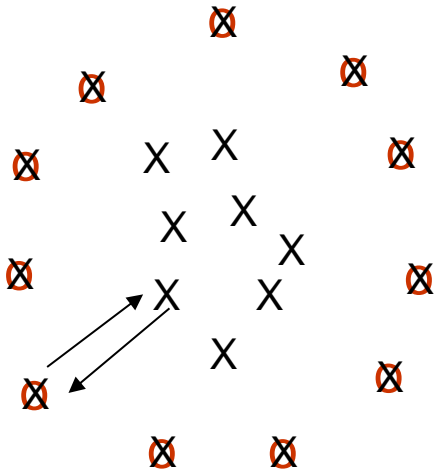
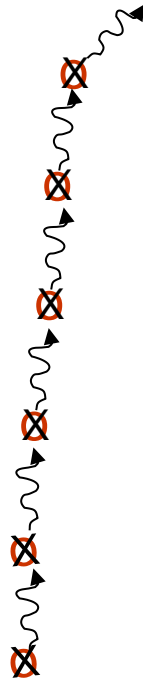


Uppvärmning

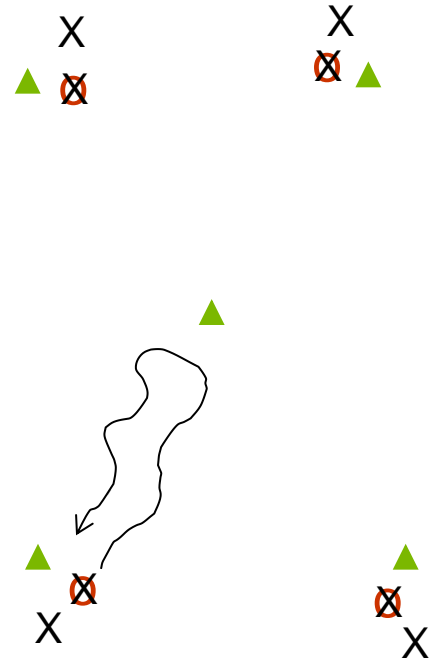
A Den magiska cirkeln



B Alla följer John



C Vi ses i centrum



Syfte

Värma upp kroppen och hjärnan inför match/träning.

Anvisningar

A – Den magiska cirkeln

Players around the outside start with a ball. Players in the middle move around, call the name of the outside player, and they exchange passes (alt. throw & catch; or goalie roll-out). Player in the middle then goes to somebody else.

B – Alla följer John

Alla har en boll och gör exakt som 'John' gör. (Dribbla bollen, kasta och fånga, studsa, hålla bakom ryggen, nicka, gå på knä....osv.) John måste gå framåt hela tiden, inte stå still.

C – Vi ses i centrum

One cone in the center. Other cones around the outside (6-8m from the center cone). Players in pairs (alt. max 3 per boll.) The players with the ball dribble into the center BEFORE they get to the center cone they turn back and dribble to the start cone and the next player dribbles in. (instructions: left/right foot / inside/outside of foot / 360 degree turn / pass the ball back to teammate.)

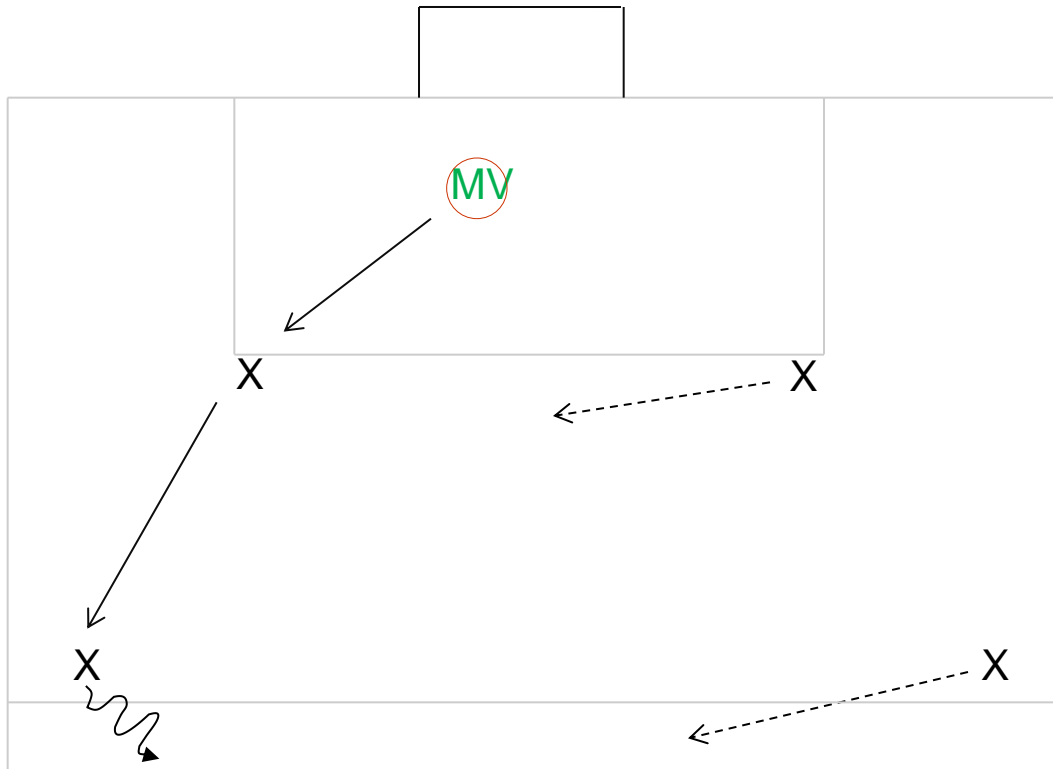
Instruktionpunkter

Fokuset är på uppvärmning, inte teknik. Man ska inte slarva med teknik men det viktigaste är att man rör på kroppen, och har roligt.

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	~>
Pass	→
Spelaren springer	- - - - ->
Lång pass	⤵

TAKTIK

5-manna



Objective

Get the ball into the opponents half quickly and create a scoring opportunity.

Positions

Start positions when our goalkeeper has the ball.

2 backs level with the corner of the penalty area.

2 forwards near the sideline, just before the halfway line.

Play

Goalkeeper steps towards one of the backs (whichever has most space) and rolls the ball to them. Quickly! - while opponents are running back to the halfway line.

Back controls the ball and passes to the forward on their side of the pitch.

(Other back moves in to the middle of the pitch in case we lose the ball.)

Forward controls the ball and drives towards the opponents goal. Alternatively, pass to the other forward who is running in towards the opponents goal.

Instruktionspunkter

Goalkeeper needs to release the ball quickly!

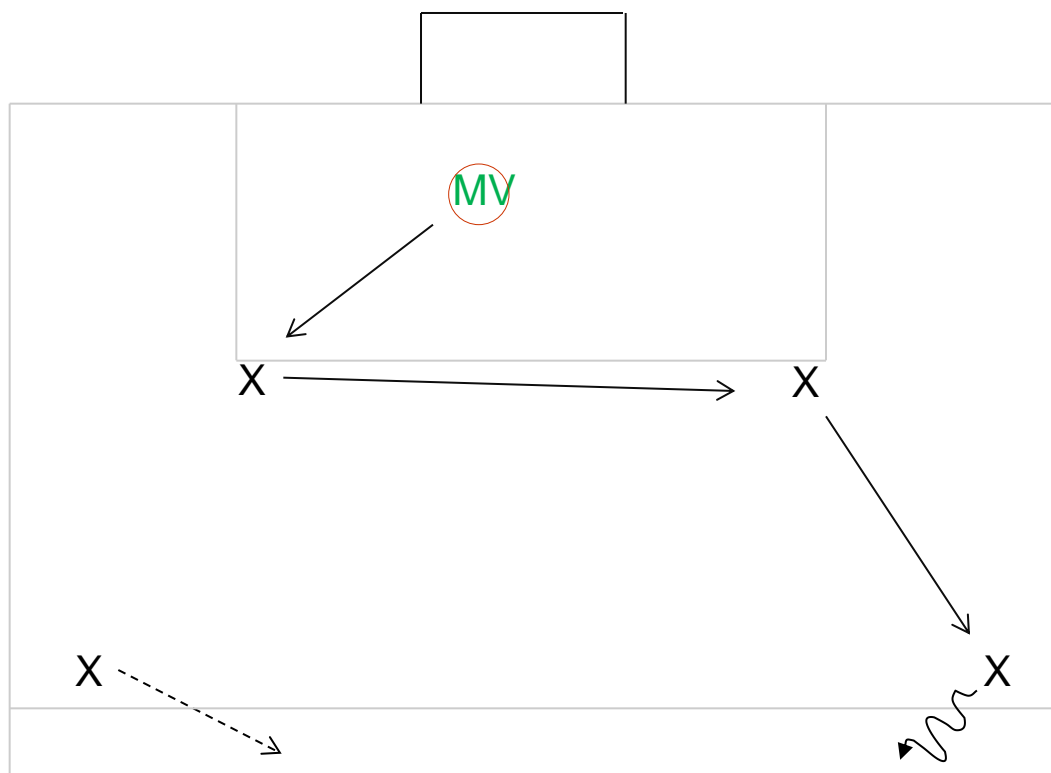
Always try to pass the ball forwards – not sideways or backwards.

These are only start positions. As soon as the ball is in play everyone needs to react and move!

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	→ (wavy arrow)
Pass	→ (solid arrow)
Spelaren springer	→ (dashed arrow)
Lång pass	→ (curved arrow)

Starta anfall – option 2

Positionsspel



Objective

Get the ball into the opponents half quickly and create a scoring opportunity.

Positions

Start positions when our goalkeeper has the ball. 2 backs level with the corner of the penalty area. 2 forwards near the sideline, just before the halfway line.

Play

Goalkeeper steps towards one of the backs (whichever has most space) and rolls the ball to them. Quickly! - while opponents are running back to the halfway line.

Option 1:

Back controls the ball and passes to the forward on their side of the pitch.

Option 2:

If option 1 is not available, the back passes to the other back who passes to the forward on their side.

Forward controls the ball and drives towards the opponents goal.

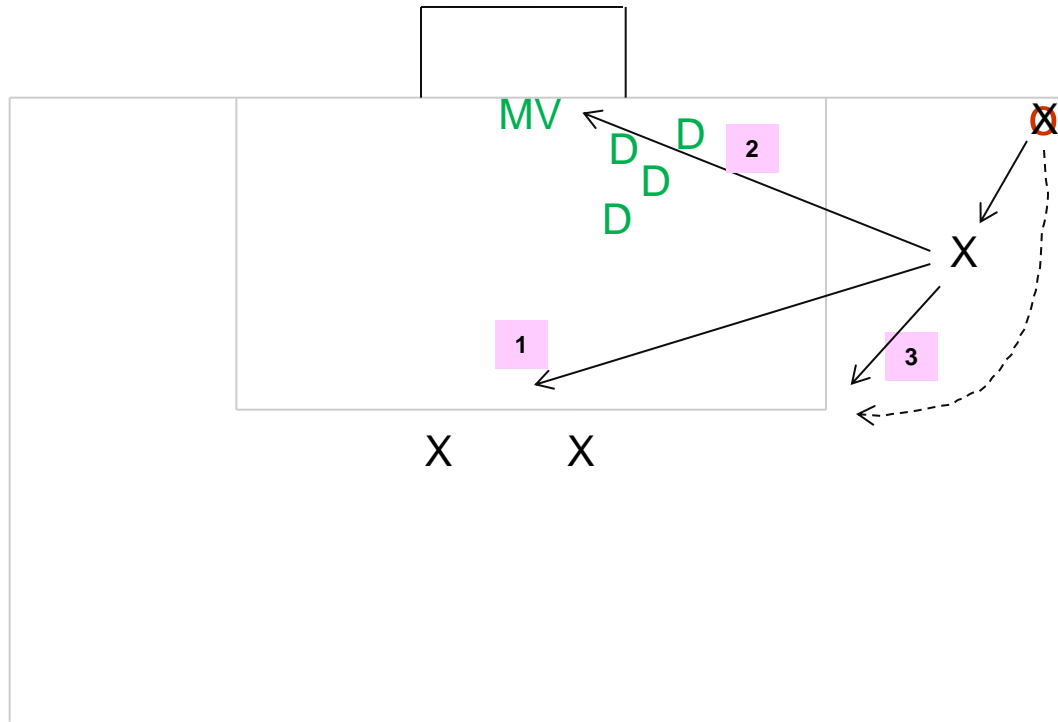
Alternatively, pass to the other forward who is running in towards the opponents goal.

Instruktionspunkter

Goalkeeper needs to release the ball quickly!

These are only **start positions**. As soon as the ball is in play everyone needs to react and move!

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	→
Pass	→
Spelaren springer	- - - - - →
Lång pass	→



Positions

Attacker 1 takes the corner / Attacker 2 stands approx 4m from end-line and 2m in from side-line / 2 x Defenders on edge of penalty area.

Play

Attacker 1 plays a short pass to Attacker 2. Attacker 1 then runs behind Attacker 2 and takes a position on the edge of the penalty area.

