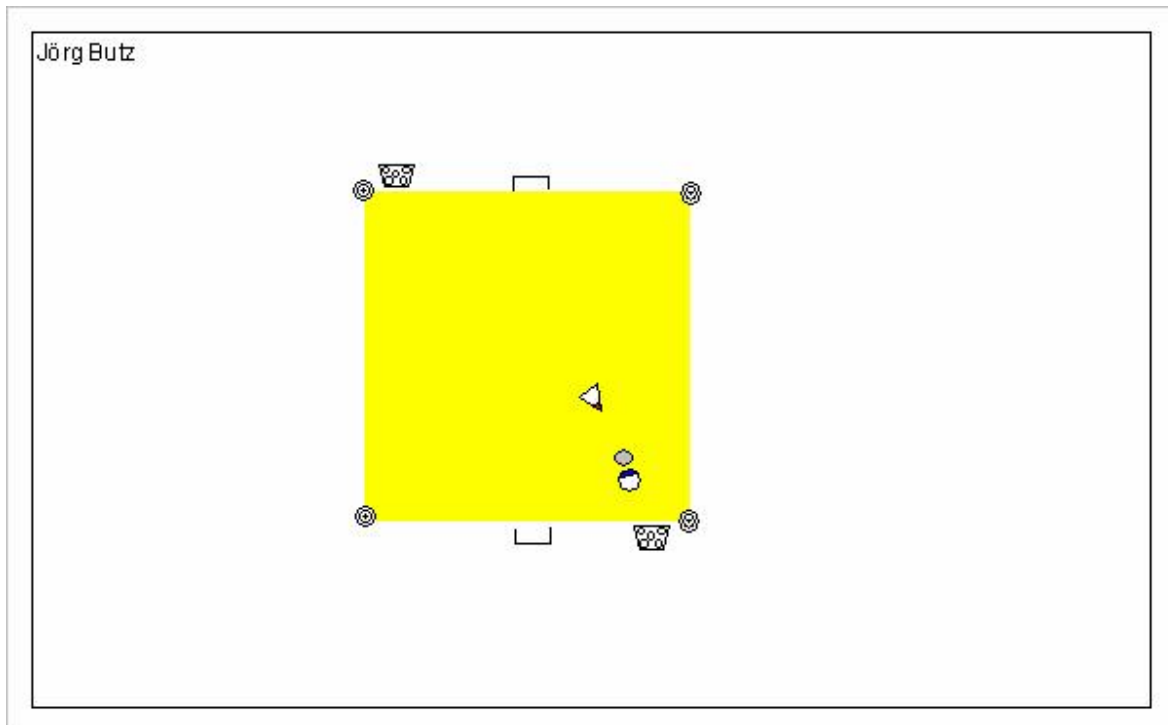


**Athletic training**  
**Focus: Building up condition**



**Organisation**

**1 against 1**

1 against 1 e.g. inside the D

**Duration:**

10 to 90 seconds

**Intensiveness:**

High to very high

**Regarding the preparation:**

Have extra balls ready