

Group tactical means vs. open
defence system

- - Cooperation between 2,3,4 players
- - No sets, basic movements instead sets (transitions, crosses)
- - The offence action must not recognize early for the defence

Exercises

- - 3:3: cross and transitions
- - 3:3: transition-piston-shooting
- - 3:3: RB cross LB, CB goes parallel
- - 4:4: CB transition
- - 4:4: LP comes up to 9m line, CB transition
- - 5+1: LP blocks on the third defender: with piston shot at the block
- - CB cross LW transition from opposite wing
- - 3:3: cross, block and transition