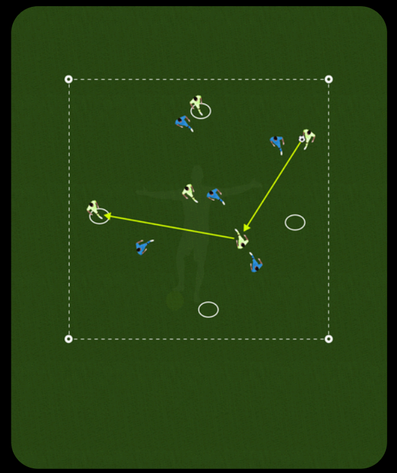
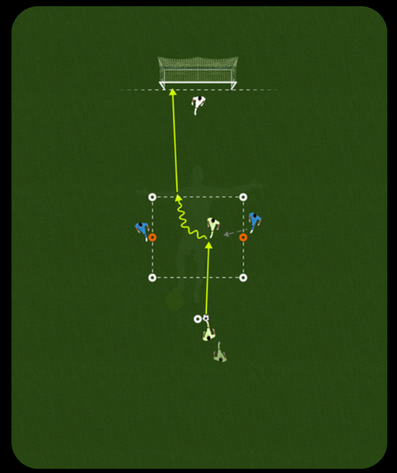
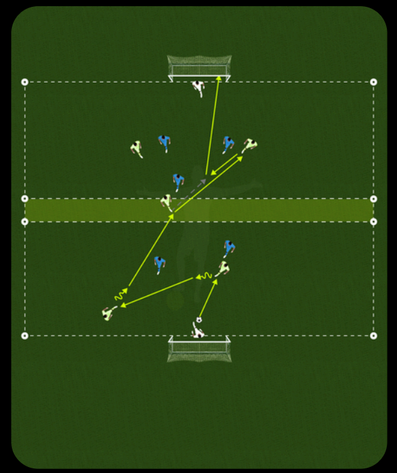
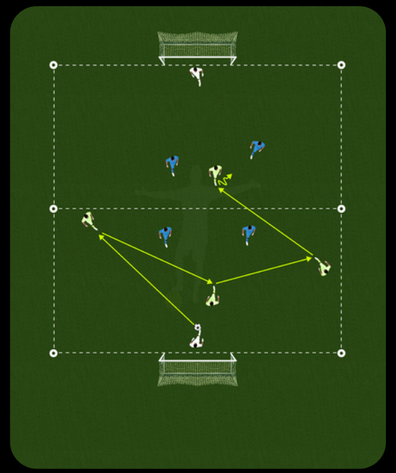
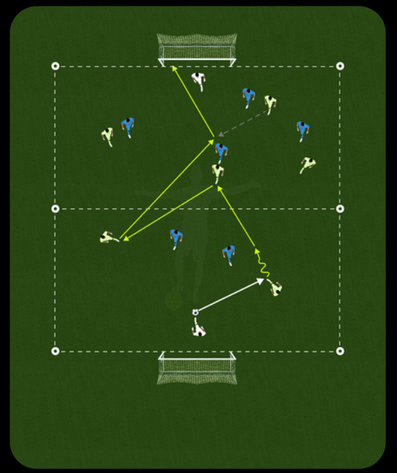
TRAINING SESSION “PRE-ORIENTATION”

