

METHODOLOGY AND PLANNING SPECIFIC TO CLUBS WITH 1/3 SESSIONS PER WEEK

PART ONE

A background image of two soccer players on a field. One player in a yellow and red striped jersey is standing and looking down at a soccer ball on the ground. The other player in a blue jersey is on the ground, having just kicked the ball. The scene is outdoors with a fence and spectators in the background.

WHAT CAN WE DO WITH 2/3 SESSIONS PER WEEK???

IS IT POSSIBLE TO IMPROVE WITH TWO SESSIONS A WEEK ??

WHAT SHOULD I DEDICATE THE TIME TO DURING THE TRAINING SESSIONS ??



IN MY OPINION, IT IS ESSENTIAL
TO WRITE HOW YOU WANT TO
PLAY

TO WRITE ??????
YES !!!!!



WHY ??

- ✓ Because you have to explain to your players what your game model is.
- ✓ The coach has to convince his players.
- ✓ The coach should not oblige / impose anything!!!!

DECIDE HOW YOU WANT TO PLAY

- What Defensive System are you going to use.
- How are you going to defend the standstill ball situations.
- How are you going to defend the numerical inferiorities.
- What Offensive System are you going to use.
- What do we want our positional attack to be? And the outputs of pressure?
- How are we going to prepare the offensive strategy actions.
- How are we going to prepare the numerical superiorities.
- How can we prepare for special situations.

This process is imperative for a professional or an amateur team, if you want to work well.

Decide what your GOAL is for this season !!!!!



PROPOSAL OF CONTENTS TO WORK:

1. Possession Phase: (Attack)

- 1.1. Attack against halfway Defense.
- 1.2. Outputs of pressure:
 - 1.2.1. Goal Kicks.
 - 1.2.2. **passing the ball** to a goalkeeper.
 - 1.2.3. Defensive touchlines kicks.
- 1.3. Attack on numerical superiorities:
 - 1.3.1. 5v4
 - 1.3.2. 5v3
 - 1.3.3. 4v3
- 1.4. Offensive strategy:
 - 1.4.1. Corners.
 - 1.4.2. Offensive touch line.
 - 1.4.3. Free Kicks.
 - 1.4.4. Kick Offs.

1. Possession Phase: (Attack)

1.5. Offensive Transitions:

- 1.5.1. 2 v G
- 1.5.2. 2 v 1 + G
- 1.5.3. 3 v 1 + G
- 1.5.4. 3 v 2 + G
- 1.5.5. 4 v 3 + G



PROPOSAL OF CONTENTS TO WORK:

2. Recovery Phase: (Defense)

2.1. Defense of half pitch..

1.2. Pressuring Defense:

1.2.1. Goal Kicks.

1.2.2. **Passing the ball** to goalkeeper.

1.2.3. Defensive touchlines kicks.

1.3. Defense of numerical inferiorities:

1.3.1. 4v5

1.3.2. 3v5

1.3.3. 3v4

1.4. Defensive strategy:

1.4.1. Corners.

1.4.2. Defensive touch lines.

1.4.3. Free Kicks.

1. Recovery Phase: (Defense)

1.5. Defensive Transitions:

1.5.1. 1 v 2

1.5.2. 2 v 3

1.5.3. 3 v 4

1.6. Goalkeeper`s specific training.
(Very important !!!!)



WE HAVE DECIDED HOW WE ARE GOING TO PLAY

WE ALREADY KNOW THE CONTENTS WE HAVE TO WORK ON

AND NOW WHAT ????

NOW we should design our Annual Planning

THINGS TO KEEP IN MIND WHEN WE DESIGN OUR ANNUAL PLAN:

1. How many days a week shall we train? Number of Sessions?
2. How long do we have to practice?
3. Can we do a Preseason?
4. How many players do we have available for the training?
5. What are the facilities for the training?
6. What kind of sport equipment is available?
7. How many games are we going to play during the season?
8. Create the calendar of matches to have an annual view.
9. Create **your annual planning sheet**
10. The following of your annual plan can be done weekly or monthly.
11. Create your training session sheet
12. Others.....

The annual planning will help you control the contents of your work with the team



EXAMPLES OF ANNUAL PLAN SHEET



**Example of a Professional Team to anual
plan Excel Document**

TEAM

SEASON: 2016/2017

MONTH CONTENTS

WEEK:

WEEK:

WEEK:

WEEK:

TEAM:					
WEEKLY CONTENTS			SEASON:		
Month :		Week:			
Monday	Tuesday	Wednesday	Thursday	Friday	Match Day
					Comments:

A photograph of two soccer players on a field. The player on the left is wearing a yellow and red vertically striped jersey and red shorts. The player on the right is wearing a blue jersey and white shorts, and is on the ground with one knee down, looking towards the ball. A soccer ball is positioned between their feet. In the background, there is a white fence and a banner with the word 'ASORE' and a logo with 'DE' and a registered trademark symbol. The entire image has a light blue tint.

EXAMPLES OF TRAINING SESSION SHEETS

You must prepare the training session before doing it !!!!

CONCEPTS THAT MUST BE INCLUDED IN THE TRAINING SESSION

1. The parts of the session.
 - 1.1. The warm up part.
 - 1.2. The main part.
 - 1.3. The end/final part.
 2. Each part should have a space for a description and another for a drawing.
 3. The date.
 4. Space to write the time per exercise.
 5. Number of players. It's better If you write the name of the players.
 6. The content you are going to work on!!!!
 7. The equipment you will need.
 8. It is important to write the observations after the training.
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**NAME OF THE TEAM / SEASON
TRAINING SHEET**

DATE:	ARENA:
SESSION NUMBER:	PERIODE:
TOTAL TIME:	OBJECTIVE:

