

013 - Developing a well-structured second wave by implementing long crossing moves and options for further playing



1st and 2nd wave

Developing a well-structured second wave by implementing long crossing moves and options for further playing



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 long crossing during the second wave. Following a warm-up running exercise, a short game, and a ball familiarization exercise, the players initially develop the long crossing during the goalkeeper warm-up shooting phase. In the subsequent series of shots which will be combined with a 1-on-0 fast break, the players practice the long crossing with compensation of the center back player. Defense players and the pivot are added for the two subsequent small group exercises, before the players implement the course 4-on-4 during the closing part of the training unit.

Product number: 100013

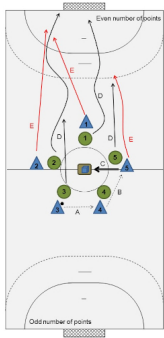
Format: PDF

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

- Warm-up/Stretching (10/10)
- Short game (10/25)
- Ball familiarization (10/35)
- Goalkeeper warm-up shooting (10/45)
- Offense/Series of shots (10/55)
- Offense/Small groups (15/70)
- Offense/Small groups (10/80)
- Closing game (10/90)

Sample Picture: Short game



fitting training units:

[004 - Improving speed play for fast break situations](#)

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

[019 - Step-by-step development of initial actions after a fast throw-off](#)