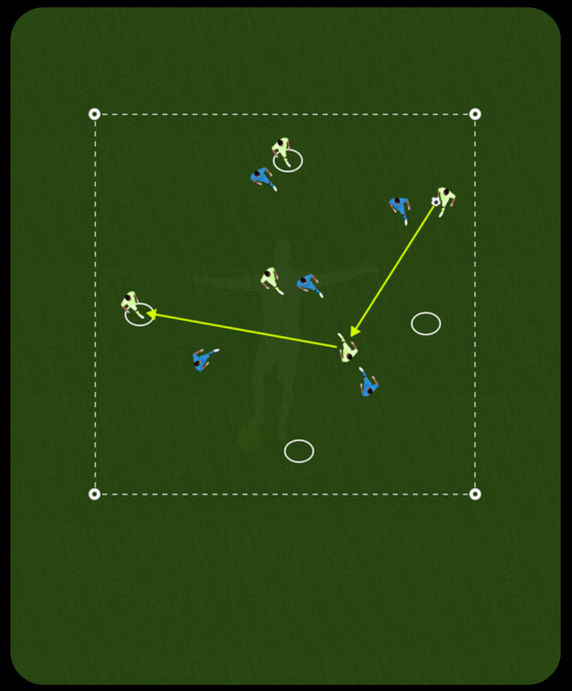
12 2 90min Pre-Orientation

2 14 4

Activation	Activation Plus	Main	Application	Game
CHECKPOINTS	**SET A BLOCK**	**ONE-TOUCH-ZONE**	**2 TOUCH HALF**	**INSTANT COUNTER**
				
10'	15'	25'	20'	20'

CHECKPOINTS

Activation



10 min

14 players - 7vs7

Description

1️⃣ The players pass the ball to one another.

2️⃣ The aim is to free up a teammate, who then catches the ball with both hands whilst keeping at least one foot inside the hoop (= touchdown).

3️⃣ Play then continues immediately.

4️⃣ If the ball hits the ground, possession changes hands.



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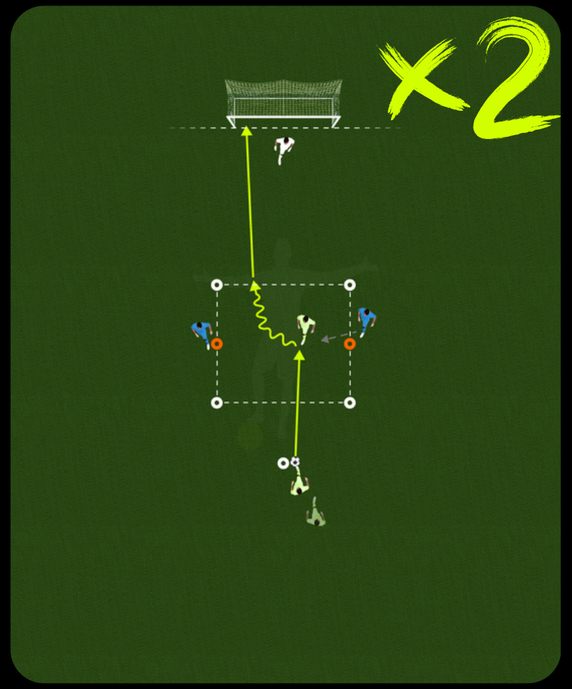
You can find the set-up, variations and coaching tips in the app. Sign up for free!

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SET A BLOCK

Activation Plus



15 min

set-up 2x and play parallel

6 player plus 1 GK

Description

1️⃣ The player passes the ball to the attacker on the pitch.

2️⃣ As the pass is made, one of the defenders runs onto the pitch and puts pressure on the attacker.

3️⃣ The attacker recognises which player is closing him down and skilfully uses his body to shield the ball.

4️⃣ He then carries the ball towards the goal and shoots.

🔄 After the move, the passer moves further into the court. The attacker retrieves the ball and takes up the role of passer. The defenders are substituted once all players have completed a full rotation.

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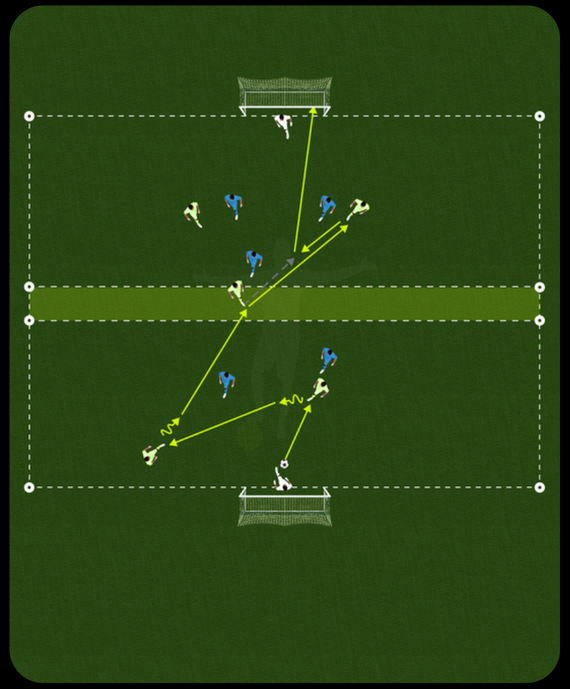
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ONE-TOUCH-ZONE

Main



25 min

7 vs 7

Description

1️⃣ The teams play towards the goals, which are defended by goalkeepers.

