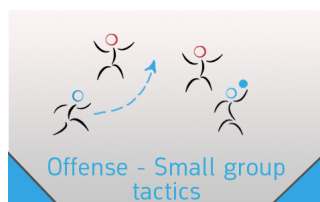


## 018 - Breaking away from man coverage using running feints



Offense-Small\_group\_tactics.jpg



This training unit focuses on breaking away from man coverage without a ball, by means of running feints. Following warm-up, a sprint contest with changes of direction, and a team ball variant, the players practice quick changes of direction one more time during the goalkeeper warm-up shooting exercise. Subsequently, there will be an individual offense exercise focusing on breaking away by means of running feints. The players will further elaborate this topic in two small group exercises and finally implement what they practiced before in free play. **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 breaking away from man coverage without a ball, by means of running feints. Following warm-up, a sprint contest with changes of direction, and a team ball variant, the players practice quick changes of direction one more time during the goalkeeper warm-up shooting exercise. Subsequently, there will be an individual offense exercise focusing on breaking away by means of running feints. The players will further elaborate this topic in two small group exercises and finally implement what they practiced before in

free play.  
**Product number:** 100018  
**Title:** Breaking away from man coverage using running feints  
**E-book format:** PDF  
**Duration:** 90 minutes  
**Number of exercises:** 8  
**Date of publication:** 18 Oct 2018  
**Difficulty level:** ★ Low level (all youth and adult teams)

**Sample pictures:**

Offense/Small groups



The training unit consists of the following key exercises:  
- Warm-up/Stretching (individual exercise: 10 minutes/total time: 10 minutes)  
- Sprint contest (10/20)  
- Short game (10/30)  
- Goalkeeper warm-up shooting (10/40)  
- Offense/Individual

(15/55)

- Offense/S

mall groups

(10/65)

- Offense/S

mall groups

(15/80)

- Closing

game

(10/90)

Training unit

total time:

90 minutes