

This training model is based on the following:

- Breaking down tactical elements, provided that they can be transferred to real game play, with attention being focused on the content selected.
- Changing the training variables when designing drills: space, time, number of players, role changes, determining factors of the game, etc.
- Honing the learning process by changing game situations.
- Identifying drills in which players continually take decisions and which involve competitive situations.
- Predominance of active methods as teaching techniques.
- The principle of progressively increasing difficulty: as soon as an exercise is mastered players should move on to a more difficult one.
- Creating situations that pose a higher level of difficulty than that found in actual competition.

- Training based on real game play, with exercises that allow players to find solutions.
- General training based on the cognitive model. From the general to the specific.
- Work based on tactical components, with the development of individual, small-group and team tactics.
- Analysis of game situations with players.

3.3.3 Variables in designing drills

When designing drills we have access to many tools or variables that we can use to condition play and player decision-making, all with the aim of adapting the drill as much as possible to the content we want to work on and to the objective of the training activity.

SPACE

DIFFERENT PLAYING AREAS: 40mx20m: futsal court. / 28mx20m: basketball court length, futsal court width. / 28mx15m: basketball court. / 20mx20m: half futsal court. / 18mx9m: volleyball court. / Variable small-sized areas: 5mx5m, 6mx6m, 10mx10m, etc. / Circular passing drills and/or possession drills.

AREAS OF PLAY WITH SPECIFIC RESTRICTIONS: no encroaching allowed. / Can only be entered by 'jokers'. / Limited number of attackers or defenders in certain areas of play. / Limit on time spent in certain areas of play. / Shooting on goal restricted to specific areas.

AREAS OF PLAY WITH MANDATORY ACTIONS: any number of touches in attacking half, only two touches in defensive half. / Players receiving ball in the area must shoot. / Minimum number of passes played before crossing halfway line. / Compulsory one-touch play in a specific area. / Right half of court, shoot with right foot; left half, shoot with left.

CONDITIONAL INVASION GAMES: specified number of players in each space. / Create numerical advantage in specific areas: Passer can invade space, any player can invade space. / Invasion of pivot area following pass. / Invasion of attacking area by means of dribbling.

TIME

RESTRICTION OF ACTION TIMES: retaining possession for a period of time. / Principles of the game based on time periods: keep the ball for 10 seconds, advance into the opposition half in five seconds, shoot on goal in ten seconds. / Creation of temporary periods of numerical advantage or disadvantage. / Temporary changes designed to cause imbalances: every 20 seconds one player comes off and another goes on, first in one team and then the other, and so on.

CHANGES IN GAME PERIODS: mini games. / Mini games with specified time periods in which one side has a numerical advantage or disadvantage.

PUNISHMENT OR REWARD FOR ACTION TIMES: requirement to shoot on goal within a certain time period or lose possession. / No limit on touches after 20 seconds of possession, before that time only two touches allowed. / If advancing over halfway line within five seconds, one opposition player cannot defend in that half.

SIMULATED GAME PLAY: real game play with time limit on shooting, simulating game situations or results.

GOALS

NUMBER OF GOALS: games with four goals (two per team). / Games with varying numbers of goals; with the last set of goals in which a goal is scored being removed. / Games in which there is one more set of goals than there are goalkeepers. / Only one goal for the two teams, who change between attack and defence.

SIZE OF GOALS: oversized goals. / Small goals with no goalkeepers. / Games with standard goals and with small sets of goals on the touch lines.

POSITION OF GOALS AND SHOOTING: teams can attack either of the two goals after fulfilling a specific objective or condition: in crossing the halfway line or playing five passes within five seconds of regaining possession, etc. / Goals on the basketball baseline and facing the wrong way. / Goals on the basketball baseline and with no nets, allowing goals to be scored from either side. / A number of goals positioned asymmetrically on the court. / Two goals positioned correctly. After scoring in one goal, teams can switch direction and attack the other goal.

NO GOALS: goals or points can be scored in a variety of different ways: by reaching the goal line with the ball under control; by moving into the area with the ball under control; by moving into and out of the centre circle, with the ball under control, etc.

