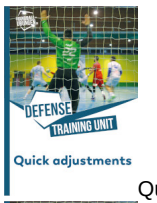
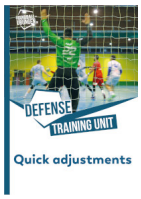
016 - Quick adjustment to a fast break after a defense action



Quick adjustment to a fast break after a defense action



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

Ask a question about this product

Description

Level: High

The objective of this training unit is to practice the quick adjustment from defense play to fast break initiation. Following the warm-up phase with a coordination run exercise and the ball familiarization phase, the goalkeeper warm-up shooting combines a preparatory defense exercise and a series of shots for the goalkeeper. During the two subsequent defense exercises, the players practice quick adjustment from defense work to fast break countermovement. A 4-on-4 game and a sprint contest complete this training unit.

Product number: 100016
Format: PDF
Date of Publication: 2018/11/14

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

- Warm-up/Stretching (10/10)
- Coordination run (10/20)
- Ball familiarization (10/30)
- Goalkeeper warm-up shooting (10/40)
- Defense/Small groups (10/50)
- Defense/Small groups (15/65)
- Defense/Team (15/80)
- Closing sprint (10/90)

Sample Picture: Defense/Small groups



fitting training units:

021 - Defense training: Collaboration and prevention of breakthroughs
022 - 1-on-1 and 2-on-2 defense with quick adjustment to subsequent actions
026 - Fast adjustment from offense to defense movements