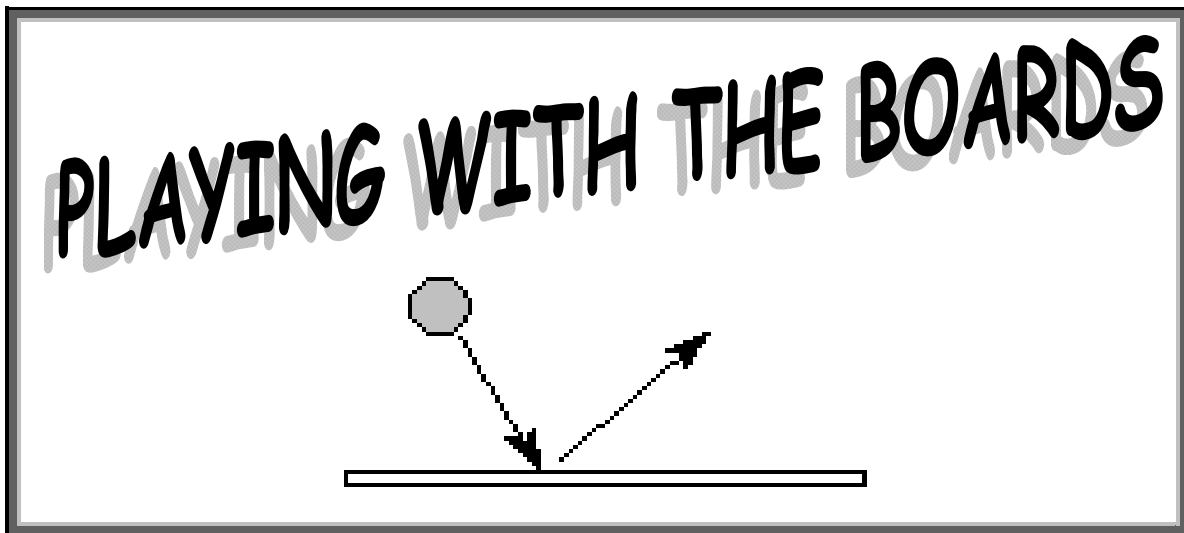




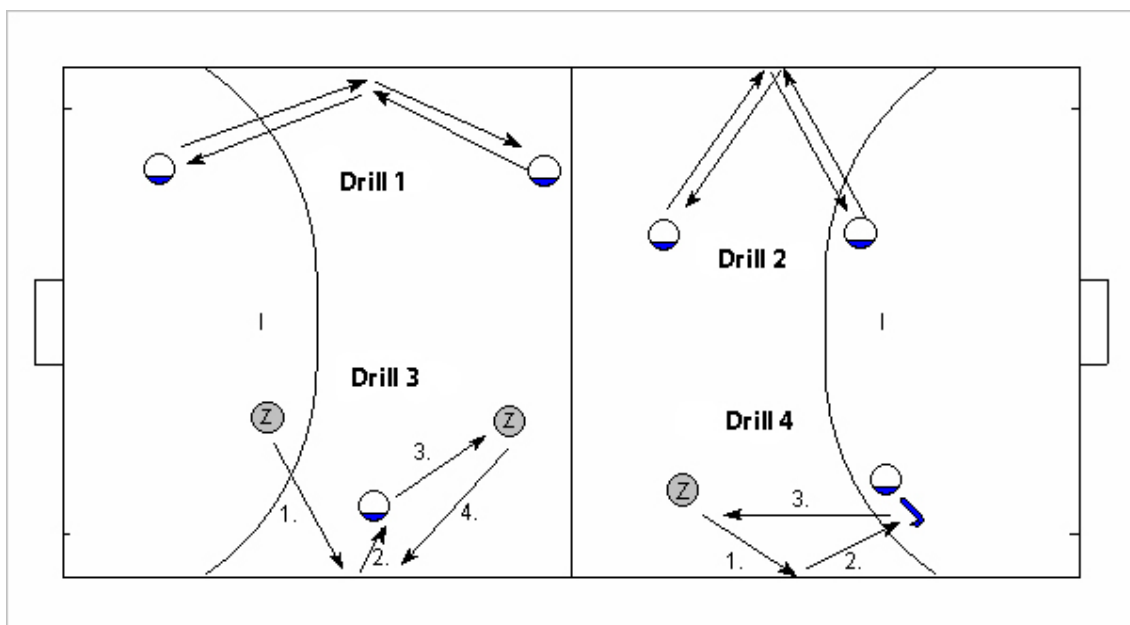
The First Indoor Coaching Seminar Leipzig 2003