When Attacker 2 receives the ball they have 3 options:

Option 1 – Pass to one of the Defenders on edge of the penalty area. The Defender then shoots at goal. If this passing angle is blocked they take option 2;

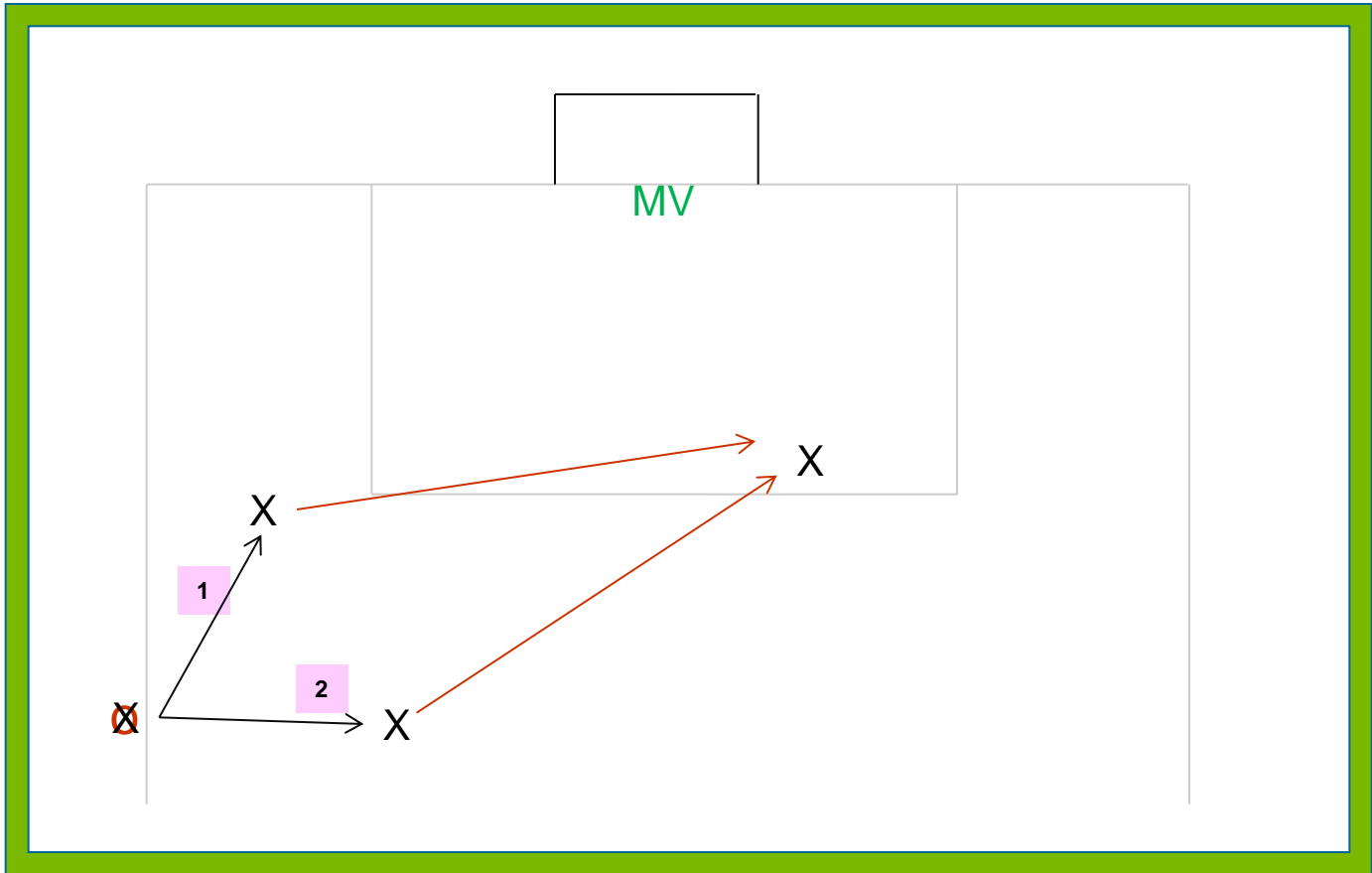
Option 2 – Attacker 2 shoots at goal. (Attackers 1 & 2 follow the ball in.) If it is not possible to shoot because the opposition's defenders are too close, Attacker 2 takes option 3;

Option 3 – Attacker 2 plays a short pass to Attacker 1, who shoots at goal.

Instruktionpunkter

ALWAYS try Option 1 first. Attacker 2 should make a quick pass to the Defenders on the edge of the area.

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	→ (wavy arrow)
Pass	→ (solid arrow)
Spelaren springer	→ (dashed arrow)
Lång pass	→ (curved arrow)



Objective

Get the ball in play quickly and pass to an Attacker in space to create a goal-scoring opportunity.

Positions

Defender 1 takes the throw-in / Defender 2 is 3-4m away (level with Defender 1) / Attacker 1 is 3-4m away (further up the pitch) / Attacker 2 is in space across the other side of the pitch.

Play

Defender 1 throws to either Attacker 1 or Defender 2 – whichever has more space around them – and they pass directly to Attacker 2.

If the opposition are marking both players the throw-in should go to Attacker 1.

After the throw-in, Defender 1 follows the ball and helps to get the ball to Attacker 2.

Instruktionspunkter

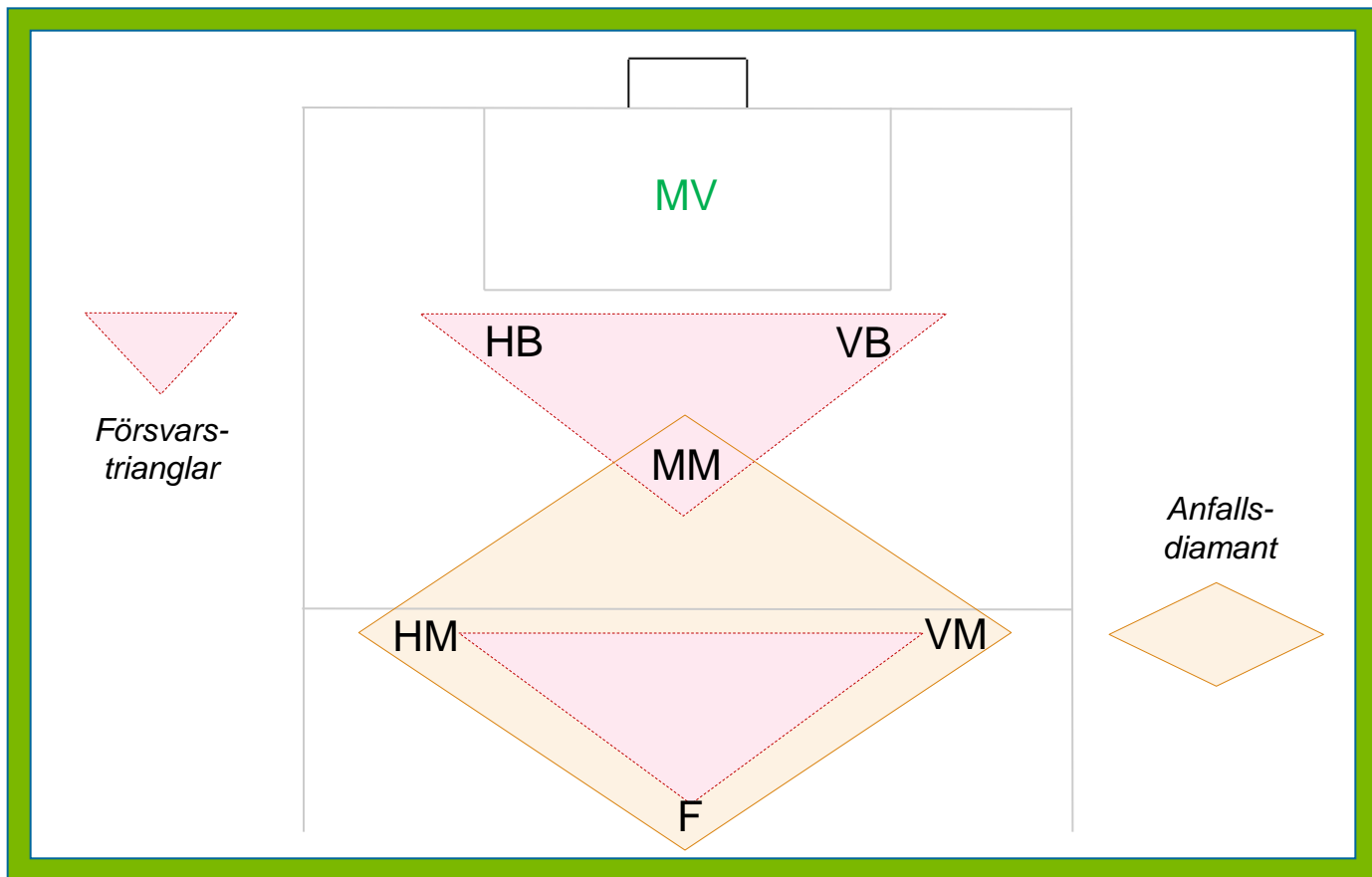
Take the throw-in quickly before the opposition have time to get organized. Get the ball to Attacker 2 as quickly as possible!

First person to the ball (Attacker or Defender) can take the throw-in if the opposition are not organized and we have the chance to run at goal!

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	~>
Pass	—>
Spelaren springer	- - ->
Lång pass	⤵

TAKTIK

7-manna



Objective

Bra skott på mål. (Get the ball into the opponents half quickly and create a scoring opportunity.)

Försvar – Stoppa motståndarna och vinna bollen så högt upp på plan som möjligt.

Spelmoment

ANFALL: Se på spelet! / Sprida ut / Använd kanterna så mycket som möjligt.

1. Passa fram till medspelare
2. Driva fram på en fri yta
3. Passa sidåt/bakåt till en medspelare i en fri yta
4. Passa fram till en fri yta / Dribbla förbi motståndaren / (Rensa!)

INKAST: Snabb anfalls möjlighet = först till bollen tar inkastet. Annars backen tar (sista tredje del av planen tar yttermittfältaren).

HÖRNA: F + yttermittfältare tar kort hörna. Inlägg/skjuta in mot mål. MM och andra ytter är framför målet. Backarna vid straffområdet gräns.

FÖRSVAR: Alla försvara / Se på spelet / (MM blir mittback och F blir MM vid behov).

- Springa snabbt hem.
- Snabbt i positioner (krympa ihop laget)
- Reagera till bollen och deras spelare (Markering!)
- Fram till bollen – bryta/stå i vägen.

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	→ (wavy line)
Pass	→ (solid line)
Spelaren springer	→ (dashed line)
Lång pass	→ (curved line)

Passningsspel



Passning

Boll genom konmål

2 spelare placerar sig cirka 5 meter på var sida om ett konmål och turas om att passa bollen genom målet.

Antal deltagare

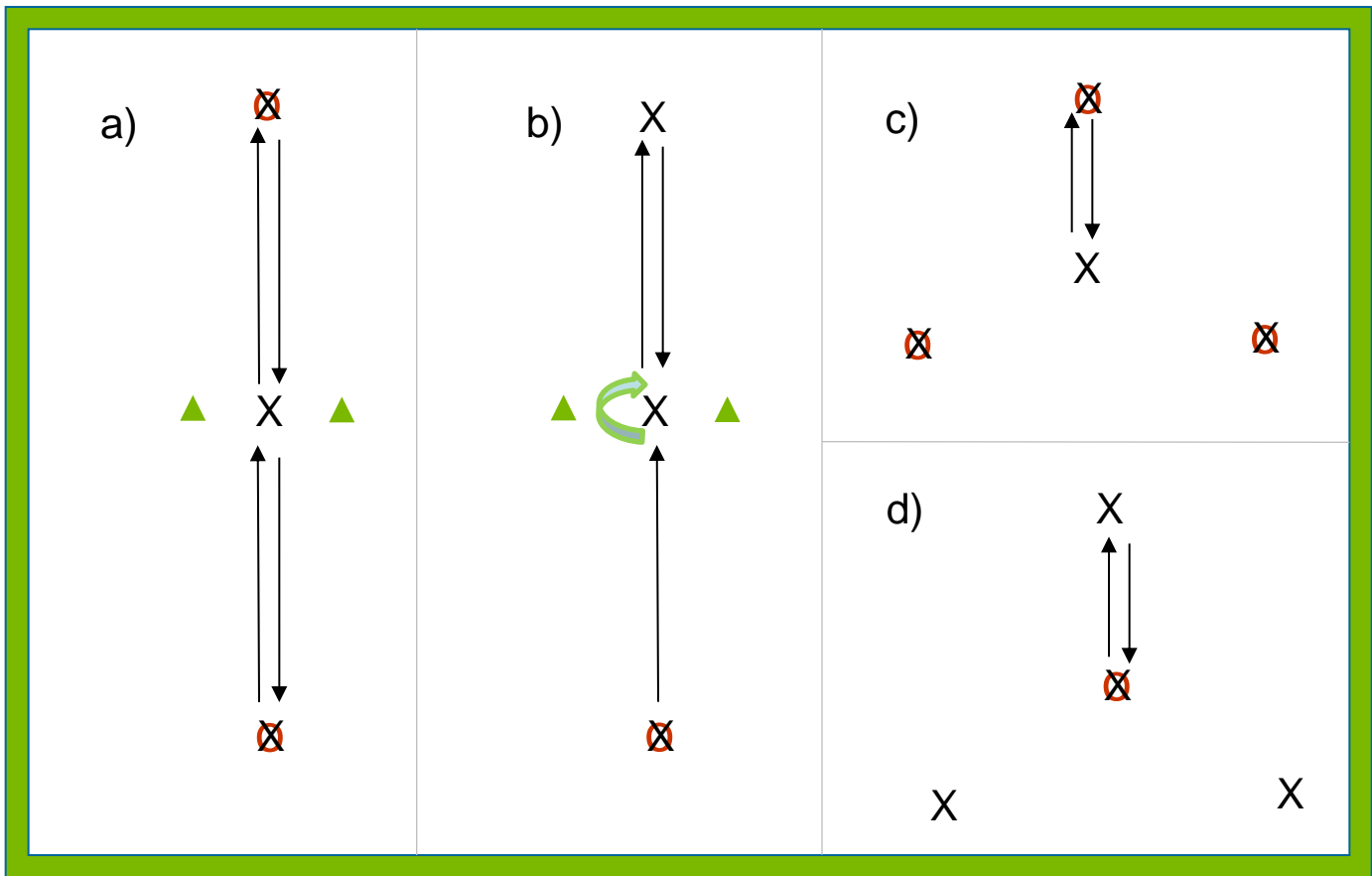
- Minsta antal: 2

Kategoritillhörighet

- Anfallsspel
- Barnträning 5-12 år

Lämplig för åldersgrupper

- 5-6 år (Lätt)



Syfte

Passing technique; Control, turn and pass.

Organisation

3 players, 1 in the middle between 2 cones.

Anvisningar

- Player in middle receives pass from one of the other players; controls the ball and then passes back to the same player. Player in the middle then turns and exchanges passes with the other player.
- After receiving a pass, the player in the middle turns round with the ball and passes to the third player.
- Same as (a). Player in middle exchanges passes with each outside player in turn.
- One ball, starting with player in the middle. Exchanges passes with each outside player in turn. When the player in the middle receives a pass they control the ball and turn in one movement so they can pass to the next player quickly.

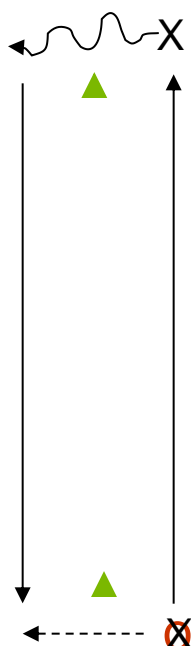
Stegring

- Speed / Other foot / One touch / Increase distances.
- Speed / Other foot / Two touch / Increase distances.

Instruktionspunkter

Stay on your toes – ready to receive the ball. Good control – keep the ball close, so you can pass it quickly. Accurate passing.

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	~~~~~>
Pass	————>
Spelaren springer	- - - - ->
Lång pass	—————>



Syfte

Ta emot bollen (bollkontroll), rörelse, dribbla (skydda bollen) och passa.

Organisation

2 spelare med en boll. 2 koner, 4m emellan.

Anvisningar

Spelaren tar emot passningen, dribblar i sidled förbi konen (försvarsspelaren) och passar tillbaka till medspelaren.

Medspelaren har flyttat till andra sidan av konen (försvarsspelaren).

Stegring

(i) Öka distansen mellan konerna (8m / 12m).

(ii) Passa bollen med svagaste foten.

