

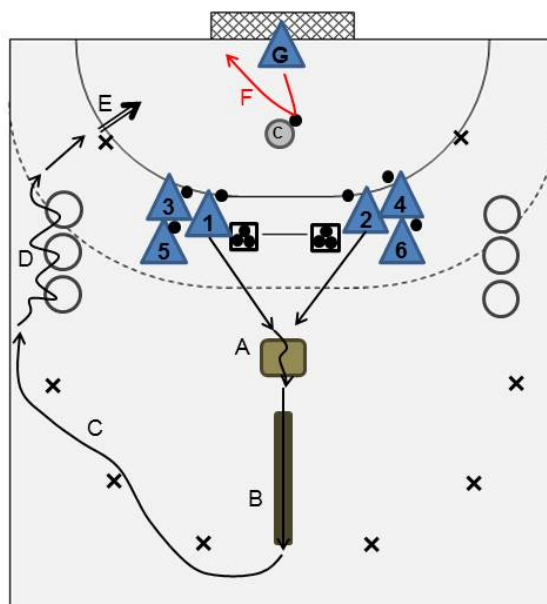
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| <b>No. 11</b>              | <b>Series of shots with coordination exercise</b>   | <b>7</b> |  |
| <b>Equipment required:</b> | 8 cones, 1 balance bench, 6 hoops, 1 small vaulting box, 2 ball boxes with sufficient number of handballs |          |  |

### Setting:

- Position the small vaulting box, bench, hoops, and cones as shown in the figure.
- Make two teams (shooters left and right). Each team has a ball box containing the same number of handballs.

### Course:

- starts with a ball, dribbles towards the small vaulting box, and crosses it, still dribbling (A). Then he crosses the bench while bouncing the ball on the floor next to the bench (B).
- dribbles a slalom around the cones (C), bounces the ball into each hoop once (D), picks up the ball, and shoots from the left wing position (E).
- Once has arrived the hoops, the goalkeeper runs towards the coach, touches the handball the coach is holding, and finally gets in position for the shot from the wing position (F).
- If scores, he fetches the ball and puts it into the ball box of the other team. If misses, he puts the ball into his own team's ball box. lines up again.
- starts the same drill once has left the bench; however, after crossing the bench, he runs to the right side and shoots from the right wing position.
- Which team has fewer handballs in their box after the time is up?



The players should do the coordination exercises in a concentrated manner and – if possible – without making mistakes; the players should speed up only after they have gained more and more confidence.

The coach holds the handball for the goalkeeper (F) in different positions – up, down, left, or right so that the goalkeeper must react accordingly.

Consider playing two rounds and changing the sides.

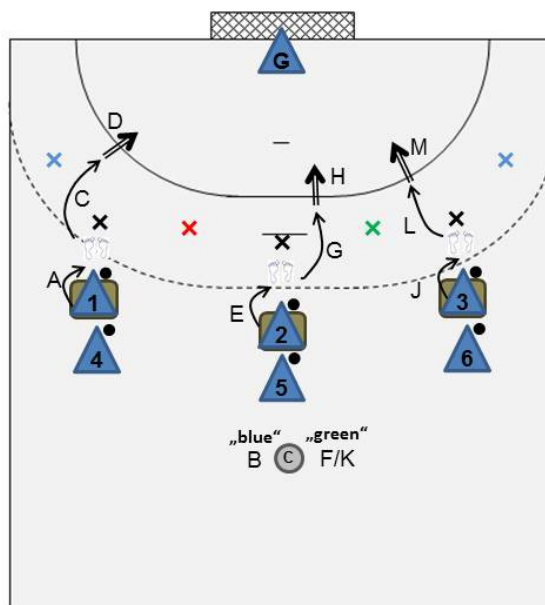
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| <b>No. 17</b>  | <b>Series of shots with previous reaction exercise</b> | <b>7</b> | <b>★★</b> |
| <b>Equipment required:</b> 3 small vaulting boxes, 7 cones (different colors), 1 handball per player |  |          |           |

### Setting:

- Position three small vaulting boxes with one cone in front of each box and two cones of different colors on the left and right side each (see figure).

### Course 1:

- **1** jumps from the vaulting box with both legs while holding his handball (A).
- While he jumps, the coach calls out the color of one of the neighboring cones (here "blue" – B).
- **1** approaches the goal on the side of the respective cone (C) without dribbling (and within the 3-step rule) and shoots (D).
- Afterwards, **2** jumps from the vaulting box with both legs (E) and the coach calls out a color again (here "green" – F).
- **2** approaches the goal on the respective side (G) and shoots (H).
- Afterwards, **3** jumps from the vaulting box with both legs (J); the coach calls out a color once again (here "green" again – K).
- **3** approaches the goal on the respective side (L) and shoots (M).
- Start the course over with **4**, **5**, and **6**.



### Course 2:

- As in course 1, the coach calls out a color first and thus determines the side on which the player must approach the goal. However, he also calls out "2" or "3" and thus determines how many steps the player may take before shooting at the goal (e.g., "blue 2": two steps, on the side of the blue cone; "red 3": three steps, on the side of the red cone).



The players should react immediately, approach the goal as instructed, and shoot. They have to shoot in a highly concentrated manner however.