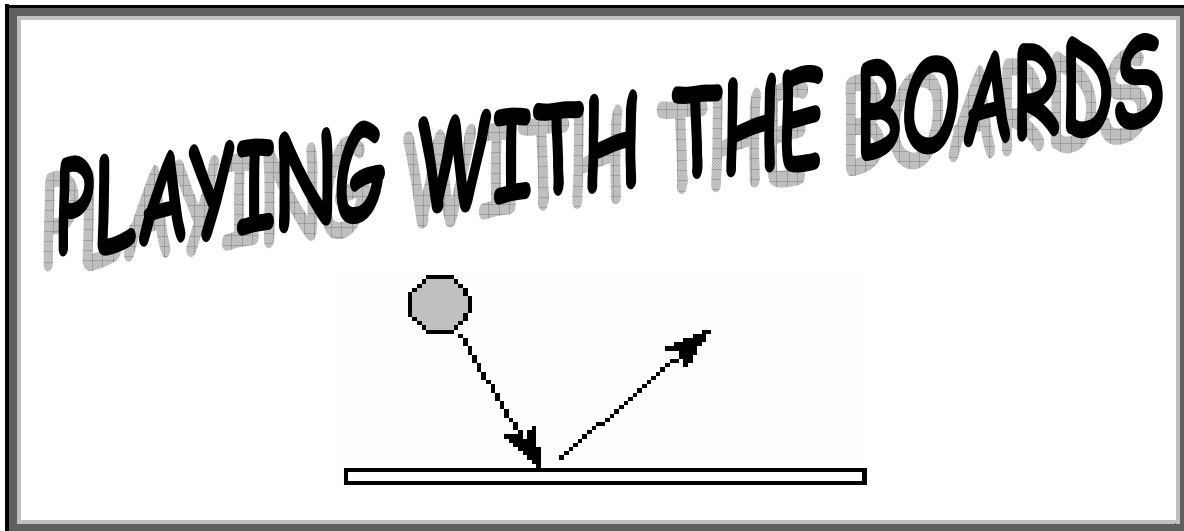




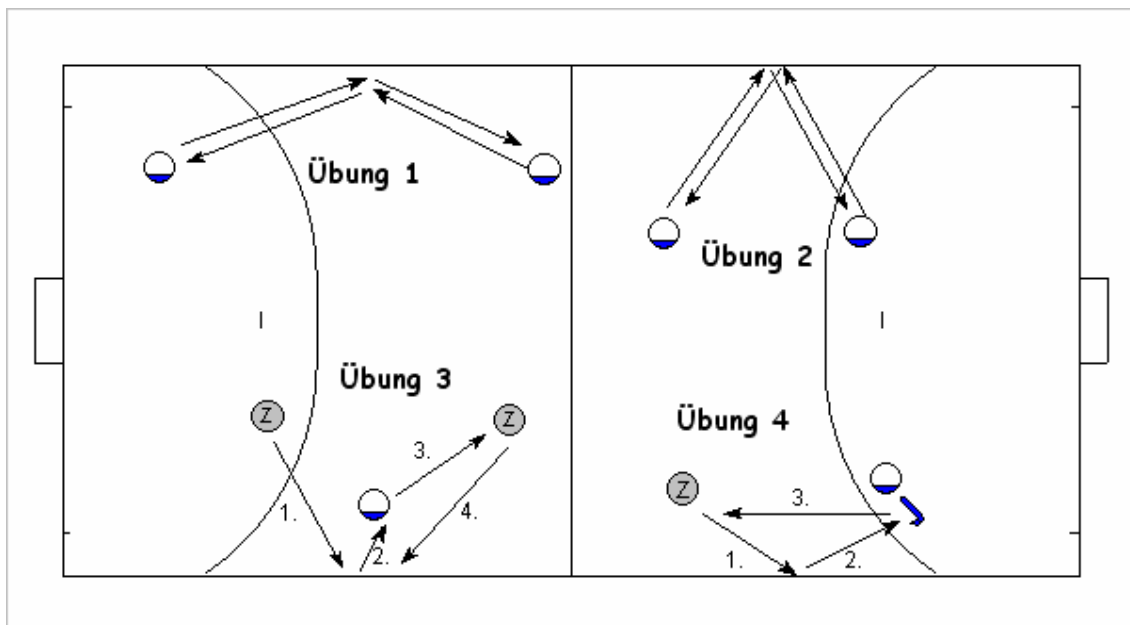
The First Indoor Caching Seminar Leipzig 2003