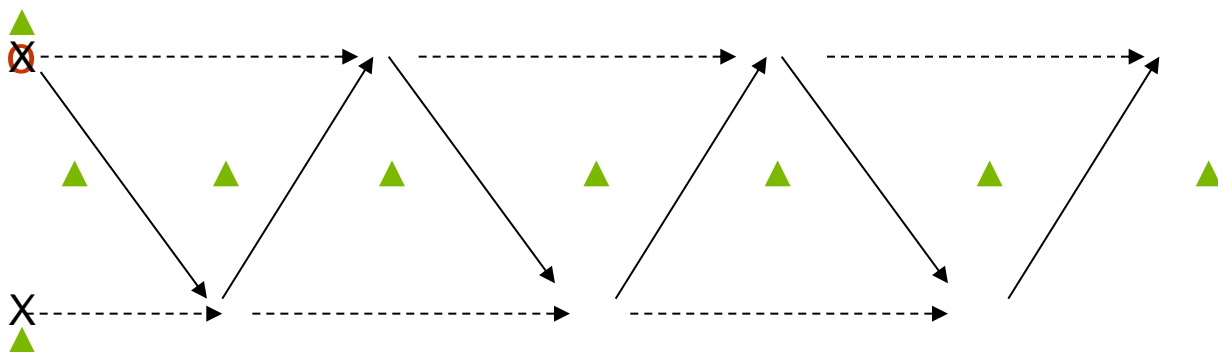
(iii) Diagonala passningar (dvs spelarna är på olika sidor av konerna och passningarna ska gå diagonalt mellan konerna).

Instruktionspunkter

Skydda bollen – när man tar emot passningen och dribblar förbi konen.

Titta upp innan man passar.

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	~~~~~→
Pass	————→
Spelaren springer	- - - - -→
Lång pass	—————→



Syfte

Accurate passing. Moving to receive a pass. Controlling a pass.

Organisation

Players in pairs. Cones 5 m apart.

Anvisningar

Players pass the ball backwards and forwards through the cones, while moving forwards all the time.

Use one touch to control the ball and a second touch to pass it back to team-mate.

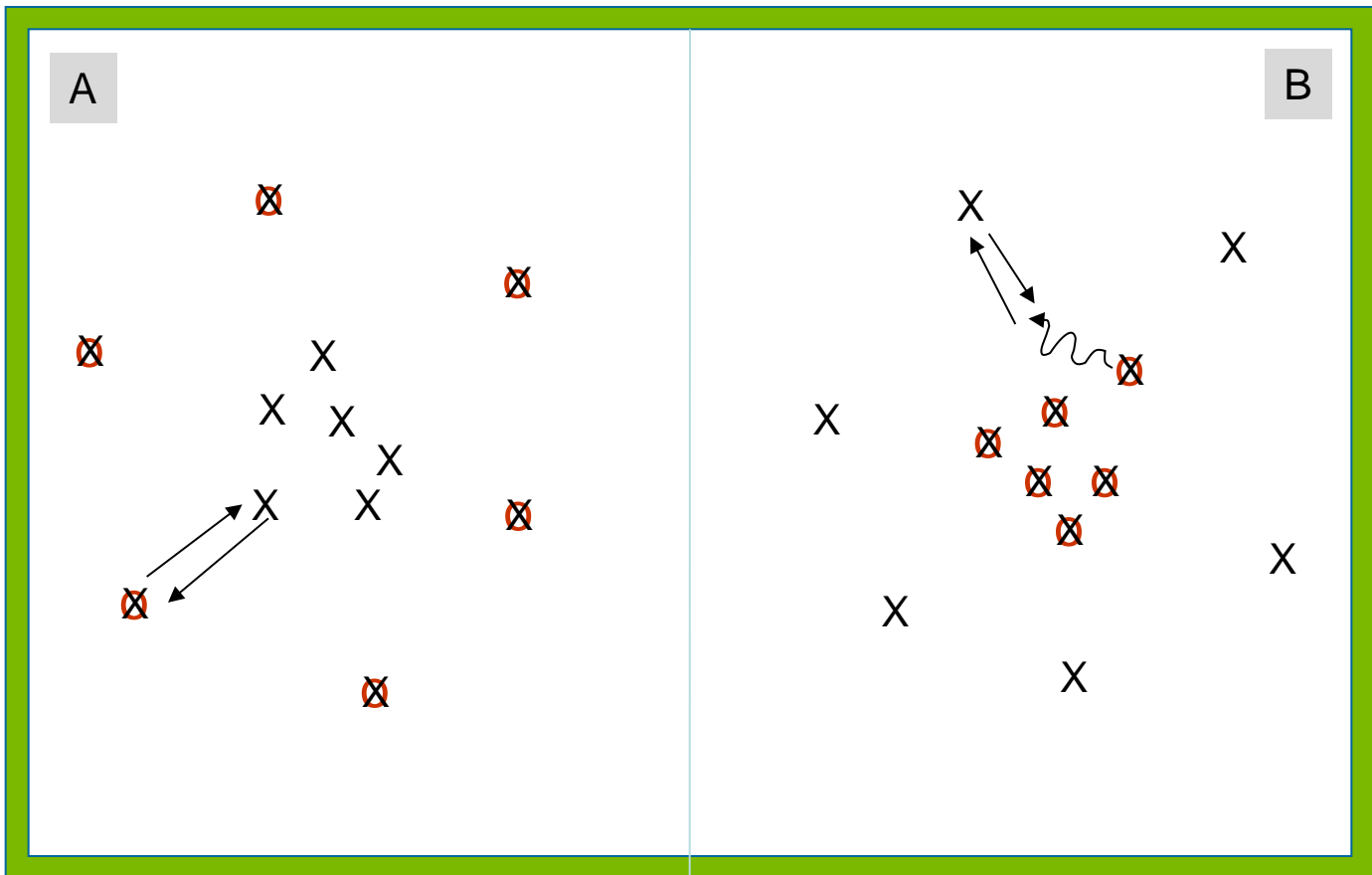
Stegring

- (i) Increase speed. (Competition.)
- (ii) Place cones closer together – quicker passes.
- (iii) Place cones further apart – quicker movement.
- (iv) One touch. Players do not control the ball, but pass it directly to the next cone with one touch.

Instruktionspunkter

Accurate passing ahead of where your team-mate is. Weighting the pass. Fast movement between cones.

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	~>
Pass	→
Spelaren springer	- - - - ->
Lång pass	⤵



Syfte

Passning. Close control dribbling. Lyfta blicken.

Organisation

6-10 players form a ring (10-15 m diameter).

6-10 players start in the middle of the ring.

Anvisningar

A) Players around the outside start with a ball. Players in the middle move around, call the name of the outside player, and they exchange passes. Player in the middle then goes to somebody else.

B) Players in the middle start with the ball. Dribble around, look up, call name of player on outside, and exchange passes. Dribble across the circle to someone else.

Switch outside/middle players every two-three minutes.

Stegring

Use left/right foot only.

Outside player throws the ball in – middle players have to control it and pass it back (alt. header / volley).

Instruktionspunkter

Keep your ball close to feet. Movement. Look up – be aware of what is around you.

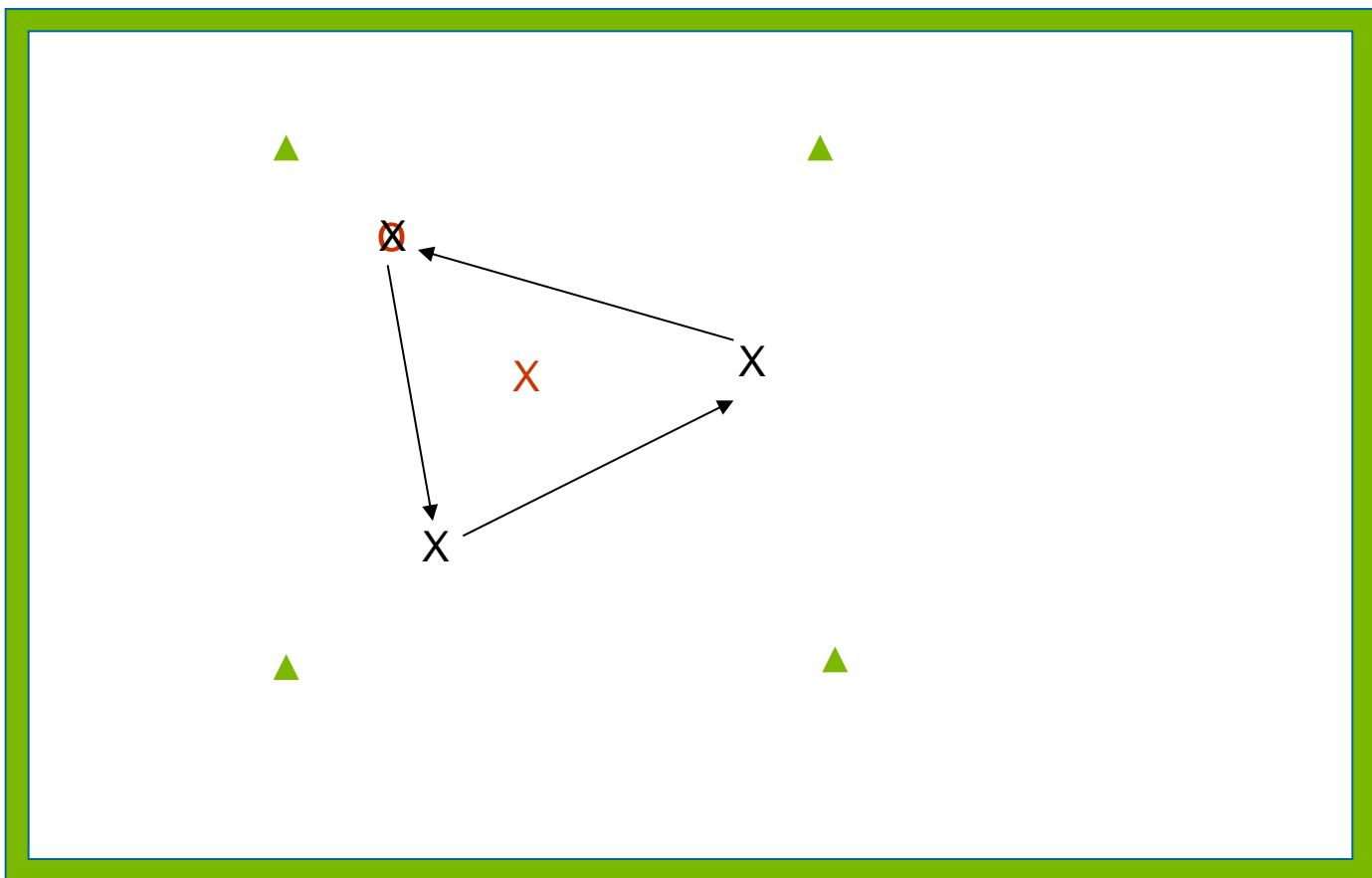
MÅLVAKTS VARIANT

I stället för att passa bollen med fötterna spelarna rulla bollen på marken (alt. Kasta/fånga bollen).

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	
Pass	
Spelaren springer	
Lång pass	

Chasing shadows (apan i mitten)

Passningsspel



Syfte

Passing: Accurate passing. Move to receive pass. Controlling a pass.
Making quick passing decisions.

Defender: Closing down. Tackling.

Organisation

Cones mark playing area 10x10m.

3 passing players against 1 defender.

Anvisningar

Players pass the ball between each other without allowing the defender to make a tackle.

Warm up by defender only playing passive defence.

Main exercise: Active defender tries to block a pass or make a tackle.
The player who gets tackled then switches places with the defender.
(Switch the defender if they are unable to make a tackle after 2 mins.)

Stegring

(i) Reduce size of playing area.

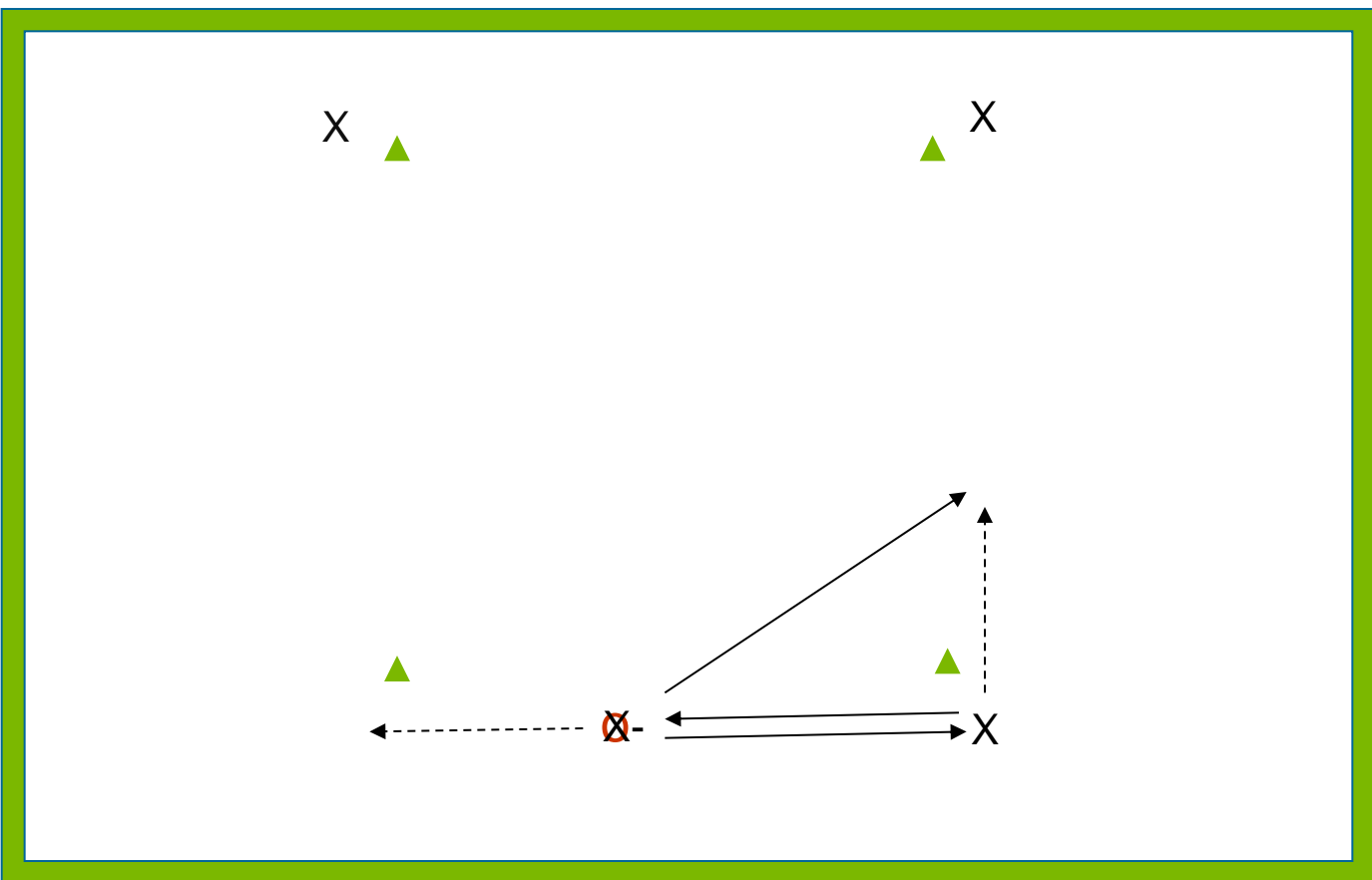
(ii) One touch. Players are only allowed one touch to pass the ball.

