

2024/25

HERE YOU TRAIN, THERE YOU SHOW.

UNIJJA

FUTSAL TRAINING PROGRAMME



@fc_unija

INTRODUCTION

Hello! We are a group of young people who want to connect as many youths as possible and create, together with you, a safe and open space for everyone. To make things more interesting, we will spend our time playing futsal. Our long-term goal is to build a connected community of young people who are always ready for a game of futsal—whether recreational or a bit more competitive, like in tournaments.

In your hands you hold a handbook designed for all young people who want to train futsal at home and prepare both physically and technically.

But what exactly is a handbook? It is a short booklet containing carefully structured individual training sessions. The programme lasts 28 days and includes six sessions per week. Each session lasts about 60 minutes and consists of a warm-up, the main part, and stretching. At the end of the handbook, you will also find descriptions of some of the more demanding exercises included in the sessions. The difficulty gradually increases, so after the twenty-eight days you can repeat the sessions and raise their intensity. Use them as recreation or as preparation before team practices and tournaments. In any case, we hope you enjoy the sessions and do something good for yourself.

P.S.: Some sessions include equipment such as a ball, cones, and a resistance band. If you don't have these, let us know and we'll make sure you can perform all the exercises correctly and without difficulty. Also, reach out to us if you suffer any injury during the sessions—we will always try to help you.

But that's not all! In 2025, two futsal tournaments will also be organised, and you—as well as all young people participating in the project—are invited. Everyone else who wants to join, test their skills, meet new people, and share their story is welcome too.

The tournaments will be an opportunity to socialise, play, connect, and celebrate together what we will have built.

ENJOY THE TRAININGS, AND WE HOPE TO SEE YOU AT THE TOURNAMENTS!

UNJJA

WEEKLY TRAINING PLAN

<p>WEEKLY GOAL:</p>	<p>01 MON TRAINING</p> <p>CONDITIONING TRAINING (strength and stability)</p>
<p>02 TUE TRAINING</p> <p>TECHNICAL TRAINING (ball control and dribbling)</p>	<p>03 WED TRAINING</p> <p>CONDITIONING TRAINING (endurance and cardio)</p>
<p>04 THU TRAINING</p> <p>TECHNICAL TRAINING (passing and receiving)</p>	<p>05 FRI TRAINING</p> <p>CONDITIONING TRAINING (speed and agility)</p>
<p>06 SAT TRAINING</p> <p>TECHNICAL TRAINING (tactics and finishing)</p>	<p>07 SUN TRAINING</p> <p>REST / ACTIVE RECOVERY</p>

DAY 1

Conditioning training (strength and stability)

WARM UP (10 min)

- 5 minutes of light warm up: jogging in place, skipping rope, or jumping jacks
 - dynamic stretching: arm circles, side bends (left/right), hip circles, lunges with torso rotation, high knees, and a few forward-back leg swings to warm up the hips
-

MAIN PART (40-45 min)

- banded squats: 3 × 15 reps
 - alternating lunges: 3 × 10 reps per leg
 - glute bridge: 3 × 15 reps
 - push-ups: 3 × 10 reps
 - band rows: 3 × 12 reps
 - plank: 3 × 30 seconds
-

COOL DOWN (5-10 min)

After the workout, cool down and stretch the main muscle groups (hamstrings and quadriceps, calves, inner thighs, arms and shoulders, and relax the back).



DAY 2

Technical training (ball control and dribbling)

WARM UP (10 min)

- 5 minutes of light dribbling
 - dynamic warm up with the ball: toe taps (each foot 3 × 30 seconds), inside/sole touches (alternating touches between the feet 3 × 30 seconds), dynamic stretching exercises
-

MAIN PART (40–45 min)

- sole rolls (dribbling with the sole): 10 reps with each foot
 - ball juggling: 5 minutes
 - slalom dribble between cones: 3 repetitions with each foot and 3 repetitions alternating feet
 - figure-eight dribbling between two cones: 5 laps in each direction
 - shuttle runs with the ball from cone to cone: 3 × 5 repetitions
-

COOL DOWN (5–10 min)

After training, jog lightly to cool down and stretch your legs (calves, hamstrings and quadriceps, ankles) as well as the lower back.



