
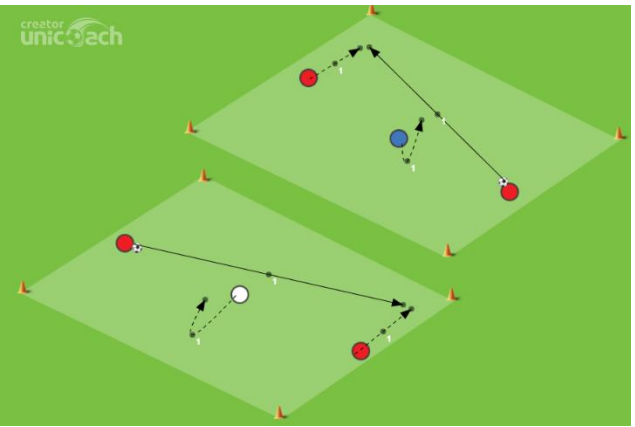


TEAM NAME

Sunday	NDZ	MONDAY	Tuesday	Wdnnesday	Thursday	Friday	Saturday
Date	12.07.2022 r.		Goalkeeprs	Defenders	Midfilers	ATtackers	
Traning Number	1 / 7 / 2022						
Numbers of players							
Place	Pitch B						
Time	90 min.						
Acessories	Cones, cones, balls, markers, audio player, ruler						
Fundamental actions	support (creating a passing line)		Absent:				
Topic	Organizational activities. Beep Test + Game.						

TIME	Description of the exercise	Graphics
Introduction part		
15min.	<p>Same color game Players divided into four groups - players have four different colors of cones. In the designated field, they perform general development exercises, exchanging cones, and on the coach's signal, they must line up in the same gates (zones) as soon as possible in colors.</p> <p>coaching points: COMMUNICATION, spatial orientation, reaction time</p> <p>The technique of passing in groups of 3 In the field of play 15x10m, the players are positioned as in the graphics. The task of the extreme players on the end lines is to pass to the partner on the other side. He has to create a passing line, i.e. get out of the shadow of the player inside. The inside player only moves horizontally halfway down the playing field.</p> <p>Competition 3x1.00min. (each player defends once and counts tackles for the duration of the game).</p> <p>Continuous play, after receiving the ball, exchange with the player who lost it - 5.00 min.</p>	 
Main part		
30min.	<p>Beep Test - endurance test</p> <p>20m shuttle run endurance test. Division into two groups, one performs the test, and the other group plays - Rondo 4v2.</p> <p>After approx. 15 min. Changing roles.</p>	
30min.	Gra 11v11	

	<p>The game proper on a shortened field.</p> <p>Attack accents:</p> <ul style="list-style-type: none"> - keeping the ball in possession (movement without the ball) - game center change <p>Defensive highlights:</p> <ul style="list-style-type: none"> - high pressing in the opponent's half - attack on the ball in your zone 	
End part		
15min.	<p>Integration fun - "Introduce yourself"</p> <p>Players lined up in a circle so everyone can see everyone else. The coach with the ball starts the game. He has to tell the whole group about 3 things about himself, preferably things that not everyone knows about, e.g. his hobbies, some successes in life, etc. Then the ball is played (or thrown) to another player who has the same task. The game ends when each player introduces himself to the whole team.</p>	