WARM UP

TIME	DESCRIPTION	DRAW

MAIN PART

TIME	DESCRIPTION	DRAW

MAIN PART

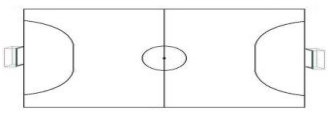
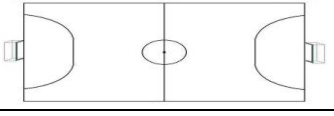
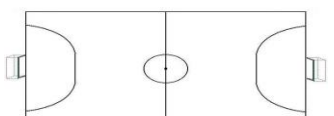
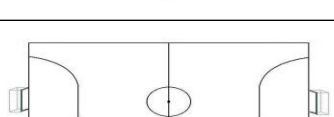
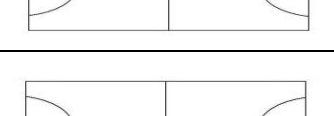
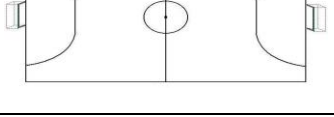
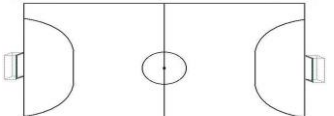
TIME	ACTIVITAT	DRAW

END PART


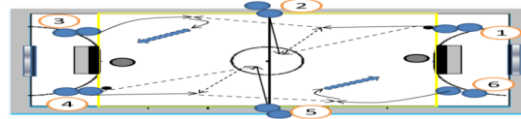

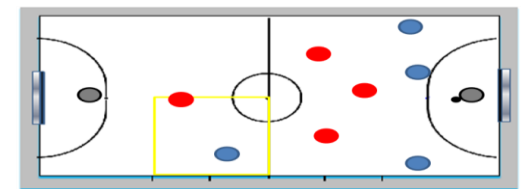
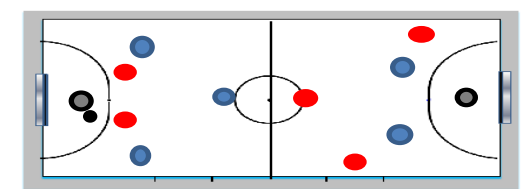
TIME	DESCRIPTION	DRAW

OBSERVATIONS:

Example of Futsal Training Session

NAME OF TEAM				
MESOCYCLE:			MICROCYCLE:	
SESSION NUM:			DATE:	
GENERAL OBJECTIVES:				
	EXERCICE	DESCRIPTION	PAINT	TIME
WARM UP				
				
MAIN PART				
				
MAIN PART				
				
				
END PART				
OBSERVATIONS				

Example of FC Barcelona Futsal Training Session

ARENA		FUTSAL SESSION		SESSIO	Nº
DATE	START	ENDING	Nº PLAYERS	N	Nº
	GOALS		Nº GOAL KEEPERS		
CONDITIONALS					
TECNICAL-TACTICAL		Basic Defensive and attack concepts. Initiation to 3-1 Attack System Improving the 3x2 Transition			
WARM UP/ INITIAL PART					
Traditional warm up		Joint Mobility, Dynamic Stretching		TIME: 5'	
Warm up Game + Shooting round				TIME: 8' / 5'	
Play without GoalKeepers in 40x20. 6X6. Two touches per player. Goal only inside the penalty area, if scored with non-dominant leg, counts double.				TEAMS	
Action starts with 1 pass to 2 that has feinted, 2 returns to 1, 1 passes to 3 that has done a Pivot movement. 3 ends the action with an oriented control. On the other side the action is repeated with the same timing. Variation: 3 pass to 2 that ends passing behind. Rotation: 1-3-2-1/ 4-6-5-4				TEAMS	
MAIN PART					
3x3 Attacking - Defending 28x20		Conditionated Game 28x20		TIME: 8'	
Waves 3X3. Initial Position 3 players in amplitude. All the attacks in the same direction. No Corners and sidelines. The goalkeeper always throws. ROTATION: Attack- Defense - Rest. 3 Teams. Variation: Initial Position in depth.				TEAMS	
Positional Attack / SP 3-1		Conditionated Game 40x20		TIME: 14'	
Waves. 10 attempts per team. Output Pressure 3X3 with 2 Options: A) Connect with the Pv from the defensive zone - 4x4 Pivot defender is on the line until the Pv recieves the ball. B) Progress passing the midfield line dribling the ball --- 2X1 goal counts double. The action ends when the ball goes out. Variation † The P V defender is 100% active.				TEAMS	
Transitions 3x2 / 3x2		Conditionated Game 40x20		TIME: 9'	
3x2 in two different courts. No player changes the court. Normal game . The goalkeeper always throws. Each 3' change the roles. No corners and sidelines.				TEAMS	
FINAL PART					
COMMENTS		Stretching		TIME: 5'	

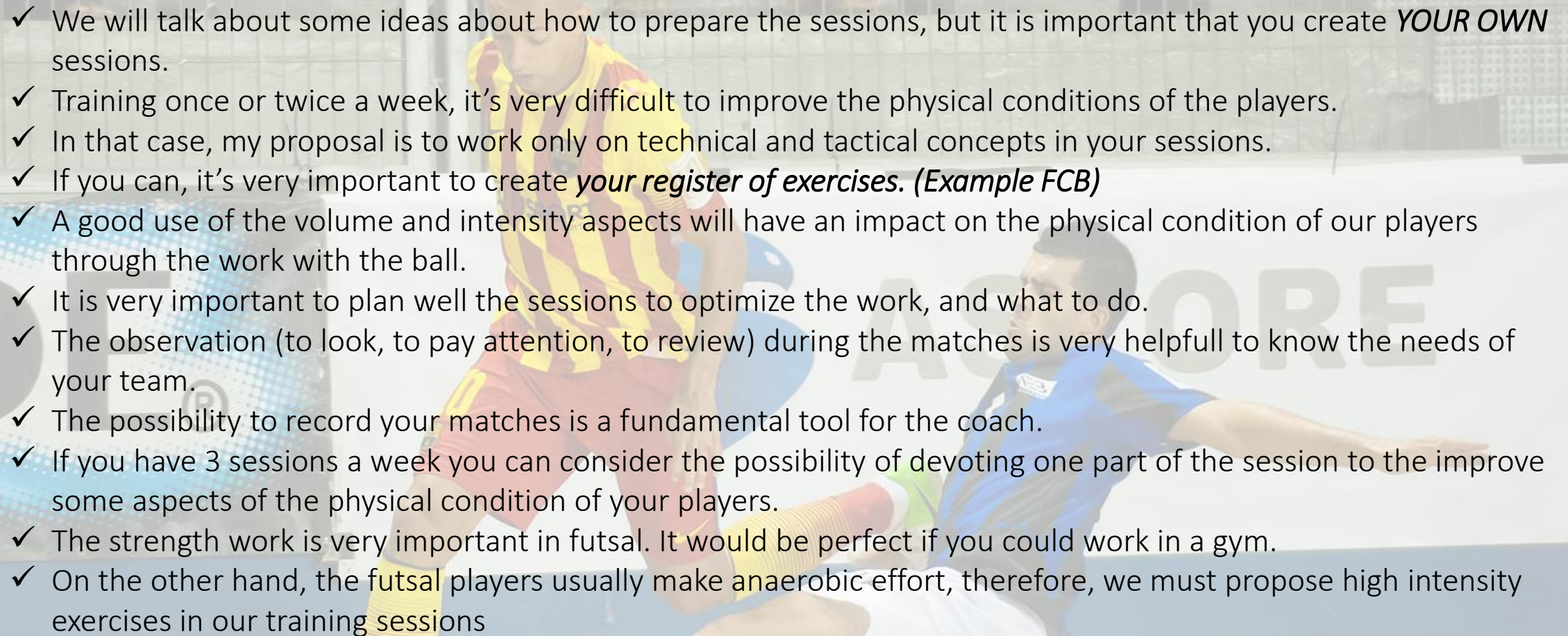
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PART TWO

