

017 - Acting against the defending wing position player with a physically stronger pivot



Offence/
small groups

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small groups

Rating: Not Rated Yet

Price

Sales price 3,49 €

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Description

Level: Top

This training unit focuses on simple initial actions in order to gain positional advantage by having a physically stronger pivot play against a physically weaker defense player on the wing positions. The warm-up phase focuses on coordination. Afterwards, the players practice the first steps of the subsequent team play during the ball familiarization and goalkeeper warm-up shooting phases. The three subsequent offense exercises consist of the preparation and the final 1-on-1 play to get the pivot into a good shooting position. A closing game completes this training unit.

Product number: 100017

Format: PDF

Date of Publication: 2018/04/16

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

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

Sample Picture: Offense/Individual



fitting training units:

[012 - Pivot - Achieving positional advantages in small-group team play](#)

[018 - Breaking away from man coverage using running feints](#)

[025 - Positional change \(second pivot\) plus supplementary player in outnumbered situations with 7 shooting options](#)