012 - Pivot - Achieving positional advantages in small-group team play



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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 the positioning of the pivot. Following warm-up and a short game, the players practice passing to the pivot under difficult conditions and with different passing variants during the ball familiarization and goalkeeper warm-up shooting phases. Afterwards, there will be an individual exercise regarding the pivot's screening followed by two small group exercises in which the interaction with the back position and wing players will be practiced. In a closing game, the players should implement what they practiced before.

Product number: 100012
Format: PDF
Date of Publication: 2018/10/18

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

- Warm-up/Stretching (10/10)
- Short game (10/20)
- Ball familiarization (15/35)
- Goalkeeper warm-up shooting (10/45)
- Offense/Individual (10/55)
- Offense/Small groups (10/65)
- Offense/Small groups (10/75)
- Closing game (15/90)

Sample Picture: Offense/Individual



fitting training units:

014 - Improving the dribbling technique while observing the game situation
017 - Acting against the defending wing position player with a physically stronger pivot
024 - Shooting training with a small group of players (5 players plus 1 goalkeeper)