(iii) Change player ratios, i.e. 4 passing players against 2 defending players.

Instruktionspunkter

Crisp passing. Move to make passing angle. Control ball quickly (gives player time to make passing decision). Defender should work v. hard!

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	~~~~~→
Pass	————→
Spelaren springer	- - - - -→
Lång pass	—————>



Syfte

Passing with movement. One-twos (väggspel)

Organisation

Square of cones 10x10m. One player at each corner.

Anvisningar

Player 1 passes to player 2. Player 2 passes back to player one and then runs up the outside of the square. Player 1 passes diagonally across the corner so Player 2 can run onto the ball. (Player one returns back to their cone.)

Player 2 repeats the same passes with player 3.

(Can also run exercise with 5 players. One player at each corner. The fifth player (i.e. starting player in diagram above) goes to the next cone (i.e. player 2's cone) after passing the diagonal pass.)

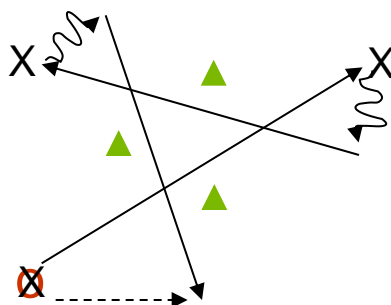
Stegring

- (i) Increase speed.
- (ii) One touch.

Instruktionspunkter

Accurate passing with the correct weight behind the pass.

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	→ (wavy line)
Pass	→ (solid line)
Spelaren springer	→ (dashed line)
Lång pass	→ (curved line)



Syfte

Accurate passing; Moving to receive a pass. Controlling a pass.

Organisation

3 cones in a triangle in the center. 3 players, 5-7 meters apart.

Anvisningar

Player 1 passes the ball through the triangle. Player 2 has to move to receive the pass; then bring the ball back 1-2m in order to pass through the triangle to player 3. Player 3 does the same, and passes to player 1.

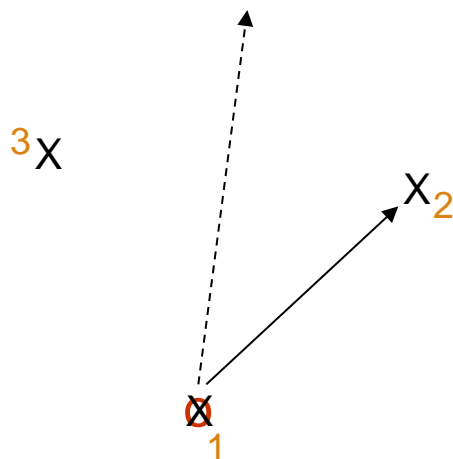
Stegring

- (i) Move players further apart.
- (ii) Smaller triangle of cones in center.
- (iii) Two touch.

Instruktionpunkter

Move ball to make it easier to pass through the cones. Move and anticipate where pass will arrive.

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	→ (wavy)
Pass	→ (solid)
Spelaren springer	→ (dashed)
Lång pass	→ (curved)



Syfte

Accurate passing. Moving to new position. Controlling a pass.

Organisation

3 players in a triangle, 5m apart. Each group of 3 players will need lots of space around them.

Anvisningar

Player 1 passes the ball to player 2; and then runs through the gap between players 2 and 3, and takes up a position 5m the other side.

Player 2 passes to player three and runs through the gap between players 1 and 3.

Player 3 passes to player 1 and repeats the movement.

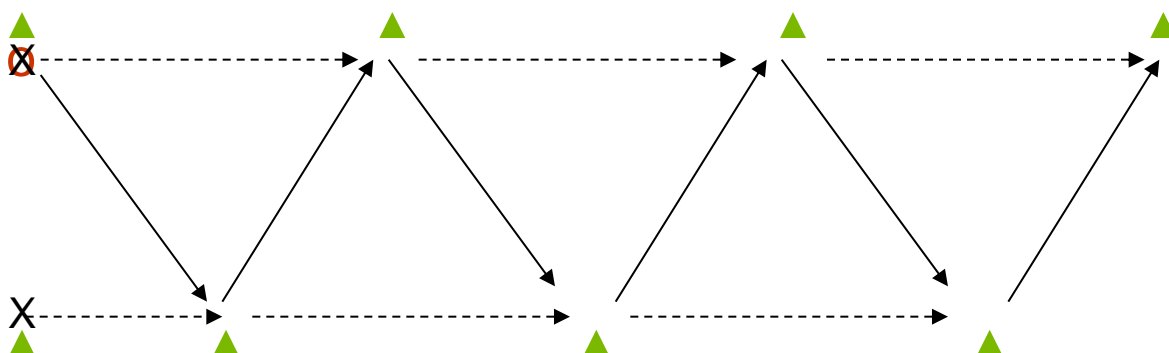
Stegring

- (i) Pass with weaker foot.
- (ii) One touch (everyone in continuous movement).

Instruktionspunkter

Fast movement – need to start running as soon as the ball leaves your foot. Look up and pass accurately.

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	~>
Pass	—>
Spelaren springer	- - ->
Lång pass	⤿



Syfte

Accurate passing. Moving to receive a pass. Controlling a pass.

Organisation

Players in pairs. Cones in two rows (5m apart), staggered across 20m. (All of the play should be in between the two rows of cones. The cones are only to show where the players should run to.)

Anvisningar

Player 2 (without the ball) runs to the first cone. Player with the ball passes to player 2 and then runs to the next cone.

Player 2 passes the ball back and runs to his/her next cone...etc. etc. until the ball is passed to the final cone.

Players then run back (outside of the cones) to the start position.

Stegring

(i) Complete the exercise more quickly. Pass the ball to arrive at the cone at the same time as the player arrives.

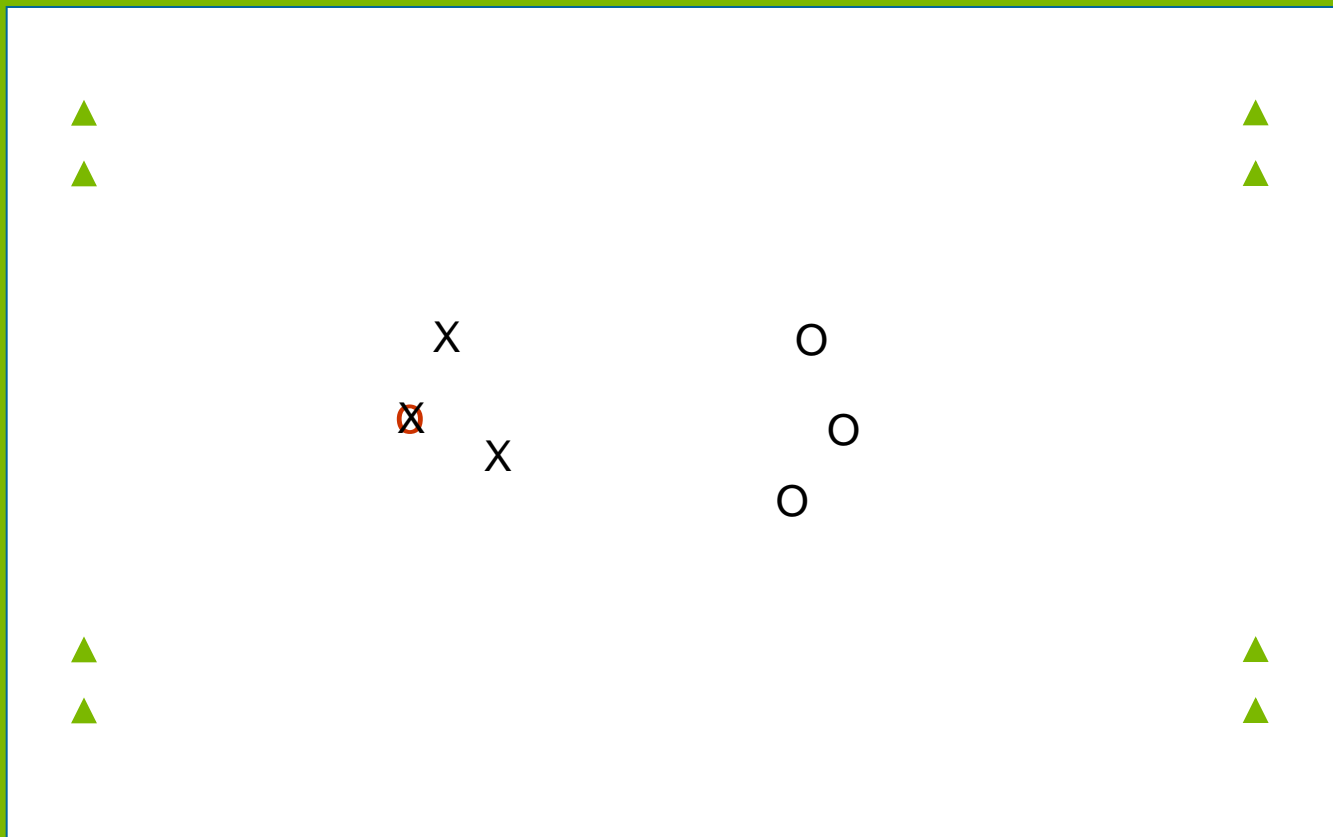
(ii) One touch. Players do not control the ball, but pass it directly to the next cone with one touch.

(iii) Competition. Set up two identical courses. The pairs of players on each course then race each other. (After getting to the last cone, players sprint (with ball) back to the starting cones, which is the finishing line.)

Instruktionspunkter

Accurate passing. Weighting the pass. Fast movement between cones.

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	~~~~~>
Pass	————>
Spelaren springer	- - - - ->
Lång pass	—————>



Syfte

Match play. Passing (keep ball in team). Make passing angles. Attacking positions. Defending.

Organisation

3 vs 3 (alt 4 vs 4). No goalkeepers. Pitch 20x10 m.

Anvisningar

Normal football match.

Small cone goals in each corner.

Need to switch the attack from one side of the pitch to the other where there is more space.

Stegring

Right/left foot only.

Three touch / two touch / one touch.

4 vs 2 (alt 5 vs 3).



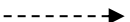

Instruktionspunkter

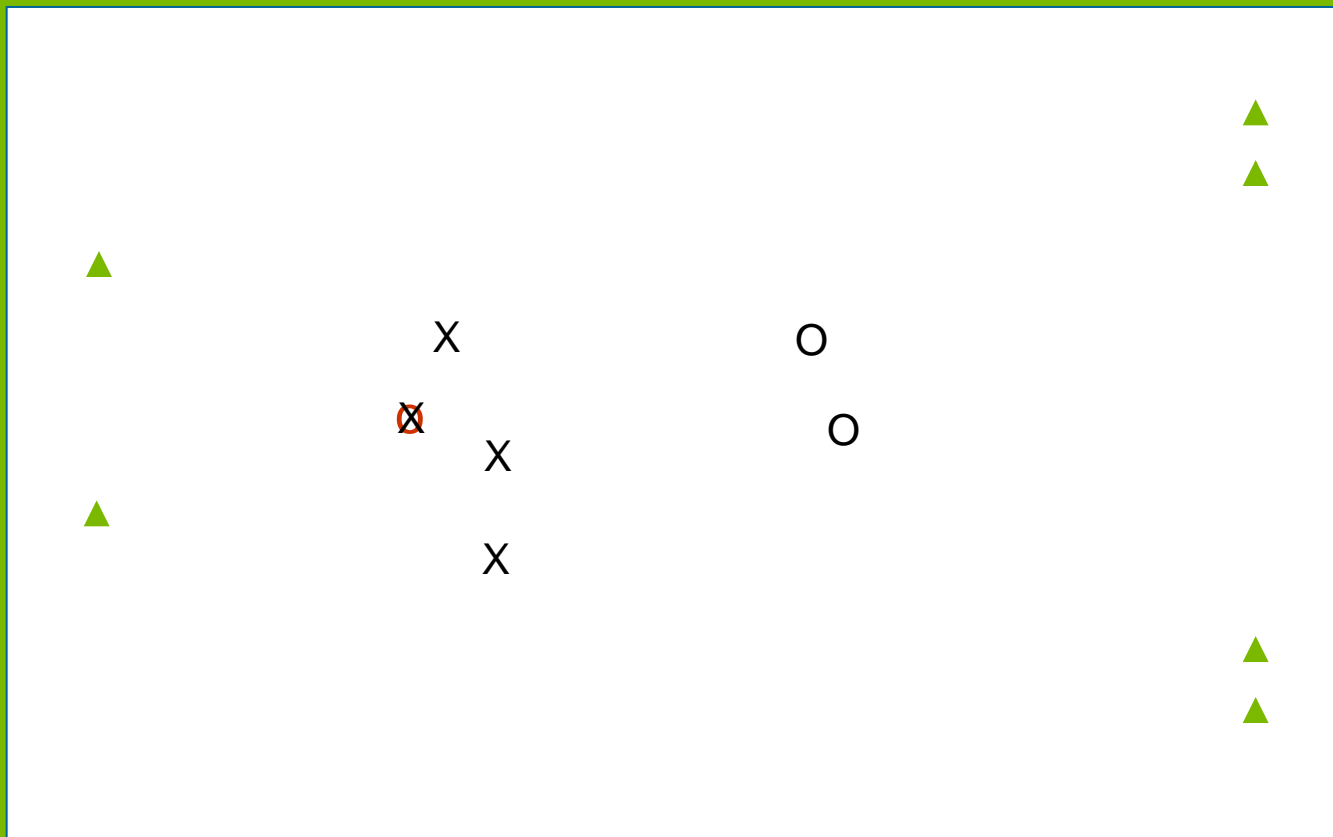
Keep the ball in your team – make easy passes rather than risk being tackled and losing the ball.

Protect the ball using your body until you can make a pass.

Pass to your team-mate to get past a defender (rather than dribbling).

Movement, take up new positions, make passing angles, so you are available to receive a pass.

Spelare utan boll	X
Försvarsspelare	O
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	
Pass	
Spelaren springer	
Lång pass	



Syfte

Match play. Passing (keep ball in team). Make passing angles. Attacking positions. Defending.

Organisation

4 players in one team; 2 players in the other team. Pitch 20x10 m. 4-player team attacks 1 or 2 small goals. 2-player team attacks a big goal.

Anvisningar

Normal football match. The 4-player team should try to keep the ball in their team and pass the ball to get past the defenders and score.

The 2-player team needs to work hard to win the ball and attack quickly to try and score. (+ work hard to get back into defensive positions when they lose the ball.)

Change teams often – before defenders get too tired.

Stegring

Everyone in 4-player team must make a pass before the team can score a goal. If one of the defenders makes a tackle, then the 4-player team starts again with everyone needing to make a pass.



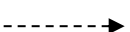

Play 4 versus 3 (or 3 versus 2).

Instruktionspunkter

Keep the ball – make easy passes rather than risk being tackled and losing the ball.