Signs:

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

I. Receiving at the boards



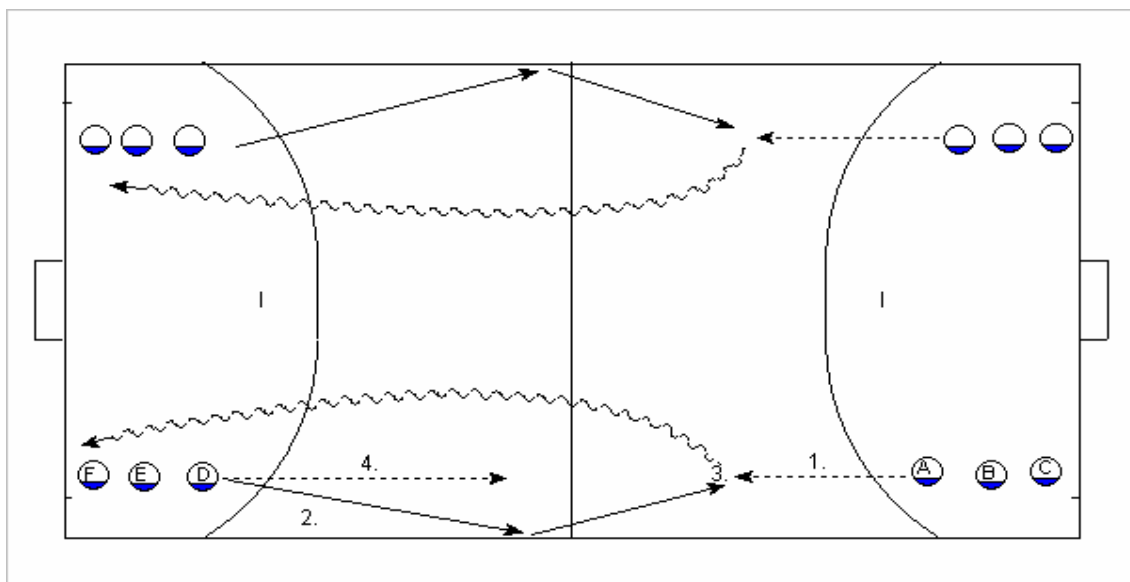
Drill 1: easy passing with the boards in an obtuse-angle

Drill 2: easy passing with the boards in an obtuse-angle

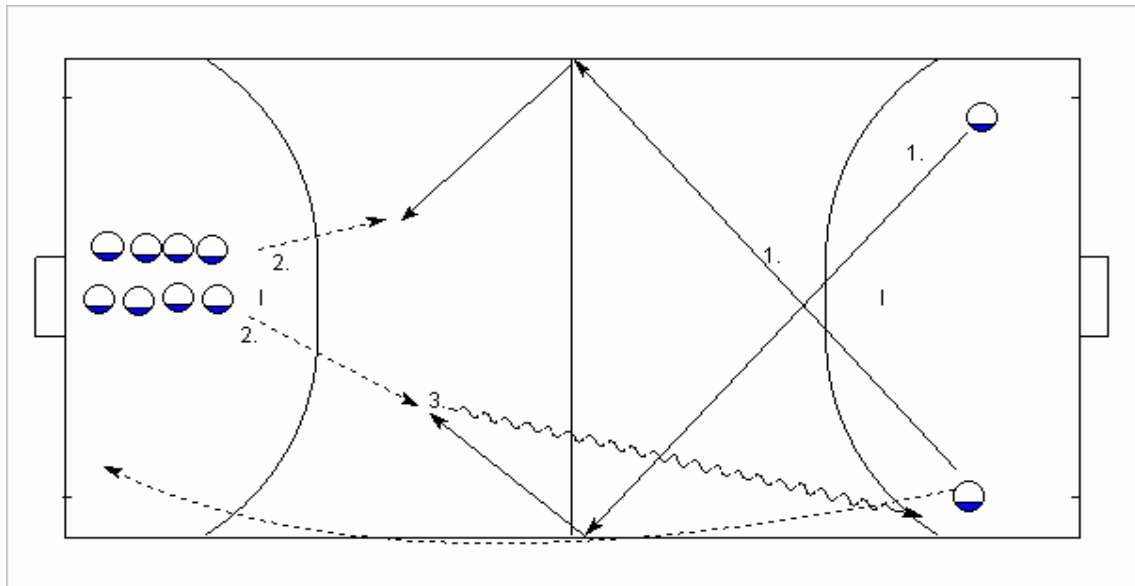
Drill 3: Passing players are in the back of receiving player, pass with the boards

