



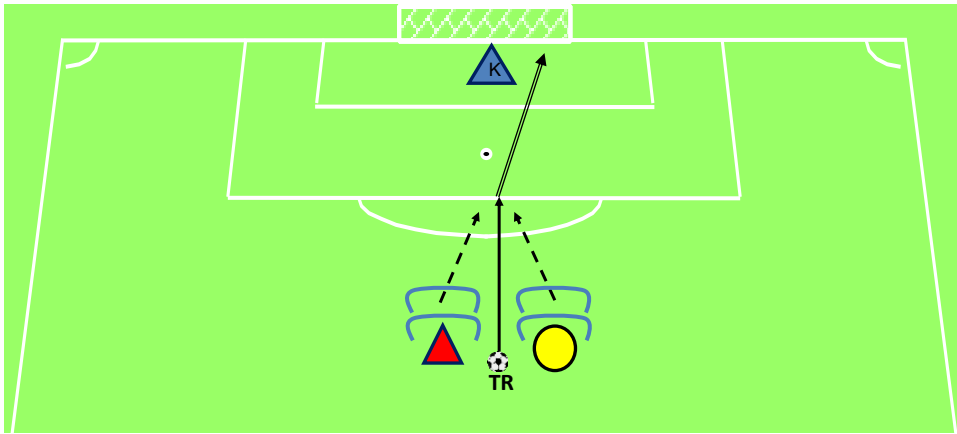
## 1. Course coordination



### Accents :

- On the toes
- High knees (achieve height and distance)
- Pull on elbows
- In combination with technical skills

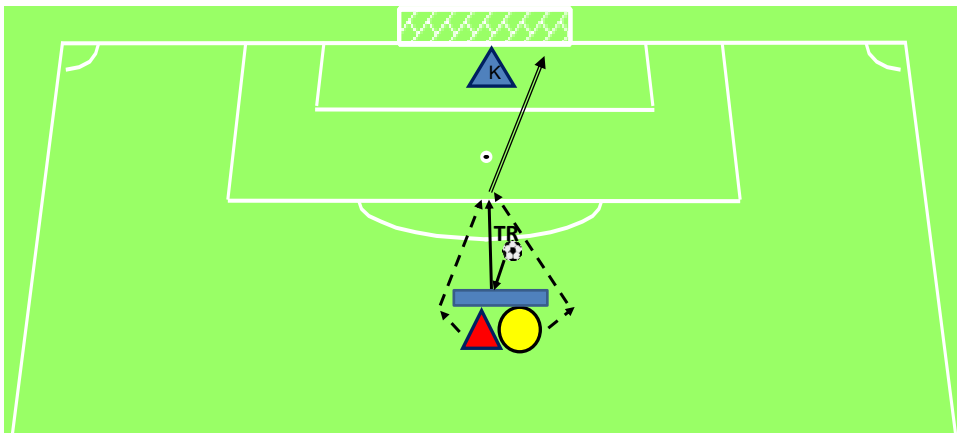
## 2. Explosivity



### Accents :

- Quick jumps with 2 feet together ([short ground contacts](#))
- [First on the ball](#) : attacker = scoring; defender = pass to keeper
- 30" rest

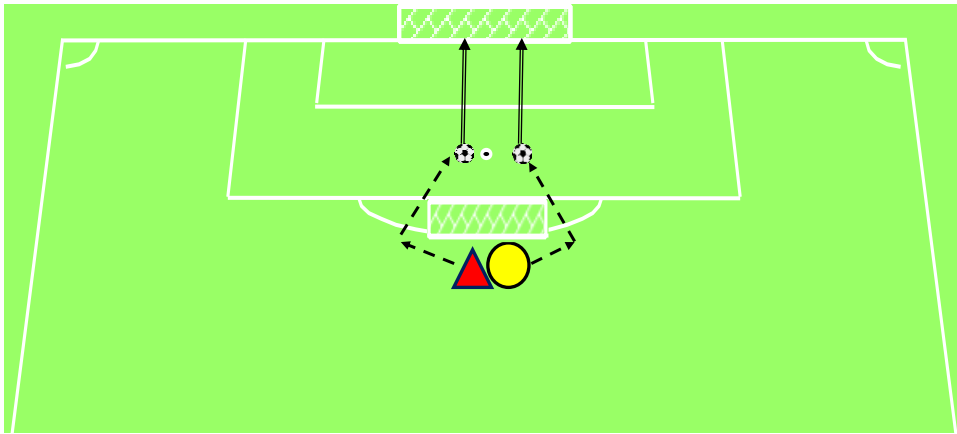
## 2. Explosivity



### Accents :

- [Fast turn \(agility\)](#)
- [First on the ball](#) : attacker = scoring; defender = pass to keeper
- 30" rest