Designing Sessions for the needs of UK Players

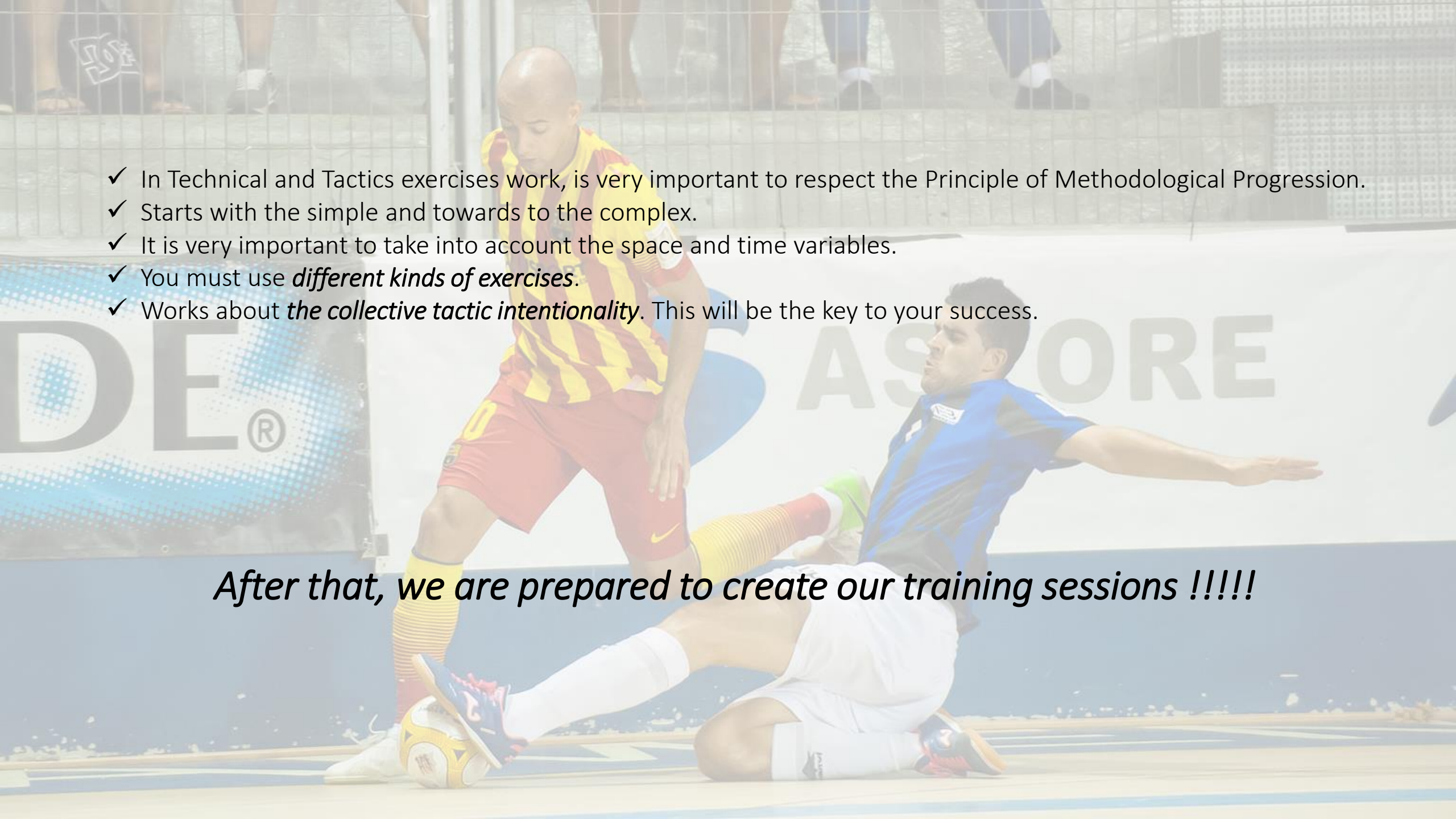


PROPOSAL FOR WORK PRACTICE IN FUTSAL

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- A background image showing two futsal players in action on an indoor court. One player in a red and yellow striped jersey is standing, while another in a blue jersey is on the ground, having just kicked the ball. The court has blue and white markings, and a large 'D' logo is visible on the left. The overall scene is brightly lit.
- ✓ We will talk about some ideas about how to prepare the sessions, but it is important that you create ***YOUR OWN*** sessions.
 - ✓ Training once or twice a week, it's very difficult to improve the physical conditions of the players.
 - ✓ In that case, my proposal is to work only on technical and tactical concepts in your sessions.
 - ✓ If you can, it's very important to create ***your register of exercises. (Example FCB)***
 - ✓ A good use of the volume and intensity aspects will have an impact on the physical condition of our players through the work with the ball.
 - ✓ It is very important to plan well the sessions to optimize the work, and what to do.
 - ✓ The observation (to look, to pay attention, to review) during the matches is very helpful to know the needs of your team.
 - ✓ The possibility to record your matches is a fundamental tool for the coach.
 - ✓ If you have 3 sessions a week you can consider the possibility of devoting one part of the session to the improve some aspects of the physical condition of your players.
 - ✓ The strength work is very important in futsal. It would be perfect if you could work in a gym.
 - ✓ On the other hand, the futsal players usually make anaerobic effort, therefore, we must propose high intensity exercises in our training sessions