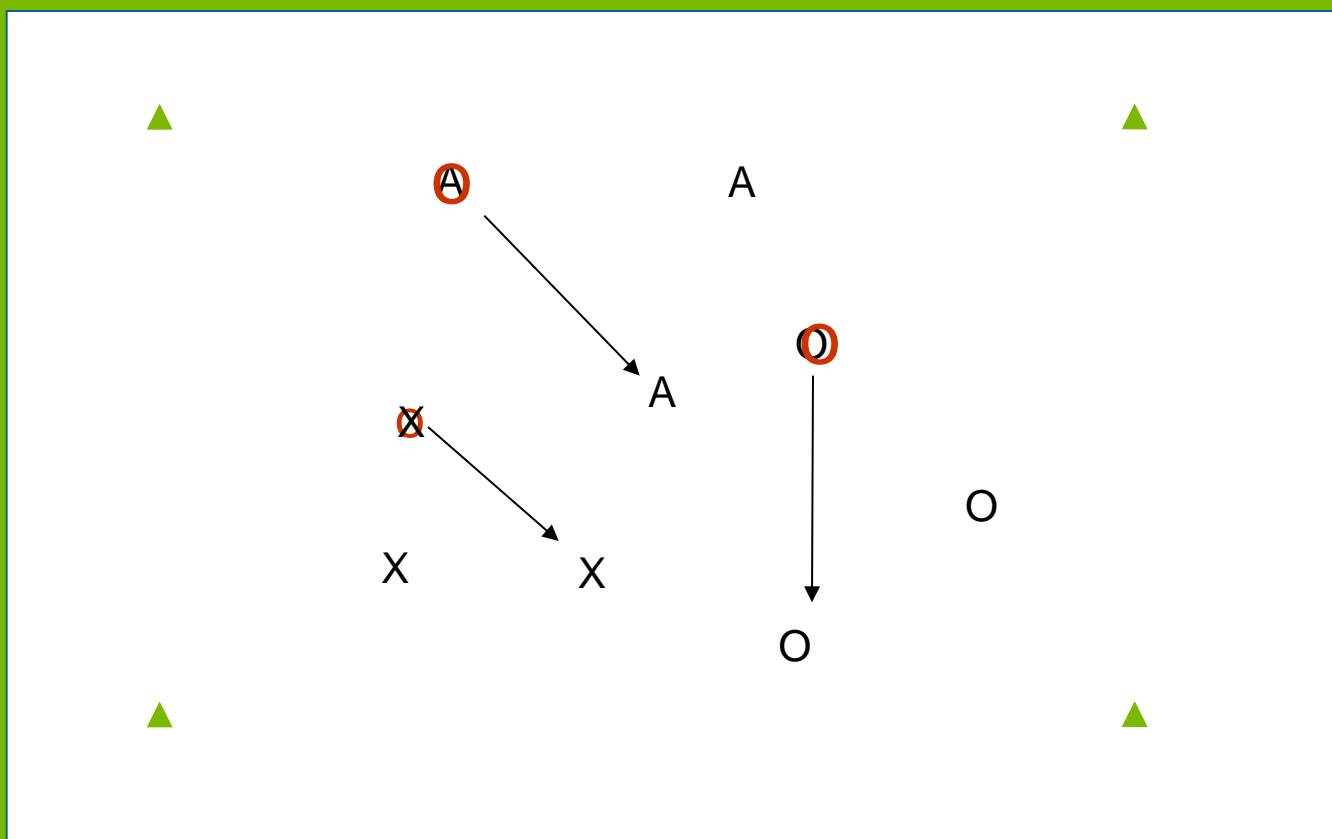
Pass to your team-mate to get past a defender.

Make passing angles, so you are available to receive a pass.

Spelare utan boll	X
Försvarsspelare	O
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	
Pass	
Spelaren springer	
Lång pass	

3-manna keepball

Smålagsspel



Syfte

Passing (keep ball in team). Protect the ball. Movement. Make passing angles. Defending.

Organisation

3 players per team. 2-4 teams. 1 ball per team. Area 20 x 15 m.

Anvisningar

- Each team passes to their team-mates. Move around and use the whole area. (Not allowed to stand still for more than 2 seconds.)
- Remove all the balls except ONE. Teams need to win the ball and pass to their team-mates.
- A team scores 1 point every time they complete two (3,4,5) passes in a row.
- Add a second ball.
- Add a third ball (if there are 4 teams).

Stegring

Right/left foot only.

Three touch / two touch / one touch.

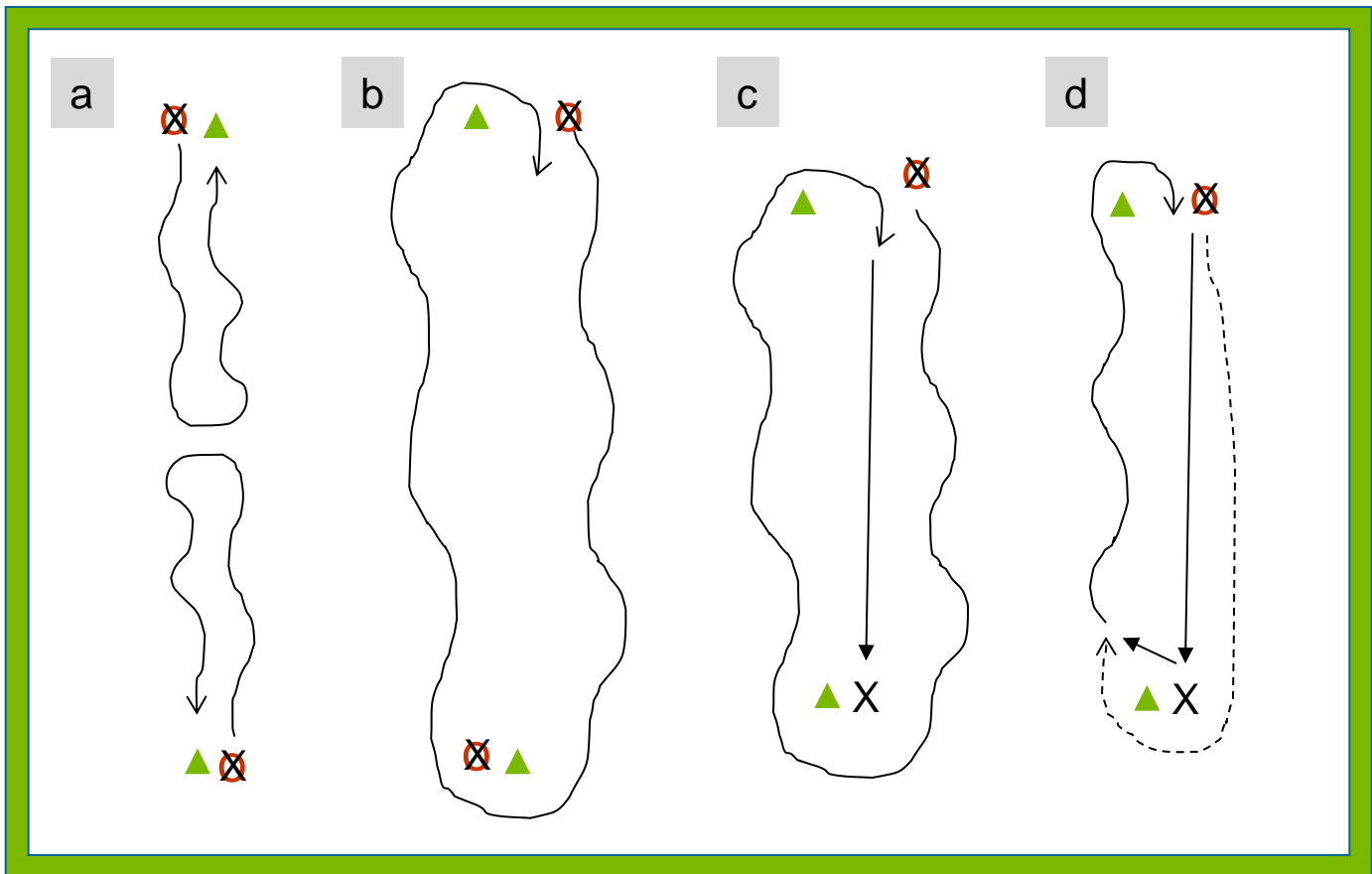
Instruktionspunkter

Protect the ball using your body until you can make a pass.

Movement, take up new positions, make passing angles, so you are available to receive a pass.

Spelare utan boll	X
Försvarsspelare	O
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	~~~~~→
Pass	————→
Spelaren springer	- - - - ->
Lång pass	—————>

Dribbling / Driva



Syfte

Close control dribbling, speed dribbling, boll control.

Organisation

Two cones for each pair of players, 10-15m apart.

Anvisningar

- Players dribble at the same time and turn back when they meet in the middle.
- Players dribble at same time, going around the opposite cone and back to their start cone.
- One ball. Player dribbles around the other player/cone and back to start position. Then passes ball to teammate who does the same.
- Player 1 passes to player 2, player 1 runs around the outside of player 2 who gives a short pass for player one to collect and dribble back to start position. Repeat 3-5 times, then switch.

Stegring

Dribble at speed.

Right/left foot only / Inside/outside of foot.

360 degree turn in the middle.

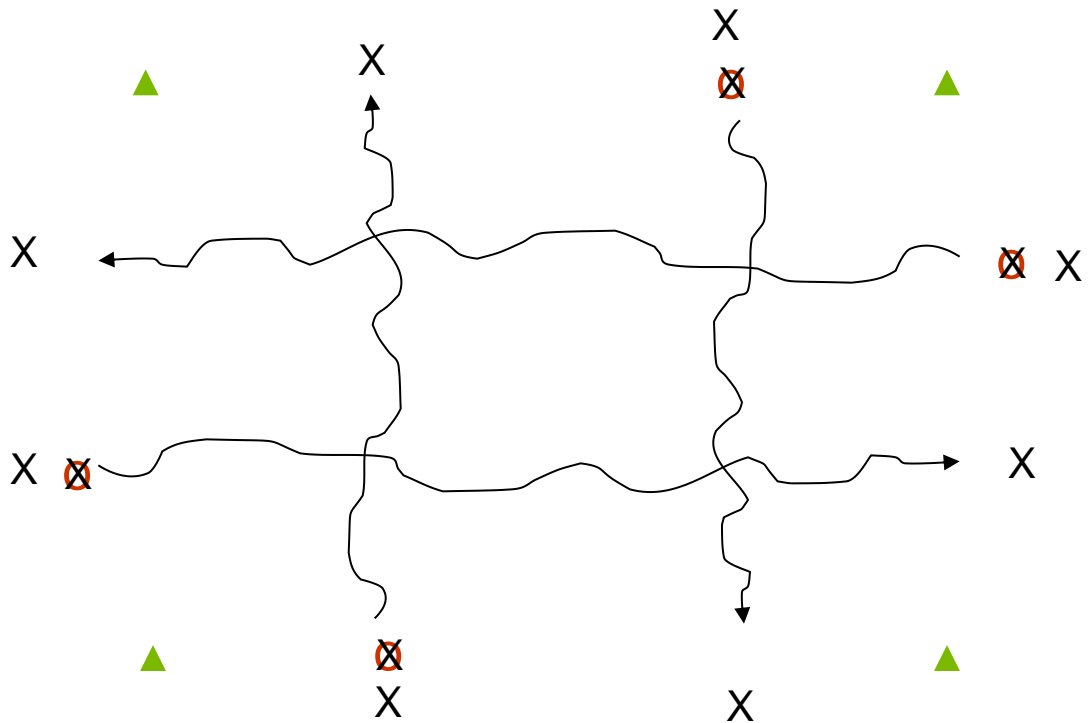
Use sole of foot / drag ball backwards/sideways.

Body swerve/quick direction change.

Instruktionspunkter

Keep your ball close. Technique. Dribble with speed when possible.

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	
Pass	
Spelaren springer	
Lång pass	



Syfte

Dribbling with close ball control, lyfta blicken.

Organisation

3 players to a ball (two on one side with the ball, and the third on the opposite side).

3-4 groups of players, all going in different directions.

15x15m.

Anvisningar

Player with the ball dribbles to opposite side and gives the ball to teammate who dribbles back across.

Stegring

Dribble at speed.

Right/left foot only / Inside/outside of foot.

360 degree turn in the middle.



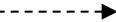

Use sole of foot / drag ball backwards/sideways.

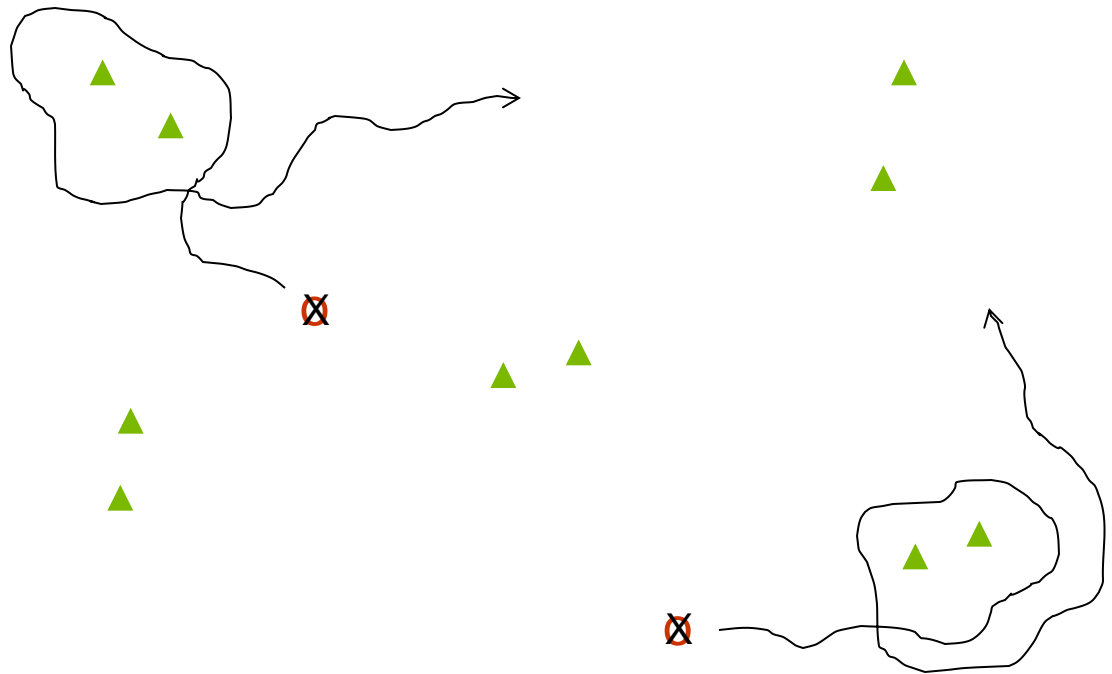
Body swerve/quick direction change.

Instruktionspunkter

Keep the ball close to your feet.

Lift your head and look around – don't bump into anyone.

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	
Pass	
Spelaren springer	
Lång pass	



Syfte

Dribbling with close ball control, lyfta blicken.

Organisation

Cones set out in pairs (2 m apart) at random.

Area 20x20m.

5-10 players. Each player has a ball.

Anvisningar

Players dribble around and find an empty 'Rondell'. They dribble around in a complete circuit, and then go and find another empty rondell.

Stegring

Dribble at speed.