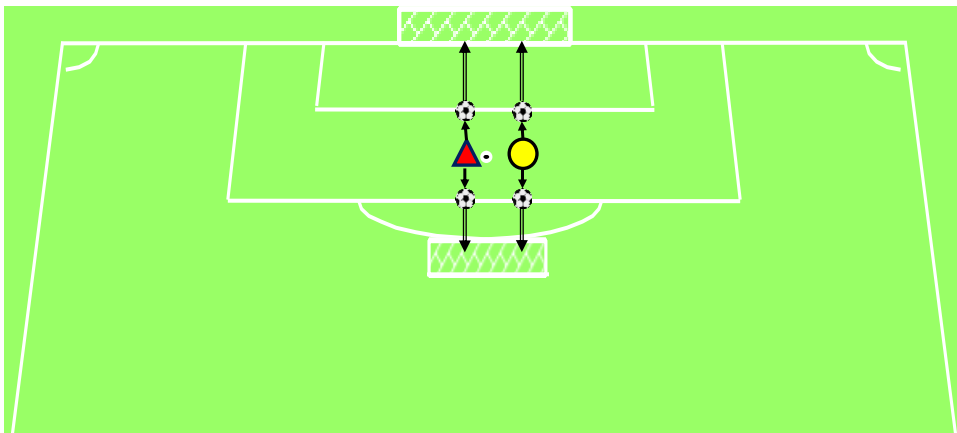
## 2. Explosivity



**Accents :**

- Fast turn (agility)
- First on the ball : both players are attackers = who scores first?
- 30" rest

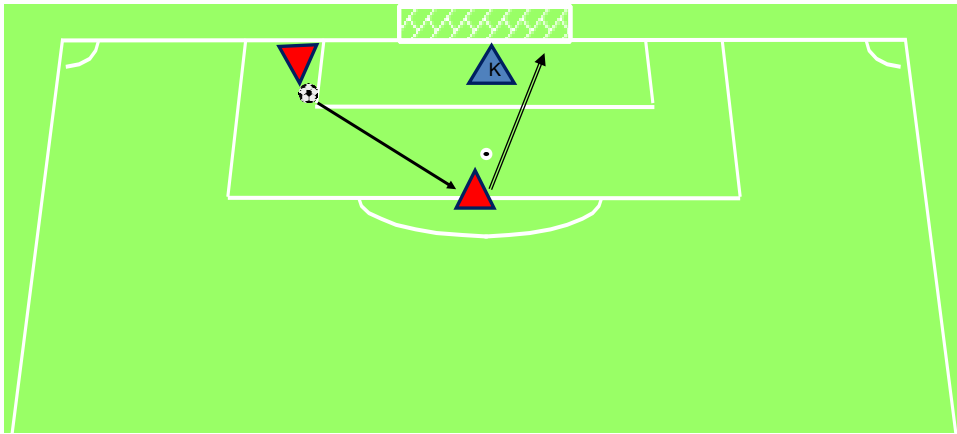
## 2. Explosivity



**Accents :**

- Fast turn (agility)
- First on the ball : both players are attackers = who scores first both balls?
- 30" rest

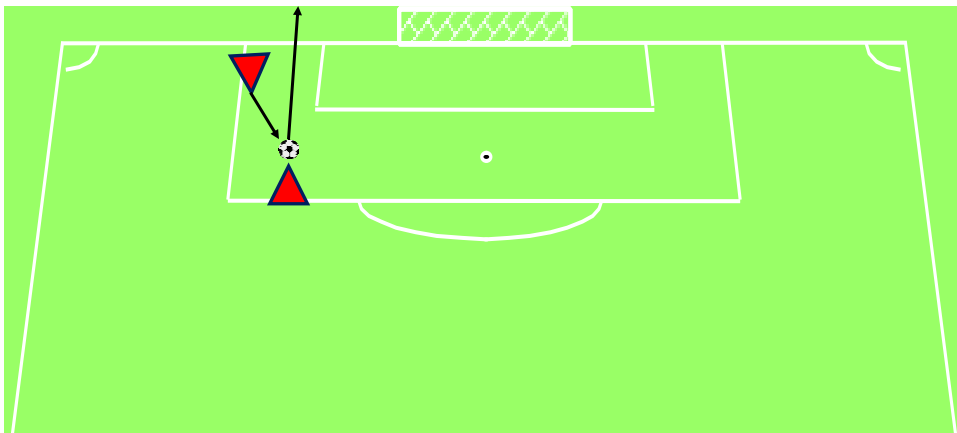
### 3. Weak foot



#### Accents:

- Ball control and placing : **low in the corner without spin or bounce**
- Inside feet and instep after ball control or in 1 touch
- Technical : **inside feet** = turn your knee outside and feet at 90°
- Technical : **instep** = turn your knee inside and stretch your foot

