

POSITIONSPECIFIC & INDIVIDUAL EXERCISE DATABASE

INDIVIDUAL OFFENSIVE EXERCISES.

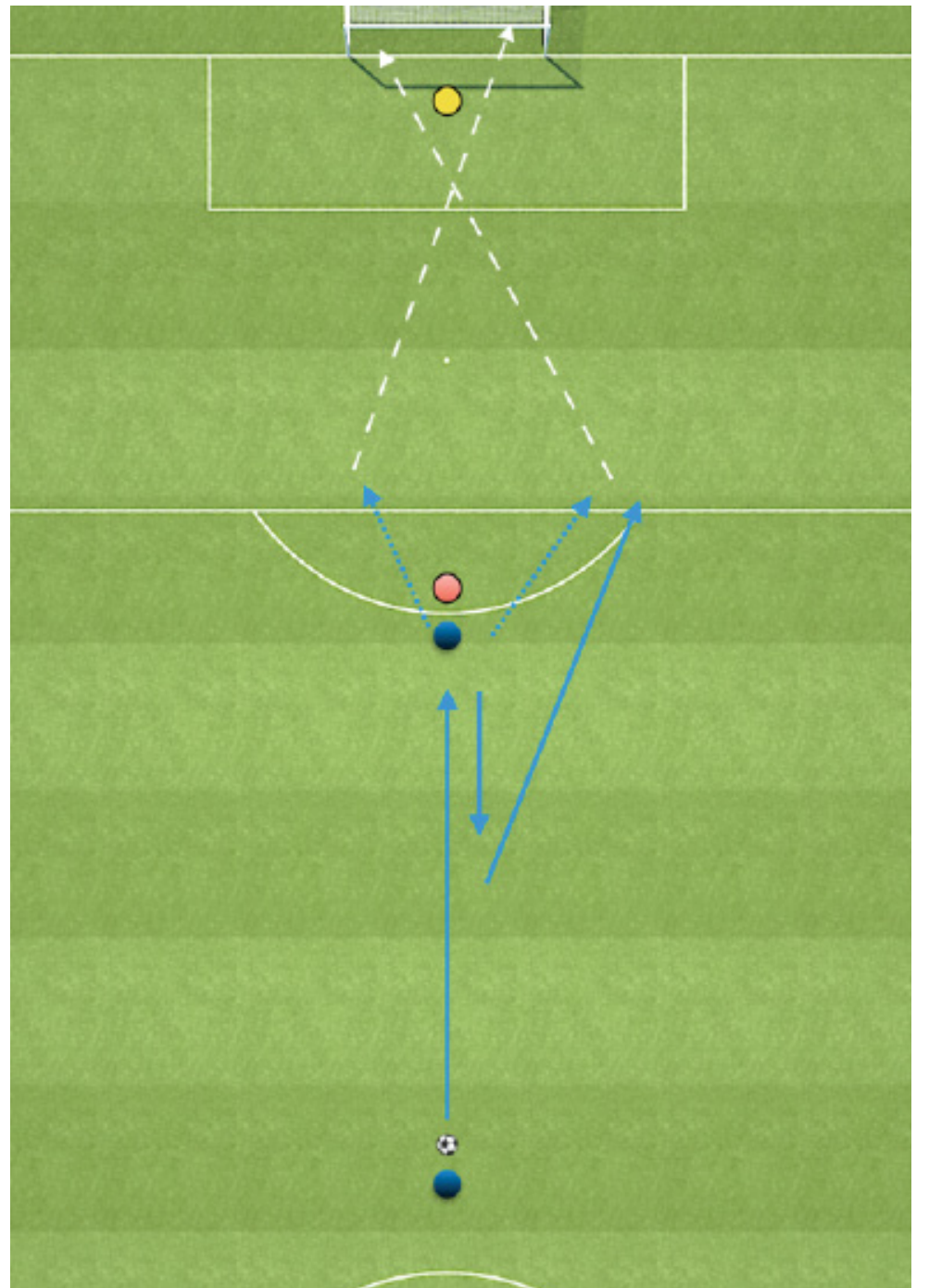
Introduction:

The exercises are set up to increase the quality of the offensive players actions. In the beginning you can choose to make it very slow and go much into detail with every action. Later, you can combine the exercises to bring in intensity and pulse of the players. But first of all, they must have the relevant technical focuses before we can increase the intensity.

