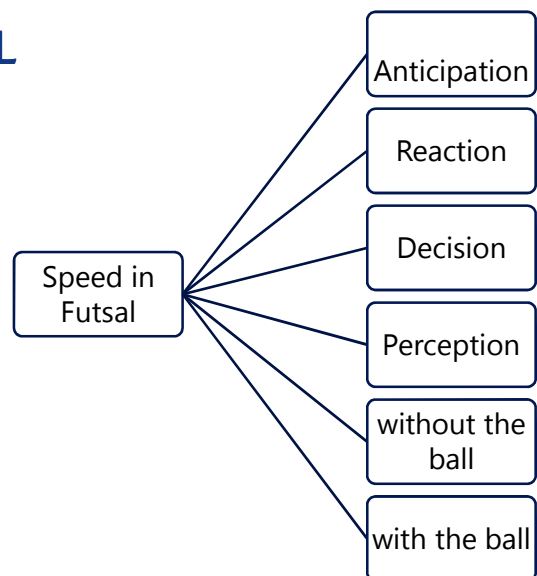
## SPEED IN FUTSAL



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(Adaptado de Garganta, 2001)

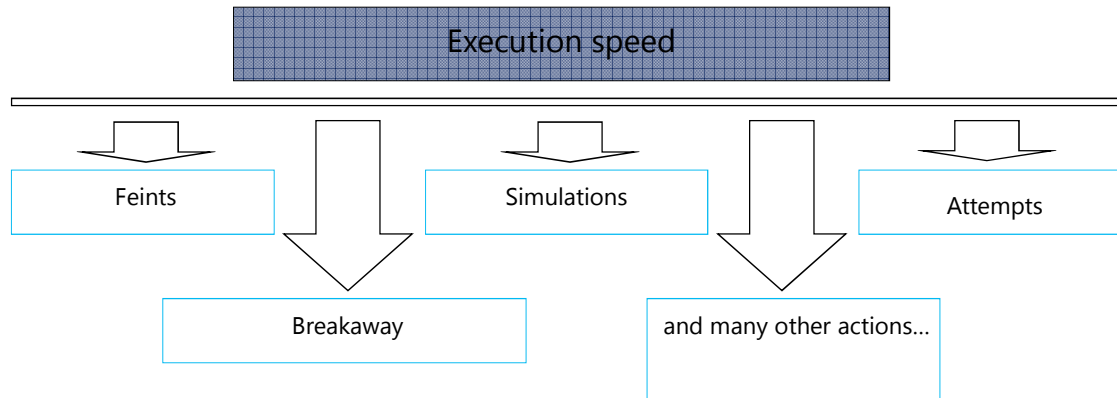
## SPEED IN FUTSAL



(Weineck, 1994 e Gambetta e col., 1998, citados por Garganta, 2001)

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## SPEED IN FUTSAL



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(Adaptado de Riveiro, 2000)

## STRETCHING FOR FUTSAL

- **Stretching**
  - Mechanical and physiological capabilities that relates to the anatomical and functional set of muscles and articulations involved in range of motion.



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## STRETCHING FOR FUTSAL

### Stretching

Range of motion in performing  
technical activities

Compensatory effect of labor  
force / muscle tone

Prophylactic effect to possible  
forced movements

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(Adaptado de Riveiro, 2000)

## STRETCHING FOR FUTSAL

### Advantages:

- Prevention and recovery;
- Improve performance;
- Increase articulations mobility;
- Reduced risk of injury;
- Muscle elasticity;
- Reduced fatigue and pain.

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## COORDINATION IN FUTSAL

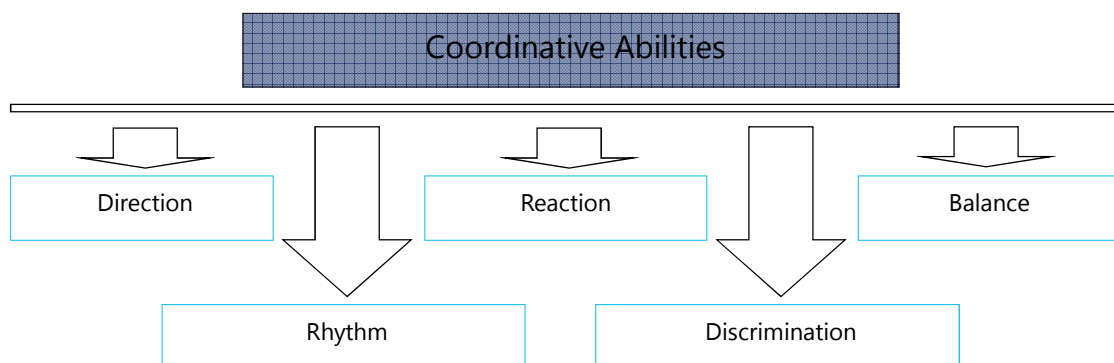


- **Coordination**

- It's the ability that allows an athlete to perform motor actions with precision and economy. (Weineck, s/d, cit. por Riveiro, 2000)
- It is based in the regulation of the movement from the central nervous system.

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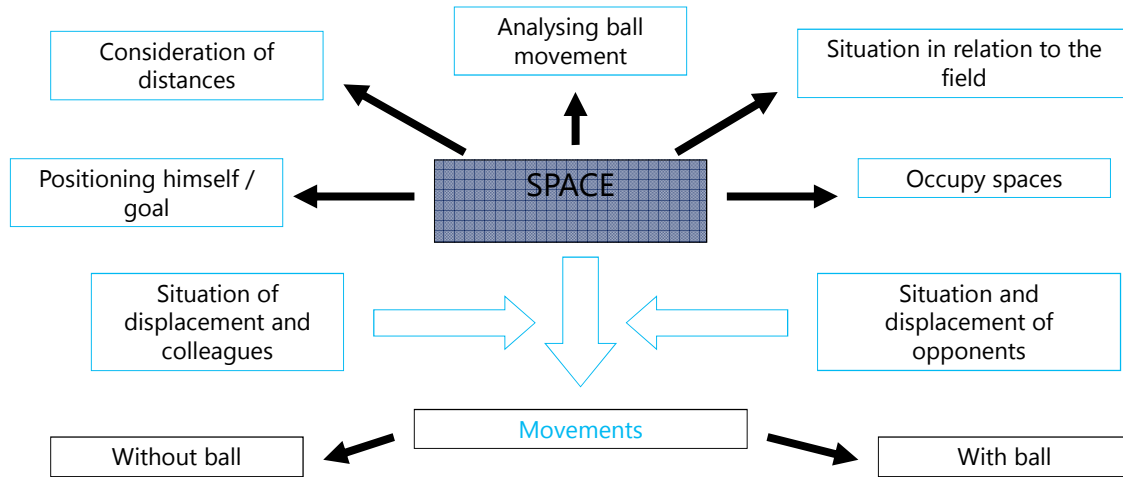
## COORDINATION IN FUTSAL



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(Adaptado de Riveiro, 2000)

## COORDINATION IN FUTSAL



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(Adaptado de Riveiro, 2000)

## Training examples

Variações	Exemplos
Exterior Change	Ball type; confined spaces; floors
Movement execution	Driving w / bad foot, alternating rhythm
Combination of motor skills	Play ball with the foot and hand ...
Time limitation	relay races, competitions
perception info	Blindfolded, equality and inferiority.
Psychic fatigue	Coordinating work at the end of training.

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(Adaptado de Ritter, 1985, cit. por Raposo, 1999)

# THANKS



FITNESS FOR FUTSAL

WE CARE ABOUT FOOTBALL

*José Luis Mendes*