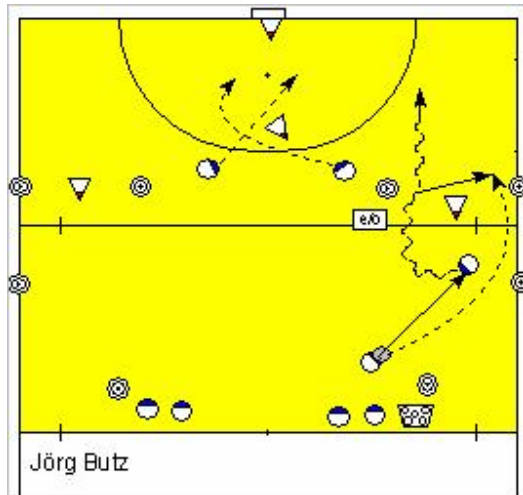


## Technical training Combinations



### Goal of the exercise

Alternating between wings, playing 2 against 1 situations

On both sides a defender will defend a line marked with 2 cones.

The two attackers swap position after every action. The defenders swap after 5 attacks.

There are 2 attackers and 1 defender in front of the goal with keeper.

### Learning attacking play

#### Combinations over the wings

Both the attackers dribble past the marked lines using different tactics each time ( e.g. Looping round, 1-2, etc.)

The defender may only try to stop the attack before the line is reached.

After the ball is over the line the attackers are allowed to cross, without any pressure from the defenders, to one of the other attackers. These attackers must try to score in a 2 against 1 situation.

### Variations

The same exercise but then with a 2 against 2 in front of the goal

The same exercise but then with a 2 against 2 on the wing.

Allow counter attackers if the defenders manage to intercept the ball.