Finish starting with back against the goal:

Finishing exercise with back against the goal. Choice of either turning on opponent or playing in support to get at through pass. Defender must push hard in 1st session, then, in the beginning, let the through ball pass. Remember to train both sides/turns.

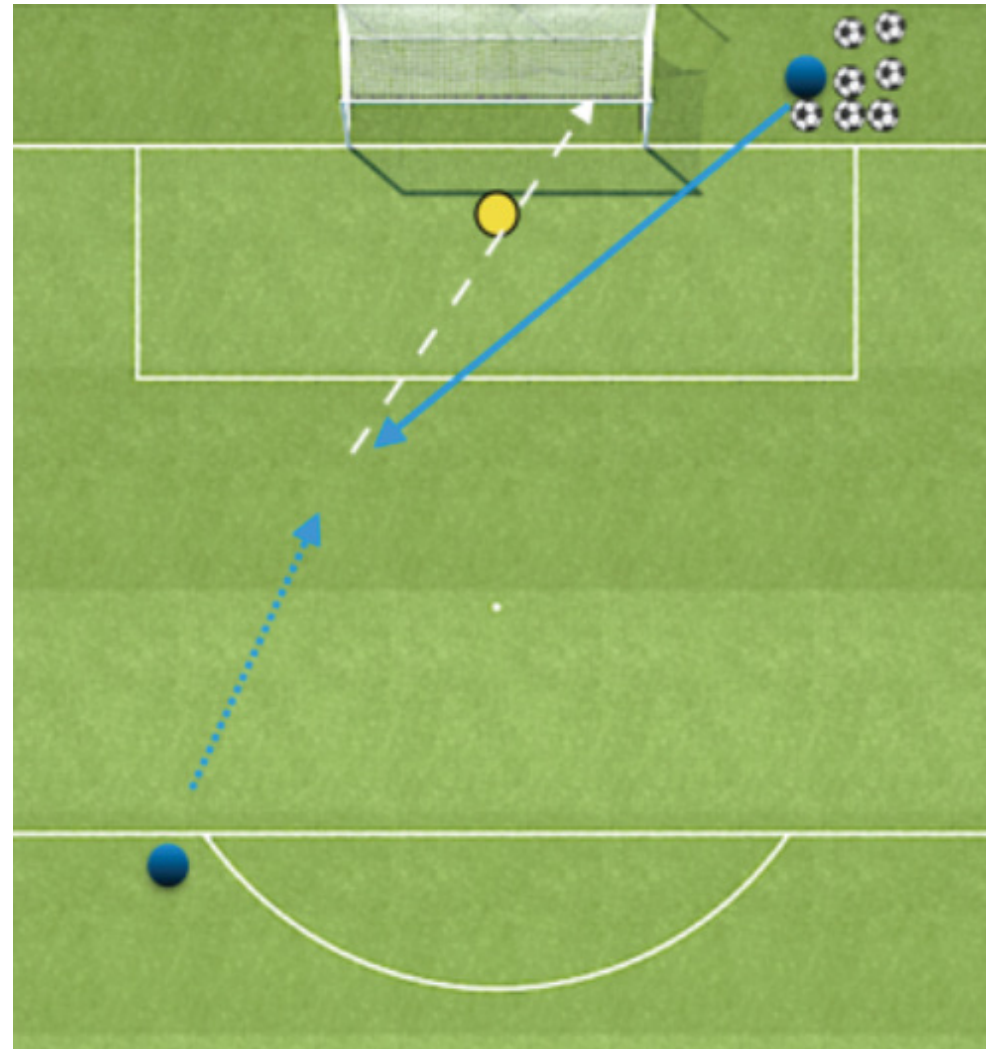
- Feel your opponent before receiving the ball.
- Use your body to keep the opponent away from the ball.
- React after first action (and open space if through pass).
- Look at the keeper while running to the ball.
- Place foot close to ball, tighten your kicking foot.
- Look down (don't put it over!!!).
- Finish as fast as you can.



Offensive headers from the side:

Finishing exercise with headers. The ball is thrown rather hard/high from the side of the goal. The player enters the box and have a heading finish from between the penalty spot and small box. Remember to train both sides.

- Open space and turn your body.
- Attack the ball, meet it as high as you can.
- Head to the ball over your head, not in front of you.
- Point your chest in the desired heading direction.
- Lift off with wide legs.
- Use your back to bring power in the header.



