

Man advantage play - 6-5 and 7-6

Date: 26-01-2010

Start: 10:45

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	10:45-10:55			Exercises for Body- and Ball-Control
10	10:55-11:05			Ball-Control and Decision Making in small areas
10	11:05-11:15			Passing exercises - Goalkeeper warming up
10	11:15-11:25			3 against 2 + 3 against 2
10	11:25-11:35			5 against 4
15	11:35-11:50			6 against 5
10	11:50-12:00			7 against 6