

Practising unit 1

Cooperation in defence formations – open defence

Notes: Planned for 14 players (12 fieldplayers and 2 goalkeepers)
Material to be used: balls (12), cons (8), differential shirts (minim. 4)

Time /minutes/	Description	Notes
10	Warming up - Individual defence skills	
	- tag	1 ball (2 balls)
15	Introductory exercises in 6-group	4 cons /group
10	Goalkeeper - Warming up with exercises for defenders	
20	Inside "block" cooperation exercises /4 against 4/	6 cons, differential shirts
10	Inside "block" cooperation exercises /4 against 5/	
10	Side "block" cooperation exercises	

Practising unit 2

Cooperation in defence formations – closed defence

Notes: Planned for 14 players (12 fieldplayers and 2 goalkeepers)
Material to be used: balls (12), cons (4), differential shirts (minim. 6)

Time /minutes/	Description	Notes
15	Warming up - in trinities	
	- tag	4 balls
20	Goalkeeper - Warming up + taking over exercises	2 cons
20	Defence in "running in" situations (4 against 4)	(4 against 5 eventually)
20	3 against 3, 6 against 6	

Practising unit 3

Transition game

Notes: Planned for 14 players (12 fieldplayers and 2 goalkeepers)
Material to be used: balls (12), cons (4), differential shirts (minim. 6)

Time /minutes/	Description	Notes
20	Warming up - little games	2 teams
20	Introductory exercises +Goalkeeper - Warming up	

20	Defence against fast break - 3:2	
	- 4:4	
15	Specific decisions	

Practising unit 4

Defence in man-advantage

Notes: Planned for 14 players (12 fieldplayers and 2 goalkeepers)

Material to be used: balls (12), cons (4), differential shirts (minim. 6) – **2 colours (!)**

Time /minutes/	Description	Notes
15	Handfootball	2 teams
20	Concept presentations +Goalkeeper - Warming up	
15	Defence in transition game - 6 against 5	4 cons
25	Set-defence in small groups - 4 against 3	
	- 3 against 2	