010 - Gaining positional advantage using passing feints



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Rating: Not Rated Yet
Price
Sales price 3,49 €

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Description

Level: Low

The key topics of this training unit are passing feints and how to combine them with a breakthrough or a return pass to a teammate. Following a warm-up running exercise, the players already learn how to pass the ball cleverly in a short game; this will be further developed in the ball familiarization phase. In the goalkeeper warm-up shooting exercise, the players practice passing feints in combination with a 1-on-1 breakthrough; in the subsequent series of shots, they combine the passing feint with a return pass to their teammate. Both variants will be implemented twice in the subsequent 1-on-1, 3-on-2, and 4-on-4 games.

Product number: 100010
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/Series of shots (10/55)
- Offense/Individual (10/65)
- Offense/Small groups (15/80)
- Closing game (10/90)

Sample Picture: Ball familiarization



fitting training units:

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