[..\FUTSAL\EXERCICIS\EXERCICIS_FCB temporada 15-16.xls](#)



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- ✓ In Technical and Tactics exercises work, is very important to respect the Principle of Methodological Progression.
 - ✓ Starts with the simple and towards to the complex.
 - ✓ It is very important to take into account the space and time variables.
 - ✓ You must use *different kinds of exercises*.
 - ✓ Works about *the collective tactic intentionality*. This will be the key to your success.

After that, we are prepared to create our training sessions !!!!!

KINDS OF TASKS (Horts Wein 1995)

	<u>ANALYTICAL</u>	<u>GLOBAL</u>
Characteristics	Exercise that isolates the action from the game.	Exercise/task where all the elements of the game. (ball, teammates and opponents) are involved
Advantages	Improves specific objectives through the repetition.	It works simultaneously on technical, tactical, physical and psychological aspects.
Disadvantages	Does not simulate real game	Lower level of particular work, especially in the technical skills.
Motivation	Low level	High Level
Influence of the game mechanisms	Perception M.: Mínimum Decision M.: Absent Execution M.: Maximum	Perception: Maximum Decision: Maximum Ejecución: Half

GLOBAL METHODE I

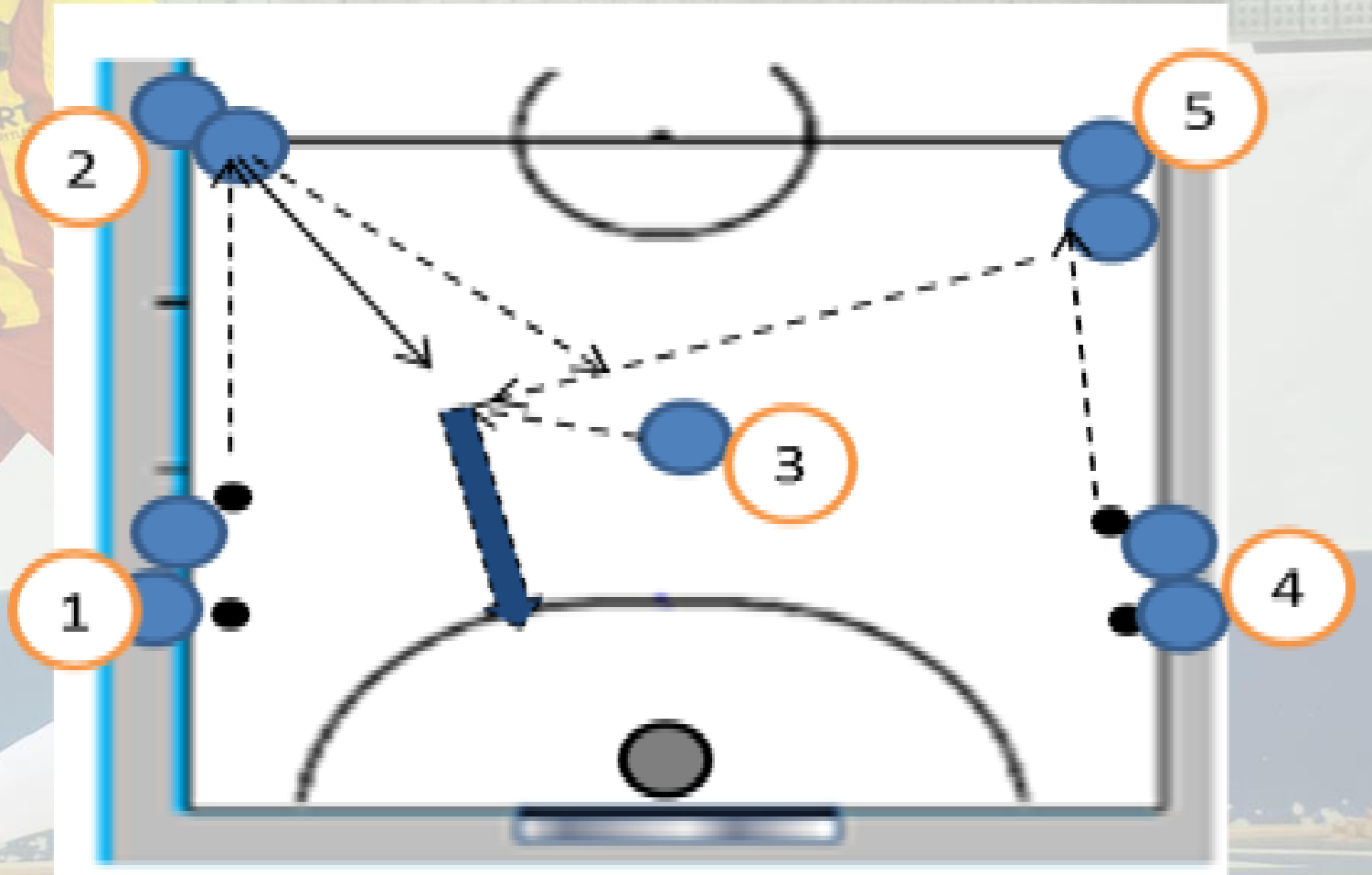
<u>TASKS</u>	<u>SPECIFIC USE</u>
EXERCISES	<ul style="list-style-type: none">• Individual tactic skills (Fundamentals)• Collective Tactic work.
PLAYED TASKS (Game principles)	<ul style="list-style-type: none">• Keep and recover the ball Work.• Move forward in the game and avoid the move of the ball and the oponents forward.,• Shooting exercises.• Work on 1x1 situations.