REGULATIONS

CHANGES IN THE SCORING SYSTEM: goals scored with the weaker foot count double. / Goals scored from a one-touch move count double. / The team conceding a goal loses a player (for a specific period of time) / Goals scored from set-pieces count double. / Penalty or kick from the second penalty mark after scoring a goal. / Goal at the far post counts double.

SPECIAL RULES FOR REWARDING GOOD PLAY AND PENALISING BAD PLAY: introduce 'ball returned to backcourt' rule. / Shooting at both goals following a specific number of passes or specific amount of time in possession. / Changes to rules on substitutions (players can come on and off anywhere; the player coming on can do so five seconds earlier; expand the area for making rapid substitutions that are designed to catch the opposition off guard and create a numerical advantage in attack). / Team shooting on goal gets a corner. / Play always restarted from the goal line. / Compulsory number of passes before shooting, or limit to the number of passes before shooting. / Limit to the number of individual touches allowed before shooting: only one or two touches allowed before taking a shot.

CONDITIONS ON REFEREEING OR REGULATIONS IN REAL GAME PLAY: one team starts with five fouls. / The referee does not blow for every kick-in, allowing the game to continue instead.

TECHNICAL VARIATIONS

CHANGES TO THE BALL: use balls of differing size or composition or that have a different bounce: tennis ball, reaction ball, rugby ball, outdoor football, etc. / Play with more than one ball (e.g. two). / Play with two balls for shooting and one for possession (only the team in possession may shoot with either of them). / Play with three balls (one on the floor and two to be held by one player in each team who cannot take part in the game). / Tricks (of increasing difficulty) with different types of balls. / Juggling of balloons, tennis balls (goalkeeper).

NUMBER OF TOUCHES OR PASSES: two-touch play, no limit on touches, one touch, etc. / Touch and a half: one or two touches – if receiving the ball from a player who takes two touches, a player can only take one, and if receiving ball from a player who takes one touch, a player can take two. / Teams can only advance beyond the halfway line with a pass played along the ground. / Specific number of touches or passes before shooting.

CONDITIONS ON NUMBER OF TOUCHES AND CONTROLLING BALL: restrict the number of individual touches and allow one more for shooting. / Only two touches allowed, not one. / Two touches allowed if using both feet. / Lofted passes cannot be allowed to bounce. / Lofted passes must be left to bounce.

CONDITIONS ON THE CONTACT AREA: rewards for controlling with the sole of the foot. / Specify the part of foot for controlling ball / Specify the part of foot for shooting (i.e. toe, instep, inside of foot, etc.).

TACTICAL VARIATIONS

VARIATIONS IN PLAYER NUMBERS: equal numbers, numerical advantage or disadvantage, in specific areas or for certain time periods. / Certain players or specific positions allowed to move/not allowed to move. / Lots of players in a small area. / Fewer players in a large area. / Training of technical/tactical group options. / Player losing the ball must run to the opposing team's goal and touch a post or be substituted with another player on the opposition goal line.

SPECIFIC ROLES AND CONDITIONS ON ROLE VARIATION: use of 'jokers' in attack: no restrictions, restriction on number of touches, can only shoot, can only pass, etc. / Use of 'jokers' in defence: in possession drills, in demarcated areas in real game play (e.g.: a defensive 'joker' in the centre circle). / Imposing of conditions on defensive activity: active, semi-active, passive, players restricted in their running or basic positioning. / Goalkeeper cannot come out of the area.

CONDITIONS ON INDIVIDUAL OR GROUP-BASED TACTICS: placing of restrictions on the type of defending or defensive system allowed. / Goals can only be scored after link play with pivot. Goals can only be scored after a one-two, after a 'parallel move' (where an attacker moves into the space behind the defender marking the player in possession in order to receive a pass) or after a diagonal pass. / Goals can only be scored from inside the area. / Goals can only be scored from outside the area. / All the players must touch the ball before shooting on goal. / Feint every time before receiving the ball.

CONDITIONS OR RESTRICTIONS ON DECISION-MAKING: for example, reduction of passing options: no passing back to the player from whom the ball is received; each team contains players wearing different-coloured bibs (no passing to team-mates wearing bibs of the same colour).