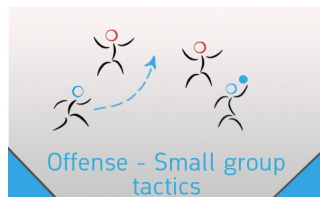


## 017 - Acting against the defending wing position player with a physically stronger pivot



Offense-Small\_group\_tactics.jpg



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. **Difficulty:** ★★★★★

Rating: Not Rated Yet

### Price

Price with discount 2,76 €

Sales price 3,29 €

Sales price without tax 2,76 €

Discount

Tax amount 0,53 €

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**Description** 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  
**Title:** Acting against the defending wing position player with a physically stronger pivot  
**E-book format:** PDF  
**Duration:** 90 minutes  
**Number of exercises:** 8  
**Date of publication:** 16 Apr 2018  
**Difficulty level:** ★★★★★ Top level (competitive area)

**Sample pictures:**

Offense/Individual



The training unit consists of the following key

- exercises:
- Warm-up/Stretching (individual exercise: 10 minutes/total time: 10 minutes)
  - Coordination run (10/20)
  - Ball familiarization (10/30)
  - Goalkeeper warm-up shooting

(10/40)

- Offense/In  
dividual

(10/50)

- Offense/S  
mall groups

(15/65)

- Offense/Te  
am (15/80)

- Closing  
game

(10/90)

Training unit

total time:

90 minutes