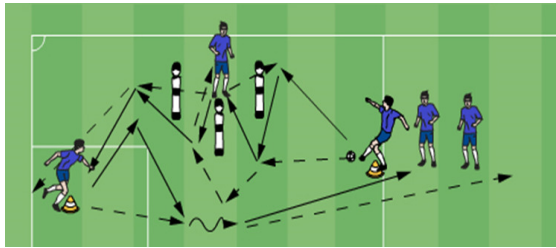
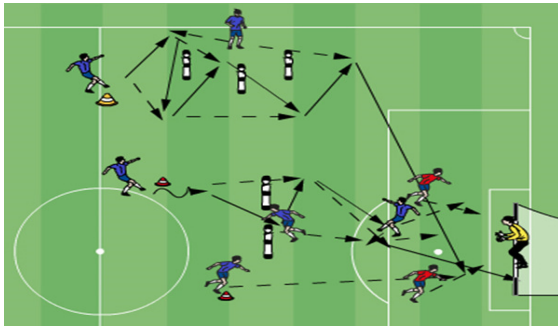


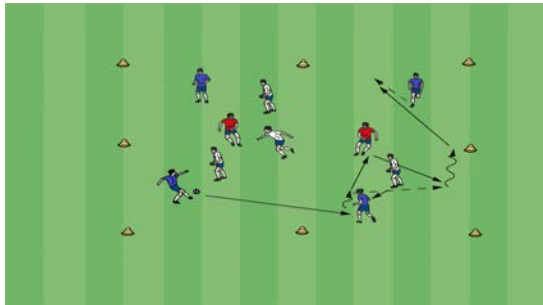
15 min



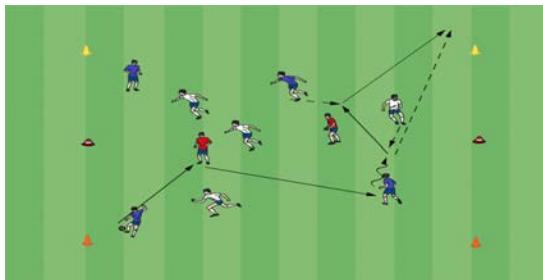
20 min



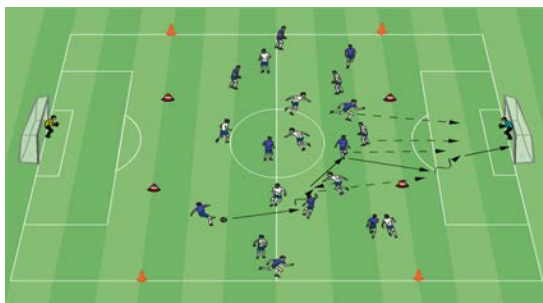
7 min



7 min



10 min



- Firm pass on the ground with the inside of the foot
- Wall pass
- Verbal communication
- Development of cognitive ability – decision based on verbal communication (man on – one touch return pass, time/turn – receive with a turn facing towards depth)
- Receive and transfer the ball with the inside of the foot
- Situational agility

- Firm pass on the ground with the inside of the foot
- Wall pass
- Verbal communication
- Return pass
- Vertical sprinting into the box by midfielders and forwards
- Coordination of 2 central defenders in the box
- Finishing upon vertical sprinting into the box by midfielders and forwards without and then with pressure of 2 defenders (4v2)
- Duel and finishing under pressure

- 30 x 20 m space
- Maintain possession
- Application of all demands from previous exercises in development of play through possession with the goal to play a wall-pass around an opposing player
- A point is awarded to the team that plays a wall-pass around one or more opposing players

- 30 x 20 m space
- Maintain possession
- Application of all demands from previous activities in development of play through possession with the goal to play a wall-pass around an opposing player
- A point is awarded to the team that wins the opponent's defense line after playing a wall-pass around one or more opposing players

- The field is split in 3 thirds: build-up third, middle third and attacking third
- Application of all demands from previous activities
- Free play in the middle third with the tendency to quickly move the ball around and enter the attacking third upon a wall-pass play
- Only 2 offensive players are allowed in the attacking third – the one that started the wall-pass and another teammate; one defender is allowed in the zone with the goal to create a 2v1+GK situation