

Decision Making in defence play

Date: 25-01-2010

Start: 09:00

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

Material to be used: Balls 18,

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

Gymnastic Mats 2, Hurdles 4,

Vest's 2 colors 10 of each

m	Time	I	Emphasis	Description
10	09:00-09:10			<b>Exercises for Body- and Ball-Control</b>
10	09:10-09:20			<b>Handball-Rugby</b>
15	09:20-09:35			<b>Goalkeeper - Warming up</b> - with colaborationexercises between fieldplayers and goalkeepers
10	09:35-09:45			<b>1 against 1</b> - with and without tactical rules
10	09:45-09:55			<b>2 against 2</b> - with and without tactical rules
10	09:55-10:05			<b>4 against 4</b> + 2 against 2
10	10:05-10:15			<b>6 against 6</b>