2️⃣ To move from their own end zone into the opposition's end zone, players must pass to a teammate in the middle zone.

3️⃣ Only a single touch of the ball is permitted in the middle zone. The recipient of the pass must therefore carry the ball into the opposition's end zone with their first touch, or let it bounce back into their own zone.



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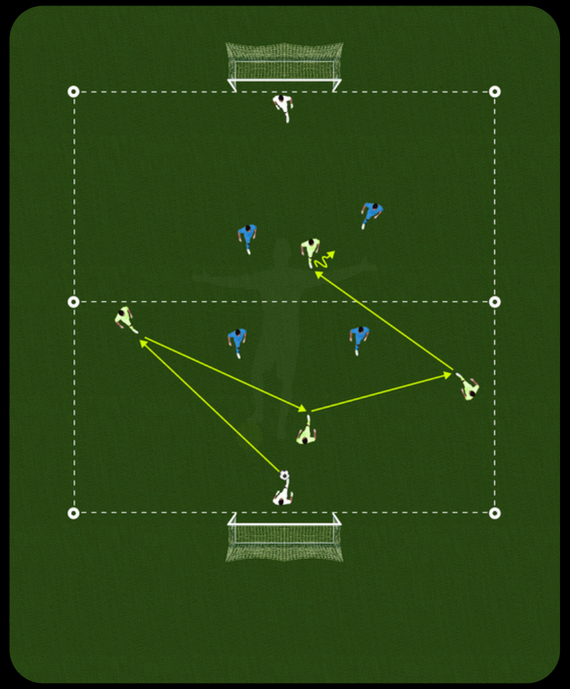
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2 TOUCH HALF

Application



20 min

7 vs 7

Description

1️⃣ Every action is initiated by the goalkeeper of the team in possession.
2️⃣ The teams aim to score a goal in the opposition's net.
3️⃣ In their own half, they are allowed a maximum of two touches of the ball and must not play high balls.
4️⃣ There are no restrictions in the opposition's half.



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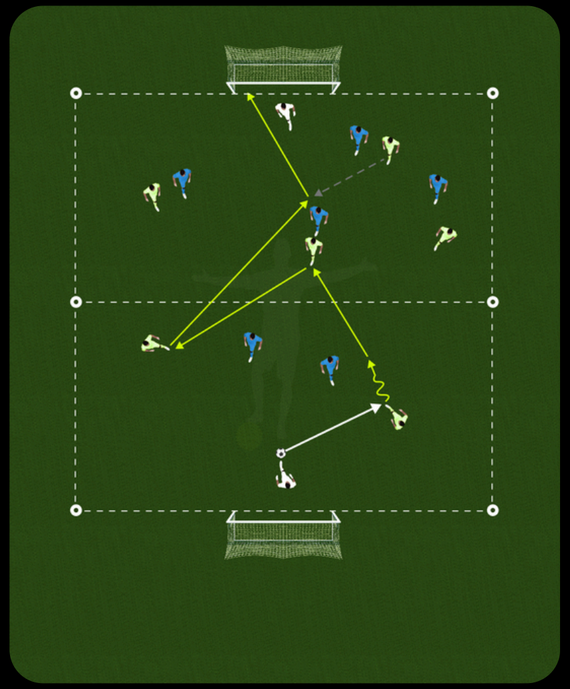
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INSTANT COUNTER ATTACK

Game



20 min

7 vs 7

Description

1️⃣ Free play towards the goals, with goalkeepers.
2️⃣ When a team wins possession, they have a maximum of 5 seconds to pass the ball to a teammate in the opposition's half.
3️⃣ If they fail to do so, the team must give up possession.



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