# 004 - Improving speed play for fast break situations

Improving speed play for fast break situations

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

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Description

**Level:** High

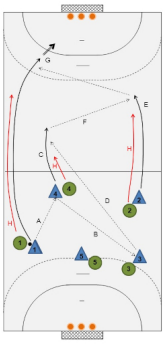
The objective of this training unit is to improve free play in fast break situations. Following warm-up and a short game, the players play long passes during the ball familiarization phase which will be further developed in the goalkeeper warm-up shooting exercise. This is followed by a series of shots requiring precise passes. Afterwards, the players practice free play in outnumbered, open situations during fast breaks. A closing game with gradually increasing complexity completes this training unit.

**Product number:** 100004
**Format:** PDF
**Date of Publication:** 2018/11/14

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

- Warm-up/Stretching (10/10)
- Short game (10/20)
- Ball familiarization (10/30)
- Goalkeeper warm-up shooting (10/40)
- Offense/Series of shots (10/50)
- Offense/Small groups (15/65)
- Offense/Small groups (10/75)
- Closing game (15/90)

**Sample Picture:** Short game




**fitting training units:**

007 - Improving passing precision when initiating the first wave
013 - Developing a well-structured second wave by implementing long crossing moves and options for further playing
019 - Step-by-step development of initial actions after a fast throw-off