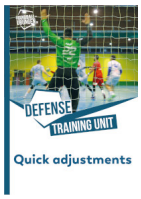
026 - Fast adjustment from offense to defense movements



Fast adjustment from offense to defense movements



Rating: Not Rated Yet
Price
Sales price 3,49 €

Ask a question about this product

Description

Level: High

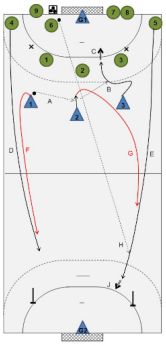
This training unit focuses on improvement of fast adjustment from offense to defense movements. Following a warm-up running exercise combined with an adjustment task and a coordination drill, the players practice how to quickly react to signs during the ball familiarization phase. The goalkeeper warm-up shooting is followed by a series of exercises in which the players practice immediate adjustment from offense to defense movements in 2-on-2, 3-on-3, and 6-on-6 situations, similar to the real game. A closing game completes this training unit.

Product number: 100026
Format: PDF
Date of Publication: 2020/08/08

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

- Warm-up/Stretching
- Coordination Run (10/20)
- Ball familiarization (10/30)
- Goalkeeper warm-up shooting (10/40)
- Defense/individual (10/50)
- Defense/small groups (20/70)
- Defense/Team (15/85)
- Closing game (5/90)

Sample Picture: Defense/Small groups



fitting training units:

016 - Quick adjustment to a fast break after a defense action
021 - Defense training: Collaboration and prevention of breakthroughs
022 - 1-on-1 and 2-on-2 defense with quick adjustment to subsequent actions