DAY 3

Conditioning training (endurance and cardio)

WARM UP (10 min)

- 5 minutes of light warm up: jumping jacks (3 × 30 s), high knees in place (3 × 20 s), butt kicks (3 × 20 s)
 - dynamic stretching: forward lunge + arms raised overhead, leg swings forward and sideways, torso rotations, ankle and knee circles
-

MAIN PART (40-45 min)

- agility ladder – quick feet (single-leg, double-leg, lateral steps and hops): each exercise 3 repetitions
 - interval running (sprints): 10 × 20 seconds fast running alternating with 20 seconds of active rest
 - circuit cardio training (full circuit 3 rounds): jumping jacks (30 s), high knees in place (30 s), jump squats (30 s), mountain climbers (30 s)
-

COOL DOWN (5-10 min)

Five-minute cool down in the form of light jogging or walking to calm the breathing. This is followed by full-body stretching (calves, thighs, glutes, arms, hip and ankle stretches).



DAY 4

Technical training (passing and receiving)

WARM UP (10 min)

- 5 minutes of ball activation
 - basic ball exercises: toe taps (2 × 30 s), inside touches between the feet (2 × 30 s), dribbling in a circle around a cone in both directions (2 × 30 s)
 - dynamic stretching exercises
-

MAIN PART (40-45 min)

- wall passes: 15 reps left foot, 15 reps right foot, 20 reps alternating (10 reps each foot)
 - first touch and control (stopping the ball with different parts of the body): 3 × 10 controls
 - pass-receive combination: 2 × 10 repetitions
 - combined dribbling: 6 runs with a change of move and foot
-

COOL DOWN (5-10 min)

Cool down with light jogging and full-body stretching (calves, thigh muscles, glutes, shoulders, and arms).



DAY 5

Conditioning training (speed and agility)

WARM UP (10 min)

- 5 minutes of light jogging with gradual accelerations
 - dynamic mobility: arm, knee and ankle circles, leg swings
 - 2 × sprints at a slow pace
-

MAIN PART (40-45 min)

- squat jumps: 3 × 10 reps
 - single-leg jumps: 2 × 6 each leg
 - lateral jumps over an obstacle (cone): 3 × 10 reps
 - short sprint between three cones (5-10-5): 4 repetitions
 - maximal sprints: 5 repetitions
 - suicide shuttle: 3 repetitions
 - lateral shuffle (sideways movement): 2 × 5 repetitions
-

COOL DOWN (5-10 min)

Five minutes of calm walking to regulate breathing, followed by stretching of the lower body (especially the calves) and the back.



DAY 6

Technical training (tactics and finishing)

WARM UP (10 min)

- 5 minutes of warm up with the ball (basic exercises)
 - dribbling around two cones in a figure-eight and slalom between cones
 - shooting at an empty goal (between two cones): 5 light shots with each foot
-

MAIN PART (40-45 min)

- V-turn (drag-back): 10 turns with each foot
 - sole-roll dribble move: 5 repetitions with each foot
 - body feint ("fake kick"): 5 repetitions with the right foot (swing with the right, stop with the left) and 5 repetitions with the left foot
 - target shooting: 3 × 10 shots
 - run and shoot: 5 repetitions from the left side and 5 repetitions from the right side
 - quick first-time shots: 5 consecutive first-time shots with each foot
-

COOL DOWN (5-10 min)

Five minutes of slow jogging or walking to calm the breathing, followed by stretching of the lower body and the back.





DAY 7

Rest / active recovery

The seventh day is reserved for rest or active recovery. The body needs rest, as this is when muscles adapt and become stronger. It is a time for relaxing on the couch, although it is recommended to replace this with light activity such as a walk or an easy jog (20–30 minutes). This helps maintain circulation in the body. If the week has been particularly tiring, full-body stretching (15–20 minutes) is also very beneficial. It increases flexibility and speeds up recovery. It is important to pay attention to hydration and a balanced diet even on a rest day. In addition, prepare for the second week of training!

