

Extract		Creating breakthrough spaces through dynamic piston movements		★★	90
Opening part			Main part		
X	Warm-up/Stretching		Offense/Individual		Jumping power
	Running exercise	X	Offense/Small groups		Sprint contest
	Short game	X	Offense/Team		Goalkeeper
	Coordination		Offense/Series of shots		
	Coordination run		Defense/Individual		Final part
	Strengthening		Defense/Small groups	X	Closing game
X	Ball familiarization		Defense/Team		Final sprint
X	Goalkeeper warm-up shooting		Athletics		
			Endurance		
★: Low level (all youth and adult teams)		★★: Medium level (youth teams under 15 years of age and adult teams)		★★★: High level (youth teams under 17 years of age and adult teams)	
★★★★: Top level (competitive area)					

<p>Key:</p> <p> Cone</p> <p> 1 Attacking player</p> <p> 1 Defense player</p> <p> Ball box</p> <p>Equipment required: → 5 cones, ball box with sufficient number of handballs</p>	<p>Description:</p> <p>This training unit focuses on improving the piston movement. Following warm-up, the players practice how to move and shift the game during the ball familiarization phase. The goalkeeper warm-up shooting exercise involves both piston movements and countermovements with a shot at the goal. During the three subsequent team exercises, the players combine the piston movement with a shot from the back positions, a countermovement, and eventually with a shot from the wing positions. A closing game which gradually proceeds from 4-on-1 to 4-on-4 completes this training unit.</p> <p>The training unit consists of the following key exercises:</p> <ul style="list-style-type: none"> - Warm-up/Stretching (individual exercise: 10 minutes/total time: 10 minutes) - Ball familiarization (10/20) - Goalkeeper warm-up shooting (10/30) - Offense/Small groups (15/45) - Offense/Small groups (15/60) - Offense/Team (15/75) - Closing game (15/90) <p>Training unit total time: 90 min.</p>
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No.: 1	Warm-up/Stretching	10	10
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Course:

- The players independently crisscross the court each with a handball. As soon as the coach whistles and gives one of the following commands, two matching players must go together:
 - o Same hair color.
 - o Same shoe brand.
 - o Same month/year of birth.
 - o Same number of letters in first/last name.
- The two matching players easily pass the two balls at the same time.
- The remaining players (who did not find a match) dribble to the opposite goal line and back at intermediate pace.
- Afterwards, the players start over crisscrossing the court until the coach whistles again; and so on.

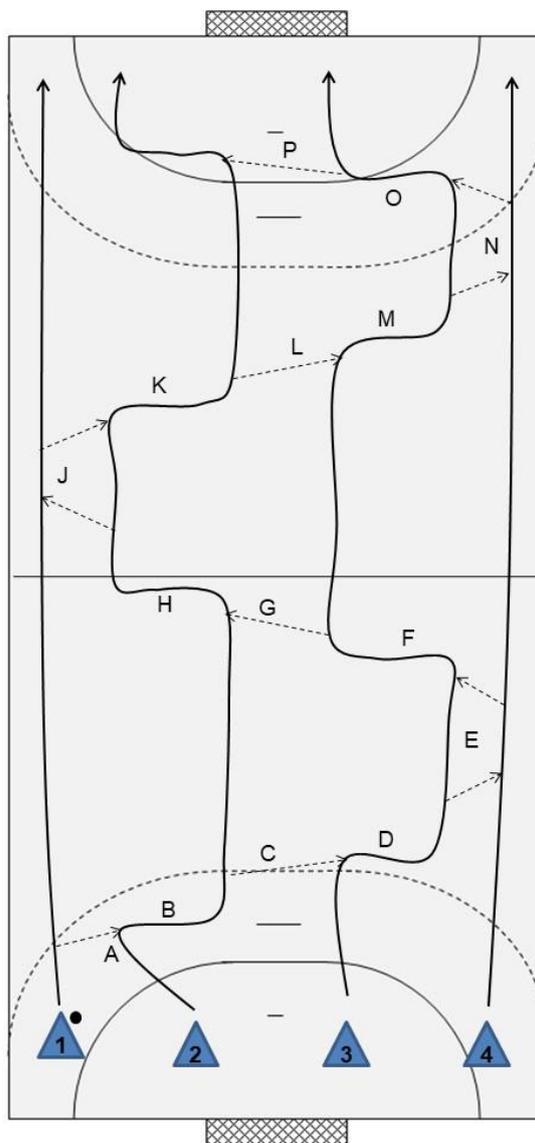
The players perform stretching exercises together.

