

001 - Improving the interaction of back position players with the pivot



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Rating: Not Rated Yet

Price

Sales price 3,49 €

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Description

Level: High

The objective of this training unit is to practice the interaction of a back position player with the pivot. Following warm-up and a running coordination exercise, the players prepare for the running moves in the back positions during the ball familiarization phase. After the goalkeeper warm-up shooting, there will be three offense exercises in which the players further develop the team play step by step. In a 4-on-4 game, the players should implement what they practiced before.

Product number: 100001

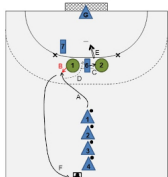
Format: PDF

Date of Publication: 2018/06/01

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)
- Offense/Small groups (10/50)
- Offense/Small groups (10/60)
- Offense/Small groups (20/80)
- Offense/Team (10/90)

Sample Picture: Offense/Small groups



fitting training units:

[006 - Small group game: Piston movement/countermovement of the back position players and interaction with the pivot](#)

[009 - Individual training for the pivot – Pushing through the defense with the Russian screen](#)

[017 - Acting against the defending wing position player with a physically stronger pivot](#)