Introduction:

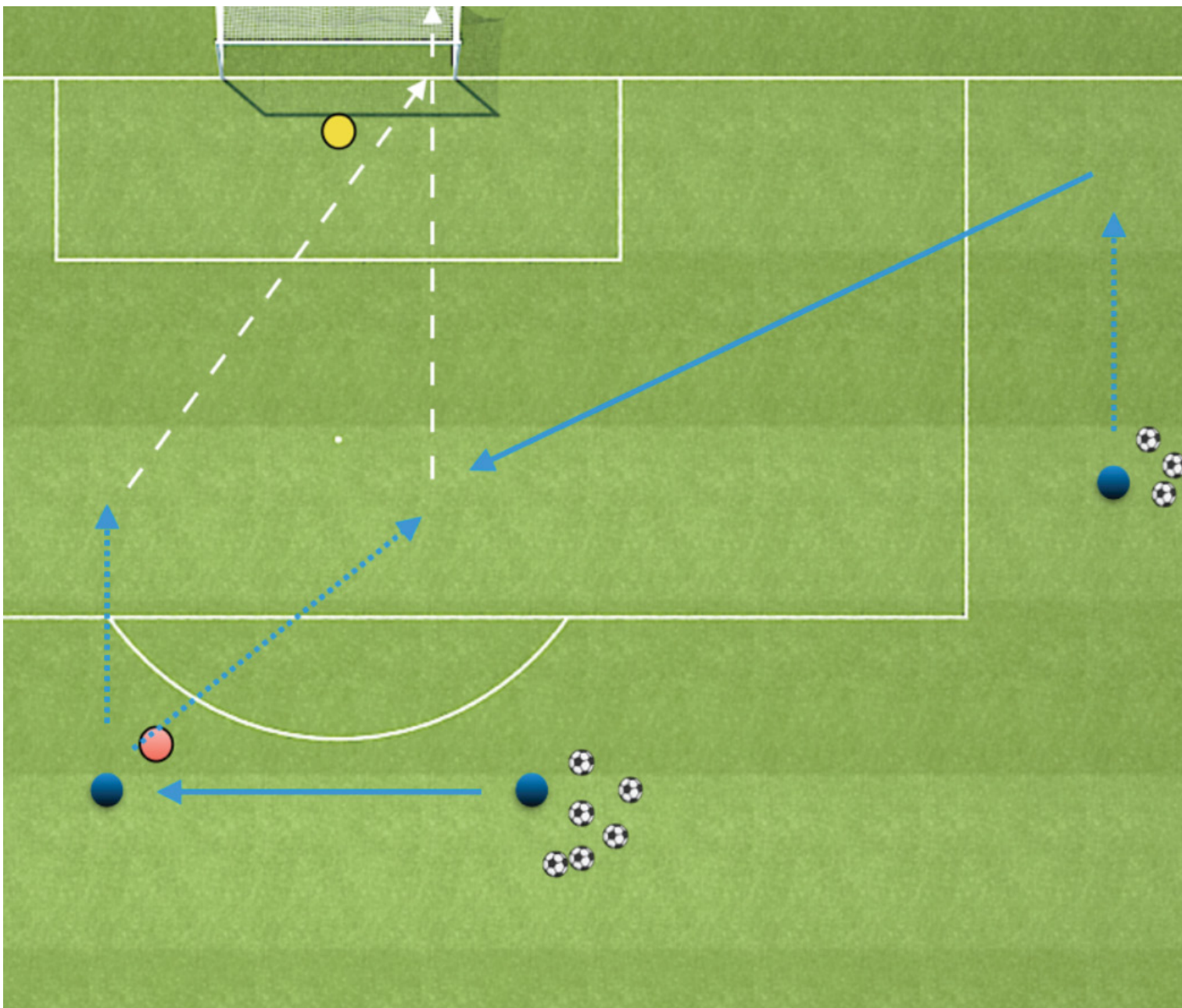
players develop, you can combine them.

Touch and finish:

Look down (don't put it over!!!).

1st time finish:

Look at ball at finish to not kick over.



INDIVIDUAL DEFENSIVE EXERCISES.