Setting:

- Four players each make a team having one handball. They stand as shown in the figure.

Course:

- **1** and **4** run along the outer side and serve as feeders/receivers for **2** and **3**.
- The four players start simultaneously and run to the other side at a relaxed pace.
- **2** runs to the left, receives a pass from **1** (A), dribbles to the right (B), and passes the ball to **3** (C).
- As soon as **3** has the ball, he dribbles to the right (D), passes the ball to **4**, and receives a return pass (E).
- Once **3** has the ball again, he dribbles to the left (F) and passes the ball to **2** (G).
- The players repeat the course (H to P) until each of them has arrived at the other side.
- Afterwards, the four players switch positions and start over.



Variants:

- The players running on the inner side:
 - o Catch the ball with their right/left hand only.
 - o Play a jump shot pass.
 - o Pass the ball with their right/left hand only.
 - o Do the dribbling move (B, D, F, ...) while speeding up considerably.

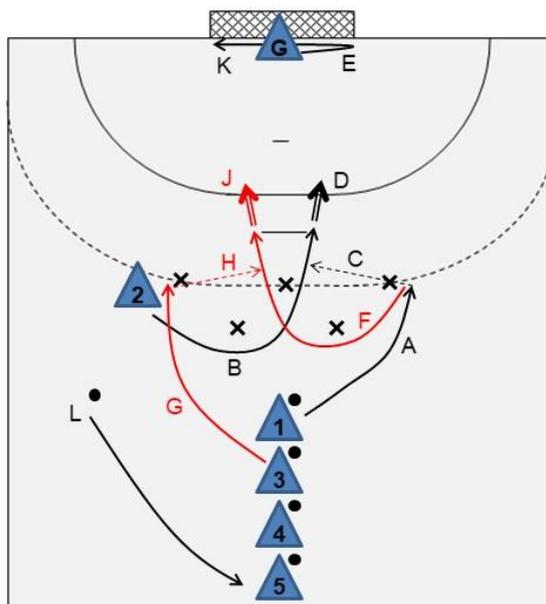
! When dribbling to the right, the players use their right hand; when dribbling to the left, the players use their left hand.

Setting:

- Define the running paths with five cones as shown in the figure.
- Provide a ball for the first shooting player.

Course:

- In the beginning, **2** stands next to the left cone.
- **1** starts the course and dynamically dribbles to the right, next to the cone (A).
- At the same time, **2** starts to run around the cone (B), receives a pass from **1** into his running path, (C), and shoots at the right side of the goal as instructed (D).
- **G** starts from the center of the goal and saves the ball shot at the right side of the goal (E).
- Immediately after the pass (C), **1** moves back and runs around the cone (F) towards the inner side.
- **3** starts from the center, dynamically dribbles to the left, next to the cone (G), and passes the ball into the running path of **1** (H).
- **1** shoots at the left side of the goal as instructed (J).
- After the first shot, **G** moves through the center and to the left side of the goal in order to save the ball (K).
- Afterwards, the players repeat the course until each of them has shot at the goal once. After his shot, **2** picks up the ball provided (L) and plays a pass into the running path of the last player.



! The players should do the piston movement (A and G) and the countermovement (B and F) in a highly dynamic manner.

! The players should time the course in such a way that **G** faces a series of shots.

No.: 4	Offense/Small groups	15	45
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Setting:

- Define the running paths with three cones as shown in the figure.
- 1 stands at the 9-meter line and serves as an inactive defense player.

Course:

- On the wing position, 1 does a dynamic piston movement around the first cone and towards the second cone before passing the ball into the running path of 2 (A).
- 2 also does a piston movement towards the cone while holding the ball (without dribbling).
- 3 does a vigorous running feint to the left (B), dynamically runs to the right, receives a pass from 2 into his running path towards the right side of 1 (C), and shoots at the goal from the 7-meter line (D).
- The players involved each move to the next position (E to H) and repeat the course, with 4 playing the initial pass and 2 shooting at the goal.



⚠ In the beginning, 1 should not intervene, but become more and more active during the further course and obstruct the running path; he should always allow the breakthrough and the shot, however.

⚠ The players may also do the course on the left and right side alternately.

