





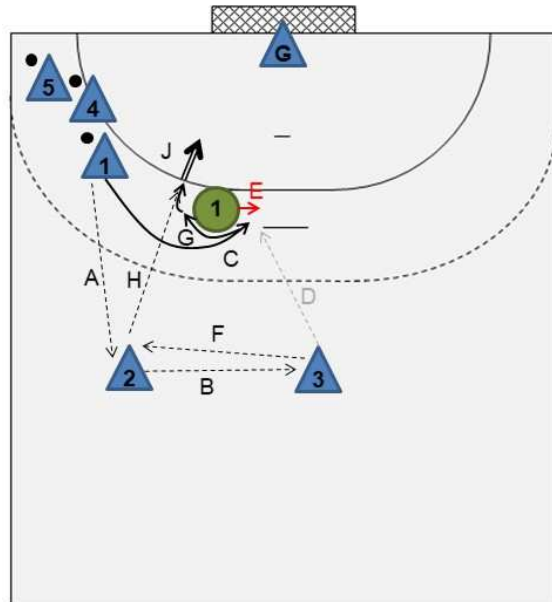
<b>TU 2:</b>		<b>Pivot – Achieving positional advantages in small-group team play</b>		★★	90
<b>Opening part</b>			<b>Main part</b>		
X	Warm-up/Stretching	X	Offense/Individual		Jumping power
	Running exercise	X	Offense/Small groups		Sprint contest
X	Short game		Offense/Team		Goalkeeper
	Coordination		Offense/Series of shots		
	Coordination run		Defense/Individual		<b>Final part</b>
	Strengthening		Defense/Small groups	X	
X	Ball familiarization		Defense/Team		Final sprint
X	Goalkeeper warm-up shooting		Athletics		
			Endurance		

<p><b>Key:</b></p> <p> Cone</p> <p> Attacking player</p> <p> Defense player</p> <p> Ball box</p> <p><b>Equipment required:</b>                  Approx. 8-12 cones, ball box with sufficient number of handballs</p>	<p><b>Description:</b></p> <p>The objective of this training unit is to improve the positioning of the pivot. Following warm-up and a short game, the players practice passing to the pivot under difficult conditions and with different passing variants during the ball familiarization and goalkeeper warm-up shooting phases. Afterwards, there will be an individual exercise regarding the pivot's screening followed by two small group exercises in which the interaction with the back position and wing players will be practiced. In a closing game, the players should implement what they practiced before.</p> <p>The training unit consists of the following key exercises:</p> <ul style="list-style-type: none"> <li>- Warm-up/Stretching (individual exercise: 10 minutes/total time: 10 minutes)</li> <li>- Short game (10/20)</li> <li>- Ball familiarization (15/35)</li> <li>- Goalkeeper warm-up shooting (10/45)</li> <li>- Offense/Individual (10/55)</li> <li>- Offense/Small groups (10/65)</li> <li>- Offense/Small groups (10/75)</li> <li>- Closing game (15/90)</li> </ul> <p><b>Training unit total time: 90 minutes</b></p>
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No.: 2-5	Offense/Individual	10	55
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**Course:**

- **1** passes to **2** (A).
- **2** passes to **3** (B). While the pass is being played, **1** moves into the defense next to **1** (C) and tries to place a screen on the right side of the defense player.
- If **1** manages to place the screen, **3** passes to the pivot (D). **1** takes positional advantage, secures the ball, and shoots at the goal.
- If **1** moves along to the right side (E) and prevents **1** from placing the screen, **3** immediately plays a return pass to **2** (F).
- **1** quickly moves around **1** and places a screen on the left side of **1** (G).
- **2** passes to the pivot (H), **1** secures the ball, and shoots at the goal (J).
- Afterwards, **4** starts the same course.



**!** **1** should clearly screen off **1** and try to gain positional advantage for the second screen already during his first screening attempt.