Right/left foot only / Inside/outside of foot.

Players work in pairs (link arms) with one ball.

Instruktionspunkter

Keep the ball close to your feet.

Lift your head and look around.

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	~>
Pass	—>
Spelaren springer	- - ->
Lång pass	⤿



Syfte

Dribbla och lyfta huvudet.

Organisation

10 x 10m, 8 spelare i 4 par.

Anvisningar

Första spelaren dribblar runt och använder hela ytan. Ändra riktning och finta.

Andra spelaren ska följa efter så nära som möjligt och kopiera första spelarens finta.

Byt ledare ofta.

Stegring

Minska spelytan (5 x 5m) – mer koncentration krävs och mindre fart.

Gå sedan tillbaka till (10 x 10m) – dribbla med mer fart.

Använd bara höger/vänster fot.

TÄVLING – all dribbla runt, skydda egen boll och försöka sparka ut andras bollar. Sista person i mitten vinna.

Instruktionspunkter

Dribbla/driva med kontroll.



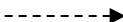

Hålla bollen nära sig.

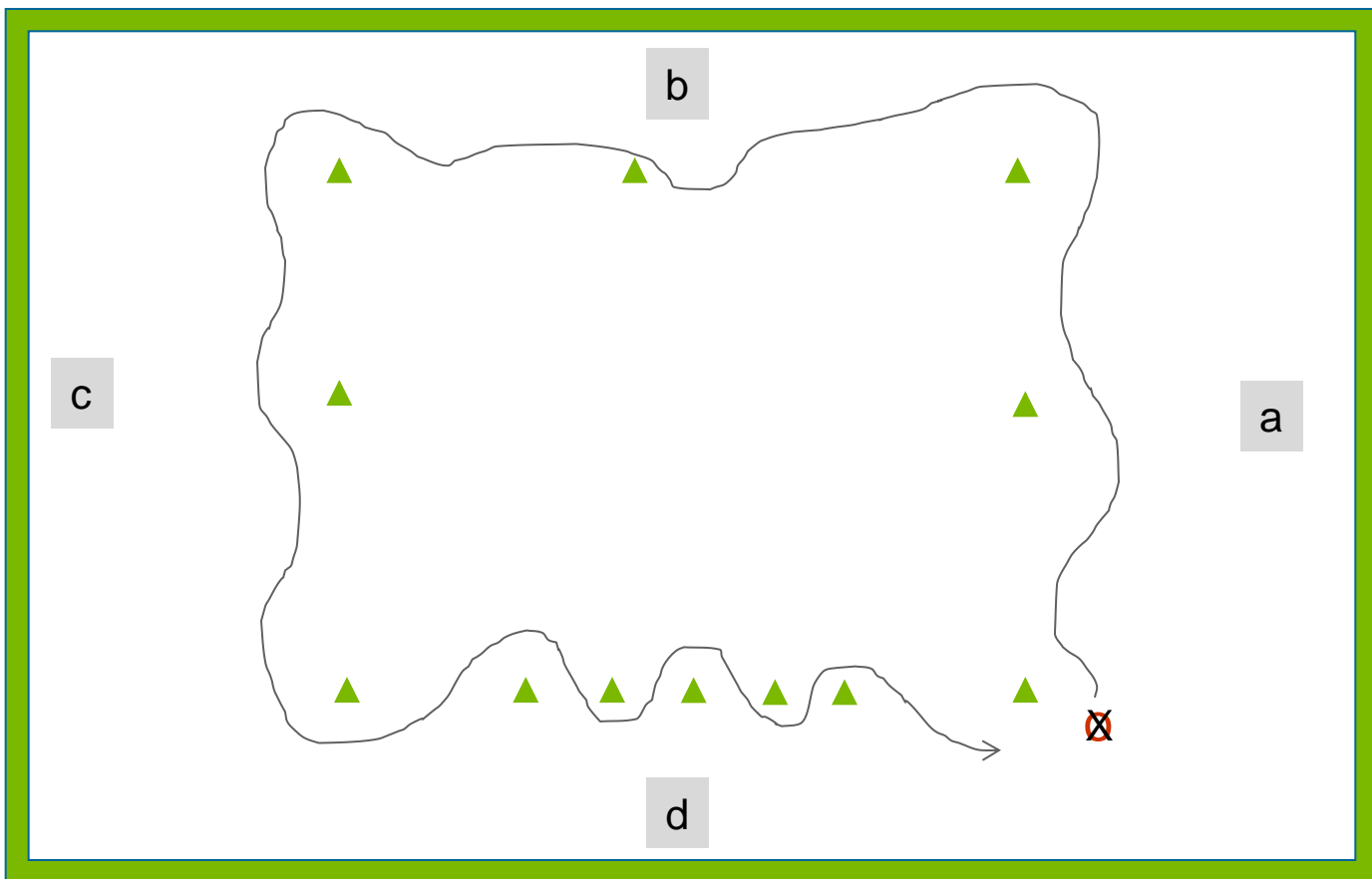
Driva med fart när det finns yta.

VARIANT – Skydda bollen

Bara en spelare har en boll som de dribbla runt och skydda med sin kropp.

Andra spelare är försvarare och försöker ta bollen (passivt / aktivt).

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	
Pass	
Spelaren springer	
Lång pass	



Syfte

Dribbling technique.

Organisation

15 x 15m , 4-8 players.

Cones in corners and marking half-way along each side.

Cone slalom along one length.

Anvisningar

Players dribble around the course.

Different technique required along each side, e.g.

- 360 degree turn in the middle.
- Dribble at full speed.
- Use sole (forwards) to mid point, use sole (backwards) for second half.
- Cone slalom.

Stegring

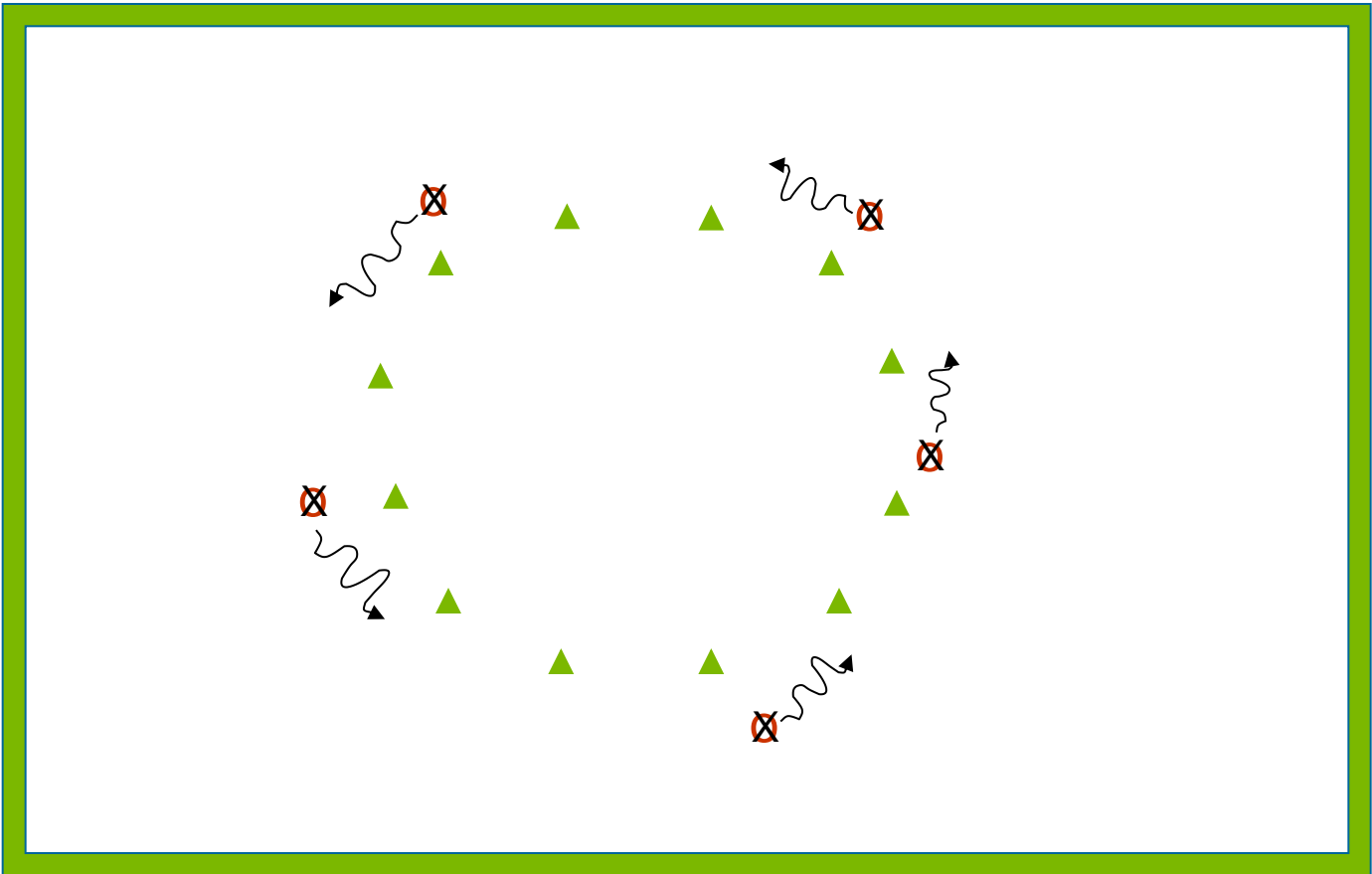
Left/right foot only / inside/outside of foot.

Competition – give players a time limit for dribbling around the course.

Instruktionspunkter

Keep the ball close. Use both feet. Keep your head up.

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	
Pass	
Spelaren springer	
Lång pass	



Syfte

Close control dribbling, listening and awareness.

Organisation

Circle of cones, 10-15 m across, 4-6 players. (Use two smaller circles rather than have too many players in one circle – to avoid players bumping into each other.)

Anvisningar

Start by dribbling around the outside of the cones at 'halv fart' (everyone going in the same direction). OK for faster players to dribble past slower players.

The trainer calls out various instructions, which the players carry out. i.e. "**Vänd**" = change direction; "**Full fart**" = dribble as fast as you can; "**Halv fart**" = dribble at normal speed; "**Slalom**" = dribble in and out of the cones; "**Utsidan**" = move back outside the circle and continue dribbling round; "**Rakt över**" = dribble through the center of the circle, directly to the other side (not bumping into anyone) and continue dribbling as before; "**Spring**" = leave your ball (remember where it is!) and sprint once round the circle back to your ball and then continue dribbling as before.


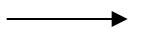
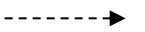

Stegring

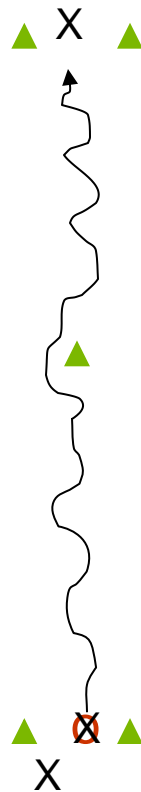
Use left/right foot only.

Speed game! Start with each player an equal distance from each other. Players try to catch the player in front of them (but still listening to new instructions). If a player gets caught up by the player behind, they are out.

Instruktionspunkter

Keep your ball close. Look up – be aware of what is around you. Dribble with speed when possible.

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	
Pass	
Spelaren springer	
Lång pass	



Syfte

Driva med fart förbi försvararen.

Organisation

15 m, 3 eller 4 spelare.

Anvisningar

Spelaren driver med fart rakt fram, dribblar runt konen och fortsätter till andra sidan.

Lämna över bollen till nästa spelare som gör samma sak tillbaka.

Stegring

Lura konen (försvararen) med fint / översteg / putta bollen åt ena sidan och spring runt på den andra sidan.

Tränaren/försvararen springer bakom spelaren (passivt försvar).

Tränaren/försvararen står i mitten i stället för konen (passivt försvar).

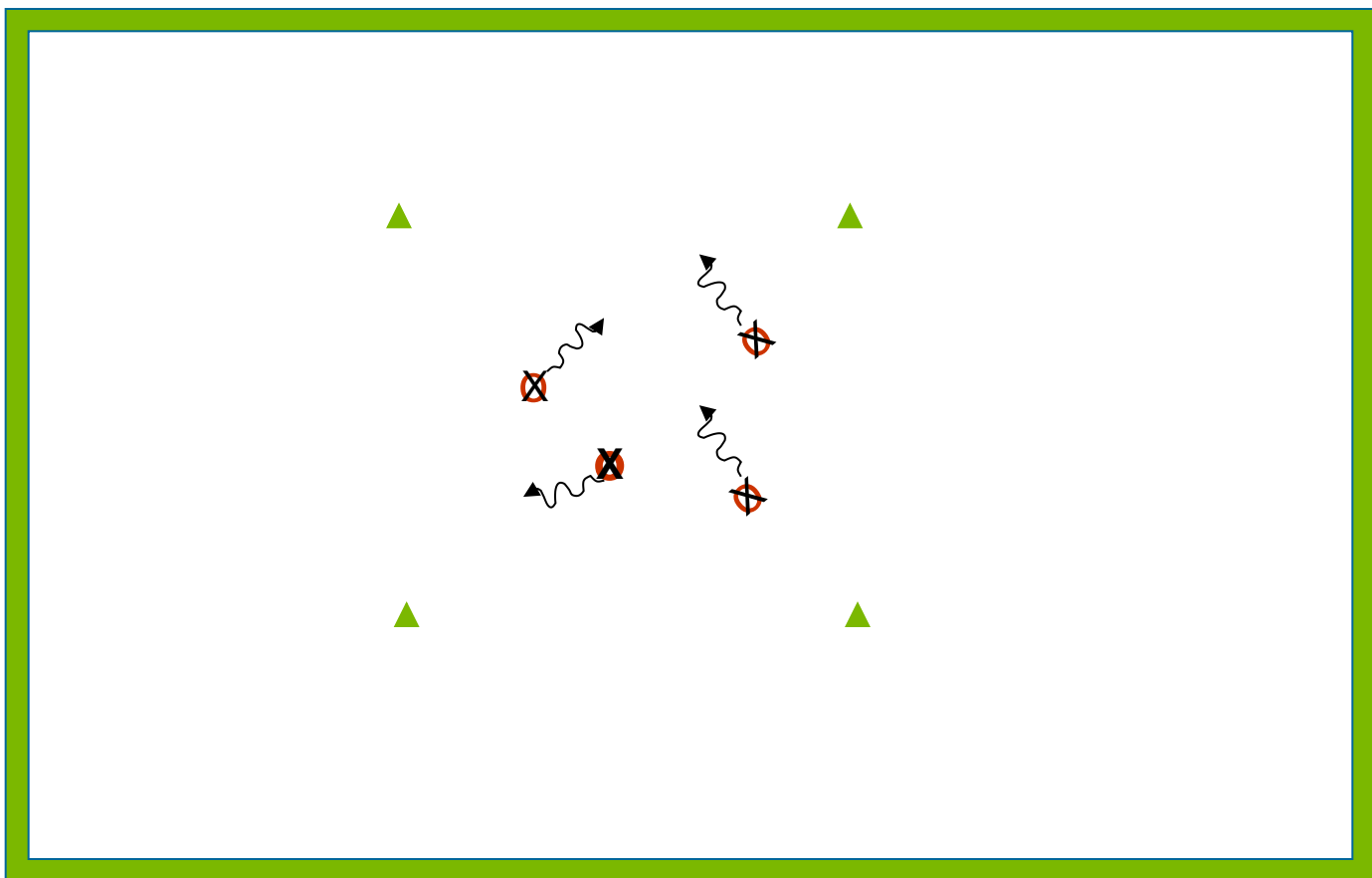
Instruktionspunkter

Driva med kontroll.