GLOBAL METHODE II

<p>CONDITIONED GAME Changing rules Restricting actions Motivate to score goals</p>	<ul style="list-style-type: none">• Work on individual-collective tactic fundamentals.• Work on collective tactic (Group actions and teamwork)
<p>ADAPTED GAME Changes in the structure of the game (Field, goals, rules of play, etc.)</p>	<ul style="list-style-type: none">• Work on Attack , Positional defense and Strategy.• Work on Transitions, and a superiority and inferiority numerical situations.
<p>MODELLING GAME Play game situations that interest us</p>	<ul style="list-style-type: none">• Automation of game patterns.• Development of reactive strategies.• Strengthening of individual and collective behavior in specific moments of the game(experience)

EXAMPLE OF EXERCISE / TASK

Action starts with player 1 passing the ball to player 2.
2 passes the ball to pivot (3) and goes to shoot.
After the pass player 2 becomes a pivot.
The other side starts when 2 does the pass to the pivot.
Rotation 1-2-3-4-5-3-1



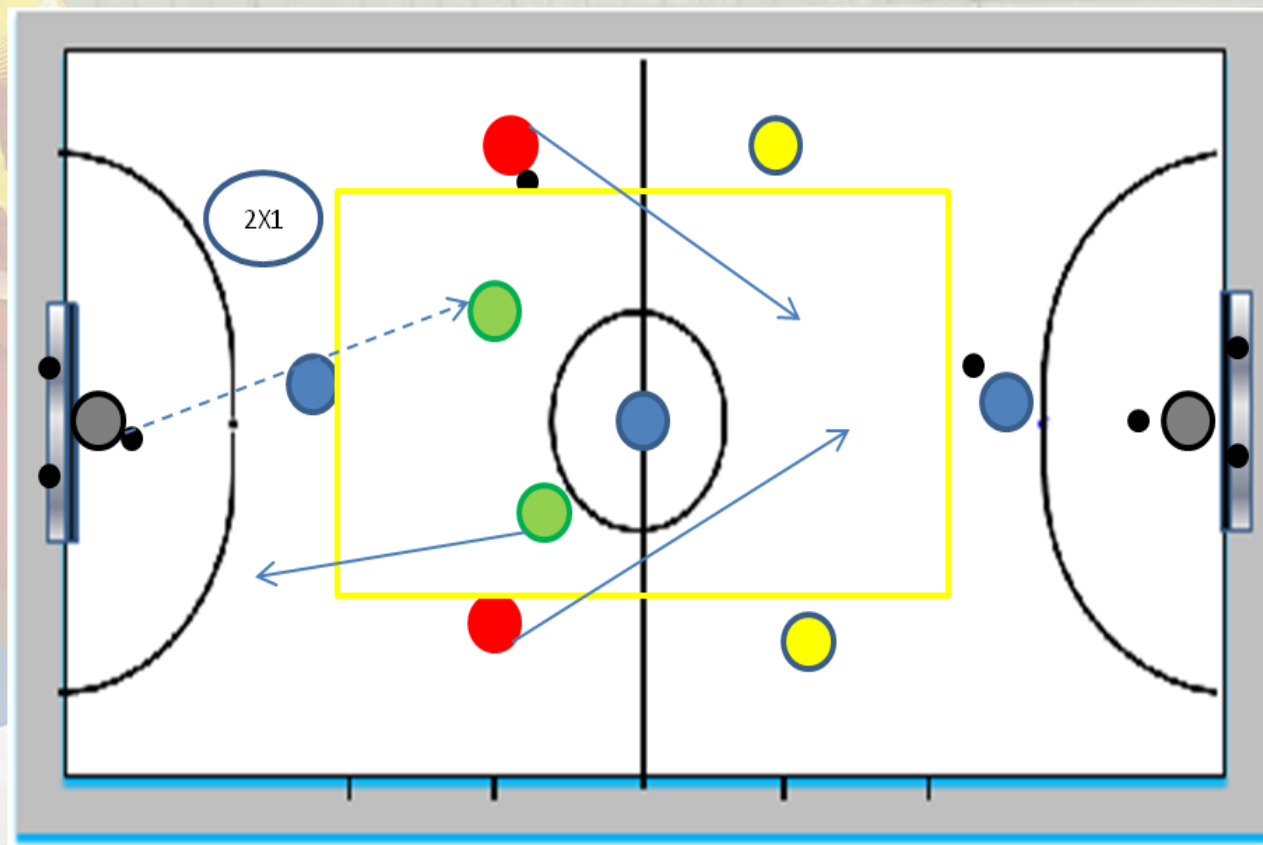
EXAMPLE OF PLAYED TASK

In each 10X10 space, we play a 4x2 situation. There are 3 permanent offensive PIVOTS. (Blue)

The green players are the defenders. When they steal the ball they will do a 2x1 against the blue player to the other middle of the pitch.

