

019 - Step-by-step development of initial actions after a fast throw-off



1st and 2nd wave

Step-by-step development of initial actions after a fast throw-off



1st and 2nd wave

Rating: Not Rated Yet

Price

Sales price 3,49 €

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Description

Level: High

The objective of this training unit is to develop a simple initial action after a fast throw-off. Following warm-up and a coordination run exercise, the players practice the basics during the ball familiarization phase and the goalkeeper warm-up shooting. During the three subsequent exercises, the players further develop the running and passing paths and eventually combine them in order to create an initial action. In the closing game, the players implement what they practiced before.

Product number: 100019

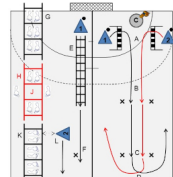
Format: PDF

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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/Team (15/65)
- Offense/Team (15/80)
- Closing game (10/90)

Sample Picture: Coordination run



fitting training units:

[007 - Improving passing precision when initiating the first wave](#)

[013 - Developing a well-structured second wave by implementing long crossing moves and options for further playing](#)

[020 - Intense speed strength/speed strength endurance training with various running directions](#)