

## Building block 1

### Handball/headball + technique training

#### Concepts/objectives

1. Physical and mental preparation for training
2. Playful activity
3. Fun and motivation right from the start of practice

#### Setup

- **Groups A + B** line up beside the two goals with goalkeepers.
- **Group C** practices on a marked field near the main practice field.
- Every five minutes, one group switches from the warm-up game to technique training.

#### Sequence

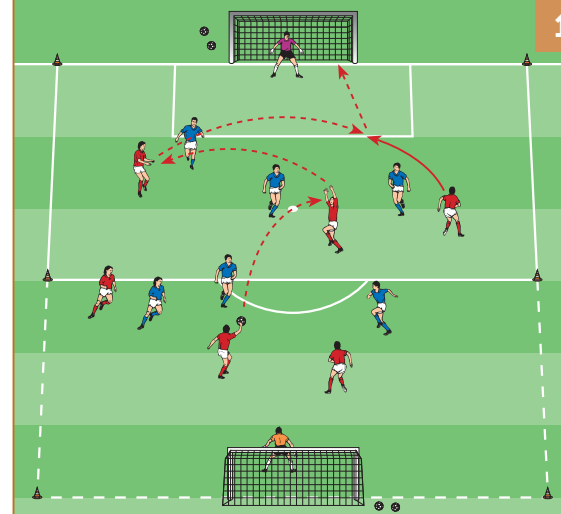
##### Groups A + B: Warm-up game

- Teams play 6 v. 6 on the two goals.
- Players pass the ball by throwing it. They are allowed to carry the ball no more than three steps before passing it.
- Players can only score on a header set up by a teammate's pass (i.e. shooters are not allowed to set themselves up).

##### Group C: Technique exercises

- The third group has its own warm-up program: solo exercises with the ball (alone or led by the coach).

#### Groups A + B



#### Group C: Exercise 1

- Players dribble with lots of quick touches and changes of speed and direction, also executing fakes.



#### Group C: Exercise 2

- Players juggle with lots of quick touches and variations, consciously varying the height of their juggling.



### Crossbar shots + technique training

#### Concepts/objectives

1. Warming up the body
2. Preparing for difficult soccer-specific exercises (coordination and concentration)
3. Playful activity

#### Setup

- **Groups A + B** line up beside the two goals with goalkeepers.
- **Groups C** practices on a marked field near the main practice field.
- Every six minutes, one group switches from the warm-up game to technique training.

#### Sequence

##### Groups A + B: Game 1 (three minutes)

- Teams play 6 v. 6 handball on two goals.
- Attackers play combinations and try to hit the bar of the opposition's goal.

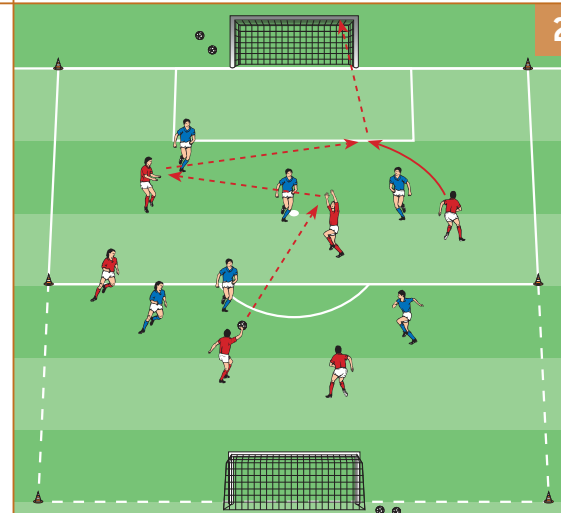
##### Groups A + B: Game 2 (three minutes)

- Teams play 6 v. 6 handball on two goals with goalkeepers.
- Players can only score by receiving a pass and then volleying with the instep or inside of the foot.

##### Group C:

- The third group has its own warm-up program: technique exercises in pairs.

#### Groups A + B



#### Group C: Exercise 1

- Player A throws; B stops the ball with the thigh and volleys back with the instep.
- As above, except B stops with the chest.



#### Group C: Exercise 2

- Players pass and control the ball.
- Player A throws; B heads the ball back.
- Players juggle together in various ways.

