

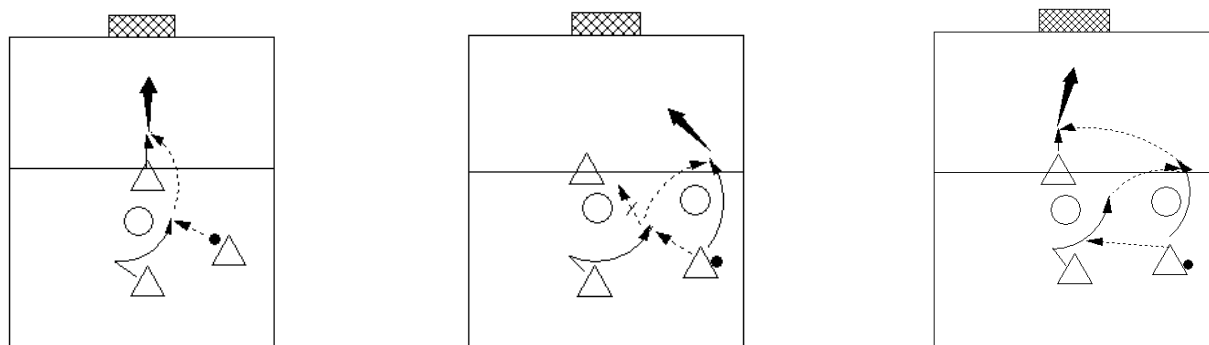


Practical session (19.08.05 / 10:00 – 11:30)

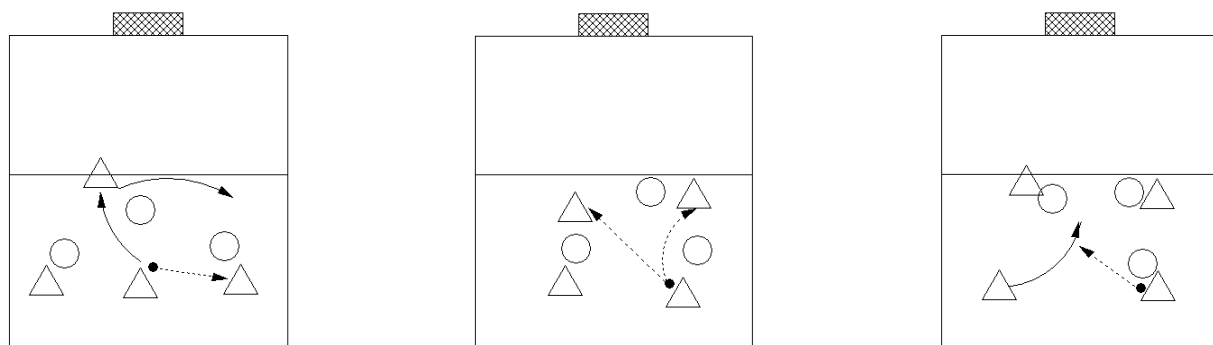
In the practical session with the demonstration team (Szombathelyi Főiskola SE) we did some passing in groups of 2 and later in groups of 4 players where all the ball contacts have to be in flight. Then we did some small games in groups of 3 players with 1 ball and every group was allowed to send in 1 player for interception. After that we formed triangles with 1 defense player inside trying to intercept.

These last 2 drills were done with balls and with Frisbees. Then we started goalkeeper preparation shooting with balls, regular Frisbees and mini Frisbees all mixed.

In the specific part we concentrated on 2 tactical moves only. The short inflight was dedicated to create several scoring options against 3:0 set defense (see graphics 5 – 7).



The scissors' system gives several scoring chances against open defenses (see graphics 8 – 10).



Both systems were practised from either sides. You can see the focus was on scoring doubles.

It was nice seeing that the demonstration team doing these moves in their matches.