

## Training 3 – Individual, group and team fast break and turn back

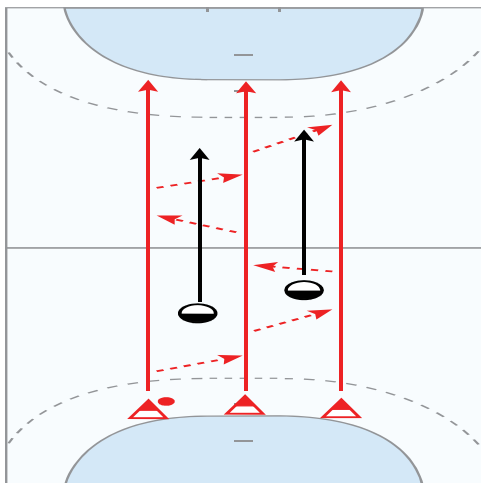
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### 1. Warming-up

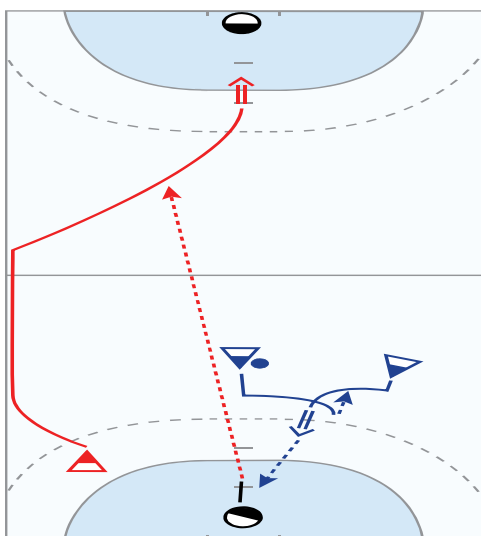
- Passing and running in triplets; making speed from the backplayers

### 2. Break group and team and turn back

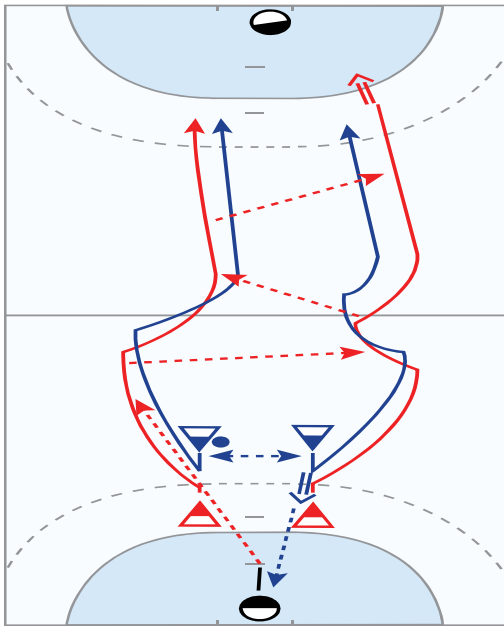
- Passing and running in pairs with two defenders in the middle



- Cross left back; shot -> break left wing
- Cross left back; shot -> break left wing with defender

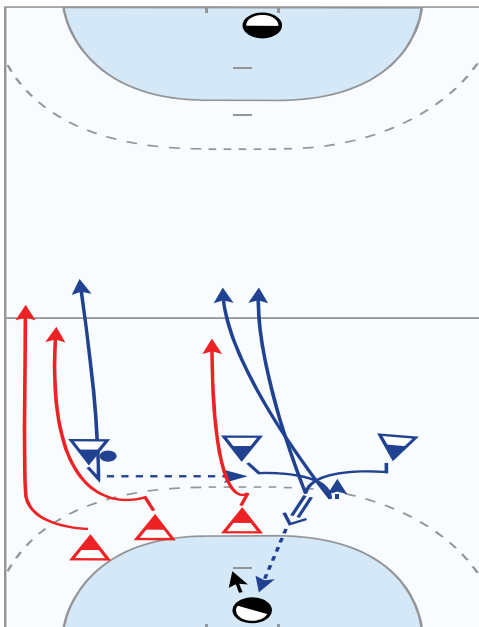


Example for 2 against 2 in contra attack



Only in theoretical session:

- 3 against 3 -> stealing ball, break and defending



- 4 against 4 -> with pivot play