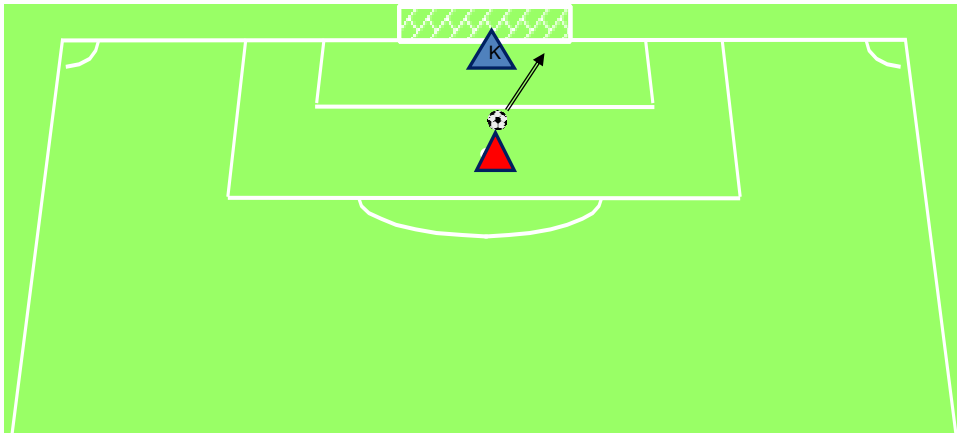
### 3. Weak foot



#### Accents :

- Instep kick to the net : **no sideward spin on the ball but slice**
- Instep kick after ball control or in 1 touch
- Technical : **instep kick** = turn your knee inside and stretch your foot

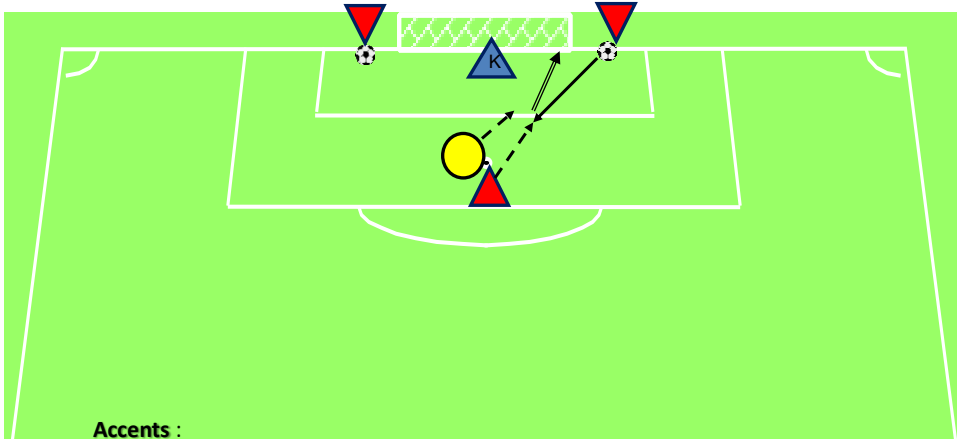
## 4. Heading



### Accents :

- Throw up the ball (or other player throws the bal) and score with the head
- Technical : jump and **stretching backwards followed by waisting your bend and neck, hit the bal with your forehead and aim down**

