

Organization

- Before a goal with goalkeeper 6 Positionshütchen build (see illustration)
- Assign 2 players without the ball to mid cap
- Divide the remaining players, each with a ball on the starting positions

Expiration

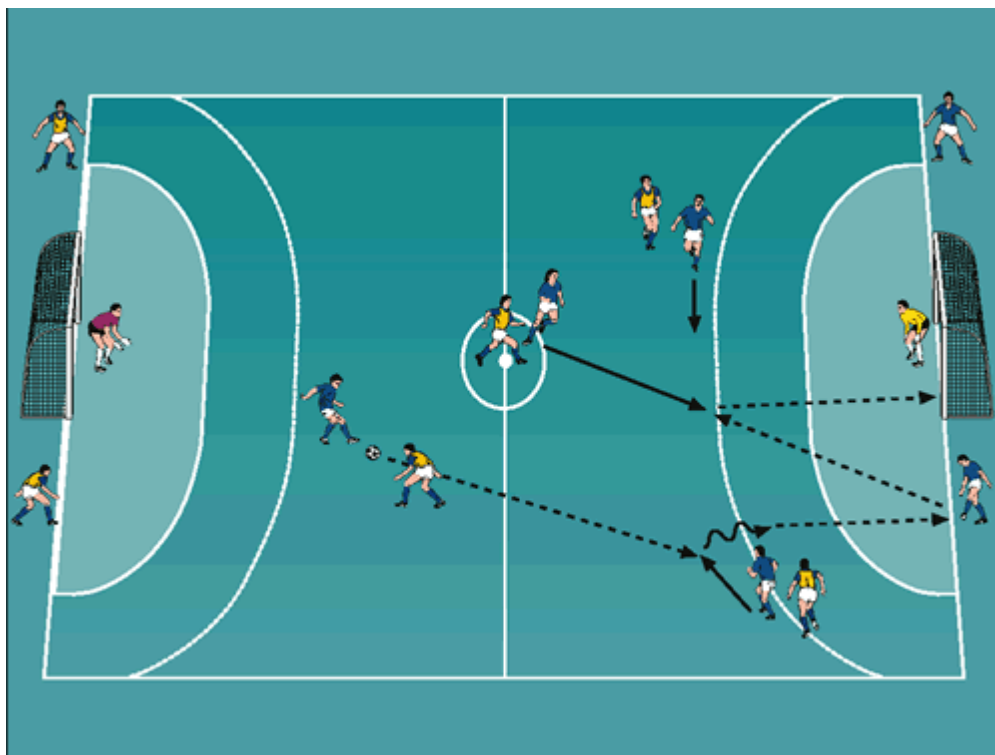
- A forwards the action a with a pass to B, which passes the ball after a kick to C movement.
- With the pass from A to B D starts in depth, runs around the turn of cones and is alluded to.
- The pass of C can collide D to B. This increases with the player to the gate, and with up.
- A then takes over the position of C, which gets the ball back and hiring again. C and D remain at their position.
- C initiates the next action.

Variations

- A passes to B, who takes the ball directly to the gate and shoots. C initiates the next action.
- A fit to D who takes the ball and shoots. C then adjusts to B.

Tips and corrections

- Opening movements and running trails timen so that the ball can be passed each directly.
- Clean play: Precision before Pass sharpness!
- Ensure that an appropriate goal distance.



Organization

- Continue to use the entire hall as a playground
- Divided 2 teams and assign the gates with goalkeepers

Expiration

- Post by each team 2 Anspieler next to the gates.
- 4 v 4 plus 2 each Anspieler.
- Replace the Anspieler After 2 minutes each.
- Play 3 rounds. Which team scored more hits?

Variations

- Hit by a combination of a Anspieler count twice.
- The Anspieler may only play directly.