Hålla bollen nära sig.

Driva med fart.

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	
Pass	
Spelaren springer	
Lång pass	



Syfte

Close-control dribbling. Awareness of other players. Protecting the ball.

Organisation

10 x 10m playing area, 6-12 players with a ball each.

Anvisningar

- i) Each player dribbles their ball around the playing area, being careful to avoid the other players.
- ii) Trainer provides passive defence. Players turn away to protect their ball when the Trainer approaches.
- iii) Players protect their own ball, but try to kick other players' balls out of the playing area. Once a player's ball is kicked away they are out. Game continues until there is only one player left in the playing area.

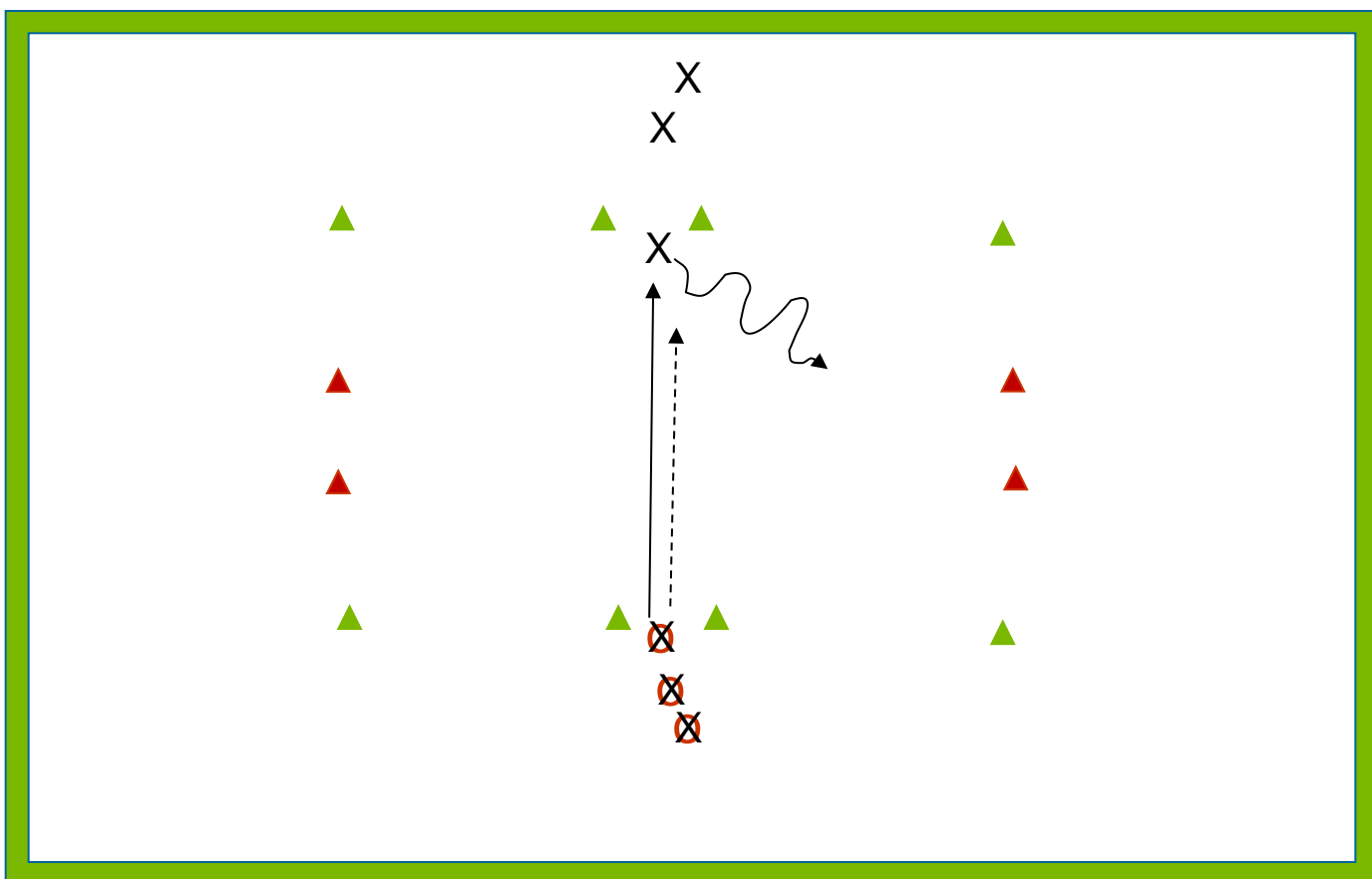
Stegring

- i) Reduce size of playing area.
- ii) Introduce defender (or 2 defenders) without a ball. Players must then protect their ball from active defender(s).

Instruktionspunkter

Keep your ball close! Lift your head and react to what is around you.

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	→
Pass	→
Spelaren springer	- - - - ->
Lång pass	→



Syfte

Close-control dribbling. Anfall. Finta bort en motståndare. Närkamp. Försvarsspel.

Organisation

Small playing area, approx 8 x 6 m. A small cone goal at each end. Defending players are on one side with a ball each. Attackers start on the opposite side. Only one defender and one attacker play at a time.

Anvisningar

- i) The defender passes the ball to the attacker and follows their pass.
- ii) The attacker tries to finta/dribbla past the defender and dribble the ball through one of the cone goals. The attacker can choose either goal to attack and can switch the attack between the goals as often as they want. (Note the attacker must dribble through the goal to score, not pass or shoot the ball through the goal.)
- iii) The exercise is over once the attacker scores OR the ball goes out of the playing area OR the defender wins the ball.
- iv) Attacker returns to the attackers' line and the defender fetches the ball and returns to the defenders' line. Change attackers and defenders after 5 -10 min.

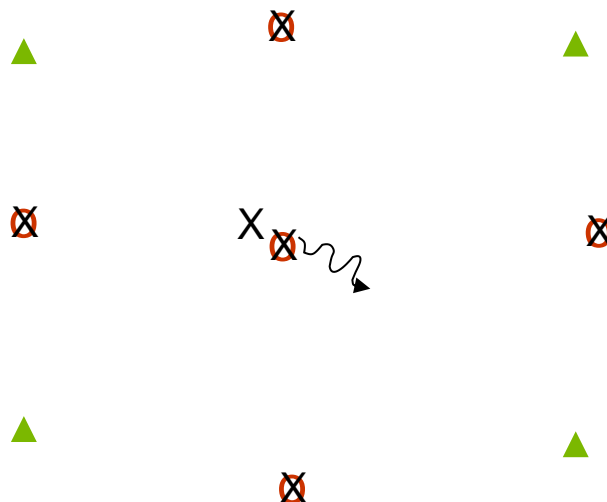
Stegring

- i) The trainer calls out which goal the attacker should attack after the first pass is made. If the defender then wins the ball they can attack the other goal (i.e. one vs. one match.)
- ii) Two attackers against one defender OR Two defenders against one attacker .

Instruktionspunkter

Close ball control. Försöka lura motståndaren. Drive away with speed.

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	→ (wavy arrow)
Pass	→ (solid arrow)
Spelaren springer	→ (dashed arrow)
Lång pass	→ (curved arrow)



Syfte

Skydda bollen. Närkamp. Kroppskontakt. Försvarsspel.

Organisation

Small square playing area, approx 5 x 5 m. 6 players – two active players in the middle (bollhållare + försvarsspelare) + 4 players with a ball each around the outside.

Anvisningar

i) Bollhållaren has to protect the ball and stay within the playing area. The defender works hard to win the ball and kick it out of the playing area.

ii) As soon as the ball is kicked out, one of the players around the outside passes a new ball to the 'bollhållare' and play continues. (The defender lets the bollhållare get the ball under control before restarting.) The outside player fetches the 'lost' ball and resumes their position.

iii) **OBS!** This is designed as a high tempo, very intensive, physical exercise. The two players in the middle need to work hard. Switch the players in the middle after one-two minutes of play.

iv) Stay within the rules regarding pulling, pushing, kicking from behind – A trainer needs to be present to oversee play and keep it at the right level.

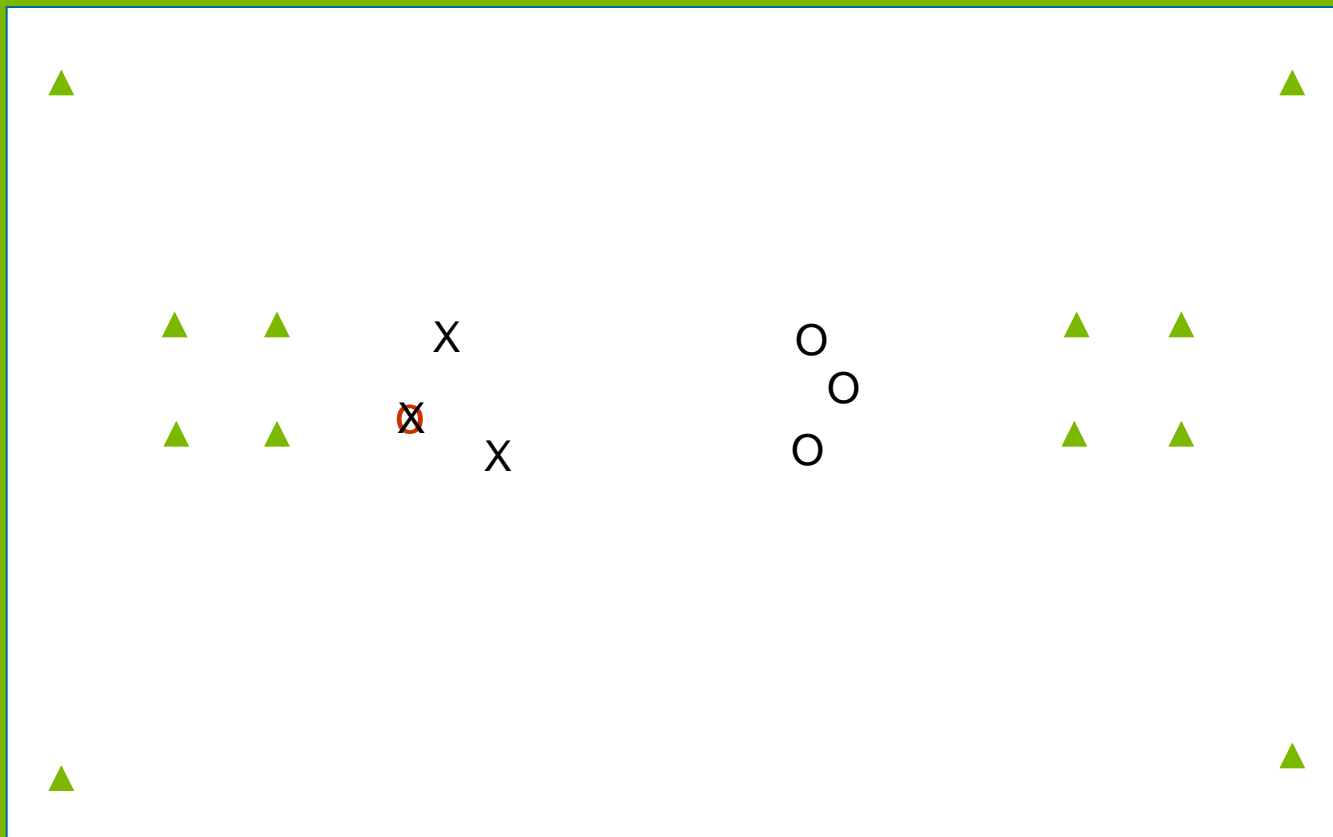
Stegring

- Reduce the size of the playing area.
- Bollhållaren can only use left foot/right foot.

Instruktionspunkter

Protect the ball with your body. Move your feet. Be strong. Hold your ground. Move the ball to keep it away from the defender.

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	
Pass	
Spelaren springer	
Lång pass	



Syfte

Match play. Passing. Dribbling. Defending.

Organisation

3 or 4 players in each team. Pitch 20x10 m. Goals are made up of 4 cones making a square. Goals are inside the pitch so players can go around the back of the goal (as in ice hockey).

Anvisningar

Normal football match, but to score a goal a player must dribble the ball into the goal area and stand with the ball under their foot.

Nobody is allowed in the goal area unless they have the ball.

Stegring

Use smaller goal area so it is harder to score.

Use two goal areas for each team so it is harder to defend.


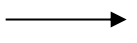
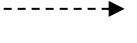

Two touch passing.

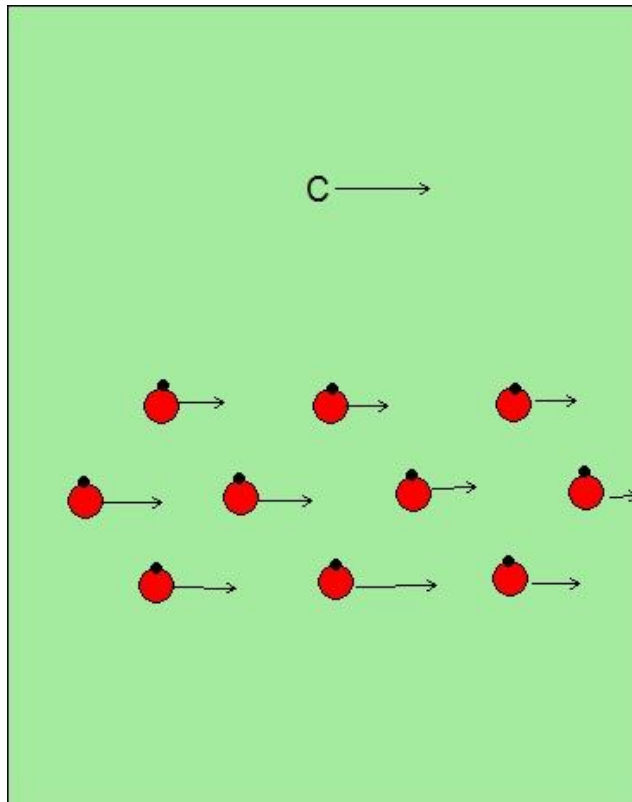
Instruktionspunkter

Drive past defenders.

Pass to a team mate if they have a clearer run at goal.

Attack quickly when you win the ball.