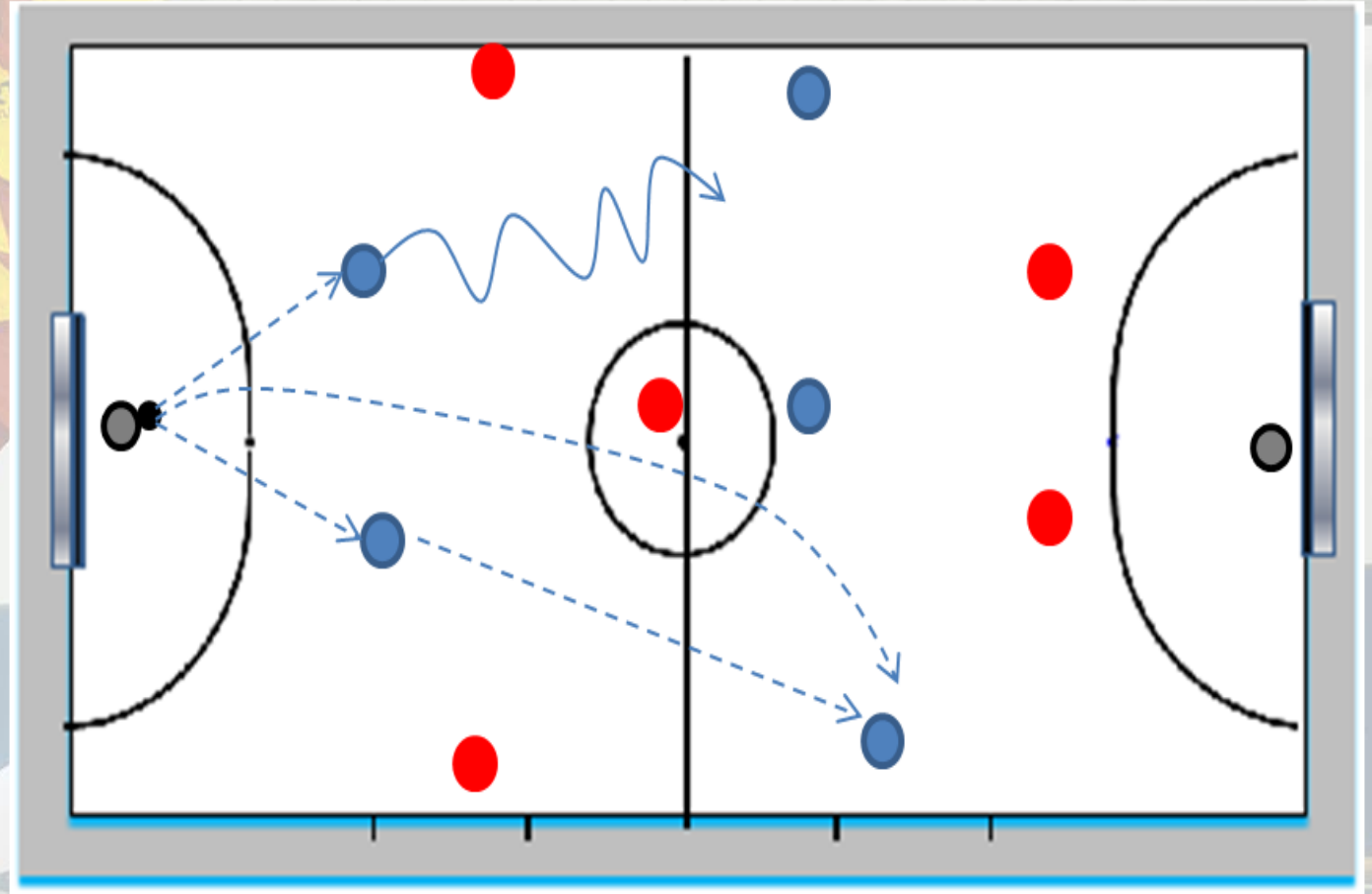
If the attackers do 10 passes, they can pass the ball to the other side.

The couple that loses the ball later will be defenders.



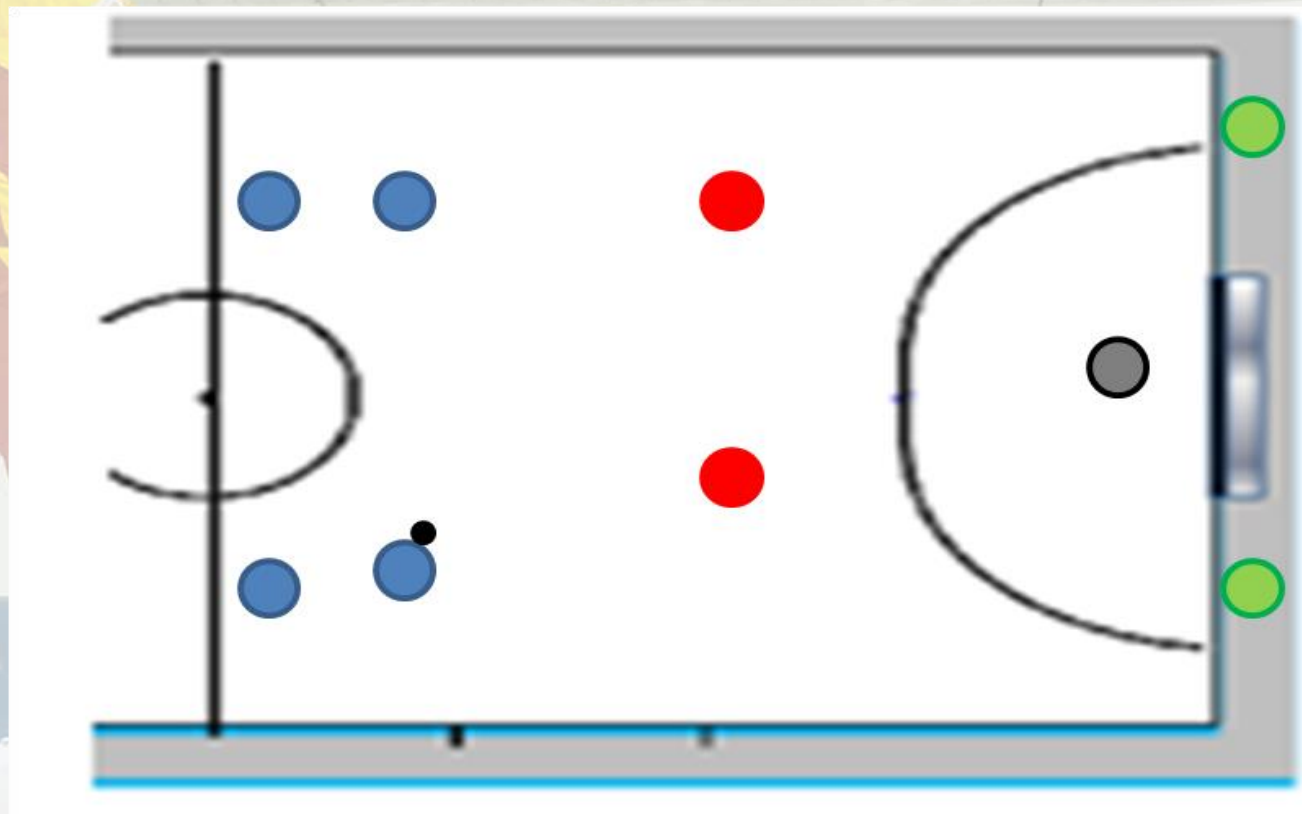
EXAMPLE OF CONDITIONET GAME

Game 3X2/3X2 in 40X20.
Work in numerical
Inferiority/superiority all the time.
The players never change the position.
Worktime 9'. Each 3' change the roles.
Work on Transitions.