Signs:

	Player		opponent		Player who passes		Trainer
	Cone		goal		ball		balls
	goalscoring-triangle		either/or		if/then		stick
	Path of ball		scoop		goalscoring		dribbling
	Path of player		elimination		channeling		

I. Receiving at the boards



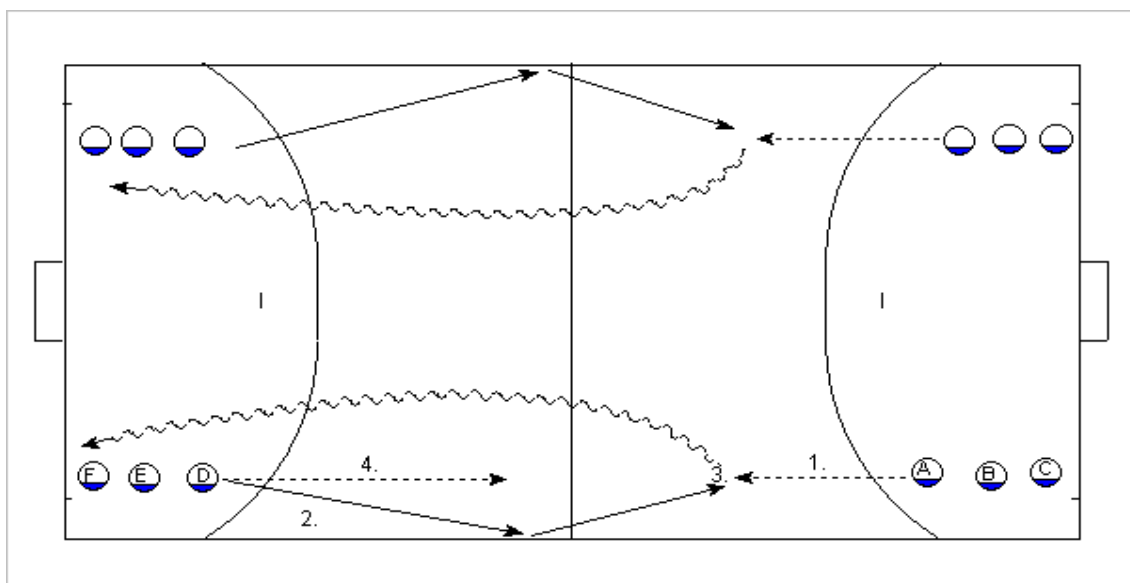
Drill 1: easy passing off the boards at an angle

Drill 2: easy passing off the boards at an angle

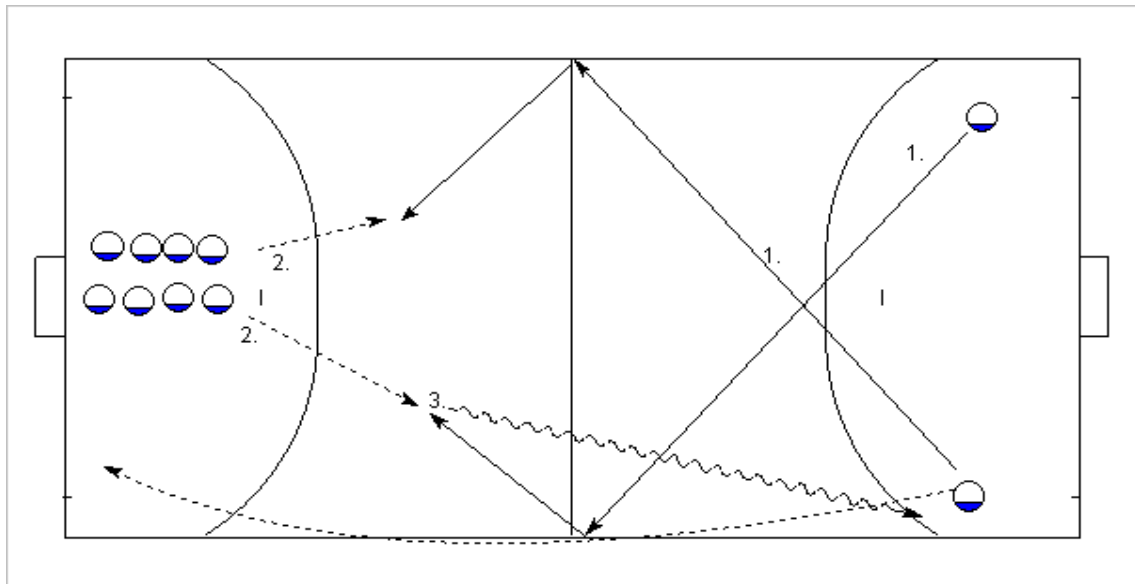
Drill 3: Passing players are in the back of receiving player, pass with the boards

