

#### 4. Training units

<b>No.: 1</b>		<b>Improving passing precision during running movements</b>		★	90
<b>Opening part</b>		<b>Main part</b>			
X	Warm-up/Stretching		Offense/Individual		Jumping power
	Running exercise	X	Offense/Small groups		Sprint contest
X	Short game		Offense/Team		Goalkeeper
	Coordination	X	Offense/Series of shots		
	Coordination run		Defense/Individual	<b>Final part</b>	
	Strengthening		Defense/Small groups	X	Closing game
X	Ball familiarization		Defense/Team		Final sprint
X	Goalkeeper warm-up shooting		Athletics		
			Endurance		

#### Key:



Cone



Attacking player



Defense player



Large vaulting box



Ball box



Small vaulting box



Small vaulting box, upside-down

#### Equipment required:

- 2 large vaulting boxes, 2 small vaulting boxes, 9 cones, ball box with sufficient number of handballs

#### Description:

The objective of this training unit is to improve the passing precision during running movements, in particular. Following warm-up consisting of combined running moves and passing variants and a short game, the players practice passing while running at full speed during the ball familiarization phase. The goalkeeper warm-up shooting and the subsequent series of shots also focus on playing passes while running at full speed. A second series of shots combines double passes on a defined running path with quick passes in direction of the goal. Finally, the players practice playing precise passes under pressure in a small group game and a closing game.

The training unit consists of the following key exercises:

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

**Training unit total time: 90 min.**

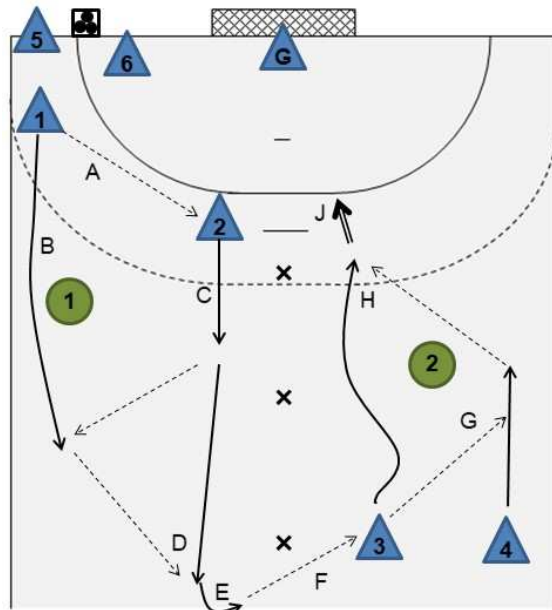
<b>No.: 1-7</b>	<b>Offense/Small groups</b>	<b>10</b>	<b>80</b>
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**Setting:**

- Divide the court in two halves longitudinally with cones.
- Make teams of 2; one team of 2 (▲3 and ▲4) should wait at the center line.

**Course:**

- ▲1 and ▲2 try to carry the ball past ●1 and to the center line by playing passes (A and D) and moving in a well-coordinated manner (B).
- Each player is allowed to bounce the ball one time (one floor contact) (C).
- As soon as one of the players has stepped on the center line (E), he passes the ball to the group waiting there (F).
- ▲3 and ▲4 try to get past ●2 by playing passes (G) and moving in a well-coordinated manner (H), and to eventually shoot at the goal (J).
- Afterwards, ▲5 and ▲6 start the course over; ▲1 and ▲2 stand at the center line, ▲3 and ▲4 line up at the goal line.



**For the defense players:**

1. In the beginning, the defense players hold a bib under each arm in order to limit their freedom of movement (the bib must not fall down during the defense actions).
2. Only one bib under one arm.
3. Now the defense players may act without any limitations.



Switch the defense players at regular intervals.