EXAMPLE OF ADAPTED GAME

Game 2v2+2 Pivots on the goal line.
Rotation: attack – defend – pivot.
Work on Positional Attack.

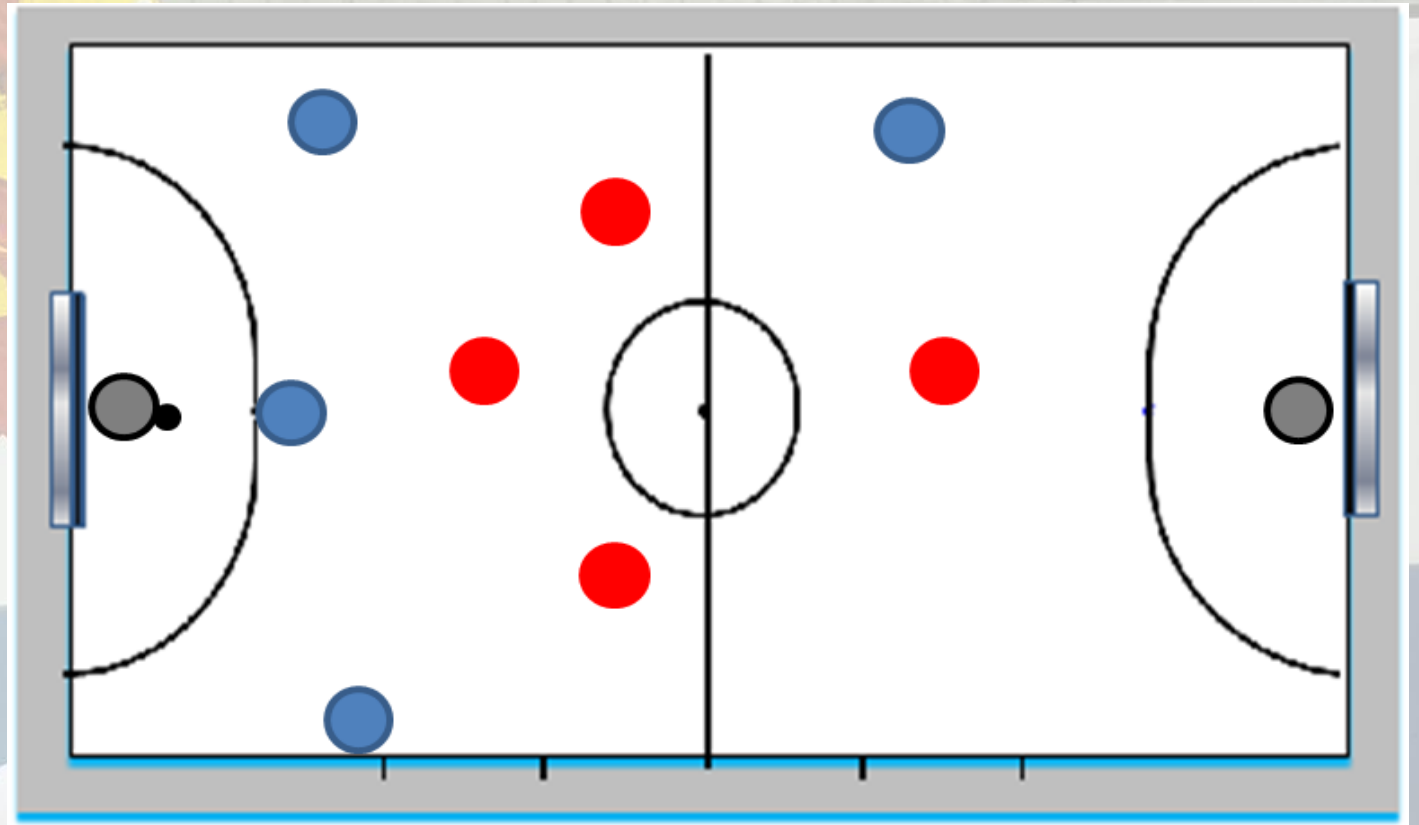


EXAMPLE OF MODELLING GAME

Match 5v5 in 40x20.

The goalkeeper always throws the ball.

When the ball goes out, the goalkeeper who is in this middle of the pitch always throws the ball.



A photograph of a futsal match. In the foreground, a player in a blue jersey is falling onto the court, his body low to the ground. He is wearing white shorts and white socks. In the background, a player in a yellow and red striped jersey is standing and looking down at a yellow and white soccer ball on the court. He is wearing red shorts and yellow socks. The court is light-colored with blue lines. In the background, there is a white wall with a blue and white patterned banner that says "DE" and "ORE".

**PROPOSAL FOR WORK PRACTICE IN FUTSAL
TRAINING ONCE A WEEK**

WARM UP:

- Running, Joint mobility and dynamic stretching. 8 – 10 minutes.
- Rondos. 8 – 10 minutes.
- Shooting exercise: 6 – 8 minutes.

MAIN PART: (Content to work)

- Game Position exercise: 10 – 12 minutes
- Tactical exercise 1: 10 – 12 minutes (Defensive tactics)
- Tactical exercise 2: 8 – 10 minutes (Defensive or Attack Strategy)
- Tactical exercise 3: 10 – 12 minutes (Attack tactics)
- Training Match: 10-12 minutes

END PART:

- Stretching exercises: 6 minutes

TOTAL SESSION: 1H. 30' / 1H. 45'



A futsal match scene. A player in a blue jersey is falling over a player in a yellow and red striped jersey who is controlling the ball. The background shows a fence and spectators. The text "PROPOSAL WORK PRACTICE IN FUTSAL IF YOU HAVE TWO SESSIONS A WEEK" is overlaid on the image.

