

Training unit 2

Passes, shots and faking

1. Theoretical background
 - Basic characteristics
 - Passes x decision making
 - Critical points of shooting
2. Warming up
 - Running with coordination
 - Passing in a square
 - Small game „passing through the goals“
3. Backs actions
 - Goalkeeper mobilization
 - Back shots after faking without ball
 - Back shots after faking with ball
 - Wing and line player shots
4. Complex exercises