Drill 4: Receiving with small backhand after pass with the boards

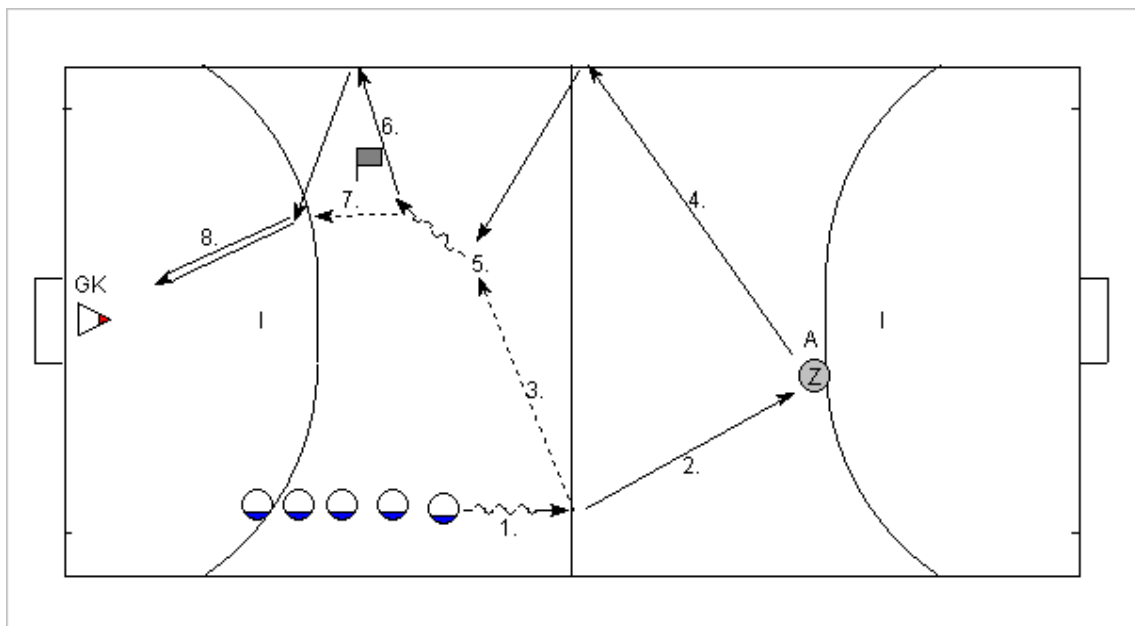
II. Receiving at the boards in movement



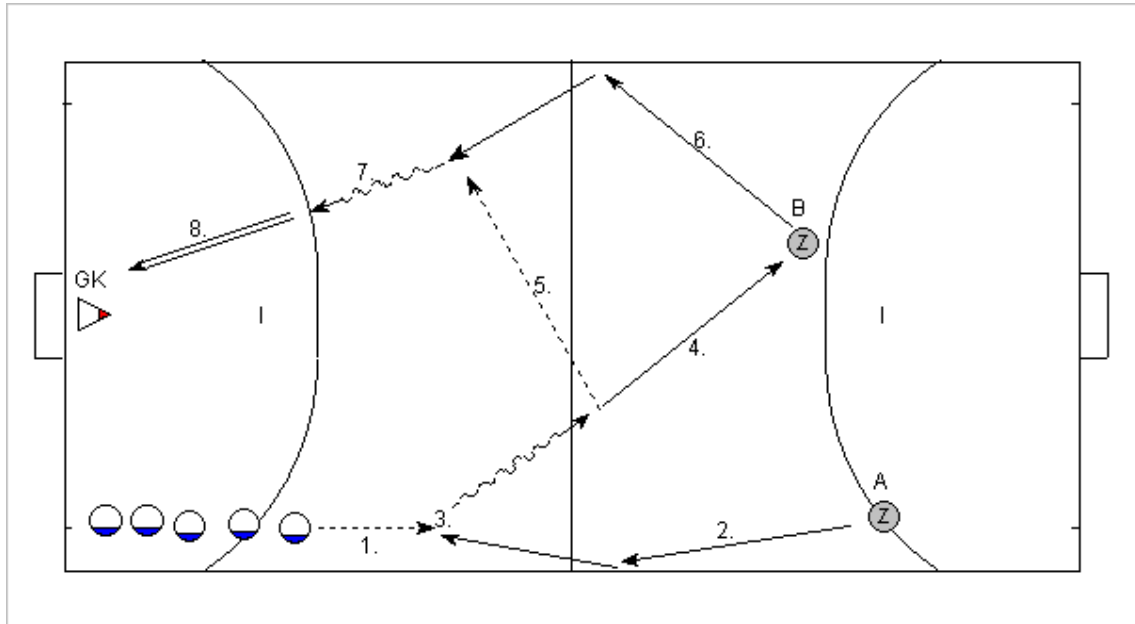
Drill 1: Player A moves to the pass (off the boards) made by player D and receives the ball. After that he dribbles behind player D's team. Player D moves behind Player A's team.