**PROPOSAL WORK PRACTICE IN FUTSAL IF YOU
HAVE TWO SESSIONS A WEEK**

WARM UP:

- Running, Joint mobility and dynamic stretching. 8 – 10 minutes.
- Rondos. 8 – 10 minutes.
- Shooting exercise: 6 – 8 minutes.

MAIN PART: (DEFENSIVE CONTENTS)

- Game Position exercise: 10 – 12 minutes
- **Goal Keeper specific exercise.** 15 minutes
- Tactical exercise 1: 10 – 12 minutes (Defensive tactics)
- Tactical exercise 2: 8 – 10 minutes (Defensive tactics)
- Tactical exercise 3: 10 – 12 minutes (4x5 Defense)
- Training Match: 10-12 minutes

END PART:

- Stretching exercises: 6 minutes

TOTAL SESSION: 1H. 30' / 1H. 45'

WARM UP:

- Running, Joint mobility and dynamic stretching. 8 – 10 minutes.
- Warm up Game. 8 – 10 minutes
- Shooting exercise: 6 – 8 minutes.

MAIN PART: (ATTACK CONTENTS)

- Game Position exercise: 10 – 12 minutes
- Tactical exercise 1: 10 – 12 minutes (Attack tactics)
- Tactical exercise 2: 8 – 10 minutes (Attack Strategy)
- Tactical exercise 3: 10 – 12 minutes (5x4 Attack)
- Tactical exercise: 10-12 minutes (Attack tactics)

END PART:

- Stretching exercises: 6 minutes

TOTAL SESSION: 1H. 30' / 1H. 45'

A photograph of a futsal match. A player in a blue jersey is sliding on the floor to tackle a player in a yellow and red striped jersey who is about to kick the ball. The background shows a white banner with the word 'SCORE' and a blue and white patterned banner with 'DE'.

EXAMPLES OF FUTSAL EXERCISES

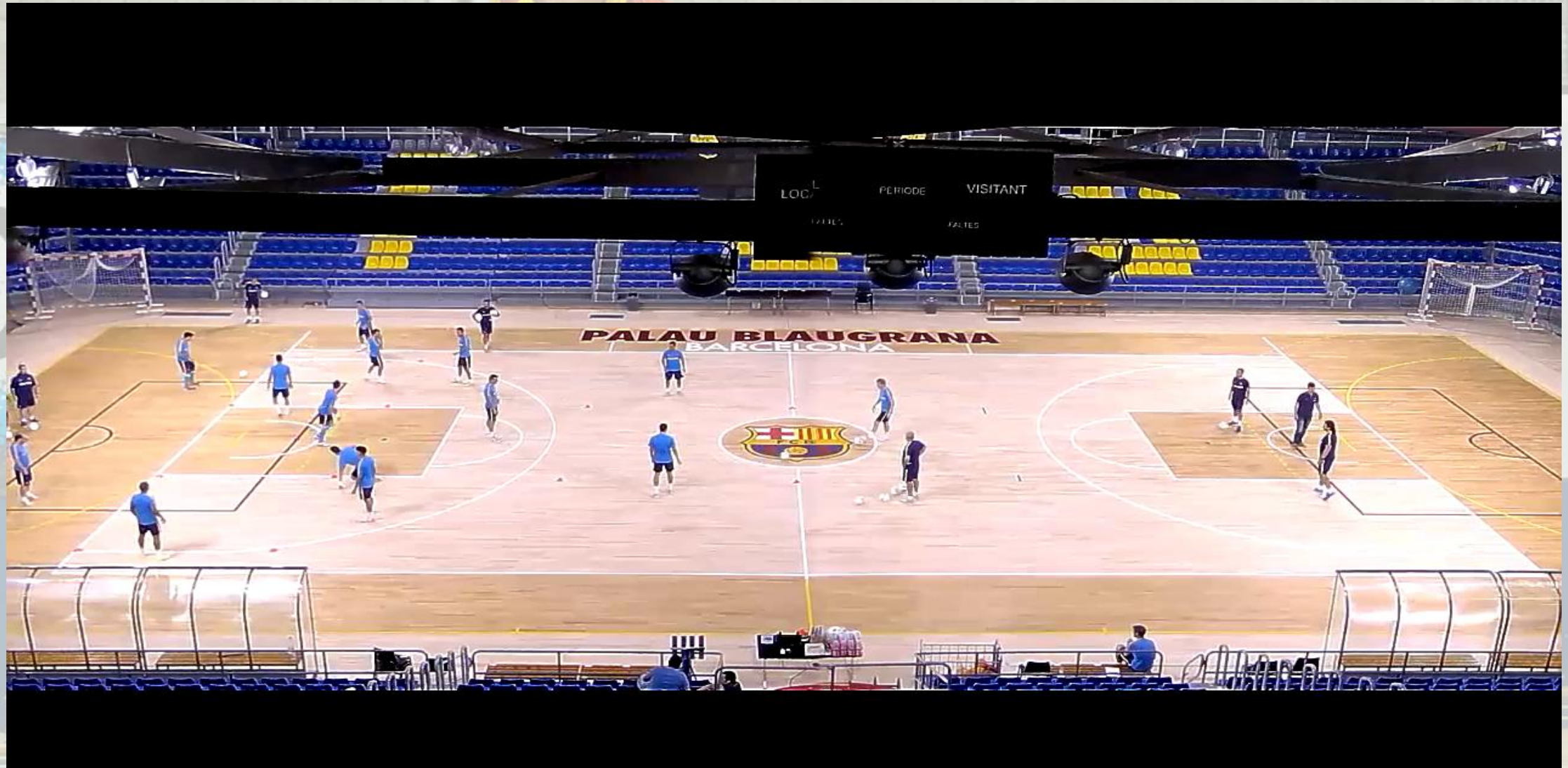
1. WARM UP:

1.1. Running, Joint mobility and dynamic stretching. Between 8 – 10 minutes.



1. WARM UP:

1.2. Rondos



1. WARM UP:

1.2. Rondos



1. WARM UP:

1.3. Shooting exercise.



2. MAIN PART:
2.1 Game Position.





Thank you for your attention !!!!!

See you in a few minutes.....