

Contents:

1. Basic warm-up

No.	Name
1	Team pursuit
2	Warm-up with the ball and easy shooting at the goal
3	Passing from player to player with additional running exercises
4	Blindfolded warm-up
5	Warm-up with subsequent shooting on targets

2. Short warm-up games

6	Taking down the vaulting box by shooting
7	Team ball in three squares
8	Team ball with subsequent action
9	Team ball with two different tasks
10	2-on-2 intensive soccer variant

3. Sprint contests

11	Sprint relay race with balance benches
12	Going to Jerusalem
13	Team tag
14	Intensive sprint competition
15	Sprint competition with playing cards

4. Coordination

16	Sprint reaction with numbers
17	Coordination reactions
18	Coordination run with defensive action
19	Coordination run
20	Ball coordination with five balls

5. Ball familiarization

21	Pass and run at signal
22	Pass and catch across the whole court in groups of 2
23	Dynamic group piston movement
24	Running feint with subsequent catch and pass in full speed
25	Pass and catch across the whole court with goalkeeper

6. Goalkeeper warm-up shooting

26	Running exercise with subsequent shot
27	Two-position warm-up shooting
28	Dynamic warm-up shooting with subsequent fast break initiation
29	Warm-up shooting with defense exercise
30	"Intelligent" warm-up shooting (on instruction) with subsequent fast break

7. Offense/series of shots

31	Simple series of shots with coordination run
32	Series of shots on instruction
33	Series of shots with extended coordination run
34	Complex all-position series of shots
35	Intensive series of shots after previous exertion

8. General offense

No.	Name
36	Back and forth (piston) movement with subsequent wing player shot
37	2-on-2 team play with additional exercises
38	Simple crossing with decision-making: RB/LB and wing player
39	Simple crossing with continued playing: CB and wing player
40	Russian screen in the HL/HR positions – Initiation
41	Russian screen in the HL/HR positions – Subsequent action
42	3-on-3 simple crossing

9. Fast throw-off/1st and 2nd wave

43	Fast throw-off
44	Coordination legwork with two subsequent 1-on-1 fast break situations
45	Quick running moves with subsequent 1-on-1 fast break
46	2 nd wave – Initiation
47	Fast break competition

10. Defensive action

48	Stealing the ball
49	Basic practice: Step out and secure
50	1-on-1 play with subsequent action for the attacking player
51	1-on-1 offense and defense switching
52	Intensive continuous defense and offense switching with subsequent action
53	Intensive continuous 1-on-1 defense and offense play after previous exertion
54	2-on-2 continuous defense switching with additional exercise
55	Middle block pivot hand-over and take-over
56	Goal corner switching between defense players and goalkeeper
57	Outnumbered middle block defense
58	4-on-4 defensive action with subsequent fast break on the wing positions

11. Closing games

59	4-on-4 with quick offense/defense switching
60	Fast throw-off and 2 nd wave switch game
61	Simple 4-on-4 switch game
62	Intensive 4-on-4 switch game

12. Endurance

63	Piston movement and passing with additional running paths and under time pressure
64	Ball familiarization exercise focusing on running
65	Outdoor endurance competition on the cinder tracks
66	Continuous fast break with subsequent athletics course
67	Running with additional exercise on the large safety mat

13. Example training unit no. 220 “Shooting improvement and quick decision-making under pressure”

14. Editor's note

15. Other reference books published by DV Concept