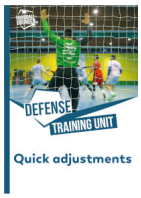
022 - 1-on-1 and 2-on-2 defense with quick adjustment to subsequent actions



1-on-1 and 2-on-2 defense with quick adjustment to subsequent actions



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

Ask a question about this product

Description

Level: High

This training unit focuses on improving the defense 1-on-1 and 2-on-2 in small groups. Following warm-up and a tag game, the players enter the ball familiarization phase which will involve typical defense movements. This is followed by an individual defense exercise with quick adjustment and the goalkeeper warm-up shooting. The main part of the training unit combines 1-on-1 actions with 2-on-2 subsequent actions both in width and depth. A final sprint completes this training unit.

Product number: 100022
Format: PDF
Date of Publication: 2019/06/01

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

- Warm-up/Stretching (10/10)
- Short game (10/20)
- Ball familiarization (10/30)
- Defense/Individual (15/45)
- Goalkeeper warm-up shooting (10/55)
- Defense/Individual + Small groups (15/70)
- Defense/Individual + Small groups (15/85)
- Closing sprint (5/90)

Sample Picture: Ball familiarization



fitting training units:

016 - Quick adjustment to a fast break after a defense action
021 - Defense training: Collaboration and prevention of breakthroughs
026 - Fast adjustment from offense to defense movements