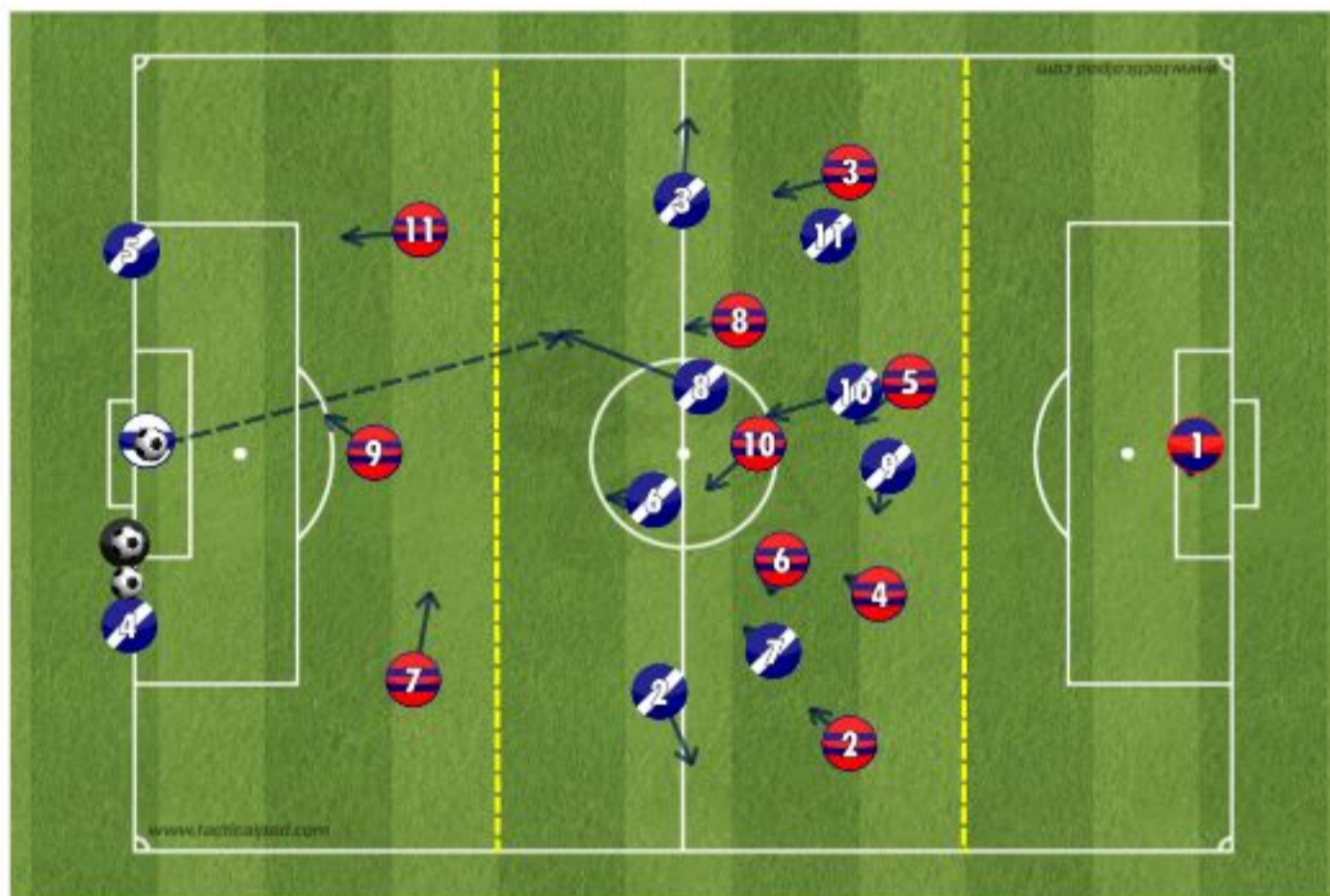


# ANIMATION 2



Set up: Pitch 100x65; balls, cones ...

Organization: Conditional exercise on the whole field, macro principles of game model, interaction of all moments of play.

1st step: The game starts with 8 vs 7 game in central zone of the field. This step has a first objective for the superiority team, that is to exceed the dashed line through pass or dribbling. The second objective of this game is quick finishing of the action, taking advantage of the ascent of the defensive line.

2nd step: After recovery the ball possession of the numerical inferiority team, the main objective of this team is to quickly put the ball to the three attackers in the offensive sector. The team that loses the ball looks for recovery the ball in their zone of superiority and preventing the ball entering to the players in offensive sector.

3th step: After the ball passing to the three players in offensive sector, they quickly look for a 3 vs 2 finishing situation.

Coaching points:

- Progressive ball possession
- Quick defensive and offensive transition
- Finishing efficient
- Conditional effect
- High level intensity