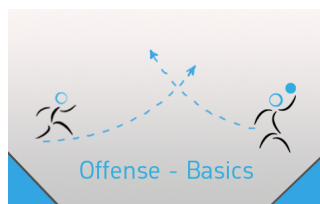
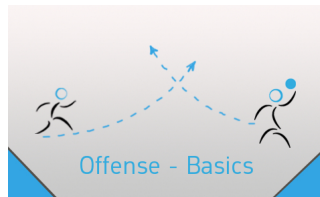


024 - Shooting training with a small group of players (5 players plus 1 goalkeeper)



Offense_Basics.jpg



It may happen that several players at a time cannot attend a training unit due to illness. This training unit focuses on series of shots and preparatory exercises for five field players and one goalkeeper. The warm-up phase is followed by a short game, the ball familiarization phase and the goalkeeper warm-up shooting. Afterwards, the players do two series of shots with preparatory coordination exercises. A closing game completes this training unit. **Difficulty:** ★★

Rating: Not Rated Yet

Price

Price with discount 3,32 €

Sales price 3,49 €

Sales price without tax 3,32 €

Discount

Tax amount 0,17 €

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Description **Description:** It may happen that several players at a time cannot attend a training unit due to illness. This training unit focuses on series of shots and preparatory exercises for five field players and one goalkeeper. The warm-up phase is followed by a short game, the ball familiarization phase and the goalkeeper warm-up shooting. Afterwards, the players do two series of shots with preparatory coordination exercises. A closing game completes this training unit.

Product number: 100024

Product number:

Product number:

Title: Shooting training with

E-book format:	a small group of players 90 (5 players plus 1 goalkeeper) PDF
Duration:	90 minutes
Number of exercises:	7
Date of publication:	15 February 2020
Difficulty level:	☆☆ Medium level (youth teams under 15 years of age and adult teams)

Sample pictures:

Goal keeper warm-up shooting



The training unit consists of the following key exercises:

- Warm-up/Stretching (individual exercise: 10 minutes/total time: 10 minutes)
- Short game (10/20)
- Ball familiarization (10/30)
- Goalkeeper warm-up shooting (10/40)
- Offense/Individual (20/60)

- Offense/Individual
(15/75)
- Offense/Small groups
(15/90)
Training unit
total time:
90 minutes