

Decision making in offence play

Date: 24-01-2010

Start: 14:00

Notes: Planned for 18 players - 16 fieldplayers and 2 goalkeepers.

Material to be used: Balls 18,

"Reebok" steps 6, Cons 12, Ladders 2,

Volleyball court, Removables goals 2

Hurdles 4, Vest's 2 colors 10 of each

m	Time	I	Emphasis	Description
15	14:00-14:15			Exercises for Body- and Ball-Control
5	14:15-14:20			4 Goals handball
5	14:20-14:25			Balltransportation with 6 teams
10	14:25-14:35			Goalkeeper - Warming up with decision exercises for the field players
10	14:35-14:45			4 against 4 - with different "rules" for the defenders
5	14:45-14:50			5 against 5 - with different "rules" for the attackers and the defenders
15	14:50-15:05			6 against 6 - with different "start" situations for the attackers
10	15:05-15:15			Handball in Volleycourt