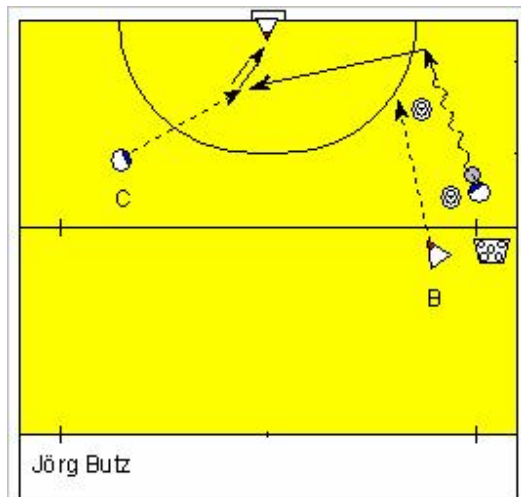


Tactical training Training for wingers



Goal of the exercise

Outfield player A dribbles slightly ahead of defender B as quickly as possible to the goal line and passes to C who is in front of goal

B starts running at the same time as A, and must try to prevent the cross being made.

Accurate cross under pressure from opponent I

Advice for the trainer

The distance between A and B must be as big as possible, so that A is still able to make the cross, despite the pressure from his opponent

NB: Allow sufficient breaks during this exercise!