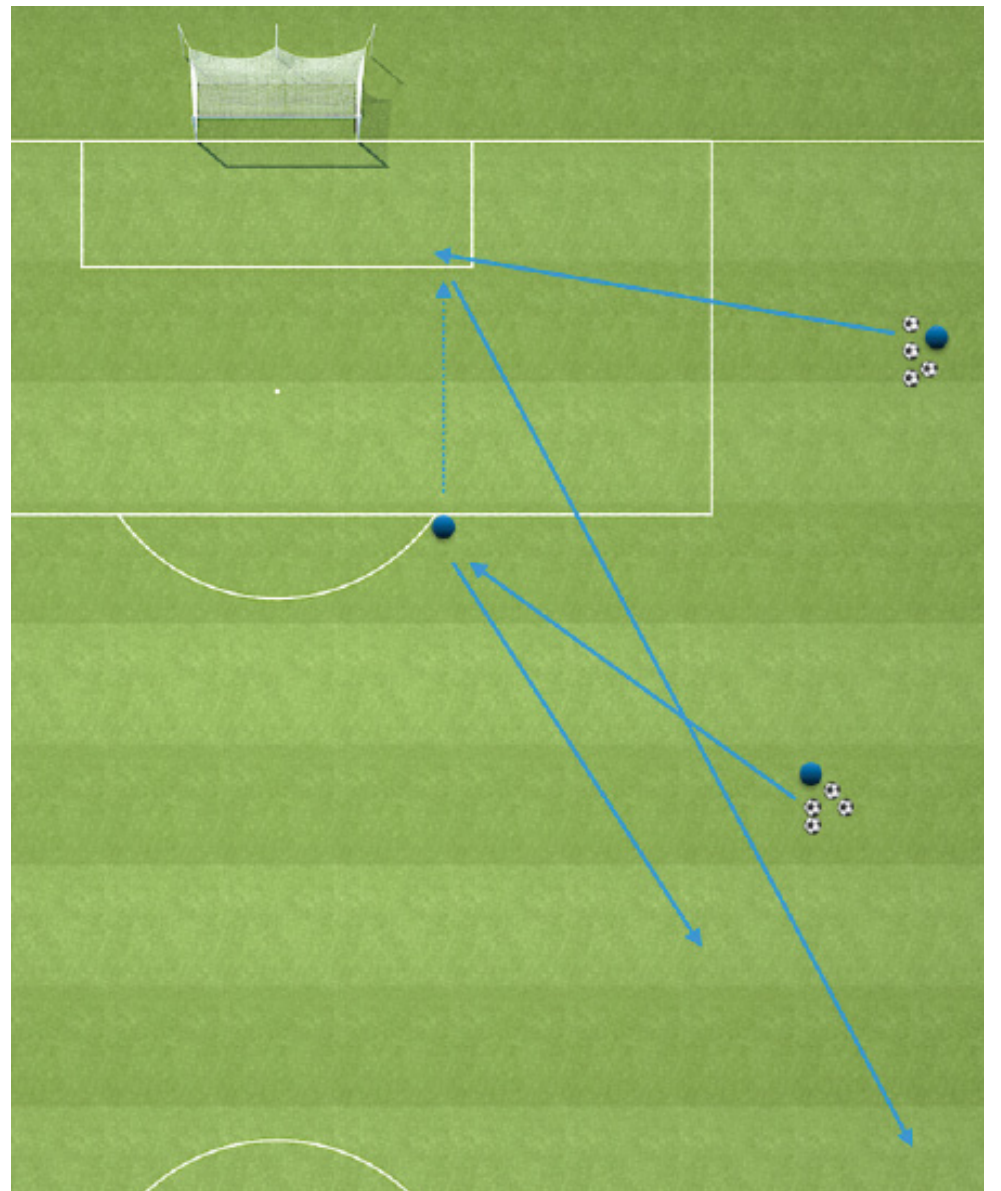
Introduction:

The exercises are set up to increase the quality of the defensive players actions. In the beginning you can choose to make it very slow and go much into detail with every action. Later, you can combine the exercise to bring in intensity and pulse of the players. But first of all, they must have the relevant technical focuses before we can increase the intensity.

Defensive clearings near/in the box:

Defending exercise here trains distinct technical skills in clearing. Here is displayed 2 exercises together. The exercises can be split up if needed. First it's a clearing header after a throw, secondly a clearing by foot inside the box. The two sessions can be put together in a series.

