

# ORGANISING AND MANAGING A FUTSAL TRAINING SESSION



SESSION Nº 1	DATE: 07/05/2014	HOUR: 18h00	DAY: Wednesday	TOTAL TIME: 60 min.
<b>OBJETIVOS:</b> Improve making decision ( <i>Defensive Organization</i> ).				<i>14 players 3 Goalkeepers</i>
	<b>ESQUEMA</b>	<b>DESCRIPTION</b>	<b>CRITERIA FOR SUCCESS</b>	
15'		<p><i>Teams of 3 players. The goal of the team that has possession of the ball is to pass through the cones to the opposing team, which is at the other half of the field. If the ball does not pass between the cones, the team enters to defensive situation. If the defending team regain possession automatically makes the pass and transition team that lost the ball passes to defend.</i></p>	<p><i>Athletes cause and seek information! Decide properly in light of information that will be generated in context. Decision to create numerical superiority or positional.</i></p>	
15'		<p><i>Game 4x4 in 2/3 of the field. Each team has an outside element in offensive midfield, with a ball. When the ball carrier leaves the field, controlling the ball, his outside colleague enters and plays.</i></p>	<p><i>Making decisions displacement / position! Rearrange defensively due to the perception of time and space.</i></p>	
15'		<p><i>Game 3x3. One player of the team that is not in possession, holds a ball with his hands. This player can not participate, only after passing the ball to a colleague</i></p>	<p><i>Making decisions displacement / position! Rearrange defensively due to the perception of time and space.</i></p>	
15'		<p><b>Game 3x3 ½ + Joker in field</b></p> <p><i>The defending team is always outnumbered. Must defend zone, pressing the ball</i></p>	<p><i>Refine positioning! Try to match numerically and positionally areas near the ball.</i></p>	
0'		<p><i>All players with a ball, do conduct random throughout the game space. At the coach's signal swap ball with a colleague (high pass - active flexibility).</i></p> <p><b>Final part, perform stretching exercises with ball!</b></p> <p><i>Groups of two - Massage with ball .</i></p>	<p><i>Maintain control of the balls in the various actions to perform.</i></p> <p><i>Reveal an attitude of relaxation.</i></p>	
<b>Observations:</b>				