

No.: 3		Improving speed play for fast break situations		☆☆☆	90
Opening part		Main part			
X	Warm-up/Stretching		Offense/Individual		Jumping power
	Running exercise	X	Offense/Small groups		Sprint contest
X	Short game		Offense/Team		Goalkeeper
	Coordination	X	Offense/Series of shots		
	Coordination run		Defense/Individual	Final part	
	Strengthening		Defense/Small groups		
X	Ball familiarization		Defense/Team	X	Closing game
X	Goalkeeper warm-up shooting		Athletics		Final sprint
			Endurance		

### Key:



Cone



Attacking player



Defense player



Ball box



Medicine ball



Small vaulting box



Foam noodles  
(foam beams)

### Equipment required:

- 6-10 cones, one small vaulting box, 6 medicine balls, 1 game of cards, 8 foam noodles (foam beams), 2 ball boxes, each with a sufficient number of handballs

### Description:

The objective of this training unit is to improve free play in fast break situations. Following warm-up and a short game, the players play long passes during the ball familiarization phase which will be further developed in the goalkeeper warm-up shooting exercise. This is followed by a series of shots requiring precise passes. Afterwards, the players practice free play in outnumbered, open situations during fast breaks. A closing game with gradually increasing complexity completes this training unit.

The training unit consists of the following key exercises:

- Warm-up/Stretching (individual exercise: 10 minutes/total time: 10 minutes)
- Short game (10/20)
- Ball familiarization (10/30)
- Goalkeeper warm-up shooting (10/40)
- Offense/Series of shots (10/50)
- Offense/Small groups (15/65)
- Offense/Small groups (10/75)
- Closing game (15/90)

**Total training time: 90 minutes**

**No.: 3-7 Offense/Small groups**

**10**

**75**

**Setting:**

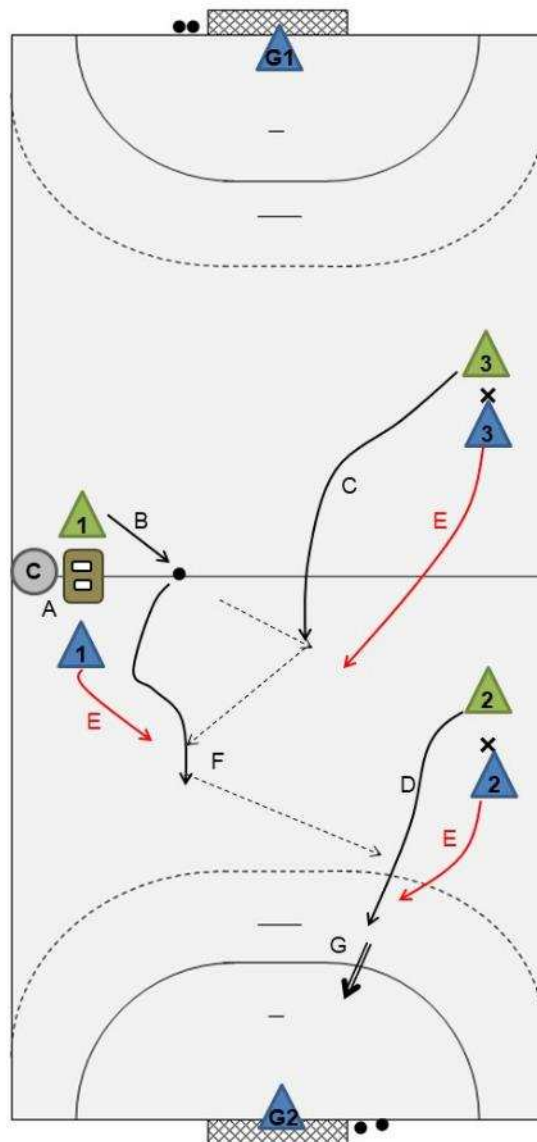
- Position a small vaulting box at the center line, divide a game of cards and put both stacks face-down on top of the box.
- Define the starting positions on the other side with two cones (see figure 1).
- Make two teams.


**Course:**

- One player of each team starts at the small vaulting box, two further players each start at the cones.
- The coach puts a ball on the floor and flips the two upmost cards (A).
- The player with the higher card on the stack (here 1), picks up the ball (B). His team is the attacking team.

**!** The other player must not interrupt him.

- 1, 2, and 3 play freely (C, D, and F) against 1, 2, and 3 (E) until one of them has shot at the goal (G).



-  If the defending players steal the ball, they immediately start a fast break themselves.

