

007 - Improving passing precision when initiating the first wave



1st and 2nd wave

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Rating: Not Rated Yet

Price

Sales price 3,49 €

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Description

Level: Medium

The objective of this training unit is to improve running paths, passing and the decision-making process during the first wave. After a warm-up running exercise, the subsequent short game already includes quick adjustment exercises and long passes. During the ball familiarization phase and the goalkeeper warm-up shooting, the players practice playing long passes before they combine several actions with first wave initiation in a series of shots. The closing small group exercises finally focus on making passing decisions.

Product number: 100007

Format: PDF

Date of Publication: 2018/11/14

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

- Warm-up/Stretching (10/10)
- Short game (15/25)
- Ball familiarization (10/35)
- Goalkeeper warm-up shooting (10/45)
- Offense/Series of shots (15/60)
- Offense/Small groups (15/75)
- Offense/Small groups (15/90)

Sample Picture: Offense/Small groups

