

Successful movement in offence
done by various top teams

Exercise

- CB cross LW, LB goes parallel and cross RB
- LB cross CB without ball, LB cross RB shot or pass CB who attack at the LB position
- LW transition with ball, CB plays back to LB
- CB cross LW and CB immediately transition to the line on the opposite side
- „double” crosses
- CB cross LP and transition to second pivot position and their variations
- LP comes up, gets the ball CB and pass to LB, at the same time transition from RW