

## Training 1 – Wing play – technical/tactical exercises

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### Remarks:

- Jump shot from the wings
- During forward run bring up the ball to shoulder height
- Third step is explosive and large
- In the air the hip should go backward
- At the highest point turn hip into the direction of the goal

### 1. Warming-up

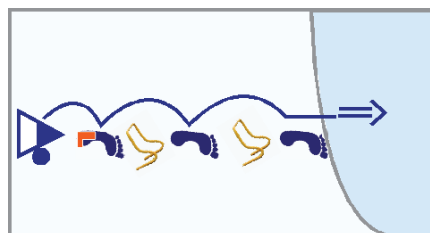
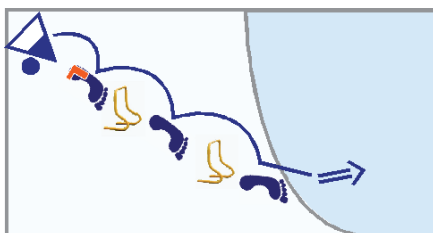
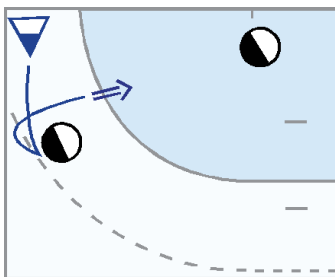
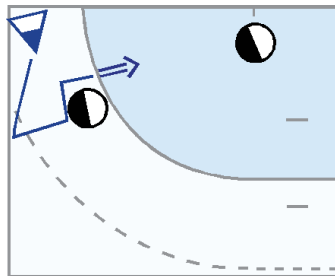
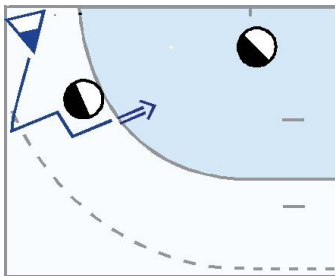
- Ball handling
- Core stability
- Jumps (forwards, backwards, sideways) in combination with passing

## 2. Shot from wing technical exercises



- High jump / long arm

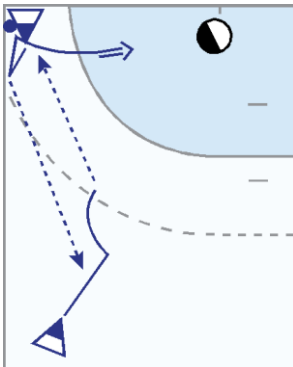
- Shot with side step



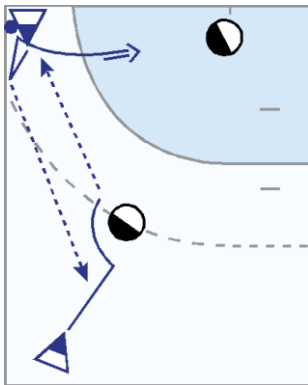
### 3. Shot from wing tactical exercises



- Wing player brings ball to back player -> shot wing



- Wing player brings ball to back player -> 1 against 1



- Wing player plays together with back player -> 2 against 2

