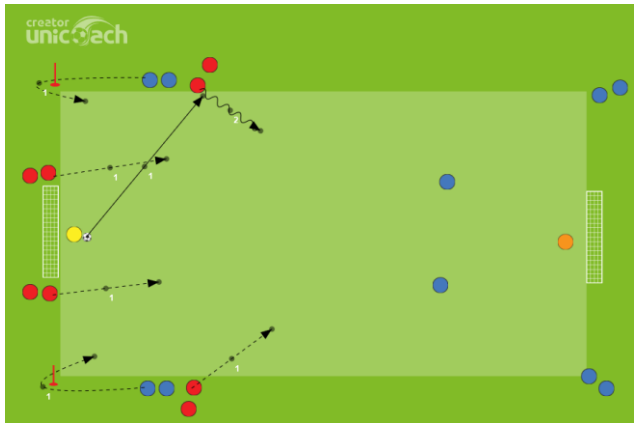


TEAM NAME

Sunday	NDZ	MONDAY	Tuesday	Wdnnesday	Thursday	Friday	Saturday
Date	14.07.2022 r.		Goalkeeprs	Defenders	Midfiliders	Attackers	
Traning Number	3 / 7 / 2022						
Numbers of players							
Place	Pitch A						
Time	90 min.						
Acessories	coordination hurdles, balls, markers, cones, poles, 3 large goals						
Fundamental actions	right/left pass option, behind back move, progressive support, lead to focus		Absent:				
Topic	Quick attack in numerical superiority.						

TIME	Description of the exercise	Graphics
Introduction part		
15min.	<p>Introduction on the coordination hurdles</p> <p>Coordination insert using coordination hurdles. Also elements of playometrics and agility.</p> <p>Intermittent dynamic stretching</p> <p>"Shoot from the air" fun</p> <p>The players are divided into two teams. In the form of competition, it's fun to see who scores more goals. Only plays from the air, after a direct play from a partner, are scored.</p> <p>Elements of stretching in the breaks.</p>	
Main part		
25min.	<p>Quick Attack 3v2+1</p> <p>The playing field is approx. 35x20m. The players are positioned as shown in the picture. The red team plays attacking in a 3v2 situation. The goalkeeper throws the ball into one of them. At the same time, the third blue defender must run quickly around the pole to join the game. In the case of quick action, we have a 3v2 situation. If the defender rebuilds the position - 3v3. Halftime switch roles between teams (2x8')</p> <p>+ MASS RUN (EUROFIT 15:15) - 100% - 6 repetitions - 2 sets (2 minutes rest between sets)*</p>	
20min.	2v1 game with transition to 5v4	

	<p>The game starts with a 2v1 situation with finalization. After the action is completed (goal, ball out of play or tack), the transition to a 5v4 game takes place towards the goal set on the opposite side. The next ball is introduced by the goalkeeper (except when red defender receives it during 2v1, then he plays the ball). In a 5v4 game, if the Blues receive the ball, they attack towards the goal defended by the starting goalkeeper.</p>	
20min.	<p>Quick Attack 4v2+2</p> <p>The playing field is approx. 35x20m. The players are positioned as shown in the picture. The red team plays in attack in a 4v2 situation. The goalkeeper throws the ball into one of them. At the same time, the two blue defenders, positioned near the poles, must quickly run around them to join the game. In the case of quick action, we have a 4v2 (or 4v3) situation. If defenders rebuild position - 4v4. Halfway through the time change roles</p>	
End part		
10min.	<p>Finalization after directional admission</p> <p>Players positioned as in the graphics, perform exercises alternately on two sides. The player positioned on the end line plays the ball towards the partner, the latter receives it directionally on the outside of the pole inwards (towards the goal light), and in the second touch he shoots at the goal. Competitors move up one place after completing the task.</p>	