No.: 5	Offense/Small groups	15	60
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Setting:

- Position four cones as shown in the figure.
- 1 stands at the 9-meter line and serves as an inactive defense player.

Course:

- The initial steps of the previous exercise (A to C) remain the same, but will be extended.
 - o Immediately after the pass, 1 moves back to the corner (D) and 2 moves back to the left side (E) in order to be ready for the subsequent action.
- Instead of shooting (as in the previous exercise), 3 does a piston movement to the right while holding the ball and observing the three-step rule (i.e. without dribbling) (F), takes a quick turn, dribbles to the left and around 1 with his left hand, and eventually does a piston movement towards the goal (G).
- 2 runs to the left and receives a pass from 3 into his piston movement path (H).
- 1 runs a curve towards the 6-meter line, receives a bounce pass (J), and shoots at the goal from next to the cone (K).



⚠ After the first piston movement, 1 and 2 should move back immediately in order to be ready for the subsequent action (D and E).

⚠ The players may also do the course on the left and right side alternately.

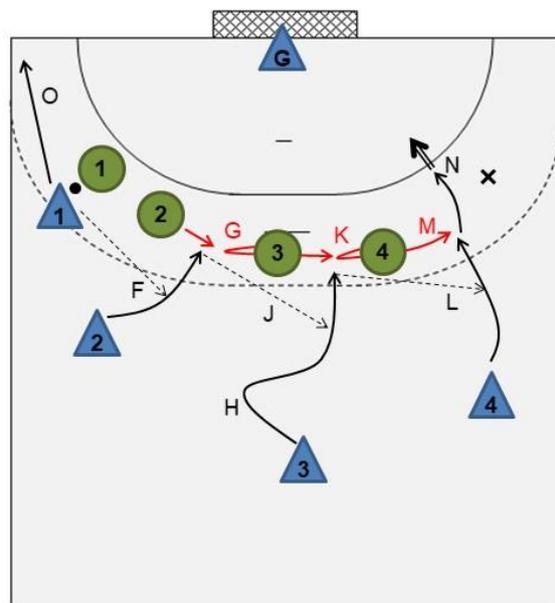
No.: 6	Offense/Team	15	75
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Setting:

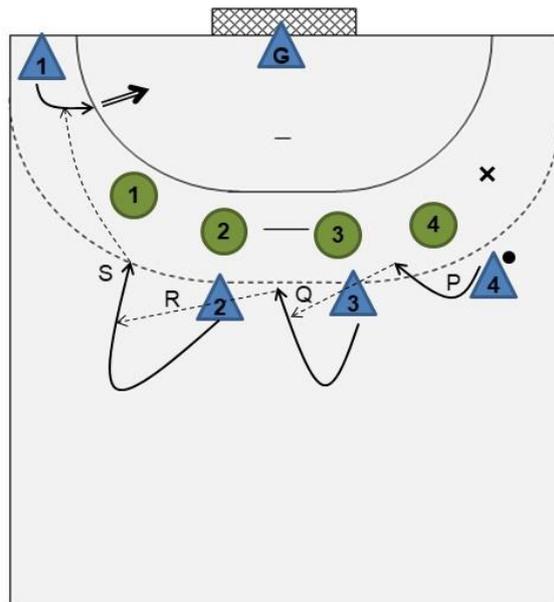
- The players play 4-on-4.
- Define the playing field with a cone.

Course:

- **2** has a ball and starts the course by doing a piston movement to the left and towards the gap between **1** and **2** (A).
- **1** first does a running feint towards the goal, then runs a curve to the inner side, receives a pass from **2** into his running path (B), and does a piston movement towards the gap between **1** and **2** (C).
 - o After passing the ball (B), **2** immediately moves back and to the right side (D).
- The objective is to move **1** and **2** closer to each other (E). If the breakthrough gap remains open, **1** breaks through and shoots at the goal.
- **1** passes the ball back to **2** who runs a curve and does a piston movement towards the gap between **2** and **3** (F) in order to move **2** and **3** closer to each other (G).
- If the breakthrough gap remains open, **2** breaks through and shoots at the goal.
- **3** initially does a running feint to the left (H) in order to feint a crossing, but then runs a curve and does a piston movement to the right and towards the gap between **3** and **4** before eventually receiving the ball (J).



