002 - Improving passing precision during running movements



Improving passing precision during running movements



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

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Description

Level: Low

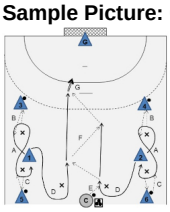
The objective of this training unit is to improve the passing precision during running movements, in particular. Following warm-up consisting of combined running moves and passing variants and a short game, the players practice passing while running at full speed during the ball familiarization phase. The goalkeeper warm-up shooting and the subsequent series of shots also focus on playing passes while running at full speed. A second series of shots combines double passes on a defined running path with quick passes in direction of the goal. Finally, the players practice playing precise passes under pressure in a small group game and a closing game.

Product number: 100002
Format: PDF
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Contents: (time individual exercise/total time in minutes)

- Warm-up/Stretching (10/10)
- Short game (15/25)
- Ball familiarization (10/35)
- Goalkeeper warm-up shooting (10/45)
- Offense/Series of shots (10/55)
- Offense/Series of shots (15/70)
- Offense/Small groups (10/80)
- Closing game (10/90)

Sample Picture: Offense/Series of shots



fitting training units:

005 - Developing and improving the shooting movement
010 - Gaining positional advantage using passing feints
014 - Improving the dribbling technique while observing the game situation