WEEKLY TRAINING PLAN

<p>WEEKLY GOAL:</p>	<p>01 MON TRAINING</p> <p>TECHNICAL TRAINING (lower body training)</p>
<p>02 TUE TRAINING</p> <p>CONDITIONING TRAINING (endurance)</p>	<p>03 WED TRAINING</p> <p>TECHNICAL TRAINING (full-body training)</p>
<p>04 THU TRAINING</p> <p>TECHNICAL TRAINING (ball control and dribbling)</p>	<p>05 FRI TRAINING</p> <p>CONDITIONING TRAINING (endurance)</p>
<p>06 SAT TRAINING</p> <p>TECHNICAL TRAINING (lower body training)</p>	<p>07 SUN TRAINING</p> <p>REST / ACTIVE RECOVERY</p>

DAY 8

Technical training (lower body training)

WARM UP (10 min)

- 1 km slow warm up run
 - dynamic stretching exercises
 - core stabilisation exercises: plank (2 × 30 s), side plank (2 × 30 s), plank with rotation (2 × 30 s), plank in push-up position (2 × 30 s)
-

MAIN PART (40-45 min)

- 2 km moderate-pace run
 - reverse lunges: 3 × 10 reps each leg
 - forward lunges: 3 × 10 reps each leg
 - lateral lunges: 3 × 10 reps each leg
 - bodyweight squats: 3 × 20 reps
 - glute bridge: 3 × 10 reps
-

COOL DOWN (5-10 min)

Five minutes of slow jogging or walking to calm the breathing, followed by stretching of the lower body and the back.



DAY 9

Conditioning training (endurance)

WARM UP (10 min)

- 1 km slow warm up run
 - dynamic stretching exercises
 - core stabilisation exercises
-

MAIN PART (40-45 min)

- 2 km moderate-pace run: 5 repetitions
 - walking to regulate breathing: 4 × 2 minutes (between running repetitions)
-

COOL DOWN (5-10 min)

Light jogging to slow the breathing, followed by full-body stretching exercises.



DAY 10

Technical training (full-body training)

WARM UP (10 min)

- 1 km slow warm up run
 - dynamic stretching exercises
 - core stabilisation exercises
-

MAIN PART (40–45 min)

- introduction (3 rounds of each exercise): candlestick (20 reps), side plank (10 reps each side), dead bug (20 reps each leg), and superman (20 reps)
 - jump squats: 3 × 15 reps
 - lunges: 3 × 20 reps
 - lateral lunges: 3 × 10 reps each leg
 - Copenhagen plank on a chair: 3 × 30 seconds
-

COOL DOWN (5–10 min)

Five minutes of slow jogging or walking to calm the breathing, followed by stretching of the lower body (thigh muscles, quadriceps, hips) and the back.



DAY 11

Technical training (ball control and dribbling)

BALL WARM UP (10 min)

- dribbling
 - ball touches
 - dribbling around a cone
 - figure-eight between the legs
-

MAIN PART (40-45 min)

- ball mastery: 3 × 40 seconds
 - slalom dribble: 4 repetitions each foot
 - figure-eight dribbling: 7 laps in each direction
 - sprint with the ball (10 m): 3 × 5 repetitions
 - long-distance dribbling (20 m): 5 repetitions
-

COOL DOWN (5-10 min)

Five minutes of slow jogging or walking to calm the breathing, followed by stretching of the lower body (calves and ankles). Dribbling also puts significant strain on the hips, so these should be stretched as well – place one leg in front bent at 90 degrees and the other extended behind, then push the hips forward.



DAY 12

Conditioning training (endurance)

WARM UP (10 min)

- 1 km slow warm up run
 - dynamic stretching exercises
 - core stabilisation exercises
-

MAIN PART (40-45 min)

- 2 km moderate-pace run: 6 repetitions
 - walking to regulate breathing: 5 × 2 minutes (between running repetitions)
-

COOL DOWN (5-10 min)

Light jogging to slow the breathing, followed by full-body stretching exercises.