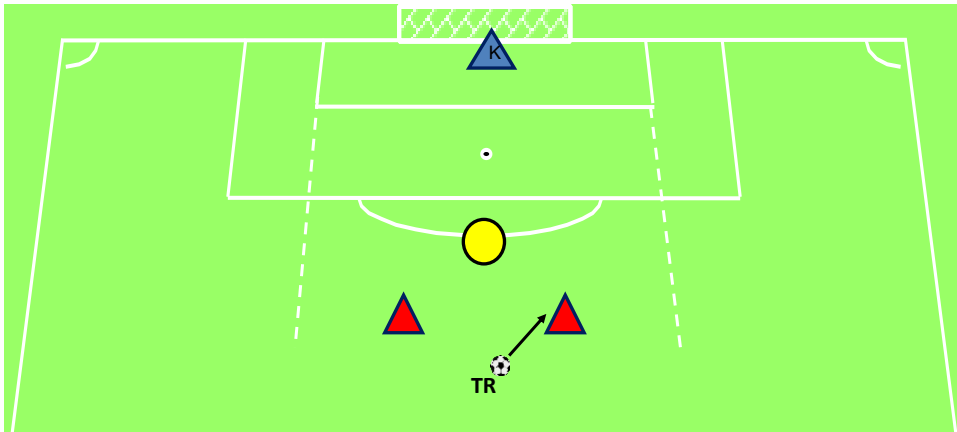
## 4. Heading



### Accents :

- Attacker asks the ball to 1 of the players beside the goal; the defender tries to prevent to score with the head
- Technical : jump and **stretching backwards followed by waisting your bend and neck, hit the bal with your forehead and aim down + win the duel with the defender**

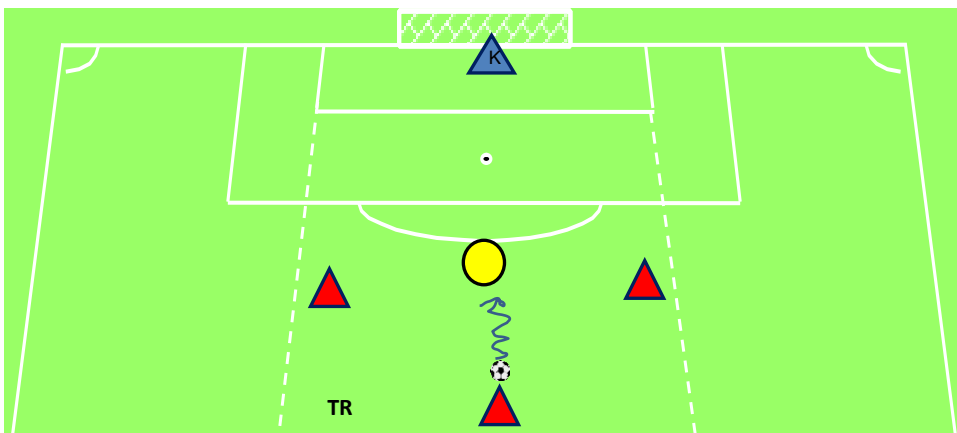
## 5. Scoring



### Accents :

- **2/1+K** : score as quickly as possible (ev. with running back player)
- Off-side and counting points!
- Transition to coach

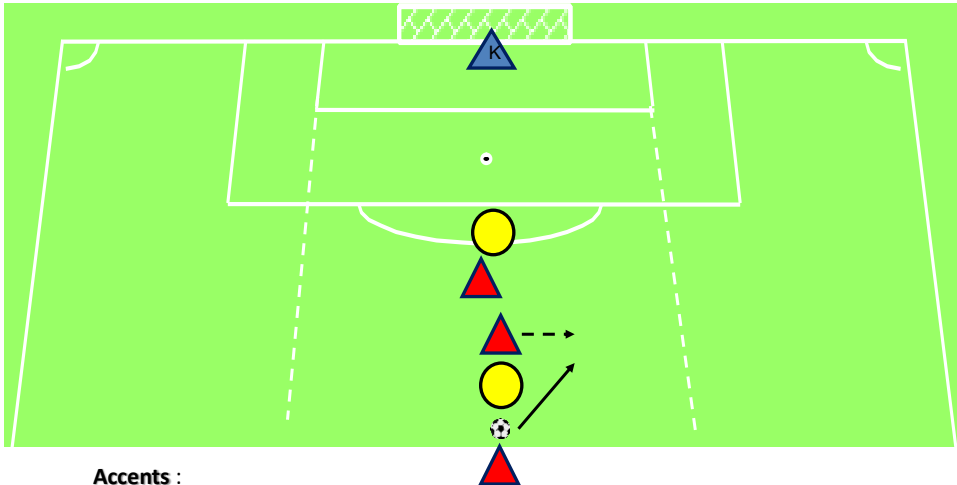
## 5. Scoring



### Accents :

- **3/1+K** : score as quickly as possible (ev. with running back player)
- Off-side and counting points!
- Transition to coach

## 5. Scoring



**Accents :**

- **3/2+K** : **score as quickly as possible** (ev. with running back player)
- Off-side and counting points!
- Transition to coach