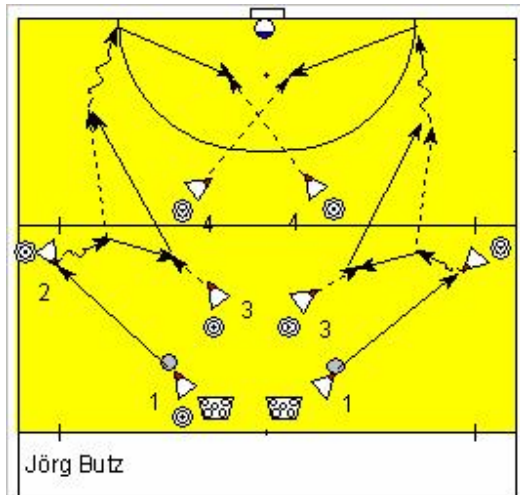


Tactical training Combinations



Combinations via the wingers

Goal of the exercise

Starting positions are set on one half of the pitch in front of the goal with keeper (see diagram).

There are always two players at start positions 1 and 4.

The player at position 1 has the ball.

Course of the exercise

The exercise alternates between the two wings:

The player at position 1 passes to position 2. Player 1 runs after his pass and goes outside player 2.

At the same time player 3 approaches player 2. Player 2 has now the following options:

- dribble to the goal line himself and cross
- play 1-2 with player 3
- pass to player 1 who comes down the line at speed.

Both players at position 4 recognise the situation and run crossing in the circle to finish off the cross.

The players change positions after each attack.

Duration: 20 minutes.

Variations

Initial movement at position 2: run deep, turn and run to 1.

After 10 minutes a defender comes in to position 2 and is partly active.

After 5 minutes he becomes fully active in the game.