DAY 13

Technical training (lower body training)

WARM UP (10 min)

- 1 km slow run
 - dynamic stretching exercises
 - core stabilisation exercises
-

MAIN PART (40-45 min)

- 2 km fast run
 - reverse lunges: 3 × 20 reps
 - forward lunges: 3 × 20 reps
 - lateral lunges: 3 × 20 reps
 - squats: 3 × 25 reps
 - glute bridge: 3 × 15 reps
 - push-ups: 3 × 20 reps
-

COOL DOWN (5-10 min)

Ten-minute cool down jog followed by full-body stretching exercises.





DAY 14

Rest / active recovery

The fourteenth day is reserved for rest or active recovery. The body needs rest, as this is when muscles adapt and become stronger. It is a time for relaxing on the couch, although it is recommended to replace this with light activity such as a walk or an easy jog (20–30 minutes). This helps maintain circulation in the body. If the week has been particularly tiring, full-body stretching (15–20 minutes) is also very beneficial. It increases flexibility and speeds up recovery. It is important to pay attention to hydration and a balanced diet even on a rest day. In addition, prepare for the third week of training!

WEEKLY TRAINING PLAN

<p>WEEKLY GOAL:</p>	<p>01 MON TRAINING</p> <p>CONDITIONING TRAINING (strength and stability)</p>
<p>02 TUE TRAINING</p> <p>TECHNICAL TRAINING (ball control and dribbling)</p>	<p>03 WED TRAINING</p> <p>CONDITIONING TRAINING (endurance and cardio)</p>
<p>04 THU TRAINING</p> <p>TECHNICAL TRAINING (passing and receiving)</p>	<p>05 FRI TRAINING</p> <p>CONDITIONING TRAINING (speed and agility)</p>
<p>06 SAT TRAINING</p> <p>TECHNICAL TRAINING (tactics and finishing)</p>	<p>07 SUN TRAINING</p> <p>REST / ACTIVE RECOVERY</p>

DAY 15

Conditioning training (strength and stability)

WARM UP (10 min)

- 1 km light run
 - lateral lunges: 8 reps each side
 - short jumps: 20 reps
-

MAIN PART (40-45 min)

- banded squats: 3 × 20 reps
 - lunges: 3 × 12 reps each leg
 - glute bridge: 3 × 20 reps
 - push-ups: 3 × 12 reps
 - upper-body band exercises: 3 × 15 reps
 - plank: 3 × 40 seconds
-

COOL DOWN (5-10 min)

Thorough full-body stretching, with special attention to the thigh muscles, glutes, and chest muscles.



DAY 16

Technical training (ball control and dribbling)

BALL WARM UP (10 min)

- dribbling and ball touches
 - dribbling around a cone
 - figure-eight between the legs
-

MAIN PART (40-45 min)

- ball mastery: 3 × 40 seconds
 - slalom dribble: 4 repetitions each foot
 - figure-eight dribbling: 6 laps in each direction
 - long-distance dribbling (20 m): 3 repetitions
-

COOL DOWN (5-10 min)

Thorough full-body stretching, with special attention to the ankles, calves, and hips.



DAY 17

Conditioning training (endurance and cardio)

WARM UP (10 min)

- fast running: 3 × 60 seconds
 - dynamic stretching exercises
-

MAIN PART (40-45 min)

- agility ladder – quick feet (single-leg, double-leg, lateral steps and hops): each exercise 4 repetitions
 - interval running (sprints): 12 × 20 seconds fast running alternating with 20 seconds of active rest
 - circuit cardio training (3 full rounds): jumping jacks (40 s), high knees in place (40 s), jump squats (40 s), mountain climbers (40 s)
 - 10 minutes of continuous moderate running
-

COOL DOWN (5-10 min)

Five minutes of walking to calm the breathing, followed by stretching of the quadriceps, calves, neck, and shoulder girdle.