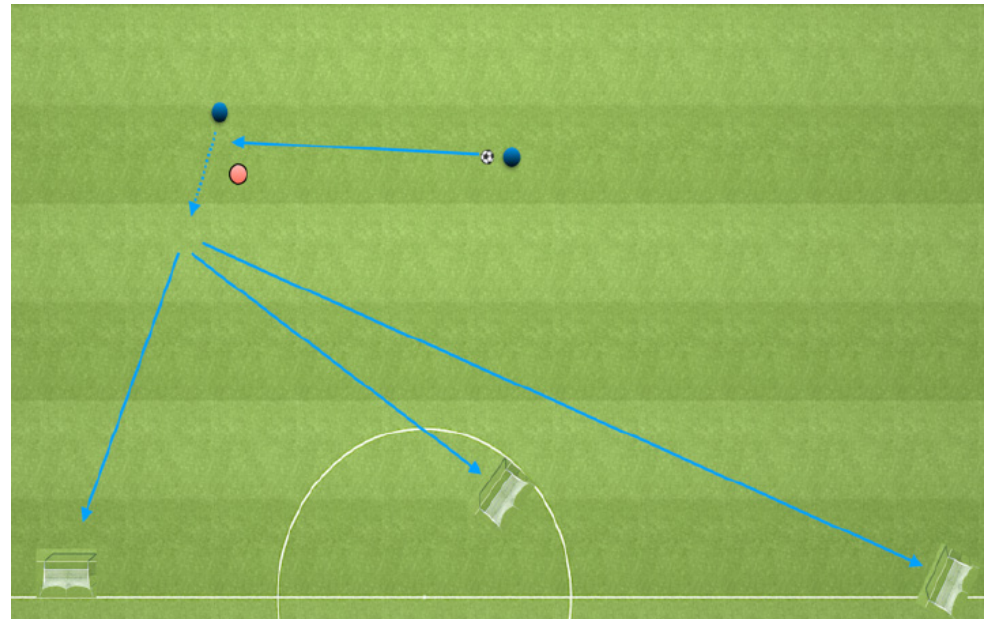
- Lift off with wide legs, Meet the ball high.
- Head when the ball is over your head.
- Use your back to put power in header.
- After the header, react fast to go into box.
- Position yourself by first post on small box-line.
- Clear as far and as long as possible.
- Push up after last action.



Offensive passing from defensive line:

Passing exercise here trains distinct technical skills in build up play for defenders. Here it is shown for centre backs, but it can be applied for fullbacks also. The ball travels from the side and the centre back takes a touch past a light pressure and passes into the small goals. Train receptions from both sides. First the player can decide himself but later you can stress the player by advising him where to pass after his touch. You can also put in players to cover one of the goals, so the pass has to go in one of the other. On the drawing here, you can apply a deep ball behind the opponent defensive line.

- Turn your body so you can accelerate after the first touch.
- Take the first touch in front of you.
- Play hard passes.
- Beware of differences between shortpassing and crosspassing (kick-type, leg position and touch).



