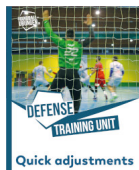


## 026 - Fast adjustment from offense to defense movements



Fast adjustment from offense to defense movements



Rating: Not Rated Yet

### Price

Sales price 3,49 €

[Ask a question about this product](#)

### Description

**Level:** High

This training unit focuses on improvement of fast adjustment from offense to defense movements. Following a warm-up running exercise combined with an adjustment task and a coordination drill, the players practice how to quickly react to signs during the ball familiarization phase. The goalkeeper warm-up shooting is followed by a series of exercises in which the players practice immediate adjustment from offense to defense movements in 2-on-2, 3-on-3, and 6-on-6 situations, similar to the real game. A closing game completes this training unit.

**Product number:** 100026

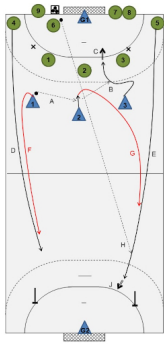
**Format:** PDF

**Date of Publication:** 2020/08/08

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

- Warm-up/Stretching
- Coordination Run (10/20)
- Ball familiarization (10/30)
- Goalkeeper warm-up shooting (10/40)
- Defense/individual (10/50)
- Defense/small groups (20/70)
- Defense/Team (15/85)
- Closing game (5/90)

**Sample Picture:** Defense/Small groups



**fitting training units:**

[016 - Quick adjustment to a fast break after a defense action](#)

[021 - Defense training: Collaboration and prevention of breakthroughs](#)

[022 - 1-on-1 and 2-on-2 defense with quick adjustment to subsequent actions](#)