DAY 18

Technical training (passing and receiving)

BALL WARM UP (10 min)

- dribbling around cones
 - kicking the ball against a wall
 - upper-body mobility (shoulders, elbows, wrists)
-

MAIN PART (40-45 min)

- wall passes: 4 rounds (15 reps each foot plus 20 reps alternating feet)
 - first touch: 5 repetitions each foot
 - combination play (one-two pass): 10 repetitions
 - ball skills: 5 step-overs each foot, 5 V-turns each foot, 5 body feints
 - long-distance passing (15 m): 5 ground passes with each foot and 5 lofted passes with each foot
-

COOL DOWN (5-10 min)

Calm the breathing with light dribbling and full-body stretching, with emphasis on stretching the inner thighs, arms, and wrists.



DAY 19

Conditioning training (speed and agility)

WARM UP (10 min)

- light vertical jumps: 3 × 5 reps
 - moderate-speed accelerations: 3 × 10 metres
-

MAIN PART (40-45 min)

- squat jumps: 3 × 10 reps
 - single-leg jumps: 2 × 8 reps each leg
 - lateral jumps: 3 × 12 reps
 - sprints (20 metres): 5 repetitions
 - quick changes of direction (“suicide” shuttle): 4 repetitions
-

COOL DOWN (5-10 min)

Calm the breathing and perform thorough dynamic full-body stretching (slow arm and leg swings, hip circles, etc.).



DAY 20

Technical training (tactics and finishing)

WARM UP (10 min)

- dynamic full-body stretching
 - dribbling around a cone
 - 10 long-distance shots
-

MAIN PART (40–45 min)

- skills: 3 repetitions of each move
 - target shooting: 3 × 10 shots
 - run and shoot: 10 shots
 - first-time shots: 2 × 5 repetitions with each foot
 - “futsal penalty and free-kick” challenge: 5 free-kick attempts, 10 penalty attempts (5 shots into each corner of the goal)
-

COOL DOWN (5–10 min)

Full-body stretching, with emphasis on the lower body, back, and shoulders.





DAY 21

Rest / active recovery

The twenty-first day is reserved for rest or active recovery. The body needs rest, as this is when muscles adapt and become stronger. It is a time for relaxing on the couch, although it is recommended to replace this with light activity such as a walk or an easy jog (20–30 minutes). This helps maintain circulation in the body. If the week has been particularly tiring, full-body stretching (15–20 minutes) is also very beneficial. It increases flexibility and speeds up recovery. It is important to pay attention to hydration and a balanced diet even on a rest day. In addition, prepare for the fourth and final week of training!

WEEKLY TRAINING PLAN

<p>WEEKLY GOAL:</p>	<p>01 MON TRAINING</p> <p>TECHNICAL TRAINING (lower body training)</p>
<p>02 TUE TRAINING</p> <p>CONDITIONING TRAINING (endurance)</p>	<p>03 WED TRAINING</p> <p>TECHNICAL TRAINING (full-body training)</p>
<p>04 THU TRAINING</p> <p>TECHNICAL TRAINING (ball control and dribbling)</p>	<p>05 FRI TRAINING</p> <p>CONDITIONING TRAINING (endurance)</p>
<p>06 SAT TRAINING</p> <p>TECHNICAL TRAINING (lower body training)</p>	<p>07 SUN TRAINING</p> <p>REST / ACTIVE RECOVERY</p>

DAY 22

Technical training (lower body training)

WARM UP (10 min)

- 1 km slow run
 - dynamic stretching exercises
 - core stabilisation exercises
-

MAIN PART (40-45 min)

- 2 km moderate-pace run
 - reverse lunges: 3 × 20 reps
 - forward lunges: 3 × 20 reps
 - lateral lunges with a resistance band: 3 × 20 reps
 - squats: 3 × 30 reps
 - glute bridge: 3 × 20 reps
-

COOL DOWN (5-10 min)

Five minutes of slow jogging or walking to calm the breathing, followed by full-body stretching.



DAY 23

Conditioning training (endurance)

WARM UP (10 min)

- 1 km slow warm-up run
 - dynamic stretching exercises
 - core stabilisation exercises
-

MAIN PART (40-45 min)

- 2 km moderate-pace run: 7 repetitions
 - walking to regulate breathing: 6 × 2 minutes (between running repetitions)
-

COOL DOWN (5-10 min)

Light jogging to slow the breathing, followed by full-body stretching exercises.



