

1. Material

Unlimited number of players - One ball per 2
players 6 hats
2 cones

2. Setup

Set up the layout according to the drawing.

The exercise is performed on both sides (left and right) to train variation and balance in movement.

3. Explanation exercise

Starting phase:

Player A plays the ball in to the asking player B.

Player B takes the ball and deposits it for the incoming player A. Player B moves to player C's position after the handball action.

Middle phase:

Player A passes the ball to the asking player C.

Player C passes the ball directly to the incoming player B.

After laying off the ball, player C makes a run outside and moves to player D's position.

Closure:

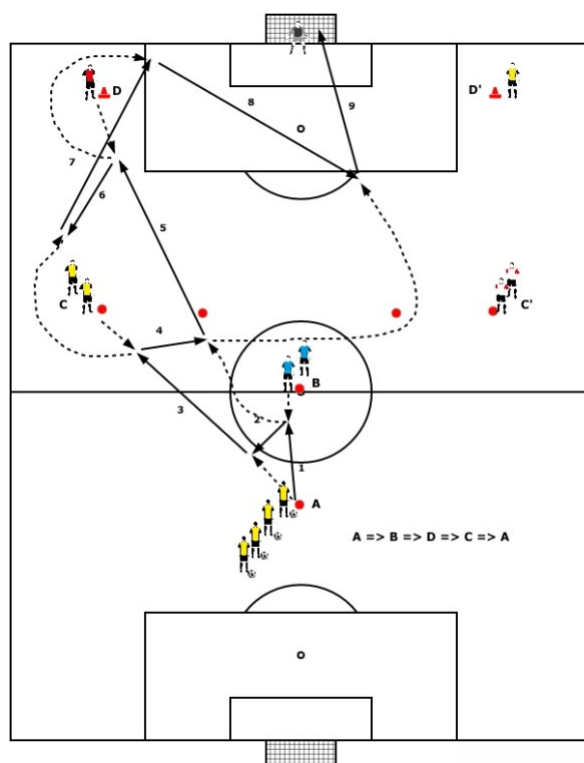
Player B plays the ball in to the inquiring player D and then starts a run towards goal. Player D rebounds the ball to the in-running player C.

Player D then makes a run outside and receives a deep pass from player C. Player D plays the ball into the run of player B, who finishes on goal.

Rotation schedule:

The players follow the following rotation pattern: $A \rightarrow B \rightarrow D \rightarrow C \rightarrow A$

When executed on the other side: $A \rightarrow B \rightarrow D' \rightarrow C' \rightarrow A$



4. Coaching and Comments

Coaching:

Technique: Ensure accurate passing, controlled ball acquisition, and effective shooting on goal.

Movement: Encourage players to make active runs and clear crosses. Encourage good communication between players.

Bipedalism: Have players regularly switch between left and right foot for passing and finishing.

Notes:

If fewer players are available, perform the exercise for 5 minutes on the left side and then 5 minutes on the right side.

Ensure a smooth execution of the exercise, with players continuing to work at a good pace and actively coaching each other.

Make sure players perform the exercise with focus to achieve the maximum learning effect.