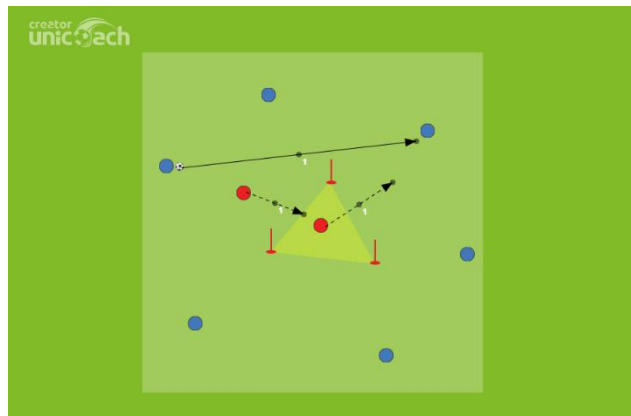
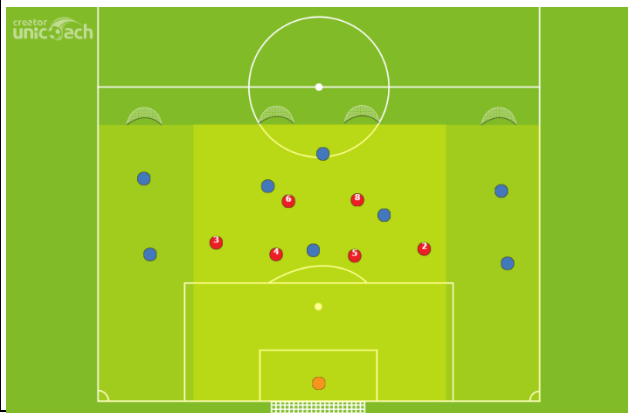
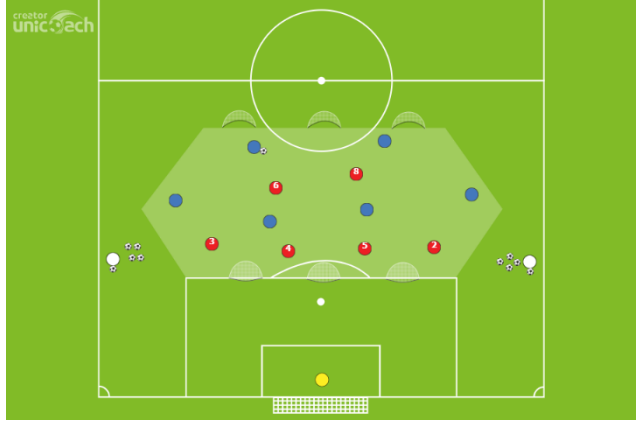
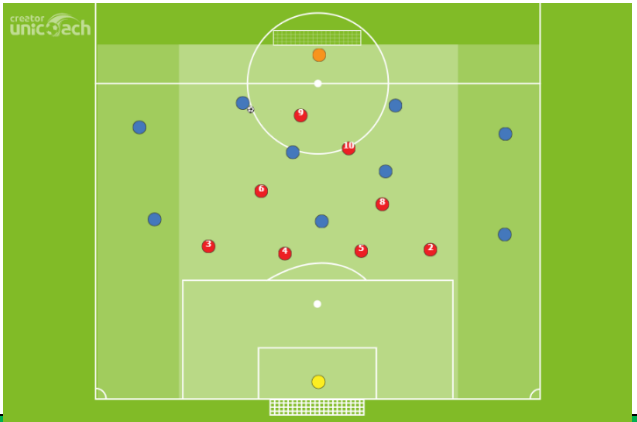


TEAM NAME

Sunday	NDZ	MONDAY	Tuesday	Wndnesday	Thursday	Friday	Saturday
Date	19.07.2022 r.			Goalkeeprs	Defenders	Midfilders	ATtackers
Traning Number	6 / 7 / 2022						
Numbers of players							
Place	Pitch						
Time	90 min.						
Acessories	balls, markers, small goals (6), poles, cones, flat markers						
Fundamental actions	Pressure on the player with the ball, belaying, doubling			Absynt:			
Topic	Collaboration of defense formations and defensive midfielders in the low zone.						

TIME	Description of the exercise	Graphics
Introduction part		
15min.	Introduction to running and gymnastics A brief introduction to running and gymnastics. Competitors in motion perform various forms of running (forward, backward, sideways, side-to-side step, etc.). In addition, we introduce elements of dynamic stretching (preparation for movement). Roundabout 6v2 with an additional zone In the playing field of approx. 12x12 m, an additional one in the shape of a triangle with a side of approx. 2 m has been designated. The task of the blue players is to keep possession of the ball and to prepare a situation where you can play to a partner through the additional zone (cross the two sides of the triangle with a pass). Red defends this zone, but with the assumption that one player attacks the ball (who has closer), and the other can defend the zone by running inside (protection). After receiving the ball, change in the middle in pairs.	
Main part		
15min.	7v8 game with designated side sectors 7v8 game with designated side sectors in the low zone. Blue organized 4-3-1 (without central defenders), they always try to occupy all three sectors of the pitch in attack. Reds lined up 1-4-2, positioned in the middle sector, and if the ball is played in the side sector, they can run there and actively defend. After receiving the ball, they try to play to one of the 4 small goals.	

20min.	<p>Fragment of a 5v6 game in the middle zone</p> <p>Wide hexagonal playing field. 6x6 competition with 6 small goals. Reds are in 4-2 formations (defenders + defensive midfielders), and blues are 2-4 (actually 2-2-2). The task of the reds is to receive the ball, after appropriate cooperation and play to one of the small goals.</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) - dash and doubling the cover on the extreme blue players (cooperation of the side defender with the defensive midfielder)</p>	
30min.	<p>9v10 game with designated sectors</p> <p>Side sectors have been designated in the playing field. The Reds are set up in a 4-3-1 formation (no side midfielders) and the Blues 4-4-1 (no central midfielders). The blues in the attack are always lined up with 2 players in the side sectors. Reds positioned in the middle sector, run into the side sectors only if there is a ball there (side defender and defensive midfielder go down to a 2v2 situation).</p> <p>The last 10' the same organization of the game, but without division into sectors.</p>	
End part		
10min.	<p>"Change base" game</p> <p>Players work together in groups of at least 3 people. Each of them is located in the designated zone of the so-called. "base" e.g. 3x3m. Players have a technical task, e.g. bouncing the ball with the right-left leg. After proper communication, the players at the same time bounce the ball higher and run to the adjacent square, which was released by the partner (e.g. clockwise). If each player manages to control the ball within the designated zone, the whole team scores a point.</p>	