

MAIN PART 1: 1 to 1 on wings

by Ralf Minge (23.11.2010)

Organization

- Before Großtor with goalkeeper sideways build on the box 2 cone goals and 1 starting cone (see figure)
- Determine three pairs striker and post in the penalty area
- Appoint three defenders and position it in the cone goals
- All other players with balls at the starting cone post

Expiration

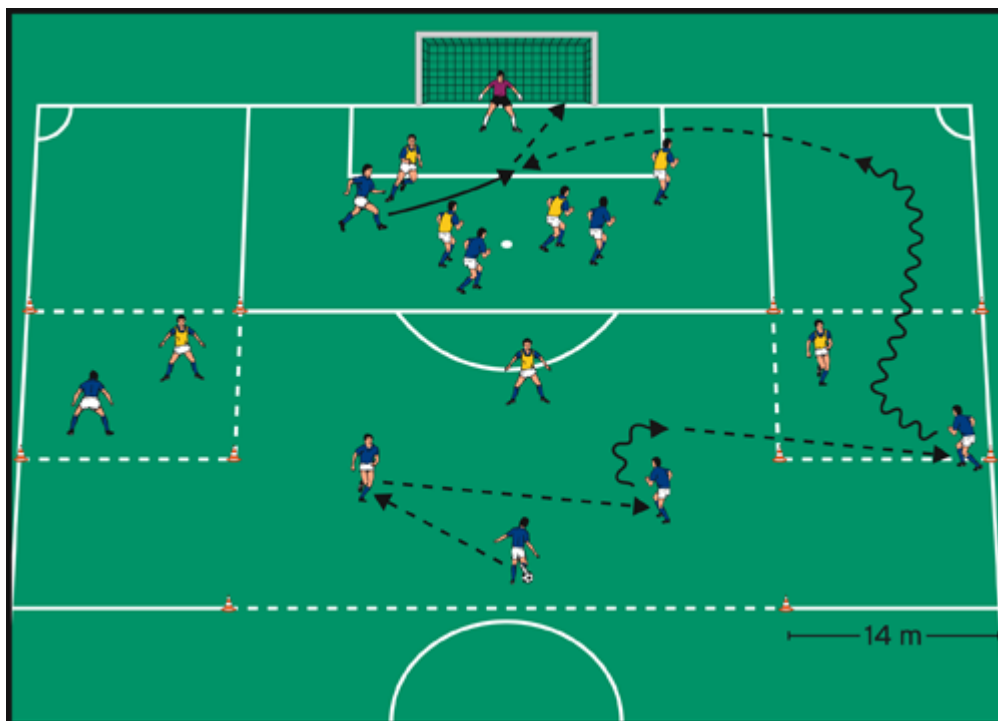
- 1 Forward and 1 pair of defenders stand on front of the gate or before the cone goals. All other players pause.
- The first player on the starting cone dribbling going on and tried to dribble through one of the cone goals in 1 on 1 against the defender and then complete in conjunction with the two strikers in the center goal.

Variation

- After a few rounds of practice of the other side.

Tips and corrections

- The attacker should dribble with the highest possible speed at the defender and quickly decide which cone goal he wants to dribble. Either dribbles the attacker through the cone goal at the piano and can then choose between back-pass from the baseline or precise edge on the two diagonally in starting striker or he opts for a dribbling through the inner cone goal and closes of the box itself to the starting gate.
- The defender can not pursue the attackers behind the cone goals further.
- Pay attention to a diagonally offset Come start the two attackers. Both the 'short' and occupy the 'long' post! This also pay attention to correct timing, and urging the strikers to be courageous in goal!
- Sufficient spare balls ready.



FINAL PART: 8 to 7 plus goalkeeper

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Organization

- Continue to use the basic structure
- In addition, build across from gate two 14-meter-wide counter-lines
- Divided 2 teams
- The one player in the two squares post
- All other players are distributed freely in the field

Expiration

- Game on 1 goal and 2 lock lines.
- Each action is opened from the baseline in front of the goal.
- Valid results can only be achieved if previously fitted at least once in one of the wings fields.

Variation

- Remove wing boxes and let them play freely.

Tips and corrections

- The attackers in the wing panels have again different ways: either they pull inward and connect yourself to the starting gate, or they dribble on the sidelines along in the middle, and play a back pass and cross in front of goal.
- Make sure that is being attacked on both outer zones alike.
- The players on the importance of a skilful alternation between a safe combination play in the center and a quick game on the wing point.