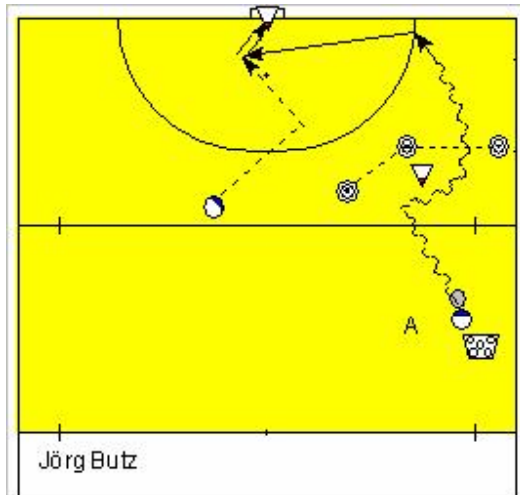


Tactical training Training for wingers



Goal of the exercise

Outfield player A dribbles towards B who now defends 2 lines defined by cones at an angle. A now has the choice of going outside to give a cross, or of going inside and trying a solo attempt on goal.

Accurate cross under pressure from opponent III

Advice for the trainer

The exercise must be performed on both right and left wings.

The attacker must beat B by varying the movements in passing him (preparation)

NB: Sufficient rest breaks!