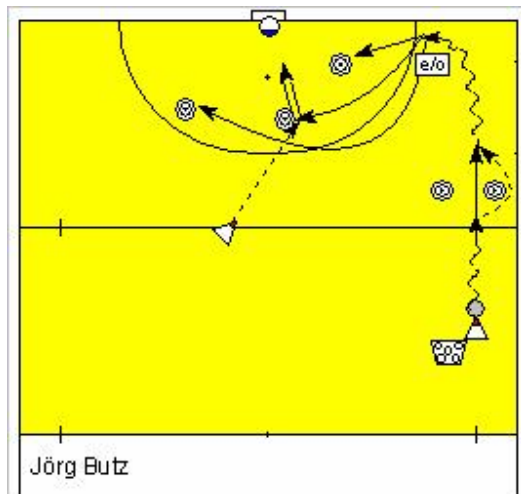


Tactical training Extra training in small groups



Way of training for the individual tactics

Goal of the exercise

- 3 targets for playing to are set out in front of the goal with keeper.
- 1 attacker on the edge of the circle
- 1 attacker with the balls on the 23 metre line
- 1 cone goal

Position dependant training of the outfield players

The outfield player passes the ball between the two cones after a short dribble, sprints straight from the outside cone and crosses to one of the targets in the circle.

The attacker must be told to aim for a different target each time

1. Low ball to position 1
2. Low push to position 2
3. Push across the goal to position 3.

Variations

No attacker in front of the goal. The crosses must be passed exactly to the specified targets. The trainer can stand at the specified target and pass the ball back.