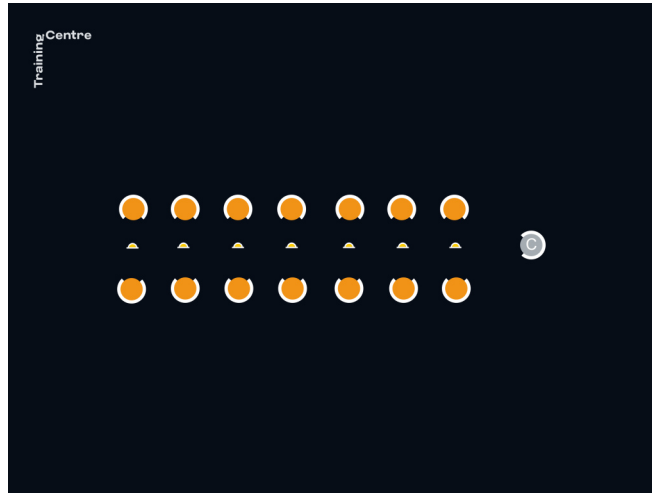


## Futsal- Warm-up progression

### PART 1: REACTION DRILL



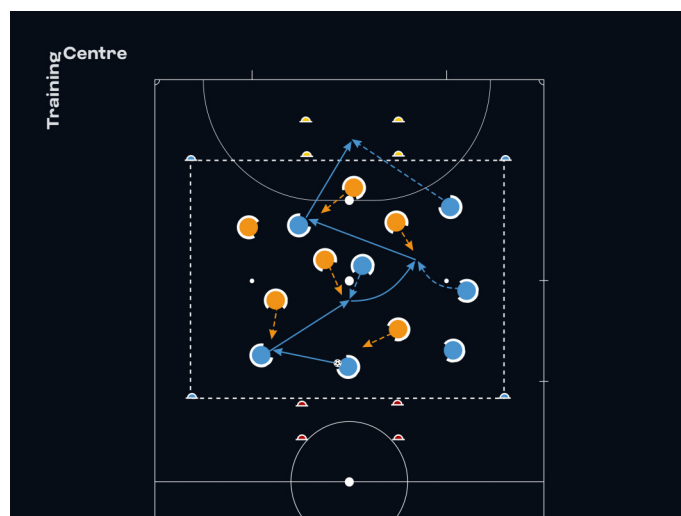
#### Organisation

- Divide the players into pairs.
- Place as many cones as the number of pairs in a line.
- Assign each pair to a cone.
- Position each member of the pair either side of each cone.

#### Explanation

- The coach randomly calls out the following commands: “Head”, “Shoulder”, “Knees” and “Feet”, and each player has to touch the relevant body part.
- When the coach calls out “Grab”, the members of each pair race each other to pick up the cone.
- The first player to pick up the cone wins.

### PART 2: BASKETBALL GAME



#### Organisation

- Mark out a 20m x 20m exercise area using cones.
- Mark out a 1m x 2m target zone at either end of the exercise area (one using red cones and the other using yellow cones).
- Divide the group into 2 teams and assign each team a direction in which to attack.counter-attack featuring a 2v1 overload.

## Explanation

- The exercise starts with a tipoff.
- Players must throw the ball to each other and cannot dribble.
- A basket is scored when a player runs into the target zone and catches a pass played by a team-mate.
- An attacking player cannot occupy the target zone for a prolonged period. If a player in the target zone does not receive a pass, they must leave the zone before re-entering.

## PART 3: DYNAMIC WARM-UP – MOBILITY EXERCISE

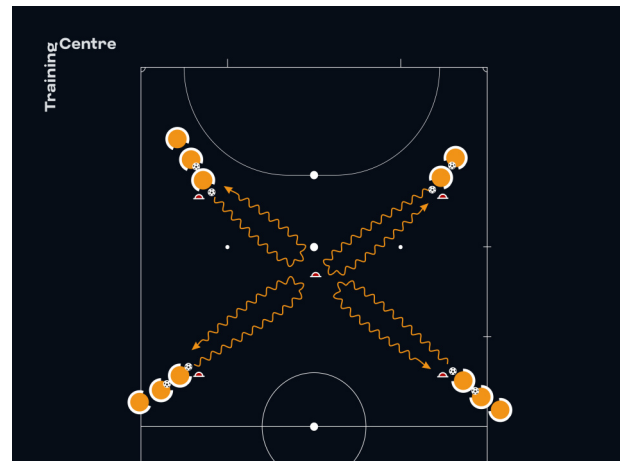
### Organisation

- Lay out 2 cones 12m apart and place another identical set parallel to them.
- Divide the group into 2 teams (the same teams as in the previous part of the warm-up).
- Assign a team to each row of cones

### Explanation

- The coach asks the players to perform a series of mobility exercises, as shown in the video.

## PART 4: PASSING AND DRIBBLING DRILLS



### Organisation

- Mark out a 12m x 18m exercise area using cones.
- Place a cone in the middle of the exercise area.
- Position an equal number of players in each corner of the exercise area.
- Give the players at each corner station a ball between them.

### Explanation

- Players positioned in diagonally opposite corners of the exercise area dribble simultaneously towards the central cone, bypassing each other en route to the diagonally opposite corner.
- Players should get as close to the central cone as possible without bumping into each other, staying on the right side of the central cone.
- When they reach the diagonally opposite corner, the player plays the ball to the player at the front of the queue.
- Once each of the players has performed the sequence several times, ask the players to stay on the left side of the central cone.

### Variation

- When players reach the central cone, they perform a change of direction to dribble back towards their starting station before passing the ball to the player at the front of the queue.

### Coaching points

- The exercise involves hidden running.
- Players should keep up the intensity.
- Players should perform a range of dribbling actions.
- Take the opportunity to intervene to offer technical input and increase the demands on players.