

Contents:

Part A: Cooperation in small groups			7
A1:	Crossing and parallel piston movement		7
A1.1	Preparatory exercise 1: Crossing	☆☆	8
A1.2	Preparatory exercise 2: Parallel piston movement		10
A1.3	Implementation: Crossing and parallel piston movement 2-on-2		11
A2:	Interaction of the back position players with the pivot using the Russian Screen		13
A2.1	Preparatory exercise 1: Series of shots for the back position player	☆☆	14
A2.2	Implementation: Playing the Russian Screen 2-on-2		15
A3:	Direct passes to the pivot to overcome offensive defense systems		17
A3.1	Preparatory exercise 1: Passing to the pivot	☆☆ ☆	18
A3.2	Preparatory exercise 2: Finding the right timing for a pass		19
A3.3	Preparatory exercise 3: Playing tricky passes		21
A3.4	Implementation: Interaction of the back position players with the pivot		23
A4:	Interaction of the back position players with the pivot to overcome defensive defense formations		24
A4.1	Preparatory exercise 1: Ball familiarization with passing to the pivot	☆☆ ☆	25
A4.2	Preparatory exercise 2: Goalkeeper warm-up shooting via the pivot position		26
A4.3	Preparatory exercise 3: Piston movements and counter movements with a pass to the pivot and a shot at the goal		27
A4.4	Implementation: Interaction 3-on-3		28
A4.5	Implementation: Interaction 6-on-6		29
A5:	Crossing without the ball on different positions		30
A5.1	Preparatory exercise 1: Ball familiarization	☆☆ ☆	31
A5.2	Preparatory exercise 2: Goalkeeper warm-up shooting		33
A5.3	Implementation: Crossing without a ball in two variants		34
A6:	Tricky interaction of the back position and wing players for a quick goal		35
A6.1	Preparatory exercise 1: Ball familiarization	☆☆ ☆	36
A6.2	Preparatory exercise 2: Wing player ball handling		37
A6.3	Implementation: Interaction of the back position and wing players		38

Part B: Opening playing variants and playing concepts against a 6-0 defense system			39
B1:	Short crossing and continuous playing options	☆☆	39
B1.1	Preparatory exercise 1: Goalkeeper warm-up shooting		40
B1.2	Preparatory exercise 2: Training of decision making-processes		41
B1.3	Implementation: Playing 6-on-6		43
B2:	Crossing of the center back and the left/right wing player with continuous playing options	☆☆	45
B2.1	Preparatory exercise 1: Series of shots from the center back position		46
B2.2	Preparatory exercise 2: Continuous playing – First option		47
B2.3	Preparatory exercise 3: Continuous playing – Interacting with the pivot		48
B2.4	Implementation: Playing 6-on-6		49
B3:	Second pivot from the wing position and simultaneous shifting of the back position players against a 6-0 defense system	☆☆	50
B3.1	Preparatory exercise 1: Series of shots for the back position players		51
B3.2	Preparatory exercise 2: Series of shots for the wing and back position players with decision-making		52
B3.3	Preparatory exercise 3: Second pivot and counter piston movements 4-on-4		53
B3.4	Implementation: Playing 6-on-6		55
B4:	Second pivot from the back position and immediate shifting	☆☆	56
B4.1	Preparatory exercise 1: Training of decision-making processes 2-on-2		57
B4.2	Preparatory exercise 2: Training of decision-making processes 4-on-4		58
B4.3	Implementation: Playing 6-on-6		59
B5:	Shifting of the back position players and return pass against a 6-0 defense system	☆☆	60
B5.1	Preparatory exercise 1: Breakthrough or pass to the wing player		61
B5.2	Preparatory exercise 2: Pass to the pivot or return pass		62
B5.3	Implementation: Playing 6-on-6		63
B6:	Crossing movement of the back position player and the diagonal wing player with subsequent continuous playing options	☆☆	64
B6.1	Preparatory exercise 1: Training of decision making-processes		65
B6.2	Implementation: Playing 6-on-6		66
B7:	Passing feints and pass to the pivot or Kempa shot	☆☆	68
B7.1	Preparatory exercise 1: Goalkeeper warm-up shooting		69
B7.2	Preparatory exercise 2: Kempa pass		70
B7.3	Preparatory exercise 3: Variants of interacting with the wing player		71
B7.4	Implementation: Team play		73

