

Futsal Player Guidelines

The game of futsal is characterized by four main fitness components: speed, agility, explosive power, and anaerobic endurance (anaerobic effort that repeats frequently). These fitness components manifest during the game in various ways: quick movements with and without the ball, directional changes with or without the ball, explosive power needed for sprints to the ball or covering players, and explosive power in kicking the ball both in stationary and moving situations.

The activity during the game is anaerobic activity that repeats many times with short breaks in between. Consequently, this results in lactic acid accumulation due to anaerobic glycolysis and glycogen burning. The common energy source for this activity comes from creatine phosphate for ATP renewal. The field size, game duration, and player position increase and define the energetic demands from the player and their physical capabilities.

In the modern era, there is crucial importance to proper player preparation before the game, both mentally and physically. It's well known that competition between players for placement in the upcoming game is determined beyond talent, mainly according to physical fitness and player readiness. A player not in shape is limited in their physical abilities!

To maximize your success in the game, it's advisable to follow these recommendations:

1. Listen to your body - Be attentive to your body. Identify signs of fatigue and avoid overtraining, develop body awareness.
2. Undergo physical examinations - Echo cardiogram, blood tests (vitamins and minerals), orthopedic examination, lactic acid profile.
3. Work according to a personal training program - Consult a personal trainer to determine physical fitness profile and set clear training goals.
4. Maintain proper rest and recovery times - Remember that rest and recovery are an integral part of the training program. Try to get about 8 hours of sleep per day.
5. Maintain smart nutrition - Consult with a nutritionist as needed.
6. Incorporate explosive power training - Training can be done with rubber bands or in the gym under certified trainer supervision. Include squats and lunges.
7. Incorporate speed training - Including anaerobic speed training (alactic) including sprints.

8. Incorporate agility training - Be sure to include agility training (speed exercises with direction changes) with and without the ball.
9. Develop shoulder girdle muscle mass - Strengthening the shoulder girdle helps in ball contests including "mutual pushing."
10. Balance and symmetry between body parts - Strive for balance between body parts (right and left) both in muscle mass and technical abilities including coordination.
11. Persistence, determination, and patience lead to achievements - There are no shortcuts!

In conclusion, a player not in shape is not a qualified player.