DAY 24

Technical training (full-body training)

WARM UP (10 min)

- 1 km slow run
 - dynamic stretching exercises
 - core stabilisation exercises
-

MAIN PART (40-45 min)

- introduction (3 rounds of each exercise): candlestick (20 reps), side plank (10 reps each side), dead bug (20 reps each leg), and superman (20 reps)
 - jump squats: 3 × 20 reps
 - lunges: 3 × 30 reps
 - lateral lunges: 3 × 30 reps each leg
 - Copenhagen plank on a chair: 3 × 60 seconds
-

COOL DOWN (5-10 min)

Full-body stretching, with particular focus on the thigh muscles, quadriceps, and hips.



DAY 25

Technical training (ball control and dribbling)

BALL WARM UP (10 min)

- dribbling
 - ball touches
 - dribbling around a cone
 - figure-eight between the legs
-

MAIN PART (40–45 min)

- ball mastery: 4 × 40 seconds
 - slalom dribble: 8 repetitions each foot
 - figure-eight dribbling: 10 laps in each direction
 - sprint with the ball (10 m): 5 × 5 repetitions
 - long-distance dribbling (20 m): 7 repetitions
-

COOL DOWN (5–10 min)

Thorough full-body stretching, with special attention to the ankles, calves, and hips.



DAY 26

Conditioning training (endurance)

WARM UP (10 min)

- 1 km slow run
 - dynamic stretching exercises
 - core stabilisation exercises
-

MAIN PART (40-45 min)

- sprints (10 metres): 5 repetitions
 - “suicide shuttle”: 5 repetitions
-

COOL DOWN (5-10 min)

Ten-minute cool down followed by full-body stretching.



DAY 27

Technical training (lower body training)

WARM UP (10 min)

- 1 km slow run
 - dynamic stretching exercises
 - core stabilisation exercises
-

MAIN PART (40-45 min)

- 2 km moderate-pace run
 - reverse lunges: 3 × 30 reps
 - forward lunges: 3 × 30 reps
 - lateral lunges with a resistance band: 3 × 30 reps
 - squats: 3 × 40 reps
 - glute bridge: 3 × 30 reps
-

COOL DOWN (5-10 min)

Five minutes of slow jogging or walking to calm the breathing, followed by full-body stretching.





DAY 28

Rest / active recovery

The twenty-eighth day is reserved for rest or active recovery. The body needs rest, as this is when muscles adapt and strengthen. It is a time for relaxing on the couch, although it is recommended to replace this with light activity such as a walk or an easy jog (20–30 minutes) to maintain circulation. If the week has been particularly tiring, full-body stretching (15–20 minutes) is also highly beneficial. It increases flexibility and speeds up recovery. It is important to pay attention to hydration and a balanced diet even on a rest day.

Additionally, the rest day is meant for preparing for the next week, but the twenty-eighth day is a bit different. You have completed a one-month training challenge, but that doesn't mean it's over. It's time to start again, this time making the exercises more challenging. We will show you how to do this next. For now, congratulations on completing the 28-day challenge!

28 DAY CHALLENGE

START DATE:
END DATE:

DAY 1 <input type="checkbox"/>	DAY 2 <input type="checkbox"/>	DAY 3 <input type="checkbox"/>	DAY 4 <input type="checkbox"/>	DAY 5 <input type="checkbox"/>
DAY 6 <input type="checkbox"/>	DAY 7 <input type="checkbox"/>	DAY 8 <input type="checkbox"/>	DAY 9 <input type="checkbox"/>	DAY 10 <input type="checkbox"/>
DAY 11 <input type="checkbox"/>	DAY 12 <input type="checkbox"/>	DAY 13 <input type="checkbox"/>	DAY 14 <input type="checkbox"/>	DAY 15 <input type="checkbox"/>
DAY 16 <input type="checkbox"/>	DAY 17 <input type="checkbox"/>	DAY 18 <input type="checkbox"/>	DAY 19 <input type="checkbox"/>	DAY 20 <input type="checkbox"/>
DAY 21 <input type="checkbox"/>	DAY 22 <input type="checkbox"/>	DAY 23 <input type="checkbox"/>	DAY 24 <input type="checkbox"/>	DAY 25 <input type="checkbox"/>
DAY 26 <input type="checkbox"/>	DAY 27 <input type="checkbox"/>	DAY 28 <input type="checkbox"/>		

THE TRAINING IS NOT OVER YET...

