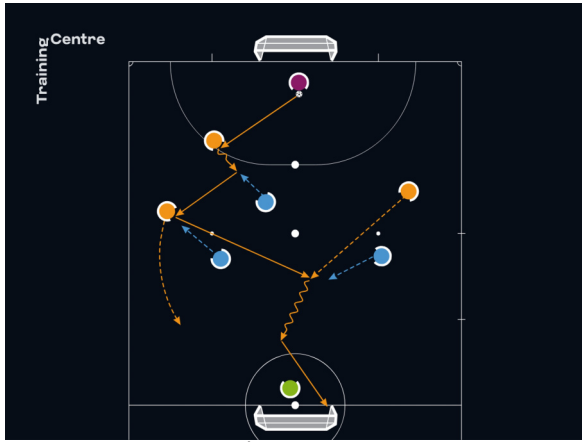
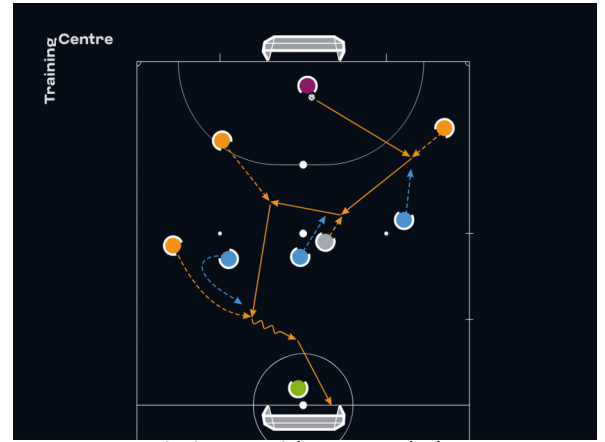


Futsal- Aerobic Power through 3v3 —●— small-sided game



Basic sequence



Variation 2: With a neutral player

Organisation

- Use half of a pitch.
- Position a goal at each end of the exercise area.
- Place a goalkeeper in each goal.
- Set up a 3v3 scenario inside the exercise area.

Explanation

- A 3v3 match is contested in which the standard futsal rules apply.
- The teams contest 5 sequences comprising 2 minutes of high-intensity play followed by a minute to recover.
- This set is repeated with a two-and-a-half-minute rest between sets.
- If a team score, they retain possession and restart play from their goalkeeper.

Variation 1

- Players are limited to 2 touches.

Variation 2

- A neutral player is introduced to create a 4v3 numerical advantage in favour of the in-possession team.
- There is no limit on the number of touches.

Coaching points

- Players should perform the exercise at high intensity, attack quickly and be positive on the ball.
- Players are encouraged to shoot on sight.