

1. Training units

No. 1		Game concept – Crossing of the center back and the pivot – Part 1		☆☆☆	90
Opening part		Main part			
X	Warm-up/Stretching		Offense/Individual		Jumping power
	Running exercise	X	Offense/Small groups		Sprint contest
	Short game	X	Offense/Team		Goalkeeper
	Coordination	X	Offense/Series of shots		
	Coordination run		Defense/Individual	Final part	
	Strengthening		Defense/Small groups		Closing game
X	Ball familiarization		Defense/Team		Final sprint
X	Goalkeeper warm-up shooting		Athletics		
			Endurance		

Key:



Cone



Attacking player



Defense player



Ball box



Foam noodles
(foam beams)



Upper part of a
large vaulting box

Equipment required:

- ➔ 2 foam noodles (foam beams)
- 1 upper part of a large vaulting box, 2 cones, 2 ball boxes with sufficient number of handballs

Description:

Following warm-up with two ball familiarization exercises, this training unit introduces crossing of the center back and the pivot as the basic action already during the goalkeeper warm-up shooting and a subsequent series of shots. Afterwards, the players practice how to make decisions when the ball is passed to the back position players. This is followed by a further small group exercise and eventually the final team exercise during which the players should directly implement a first variant when playing the initial pass.

The training unit consists of the following key exercises:

- Warm-up/Stretching (individual exercise: 10 minutes/total time: 10 minutes)
- Ball familiarization (10/20)
- Ball familiarization (10/30)
- Goalkeeper warm-up shooting (10/40)
- Offense/Series of shots (15/55)
- Offense/Small groups (10/65)
- Offense/Small groups (15/80)
- Offense/Team (10/90)

Training unit total time: 90 Min.

No.: 1-7	Offense/Small groups	15	80
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Setting:

- Define the playing fields with two foam beams.

Course:

- **3** plays the initial pass to **4** (A), makes a slight piston movement to the right, and receives a return pass (B).
- **3** clearly moves to the left (C) (he may bounce the ball one time with the hand that is not in direction of the defense).
- **6** starts as the pivot, crosses behind **3** (D), and receives a pass (variant 1; figure 1).
- **6** passes the ball into the parallel piston move of **4** (E). Subsequently, the players keep on playing 3-on-2 in the right playing corridor until they have shot at the goal (F, G, and H).
- After the crossing, **3** may – instead of passing the ball into the crossing movement of **6** – also pass the ball into the parallel piston move of **2** (J) on the left side (variant 2; figure 2).

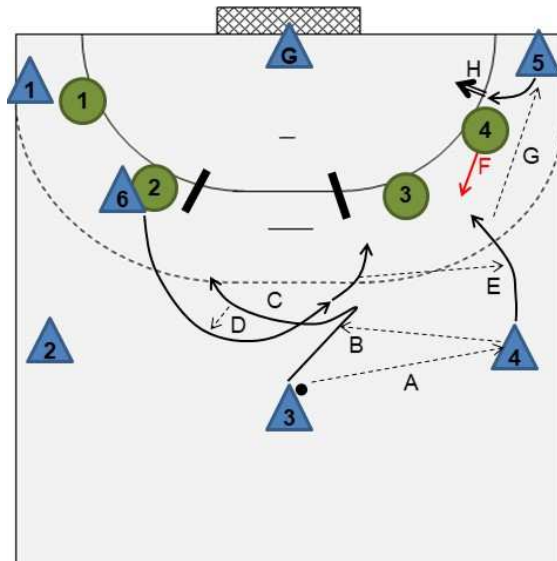


Figure 1

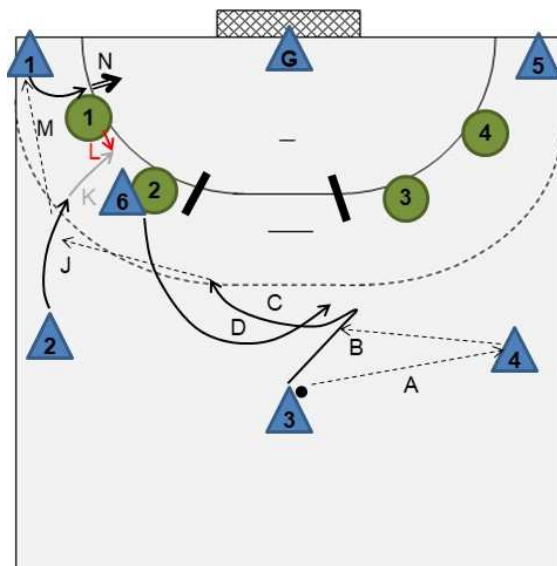


Figure 2

- **2** approaches the goal and tries to break through (K).
- If **1** closes the gap (L), **2** passes the ball to the wing player **1** (M), who then shoots at the goal (N).

- ⚠ **3** must decide which variant will be played, depending on the position of **2**.
- ⚠ **2** must anticipate the parallel pass at any time and start to run accordingly.
- ⚠ The back position players should approach the goal and try to break through before passing the ball.
- ⚠ Switch the defense players at regular intervals.