

024 - Shooting training with a small group of players (5 players plus 1 goalkeeper)



Offence basics

Shooting training with a small group of players (5 players plus 1 goalkeeper)



Offence basics

Rating: Not Rated Yet

Price

Sales price 3,49 €

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Description

Level: Medium

It may happen that several players at a time cannot attend a training unit due to illness. This training unit focuses on series of shots and preparatory exercises for five field players and one goalkeeper. The warm-up phase is followed by a short game, the ball familiarization phase and the goalkeeper warm-up shooting. Afterwards, the players do two series of shots with preparatory coordination exercises. A closing game completes this training unit.

Product number: 100024

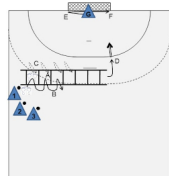
Format: PDF

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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/Individual (20/60)
- Offense/Individual (15/75)
- Offense/Small groups (15/90)

Sample Picture: Goal keeper warm-up shooting



fitting training units:

[012 - Pivot - Achieving positional advantages in small-group team play](#)

[014 - Improving the dribbling technique while observing the game situation](#)

[018 - Breaking away from man coverage using running feints](#)