

006 - Small group game: Piston movement/countermovement of the back position players and interaction with the pivot



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Rating: Not Rated Yet

Price

Sales price 3,49 €

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Description

Level: Medium

This training unit focuses on the interaction of the back position players with each other regarding piston movement/countermovement and passing to the pivot. Following warm-up, the back position players take the first methodical step regarding the interaction with the pivot during the ball familiarization phase. During the goalkeeper warm-up shooting and a subsequent offense exercise, the players practice the piston movement/countermovement which should result in a shot. In the following two small group exercises, the players stepwise further develop their piston movement/countermovement and the interaction with the pivot. The final exercise combines the different elements that the players practiced before with an initial action and creative continuous playing.

Product number: 100006

Format: PDF

Date of Publication: 2018/04/16

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

- Warm-up/Stretching (10/10)
- Warm-up/Stretching (10/20)
- Ball familiarization (10/30)
- Goalkeeper warm-up shooting (10/40)
- Offense/Individual (10/50)
- Offense/Small groups (15/65)
- Offense/Small groups (15/80)
- Offense/Team (10/90)

Sample Picture: Offense/Individual



018 - Breaking away from man coverage using running feints