



RAFEL POL TRAINING METHODOLOGY\IST FC BARCELONA 2014/15:  
EXERCISES "BLUE DAY"

Exercise created by Pedro Mendonça for TacticalPedia  
([www.tacticalpedia.com](http://www.tacticalpedia.com))

Exercise #4 – "Keeper+1 v 1+Keeper with 1 player as the joker":

Description:

Game situation Keeper+1 v 1+Keeper with one joker. If the attacker scores, he attacks the other goal. If he does not score, the defender attacks the opposing goal.

Objectives:

- Resolving 1v1 both on offense and defense in finishing situations.

Thoughts:

It's important to have balls available to have game continuity.