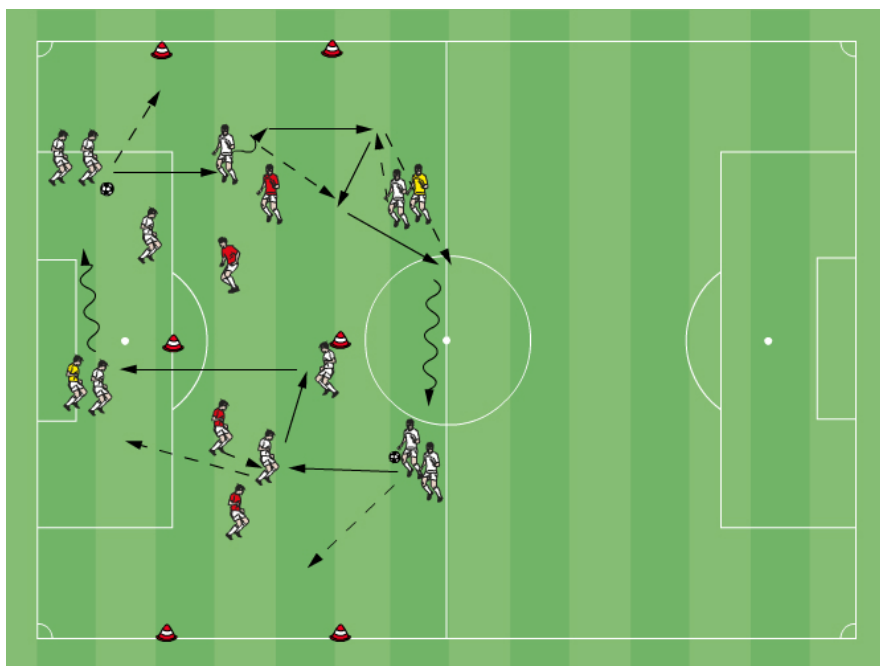




## TRAINING EXERCISE

### Passing game with decision making (opponents) - game related



- Playing out from the back**  
**Passing and Receiving**  
**Combination Play**
- U14 to Senior**
- 22 Players**
- 16 balls, enough cones - bibs**  
**(three colors)**
- Intensity: 5**
- 20:00 min**  
**(2 x 08:00 min, 02:00 min rest)**

#### Objective

learn the players to make decisions (depending on the situation they face in the game)

#### Description

reality based training exercise - passing game with decision making

#### Coaching Points

weight of the ball / direction of the pass / turning with the ball - "open" position/ pass forward / controlling the ball in the right direction / creating space-running in the open space / beating two defenders with one pass / look forward for the through pass