

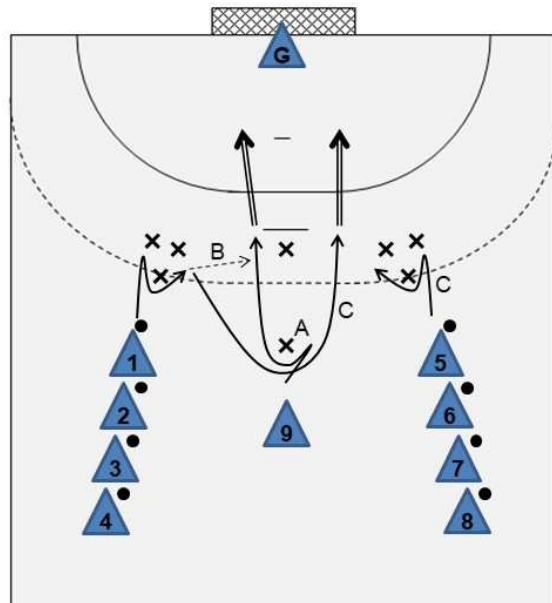
No. 29	Dynamic warm-up shooting with piston movement	10	★★
Equipment required: 8 cones, sufficient number of handballs			

Preparation:

- The players each have a ball and line up on the right and left side behind the cones. One player (▲9) stands in the center without a ball.

Course:

- ▲1 does a dynamic body feint in front of the cone while holding the ball.
- ▲9 starts in parallel, does a body feint, runs to the left (A), and receives a pass from ▲1 afterwards (B).
- ▲9 makes a stem shot at the goal as instructed (top, middle, bottom).
- After playing the pass to ▲9, ▲1 quickly sidesteps backward around the backmost cone in the center (C).
- ▲5 starts the same course as ▲1, a bit delayed and inversely, however. ▲5 makes a body feint in front of the cone, moves towards the inner side, and passes the ball to ▲1 who approaches him from the back.



Variants:

- The players should increase their speed continuously.
- The players shoot a jump shot.