Congratulations again! You've completed the 28-day challenge and reached the end of this training cycle.

But this is by no means the end of your training. The workouts you've completed provide an excellent foundation for continuing. You can now return to the beginning and repeat the exercises in the same order, but make each one slightly more challenging. There are several ways to do this:

1. Add a resistance band, adjusting its tension according to your abilities.
2. Increase the number of repetitions for each exercise.
3. Extend timed exercises by 15 seconds or more.
4. Reduce the rest time between sets compared to what you've been using so far.

Choose the option above that suits you best and start the 28-day challenge again. And remember: *here you train, there you show!*



EXERCISE EXPLANATIONS:

- **Banded squats:** Place a resistance band just above the knees and, during the squat, push the knees slightly outward. Keep your back straight, lower to about 90° at the knees, then explosively rise back up.
- **Alternating lunges:** Step forward into a wide lunge, bringing the back knee close to the ground, then push back to the starting position. Alternate legs with each step. Keep your torso upright.
- **Glute bridge:** Lie on your back with knees bent and feet flat on the floor. Lift your hips toward the ceiling, squeeze the glutes at the top, then lower back down in a controlled manner.
- **Push-ups:** Place hands shoulder-width apart. Keep the body in a straight line from head to heels. Lower until elbows reach 90°, then push back up. For an easier version, perform on your knees.
- **Band rows:** Hold a resistance band with both hands at shoulder height and pull apart until your arms are wide, or attach the band to a pole/fence and perform a rowing motion. Step back, pull elbows back, and squeeze shoulder blades together.
- **Plank:** From a push-up position, lower forearms to the ground. Keep the body in a straight line and tighten the core.
- **Sole roll dribbling:** Using the sole of the right foot, pull the ball toward yourself and push it forward, then repeat with the left foot. Finally, pull the ball diagonally in a V-shape, intercept with the left foot and switch sides.
- **Juggling:** Try to keep the ball in the air with short touches, using the instep of both feet, and optionally thighs.
- **Slalom dribble between cones:** Set 5 cones in a straight line, 1–2 m apart. Dribble zigzag through the cones.
- **Figure-8 dribbling between two cones:** Place two cones 5 m apart. Dribble around both cones in a figure-8 pattern.

- **Shuttle run with the ball:** Place two cones 10 m apart. Start with the ball at the first cone and sprint with the ball to the second cone. At the second cone, turn (ball oriented around the cone) and sprint back to the start. Keep control of the ball, using multiple touches. One round counts as one repetition.
- **Agility ladder:** Place 4 low hurdles on the ground or mark squares with tape/chalk. Single-leg steps: Run forward stepping each foot individually into each square, maintaining a high step frequency. Double-leg steps: Run forward placing both feet in each square (left-right, then move to next square). Lateral steps: Move sideways through the ladder – step one foot, then the other in the same square, progressing laterally through all squares first to the left, then to the right. Jumps: Jump with both feet together from square to square, landing softly.
- **Interval running (sprints):** If space is limited, run in place or perform high knees. If outdoors, mark two points 15 m apart and sprint between them.
- **Circuit cardio training:** Jumping jacks: jump feet apart and together, Jump squats: perform a squat and explosively jump up, landing softly into the next squat, Mountain climbers: from a push-up position, rapidly drive knees alternately toward the chest
- **Wall passes:** Find a flat vertical surface (wall, garage door). Stand 5 m away and pass the ball along the ground to the wall. Use the inside of the foot. Pass with the right foot, receive the rebound with the right foot (control with the inside), then immediately pass back. Repeat with the left foot.
- **First touch and control:** Strike the ball slightly harder against the wall so it rebounds. Stop the ball with different parts of the body: inside of the foot, sole, thigh, or chest. You can also throw the ball into the air and control it as it falls.
- **Pass-receive combination:** Pass the ball to the wall with one foot and prepare the other foot or sole for the rebound. For example: pass with the right foot, receive with the left sole (stop in place); pass with the left foot, receive with the right sole, and so on.