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

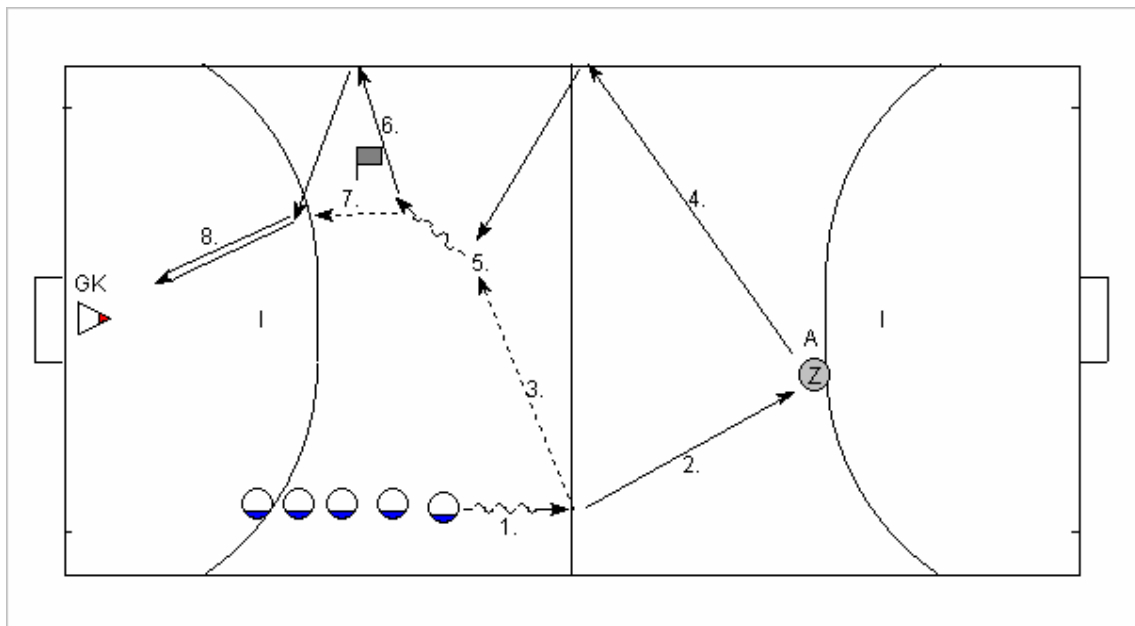
II. Receiving at the boards in movement



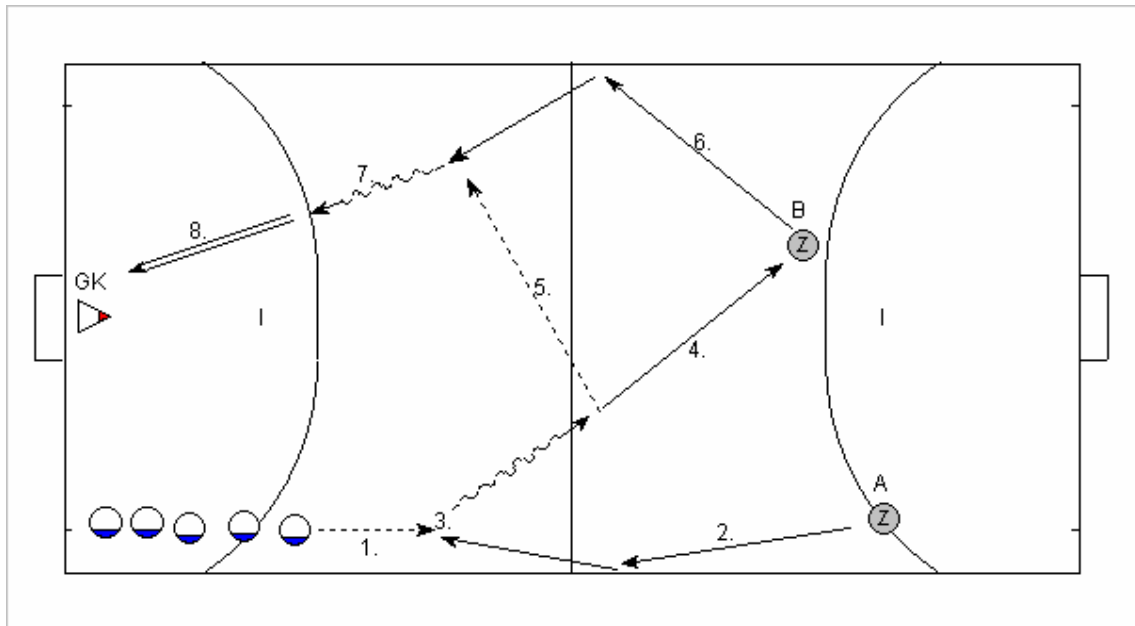
Drill 1: Player A moves to the pass (off the boards) of player D and receives the ball. After that he dribbles behind player D's team. Player D moves behind Player A's team.