- The objective is to move 3 and 4 closer to each other (K).
If the breakthrough gap remains open, 3 breaks through and shoots at the goal.
- The players repeat the course for 4 (L), with 4 moving to the side (M). If 4 can break through, he should take this opportunity and shoot at the goal (N).
- Immediately after passing the ball, 1 moves back to the corner on the wing position (O).
- If 4 cannot break through because the defense players closed the gaps properly, 4 takes a quick turn, dribbles to the left, around 4 with his left hand, and does a piston movement towards the gap between 3 and 4, towards the goal (P).
- After his pass (L), 3 immediately moves back and to the left, receives a pass from 4 (P), does a piston movement towards the gap between 2 and 3 (Q), and passes the ball to 2 (R).
- After playing the pass, 2 also moves back and to the left (R), does a piston movement towards the gap between 1 and 2, and passes the ball to 1 on the wing position (S), who eventually shoots at the goal.
- Repeat the course on the other side after a few rounds.



! The players should do the individual actions in a highly dynamic manner. If the defense players are unable to close the gaps fast enough, the attacking players should initially try to break through themselves.

! When doing the countermovement (P), the players should dribble the ball with the hand that is not in direction of the defense.

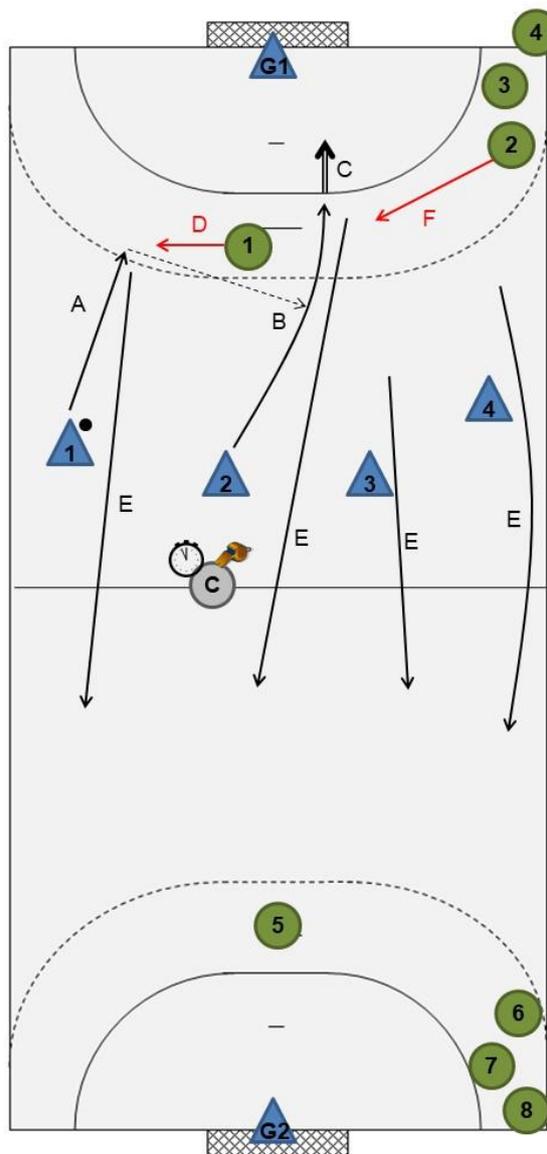
No.: 7	Closing game	20	90
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Setting:

- Make three teams of four.

Course:

- The attacking team starts with four players. One player each of the two remaining teams starts on the respective side (see figure).
- As soon as ⓐ has started the timer, ①, ②, ③, and ④ do dynamic piston movements. They should try to force the defense player to move along with them (D) so that one of the attacking players can shoot at the goal (A, B, and C).
- Afterwards, the four attacking players may start the next attack immediately (E) and try to score a goal against ⑤ on the other side, also through piston movements.
 - o If the attacking players have scored a goal, the respective defense team may add another defense player (F).
- The players repeat the course until the attacking players managed to score a goal playing 4-on-4.



Basic rules:

- The attacking players may only try to score a goal through piston movements. Crossing, overlapping, and direct 1-on-1 situations (e.g. The “windmill”) are not allowed.
- After the attacking players have shot a goal, the respective defense team may add another defense player (until the teams play 4-on-4).
- As soon as the attacking players have scored a goal 4-on-4 through piston movements, ⓐ stops the timer, and the next team of four plays offense. Which team scores the goal fastest?