Drill 2: Players run to the ball and receive in movement. After receiving the ball, the player moves to the position of the passing player.

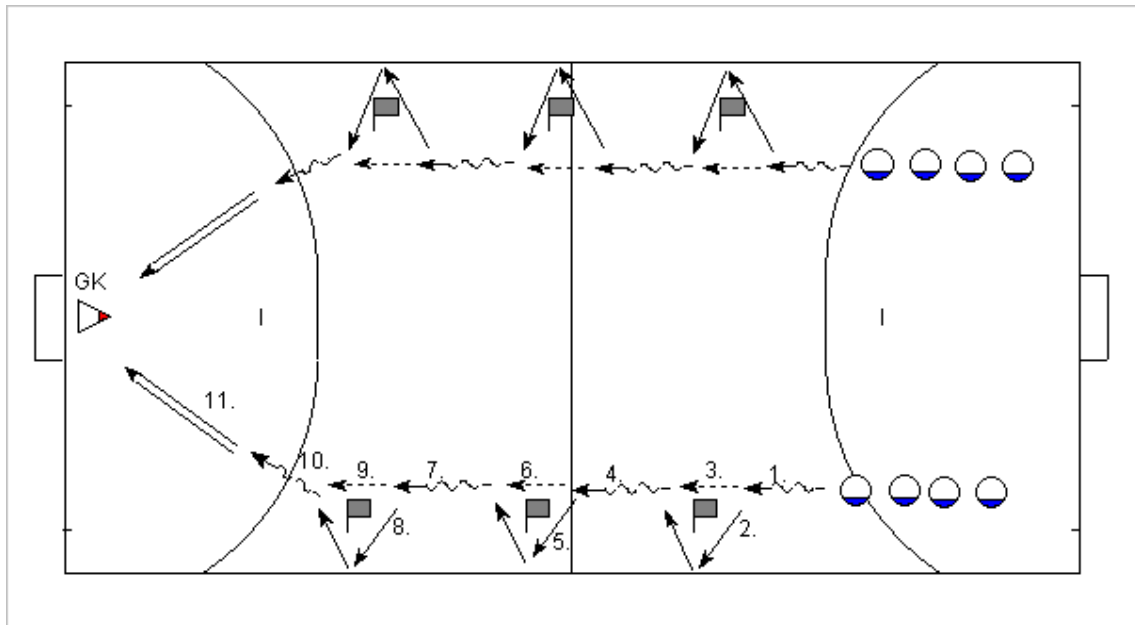


Drill 3: Players dribble the ball (1) and pass (2) to position Z, after that they run towards the right board (3). Player A passes off the right board (4). After receiving the ball (5) you play a wall-pass (6) with the board, run to receive your pass (7) and score (8)