Drill 2: Players run to the ball and receive in movement.

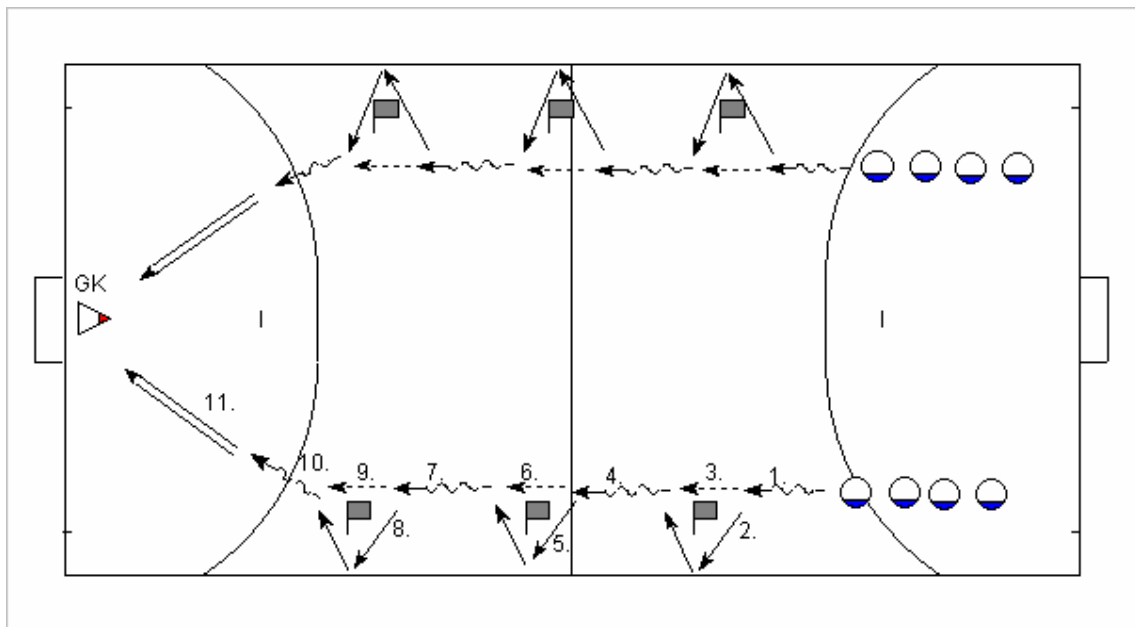


Drill 4: Players dribble the ball (1) and pass (2) to position Z, after that they run towards the right board (3). Player A passes off the right board (4). After receiving the ball (5) you play a wall-pass (6) with the board, run to receive your pass (7) and score (8)