- **Combined dribbling:** Combine everything you've learned. Set up 3 cones spaced 3–4 m apart in a slight zigzag. Dribble through all cones, performing a trick at the first cone (e.g., step-over), a different trick at the second cone (e.g., sole drag), then accelerate past the third cone to the finish.
- **Single-leg jumps:** Stand on one leg, jump forward 1 m, and balance on the same leg.
- **Lateral jumps over an obstacle:** Place a small cone or mark a line. Jump sideways over the obstacle with both feet together. Keep the jumps quick and low.
- **Short sprint between three cones (5–10–5):** Place three cones—one in the middle (start), one 5 m to the left, and one 5 m to the right of the start. Start at the middle cone, sprint 5 m left to the cone and touch it, then sprint 10 m right to the other cone, touch it, and sprint 5 m back to the middle. One round equals one repetition.
- **Maximal sprints:** From a standing start, sprint 15 m straight at full speed. Stop, turn, and walk back to the start.
- **“Suicide” shuttle:** Place cones at 5 m, 10 m, and 15 m from the start. Sprint to the 5 m cone and back, then to the 10 m cone and back, then to the 15 m cone and back. One series totals 60 m of sprints.
- **Lateral shuffle:** Place 2 cones 6 m apart. Stand in a half squat facing the cones. Slide sideways (shuffle) to the right cone and back to the left cone. Do not cross your feet and stay low.
- **V-turn (drag-back):** A key futsal move to change direction backward. While dribbling slowly forward, on signal, drag the ball back with the sole of one foot while turning sideways, then immediately push the ball in the new direction with the other foot. Aim to perform the movement in one smooth motion.
- **Sole-roll dribbling:** Practice moving the ball with the sole. Pull the ball diagonally forward to the left with the right foot (body slightly turned left), then accelerate past an imaginary opponent to the left.

- **Body feint (“fake kick”):** Dribble straight with the ball for about 5 m, then pretend to shoot powerfully. Swing the kicking foot but do not strike the ball; instead, stop the ball with the sole of the other foot and continue dribbling sideways.
- **Target shooting:** If possible (yard, park), set up two cones 3 m apart against a wall. Stand 6–8 m away. Shoot the ball between the cones using the inside of the foot or instep. Focus on accuracy, aiming low to the left or right corner between the cones. If you don’t have enough space for strong shots, practice hard passes against the wall toward a marked target.
- **Run and shoot:** Simulate finishing after dribbling. Start 10 m from the “goal” with the ball. Dribble at moderate speed toward the goal and, at 6 m, perform a quick feint (e.g., sole drag or body feint as practiced), then immediately shoot at the goal.
- **Quick first-time shots:** Set up 5 balls (or perform consecutively). Pass the ball slightly forward and shoot first-time using the instep or toes.
- **Copenhagen plank on a chair:** Lie on your side. Lift the top leg and rest it on a stable chair with the lower part of the ankle. Place the forearm of the same side under the shoulder and lift into a side plank. Slightly lift the bottom leg as well (can stay in the air or slightly below the top leg).
- **Ball mastery:** A series of basic exercises to improve ball control, foot coordination, balance, and confidence with the ball. Examples include toe taps, V-shape dribbles, inside touches (moving the ball left-right between the insides of the feet).
- **Upper-body band exercises:** Band rows or band pulls apart.
- **“Futsal penalty and free-kick” challenge:** Place the ball 10 m from a wall. For the “free kick,” aim to hit a specific higher target on the wall (e.g., a square marked with tape) with an accurate aerial shot. For the “penalty,” shoot hard along the ground from 6 m (futsal penalty distance).

UNNJA

HERE YOU TRAIN, THERE YOU SHOW!