009 - Individual training for the pivot – Pushing through the defense with the Russian screen



Individual training for the pivot – Pushing through the defense with the Russian screen



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

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Description

Level: Medium

The objective of this training unit is to improve the positioning of the pivot. After warm-up and a short game, there will be a goalkeeper warm-up shooting from the pivot position. The players practice the pivot's pushing through the defense in an individual offense exercise. Afterwards, there are two exercises in which the players practice positioning and the Russian screen in small groups against defensive and semi-offensive defense players. The players should implement the variants in the closing game.

Product number: 100009
Format: PDF
Date of Publication: 2018/04/16

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

- Warm-up/Stretching (10/10)
- Short game (10/20)
- Goalkeeper warm-up shooting (10/30)
- Offense/Individual (15/45)
- Offense/Small groups (20/65)
- Offense/Small groups (10/75)
- Closing game (15/90)

Sample Picture: Offense/Small groups



fitting training units:

012 - Pivot - Achieving positional advantages in small-group team play
014 - Improving the dribbling technique while observing the game situation
024 - Shooting training with a small group of players (5 players plus 1 goalkeeper)