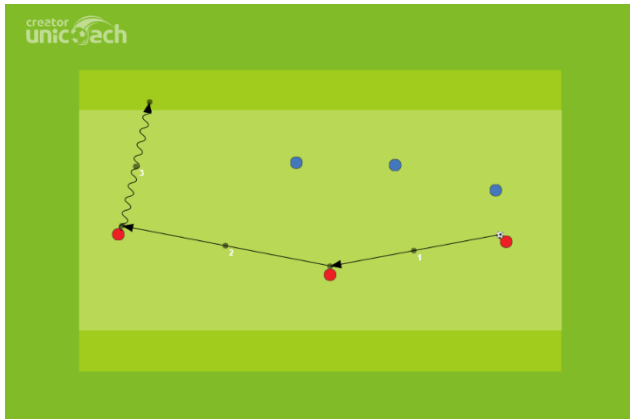






TEAM NAME

Sunday	NDZ	MONDAY	Tuesday	Wndnesday	Thursday	Friday	Saturday
Date	18.07.2022 r.			Goalkeeprs	Defenders	Midfilers	ATtackers
Traning Number	5 / 7 / 2022						
Numbers of players							
Place	Pitch A						
Time	90 minut						
Acessories	balls, markers, small goals (6), poles, cones, flat markers						
Fundamental actions	Pressure on the player with the ball, belaying, following the ball			Absent:			
Topic	Cooperation of defensive midfielders in the central zone.						

TIME	Description of the exercise	Graphics
Introduction part		
15min.	<p>"Take the ball" game</p> <p>In the designated area, most players have the ball, but outside the field of play there are a few (5-6) without the ball. At the coach's signal, they run into the playing field and try to take the ball from any player. After receiving it, they protect it from other players who do not currently have the ball. In the breaks elements of dynamic stretching.</p> <p>3v3 game with end zones</p> <p>The playing field is approx. 25x20m with 3-person teams trying to throw the ball into the end zone of the rivals. If they succeed, they continue their attack in the opposite direction. The defending team tries to cooperate with the "three" in a line - dash + belaying for the partner.</p>	
Main part		
15min.	<p>8v8 game with designated side sectors</p> <p>An 8v8 positional game where the blue team plays without fullbacks and the red team without fullbacks. The field of play has side sectors where the defending team can enter only when the ball is there. Otherwise, the whole team defends the middle sector.</p>	

20min.	<p>Fragment of a 5v6 game in the middle zone</p> <p>The game is started by the blue defenders, whose task is to play the ball to the middle zone, to one of the partners. In addition, in this zone there are designated middle sector and side sectors. Blue's goal is to play into one of the two small goals. The task of the reds is to move after the ball in the compact, after playing in the middle zone, pressure on the player with the ball and protection in order to defend small goals. After receiving, play into one of the three small goals.</p> <p>Fragment of a 6v7 game in the middle zone</p> <p>The progress of the previous game, but in the case of red, there is a striker who makes it difficult for the blue defenders to throw the ball and a blue attacking player, positioned behind the first line of the red midfielders (reds in positions 6 and 8 except for protection, marking a player moving in their zone)</p> <p>DETAILS (coaching points):- proper positioning in relation to the ball (moving while maintaining the distance in the formation) - pressure on the player with the ball, preventing the opponents from creating an open ball - belaying partners (one attacks the rival, the others close the space around the ball) - jump in the side sector only if there is a ball there</p>	 
30min.	<p>7v8 game with designated zones and sectors</p> <p>There are several zones in the field of play, which apply primarily to blue players. In the first two defenders open the attack. In the middle zone, there are also designated side sectors, where the side defenders are set - there is pressure from the reds only when the ball is played. Here, red prevents progress in the game and playing to the last zone, where blue has a 2v1 advantage. The Reds after receiving the attack on the big goal.</p> <p>The last 10' the same organization of the game, but without division into zones and sectors.</p>	
End part		
10min.	<p>Move the ball in the air</p> <p>Competition of 2-3 teams min. 6-person. The task of each group is to cover about 15m (bypassing the cone) and return to the starting place with the ball in the air. The ball must be bounced at all times by the players, who, holding hands, positioned in a circle, move to cover the designated distance. If the ball falls to the ground, the whole team returns to the start as soon as possible and starts the task again. The first team to complete the route correctly wins.</p>	