## **Training unit 4**

Group and team defence in man disadvantage

- 1. Theory possibilities of partial elimination of imbalances
  - without defender in area most distant from the ball
  - reduction of action space
- 2. Preparatory exercises in man disadvantage (set attack, fast break)
- 3. Exercises for praktice of "without defender" conception
- 4. Exercises for "space reduction" conception (4:1 defence)