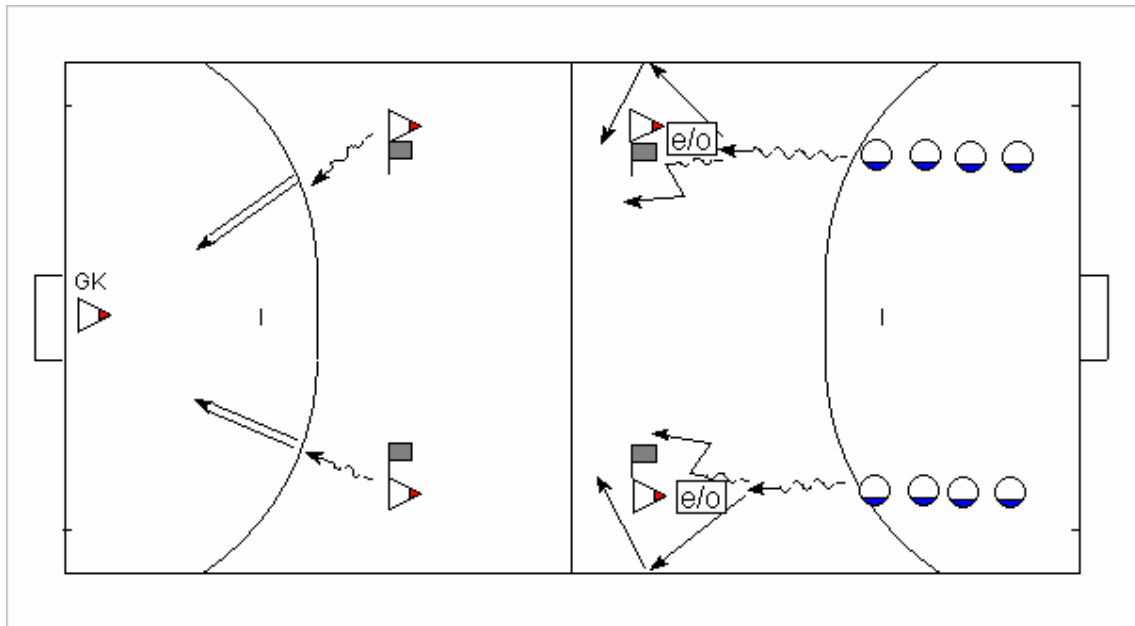


Drill 3: Player Z passes with the left board. Players receive the ball and dribble to the middle. They play the ball to the next player Z and receive the ball off the right board, enter the D and score

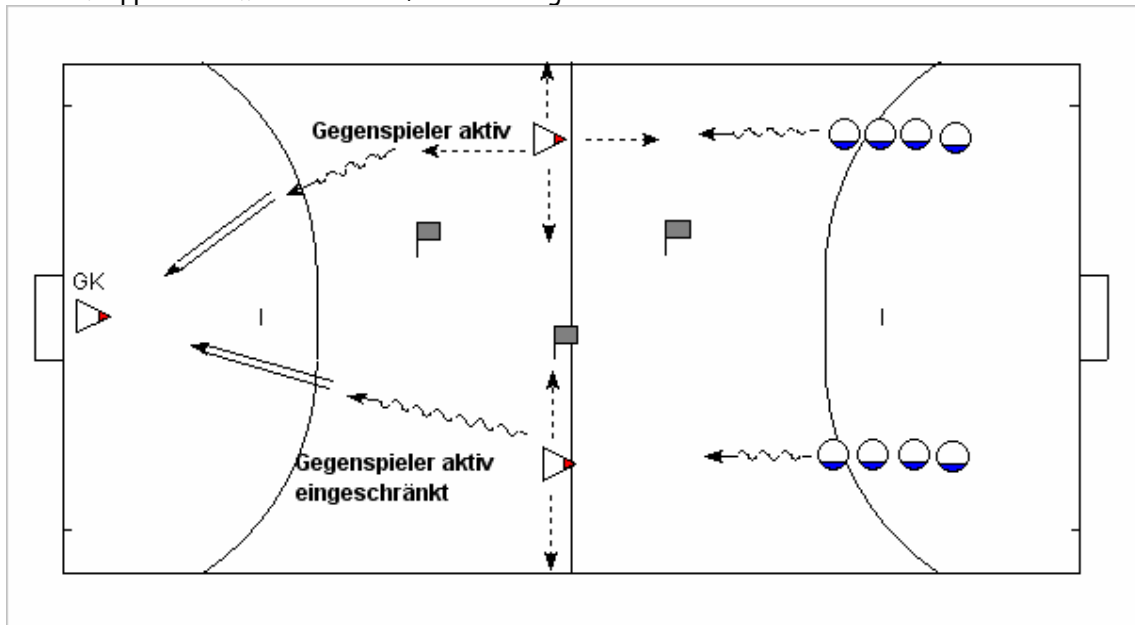
III. Elimination with the boards



Preparing drill 1: Players conduct the ball and play wall-passes around the cone (timing!)
Hint: at the right board you have to play with forehand which means the ball must be behind you



Preparing drill 2: players try to beat opponents (half active) either with or without using the boards. Opponents must have one foot touching the cone



Drill 1: Try to beat a fully active opponent with or without using boards.
 Variation: opponent can move only on a line or in a square