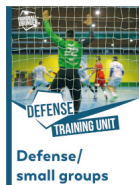
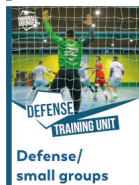


021 - Defense training: Collaboration and prevention of breakthroughs



Defense training: Collaboration and prevention of breakthroughs



Rating: Not Rated Yet

Price

Sales price 3,49 €

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Description

Level: Medium

The purpose of this training unit is to practice how to actively get into physical contact and to collaborate in order to prevent breakthroughs. Following warm-up and a sprint contest, the players defend against the attacking players as a team during the first defense exercise. The following exercise focuses on defending against a single attacking player in teams of 2. Following the goalkeeper warm-up shooting, the players do a series of shots in combination with several 1-on-1 defense elements before they once again practice playing defense in teams of 2. During the closing exercise, the players implement what they practiced before in a 3-on-3 game-like setting.

Product number: 100021

Format: PDF

Date of Publication: 2019/04/01

Contents: (time individual exercise/total time in minutes)

- Warm-up/Stretching (10/10)
- Sprint contest (10/20)
- Defense/Small groups (10/30)
- Defense/Small groups (15/45)
- Goalkeeper warm-up shooting (10/55)
- Offense/Series of shots (10/65)
- Defense/Small groups (10/75)
- Defense/Small groups (15/90)

Sample Picture: Defense/Small groups



fitting training units:

[016 - Quick adjustment to a fast break after a defense action](#)

[022 - 1-on-1 and 2-on-2 defense with quick adjustment to subsequent actions](#)

[026 - Fast adjustment from offense to defense movements](#)