

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



Offence/team

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Offence/team

Rating: Not Rated Yet

Price

Sales price 3,49 €

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Description

Level: High

This training unit focuses on step-by-step development of an initial action in outnumbered situations with a positional change from the center back position player to the 6-meter line (second pivot). Following warm-up and a short game, the running and passing paths for the initial action are introduced during the ball familiarization and goalkeeper warm-up shooting phases. During the subsequent attack exercises, the players develop several shooting options which they eventually implement in the closing game.

Product number: 100025

Format: PDF

Date of Publication: 2020/03/16

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

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

Sample Picture: Offense/Small groups



fitting training units:

[010 - Gaining positional advantage using passing feints](#)

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

[024 - Shooting training with a small group of players \(5 players plus 1 goalkeeper\)](#)