Part C: Opening playing variants against a 5-1 or 3-2-1 defense system			76
C1:	Circle: Crossing of the center back and pivot	☆☆	76
C1.1	Preparatory exercise 1: Series of shots		77
C1.2	Implementation: Shooting and continuous playing options 6-on-6		79
C1.3	Variant: Additional crossing with the wing player		80
C2:	Positional change of the center back (second pivot) with positional compensation and continuous playing options	☆☆	82
C2.1	Preparatory exercise 1: Ball familiarization		83
C2.2	Preparatory exercise 2: Training of decision-making processes for back position players		84
C2.3	Implementation: Playing 6-on-6		85
C3:	Opening playing variant against a 3-2-1 defense system with crossing and a second pivot from the opposite side	☆☆	87
C3.1	Preparatory exercise 1: Playing in small groups		88
C3.2	Implementation: Playing 6-on-6		89
C4:	Second pivot from the wing position and interacting with the pivot	☆☆☆	90
C4.1	Preparatory exercise 1: Playing in small groups		90
C4.2	Implementation: Team play		92
C5:	Second pivot from the wing position and shifting against offensive defense systems	☆☆☆	94
C5.1	Preparatory exercise 1: Interaction in small groups		95
C5.2	Implementation: Interaction 6-on-6		98
C6:	Double pass with the pivot and continuous playing options against a 3-2-1 defense system	☆☆☆	100
C6.1	Preparatory exercise 1: Playing in small groups		101
C6.2	Implementation: Team play		103
C7:	Crossing in combination with a pivot screening against an open 3-2-1 defense system	☆☆	104
C7.1	Preparatory exercise 1: Playing in small groups		105
C7.2	Implementation: Team play		107
C8:	Crossing without a ball on the back positions with second pivot from the opposite side	☆☆☆	109
C8.1	Preparatory exercise 1: Sudden move towards the center following the crossing		110
C8.2	Preparatory exercise 2: Sudden move towards the center and decision-making		111
C8.3	Implementation: Team play		112
Part D: Opening playing variants against a 4-2 defense system			113
D1:	Positional change of a back position player (second pivot) and continuous playing options	☆☆☆	113
D1.1	Preparatory exercise 1: Series of shots		114
D1.2	Implementation: Playing 6-on-6		116

D2:	Positional change of a wing player (becoming back) and a back player (becoming second pivot)		118
D2.1	Preparatory exercise 1: Ball familiarization	☆☆	118
D2.2	Preparatory exercise 2: Goalkeeper warm-up shooting		120
D2.3	Preparatory exercise 3: Positional change of the wing player and shifting of the back position players		121
D2.4	Implementation: Playing 6-on-6		122

Part E: Fast throw-off and second-wave fast break			124
E1:	Long crossing in the second wave		124
E1.1	Preparatory exercise 1: Series of shots and running moves 3-on-3	☆☆	125
E1.2	Preparatory exercise 2: Playing 4-on-3		126
E1.3	Implementation: Playing 6-on-6		127
E1.4	Implementation: Playing variant against a 5-1 defense system with offensive center defense		128

E2:	Second wave plus crossing without the ball and continuous playing options		129
E2.1	Preparatory exercise 1: Offense with series of shots	☆☆	130
E2.2	Preparatory exercise 2: Offense in small groups		131
E2.3	Implementation: Playing 4-on-4		133

E3:	Second wave with two pivots		134
E3.1	Preparatory exercise 1: 4-on-4 attack against a poorly positioned defense	☆☆	135
E3.2	Implementation: Team attack		136

E4:	Playing variant following a fast throw-off		138
E4.1	Preparatory exercise 1: Decision-making following a crossing	☆☆	139
E4.2	Implementation: Team play		140

Part F: Goalkeeper substitution: Playing 7-on-6 or 6-on-6 in outnumbered situations			141
F1:	6-on-6 playing variant with goalkeeper substitution in outnumbered situations		141
F1.1	Preparatory exercise 1: Playing in small groups	☆☆	142
F1.2	Implementation: Team play		144

F2:	Simple playing variant for playing with a 7th field player		146
F2.1	Preparatory exercise 1: Shifting towards the center and playing a long pass to the wing player	☆☆	147
F2.2	Implementation: Team play		148

F3:	Opening playing variant with the 7th field player to score a quick goal at the end of a half		150
F3.1	Preparatory exercise 1: Ball familiarization	☆☆	151
F3.2	Implementation: Team play		152

Part G: Playing against an outnumbered defense of 5 players			154
G1:	Positional change (second pivot) plus positional compensation in numerical superiority	☆☆ ☆☆	154
G1.1	Preparatory exercise 1: Goalkeeper warm-up shooting		155
G1.2	Implementation: Team play		156