

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



Offence/  
small groups

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Rating: Not Rated Yet

### Price

Sales price 3,49 €

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### Description

**Level:** Medium

This training unit focuses on the interaction of the back position players with each other regarding piston movement/countermovement and passing to the pivot. Following warm-up, the back position players take the first methodical step regarding the interaction with the pivot during the ball familiarization phase. During the goalkeeper warm-up shooting and a subsequent offense exercise, the players practice the piston movement/countermovement which should result in a shot. In the following two small group exercises, the players stepwise further develop their piston movement/countermovement and the interaction with the pivot. The final exercise combines the different elements that the players practiced before with an initial action and creative continuous playing.

**Product number:** 100006

**Format:** PDF

**Date of Publication:** 2018/04/16

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

- Warm-up/Stretching (10/10)
- Warm-up/Stretching (10/20)
- Ball familiarization (10/30)
- Goalkeeper warm-up shooting (10/40)
- Offense/Individual (10/50)
- Offense/Small groups (15/65)
- Offense/Small groups (15/80)
- Offense/Team (10/90)

**Sample Picture:** Offense/Individual



**fitting training units:**

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

[018 - Breaking away from man coverage using running feints](#)

[025 - Positional change \(second pivot\) plus supplementary player in outnumbered situations with 7 shooting options](#)