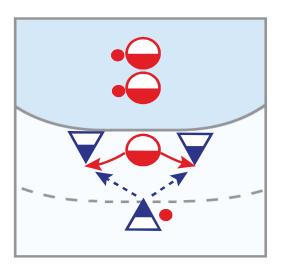


Training 4 - Ball steals in defence- individual and group excercise

1. Warming-up

- Running and dribling in pairs, stealing ball
- Passing in pairs and one player tries to steal the ball



2. Ball steals in defence exercises

- 2 against 1 -> try stealing ball
- 3 against 2 -> try stealing ball
- 3 against 3 (LW, LB, CB) -> stealing ball
- 4 against 3 -> try stealing ball
- 4 against 4 (LW, LB, CB, P) -> stealing ball

The LW defender is trying to steal the ball from the RB.

The 2e defender is trying to steal the ball from the CB.