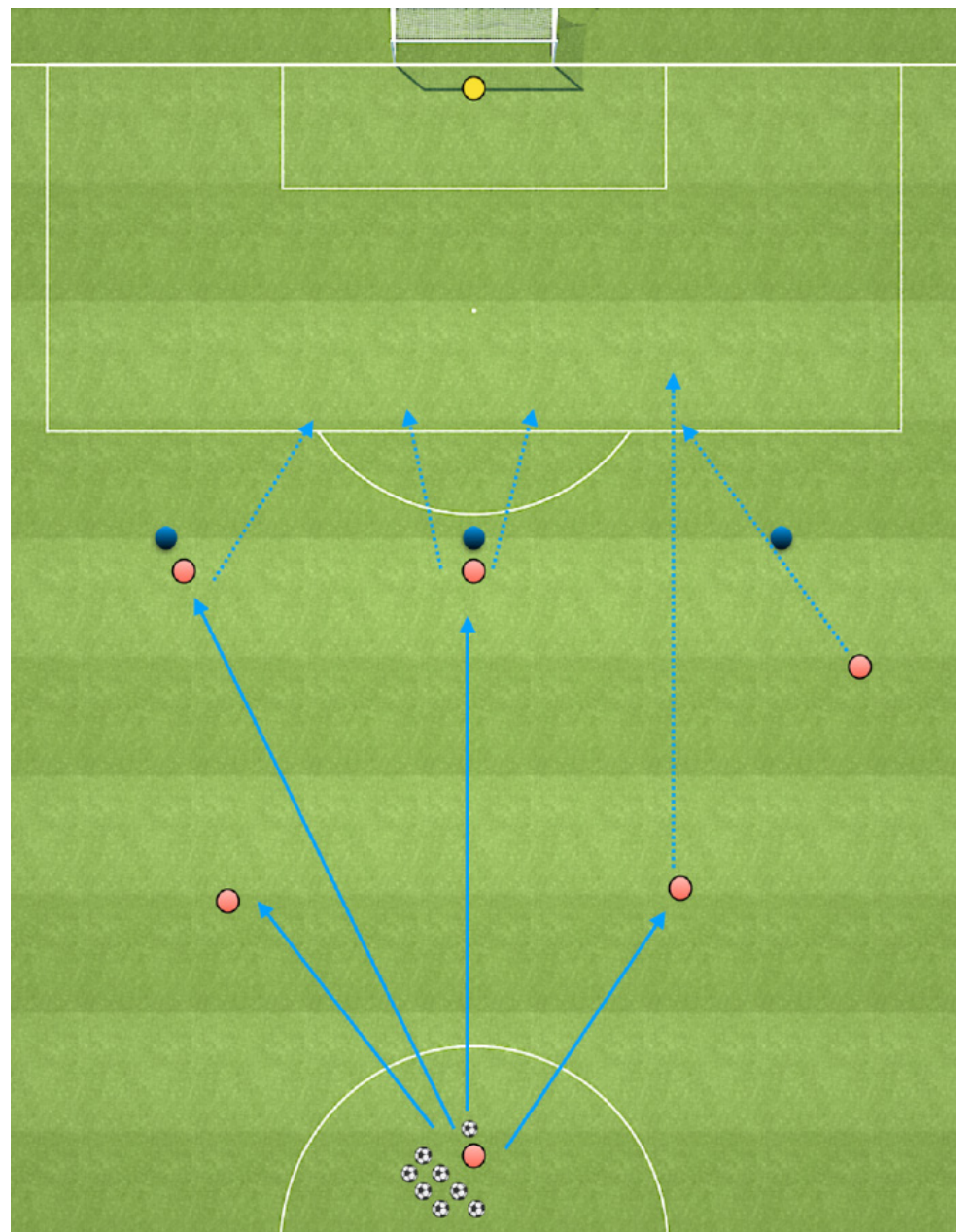
OFFENSIVE IDEAS EXERCISE.

Introduction:

The exercise is set up to increase the numbers of offensive runs on opponent's defensive line. You can start the exercise by defining which passes and runs should be done, then later release decisions to the players. The aim is to show the players that deep runs attacks dangerous space in opponents' box and they also creates space in front of opponent defensive line. You can start with mannequins, but as the players progress you can put in defenders. Here, the players will find out how valuable a deep run can be even when we end up playing in front of the defensive line as it gives space.

Focus:

- Open space in front of you
- Don't run into offside
- Play the ball in front of the player
- Time your run, when can the ball come? where can you get it?
- Put effort in quality of speed and passes.
- Look at your teammates to see how to open new spaces.
- For more technical focus see individual offensive exercises above.



DEFENSIVE LINE EXERCISE.

Introduction:

The exercise is set up to increase the awareness of movement in the defensive line. The players work both horizontally and vertically. The ball is at opponent 1. He passes it forward and the defensive player in the area breaks out and puts the ball back to the opponent. When he breaks out the rest squeezes together to protect the area in front of the goal. If the ball is passed on opponent 2, the defensive line push up higher with the aim to defend higher in the pitch. Opponents 1 and 2 can also pass on opponent 3. The then full back goes out while the ball is underway and the rest pushes sideways. If we are positioned low and the pressure is not established on the side, the central defenders must stay in the box for the cross. When the players get better at this, you can put in attackers to run deep.

Focus:

- Work together with a proper internal distance.
- Communicate about the responsibility of players in different areas.
- Move forward if the ball travels that direction.
- Protect the space behind you.
- Don't drop further than the edge of box.
- Run while the ball is underway.
- Get fast back in the line.
- If there is no pressure on the ball, protect the goal.