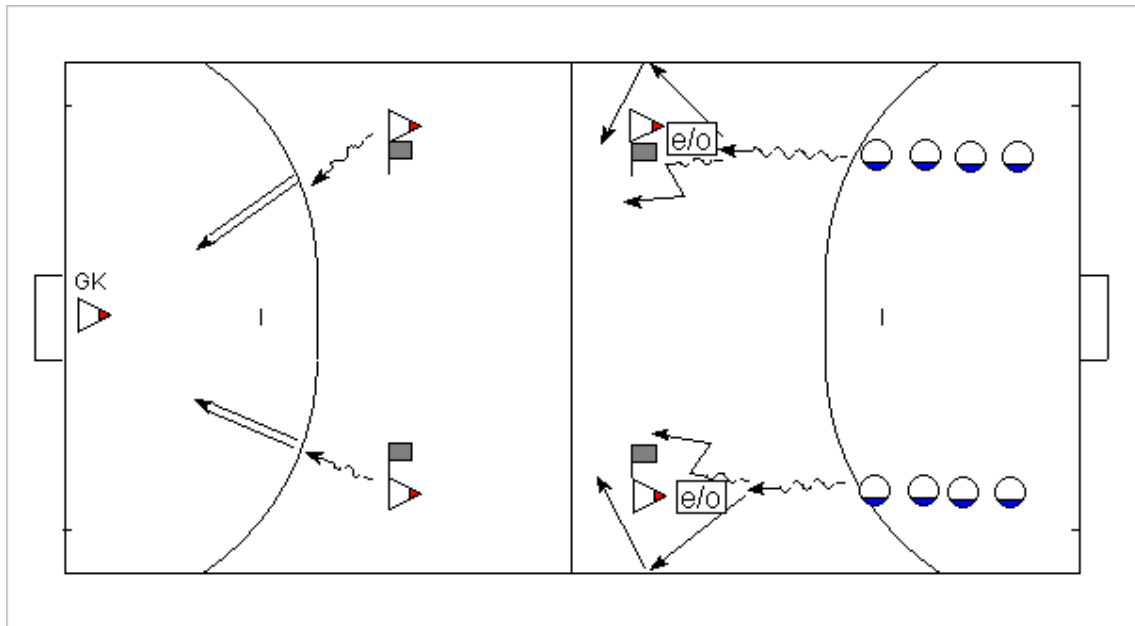


Drill 4: Player Z passes with the left board. Players receive the ball and dribble to the middle. They play the ball to the next player Z and receive the ball off the right board, enter the D and score

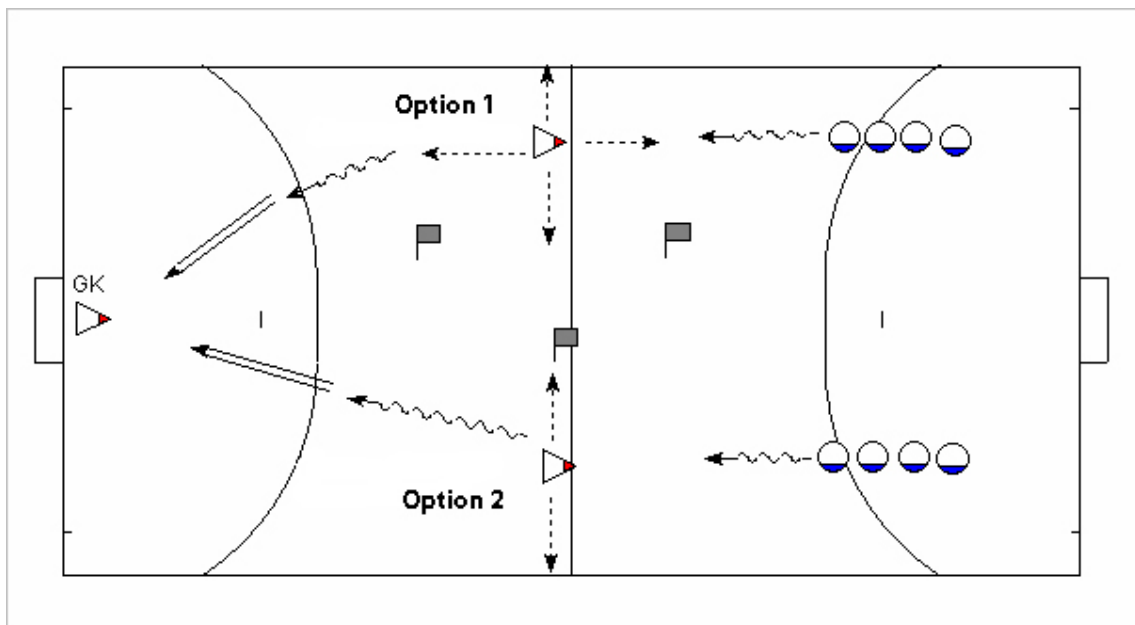
III. Elimination with the boards



Drill 1: Players carry the ball and play wall-passes around the cones.
 Hint: at the right board you have to play with forehand which means the ball must be behind you.



Drill 2: players try to beat opponents (half active) either with or without using the boards. Opponents must have one foot touching the cone. They then enter the circle and shoot at goal.



Drill 3: Try to beat a fully active opponent with or without using boards.

Option 1: Defender can move in any direction

Option 2: Defender can only move sideways