2. Training units

TU 1	Training of stem shot variants for back position players – decision-making		★★	90

Opening part		Main part				
X	Warm-up/Stretching	X	Offense/Individual		Jumping power	
	Running exercise	X	Offense/Small groups	X	Shooting competitions	
	Short game		Offense/Team		Goalkeeper	
	Coordination	X	Offense/Series of shots			
	Coordination run		Defense/Individual		**Final part**	
	Strengthening		Defense/Small groups		Closing game	
X	Ball familiarization		Defense/Team		Final sprint	
X	Goalkeeper warm-up shooting		Athletics			
			Endurance			

Key:

✘	Cone
△1	Attacking player
●1	Defense player
⬛	Ball box
▢	Small vaulting box
◯	Hoop
●	Medicine ball
⊥	Pole

Equipment required:
➔ 4 medicine balls,
2 hoops,
4 small vaulting boxes,
2 poles, 15 cones, ball box with sufficient number of handballs

Description:

This training unit focuses on improving stem shots. Following warm-up, the players repeat different stem shot variants during the ball familiarization phase. After a shooting competition and the goalkeeper warm-up shooting, the players practice these shooting variants by playing against an inactive defense player before they practice making stem shot decisions by playing against a more active defense player. In a series of shots and another individual offense exercise, the players subsequently practice the different stem shot variants in various situations similar to the real game. Finally, they implement the shooting variants in a 3-on-3 game.

The training unit consists of the following key exercises:

- Warm-up/Stretching (individual exercise: 10 minutes/total time: 10 minutes)
- Ball familiarization (15/25)
- Shooting competitions (10/35)
- Goalkeeper warm-up shooting (10/45)
- Offense/Individual (15/60)
- Offense/Series of shots (10/70)
- Offense/Individual (10/80)
- Offense/Small groups (10/90)

Training unit total time: 90 minutes

No.: 1-7	Offense/Individual	10	80

Setting:

- Define a corridor with two cones.
- Provide a ball box with a sufficient number of handballs.

Course:

- **1** passes to **2** (A), starts to run, and receives a return pass into his running path (B).

- **1** touches the outmost cone while **2** has the ball (C), and then moves back to take up his defense position.

- If **1** has the chance for a stem shot, he should choose the appropriate shooting variant (D); if **1** stands in a good defense position, **1** passes the ball to **3** (E), moves back, makes another piston movement (F), receives a return pass from **3** into his running path (G), and tries to shoot one more time.

- **1** touches the cone on the inner side while **3** has the ball (H) and then moves back to take up his defense position.

- **1** may pass the ball back and forth with the feeders/receivers until he finally has the chance to shoot at the goal.

- After the shot, **4** starts the same course.

- Each player should repeat the course three times; change the feeders/receivers and the defense player afterwards.
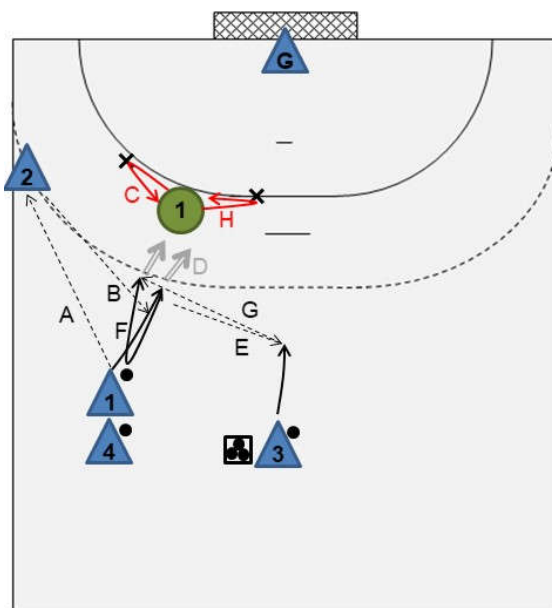
⚠️ The attacking players should make piston movements when they are about to receive a pass, and then decide whether shooting at the goal is possible. If so, they should choose the appropriate shooting variant; if not, they should pass the ball back to the feeder/receiver.

⚠️ Also do the course on the other side.