Spelare utan boll	X
Försvaresspelare	O
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	
Pass	
Spelaren springer	
Lång pass	



Syfte

Uppvärmning

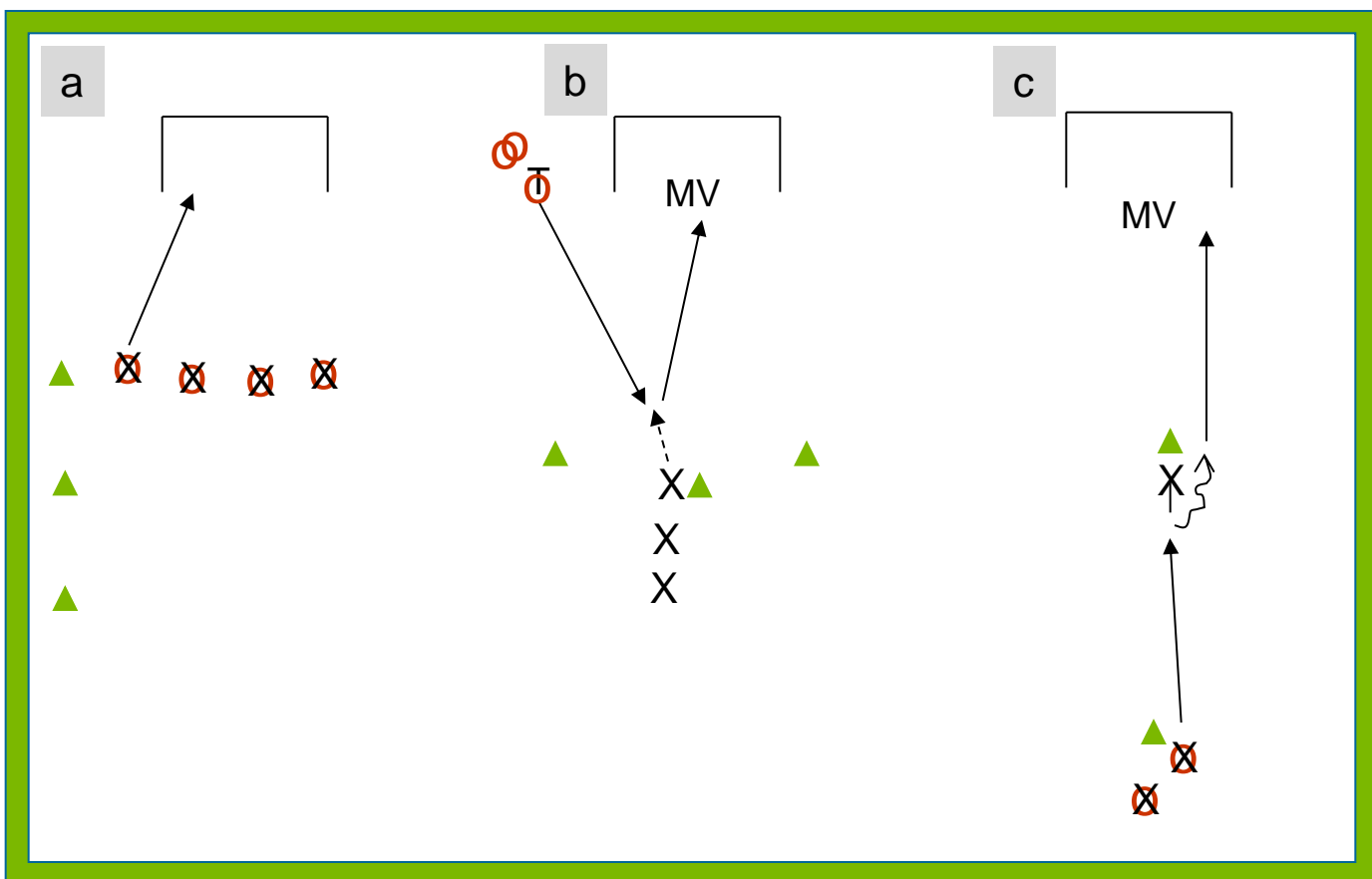
Anvisningar

Spelarna ställer upp framför tränaren.

Tränaren rör sig i olika riktningar.

Spelarna skall följa tränarens rörelser med boll.

Skjuta / Anfalla



Syfte

Shooting technique.

Anvisningar

- Each player has a ball. Trainer shows and explains shooting technique. Each player shoots in turn. Then all players collect their balls at the same time. Players who score move backwards and shoot from further away.
- Trainer passes to player who meets and controls the ball and then shoots (alt. direct shot). Player retrieves their ball and leaves it with the trainer, then goes to the next cone.
- Player passes to teammate who has their back to the goal. They turn and shoot. Shooting player collects their ball and joins the passing queue. Player who made the original pass becomes the shooting player.

Stegring

Direct shot.

Shoot with left/right foot.

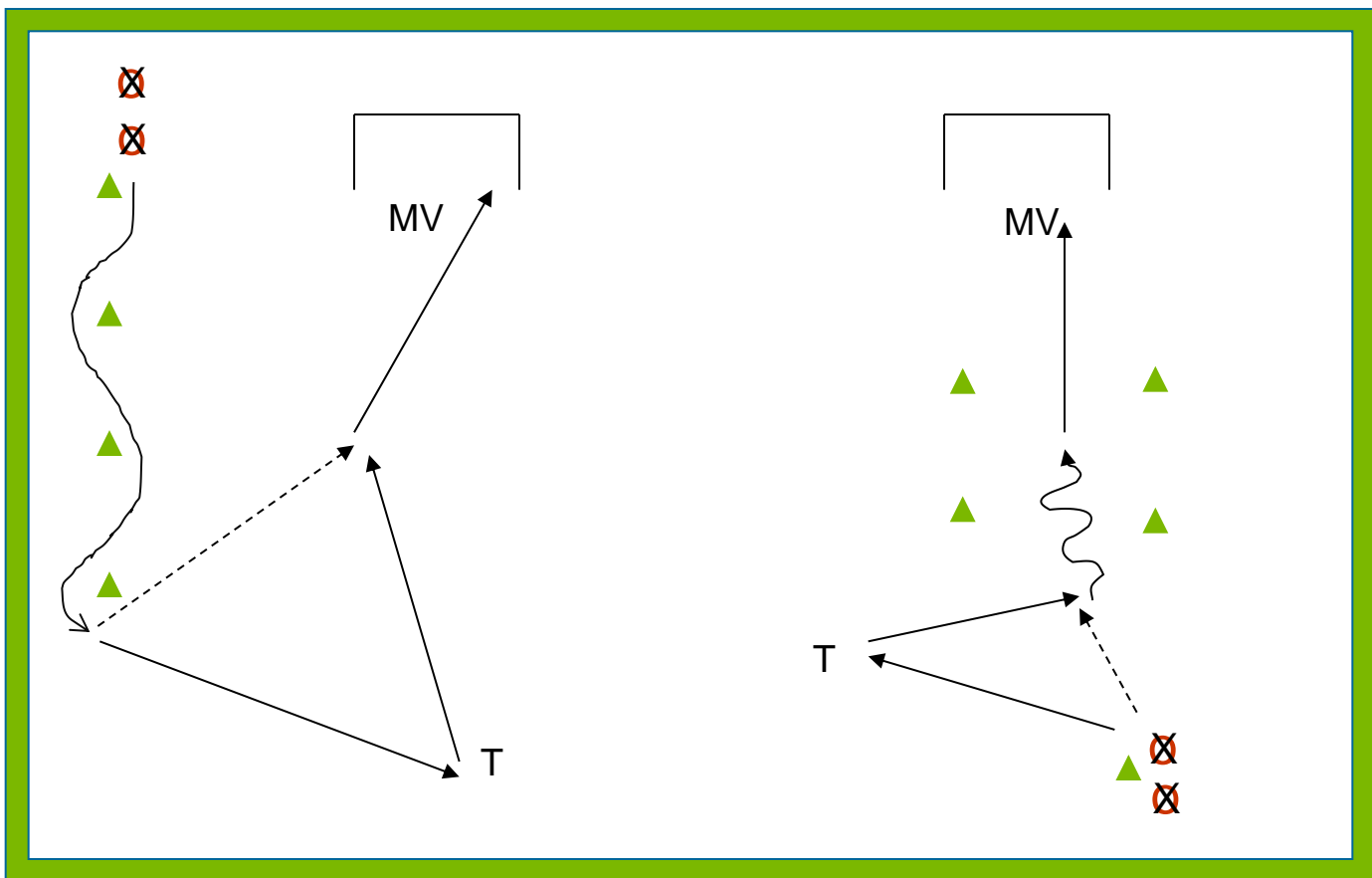
Introduce a defender.

Bouncing/high pass.

Instruktionspunkter

Shoot on target! Keep head down, over the ball. Know where the goal is and then concentrate 100% on making good contact with the ball.

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	→ (wavy)
Pass	→ (solid)
Spelaren springer	→ (dashed)
Lång pass	→ (curved)



Syfte

Dribbling with speed / one-two pass / shooting. Goal keeping.

Organisation

All players have a ball. Line of 4-5 cones, 3m apart. Trainer stands on the half-way line.

Anvisningar

Attacker dribbles through the cones, plays a one-two with the Trainer and shoots at goal.

As soon as the attacker passes to the Trainer, the next player starts to dribble through the cones. This means the exercise is carried out at a rapid tempo and the goal keeper has to be ready for a new attacker every few seconds.

After shooting, the player collects their ball and rejoins the queue.

Stegring

i) After receiving the pass from the Trainer the attackers shoot directly without controlling the ball first.

ii) Defender stands with the Trainer. When the Trainer passes the ball the defender runs in to try and stop the attacker from scoring.

Instruktionspunkter

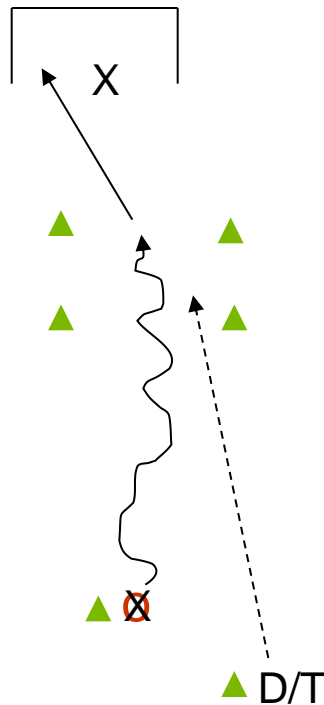
Shoot on target! Goal keeper needs to be on their toes, check their position, and be ready for the next attacker immediately.

ALTERNATIVE

Väggspel med tränaren.

Driva bollen in i skottsektorn och skjuta.

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	~>
Pass	→
Spelaren springer	- - - - ->
Lång pass	⤵



Syfte

Dribbling with speed. Shooting under pressure. Defending from behind.

Organisation

Attacker with ball, 20-25m from goal. Defender (or trainer) stands a few meters behind attacker.

Anvisningar

Attacker drives towards the goal with pace and shoots when they reach the shooting area (4 cones). (Practice technique without defender.)

Defender runs back and tries to tackle the attacker or block the shot.

Continue the attack until a goal is scored or the ball goes dead.

After the exercise, the attacker joins the defenders line and the defender joins the attackers line.

Stegring

i) Defender starts alongside the attacker (not behind).

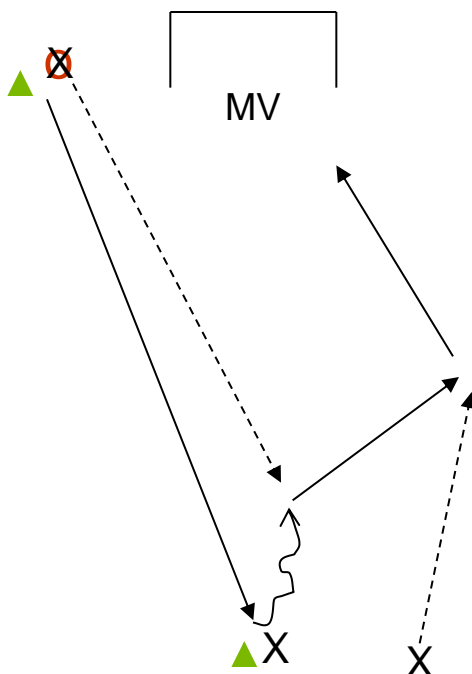
ii) Two defenders – one each side of attacker.

iii) Defender starts in front of the attacker, i.e. Attacker has to dribble past the defender.

Instruktionspunkter

Run fast . Be determined! Shield the ball with your body. Shoot on target.

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	→ (wavy)
Pass	→ (solid)
Spelaren springer	→ (dashed)
Lång pass	→ (curved)



Syfte

Attacking (defending + goalkeeping).

Anvisningar

- The defender plays a long pass to the forwards. Then follows the ball quickly to stop the forwards from scoring.
- Forward advances and waits for the right moment to pass to team mate who shoots at goal.

Defenders and attackers change after 5-10 mins.

Tävling: The attackers get a point for every shot on target and 3 points for every goal. The defender gets a point if they stop the shot and 3 points if they win the ball and pass it to the trainer.

Stegring

Three (four) attackers vs. Two (three) defenders.

Attacker two takes a wider position. Instead of shooting they advance the ball and then cross into the middle for attacker one to shoot.

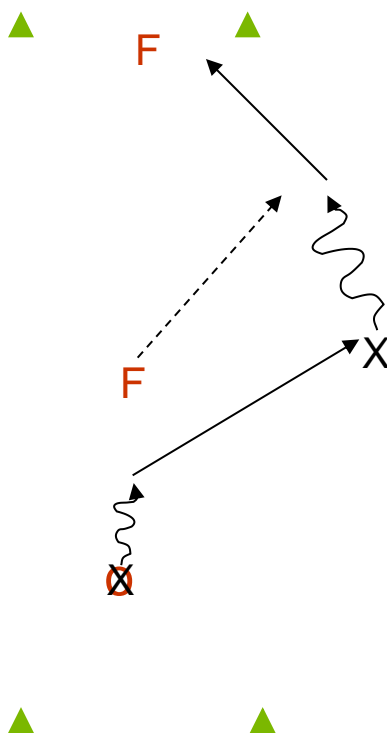
Instruktionspunkter

Attacker two needs to move to make good passing angle.

Attacker with ball needs to time the pass (alternatively, fake the pass and dribble past the defender and shoot).

Defender – be fast and aggressive – win the ball.

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	~>
Pass	—>
Spelaren springer	- - ->
Lång pass	⤿



Syfte

Försvar – springa hem och ta bollen.

Anfall – passa fram för att komma till skott.

Organisation

Två mål, 20m plan, 2 mot 2 (2 anfallare mot 1 försvarspelarare + målvakt).

Nivå anpassa spelare.

Anvisningar

Första anfallaren dribblar fram och passar till den andra anfallaren som försöker dribbla fram mot målet och skjuter.

Försvarspelararen springer hem och försöker ta bollen/blockera skottet.

Efter anfaller, springer anfallarna snabbt hem och blir försvarspelarare/målvakt (turas om att vara målvakt). Det andra paret blir anfallare (turas om att vara den som passar fram bollen).

Stegring

(i) Försvarspelararen får gå fram och försöka ta bollen från första anfallaren.

(ii) Istället för att dribbla mot målet och skjuta, anfallare 2 passar bollen tillbaka till anfallare 1 (in i straffområdet) som sedan skjuter direkt.

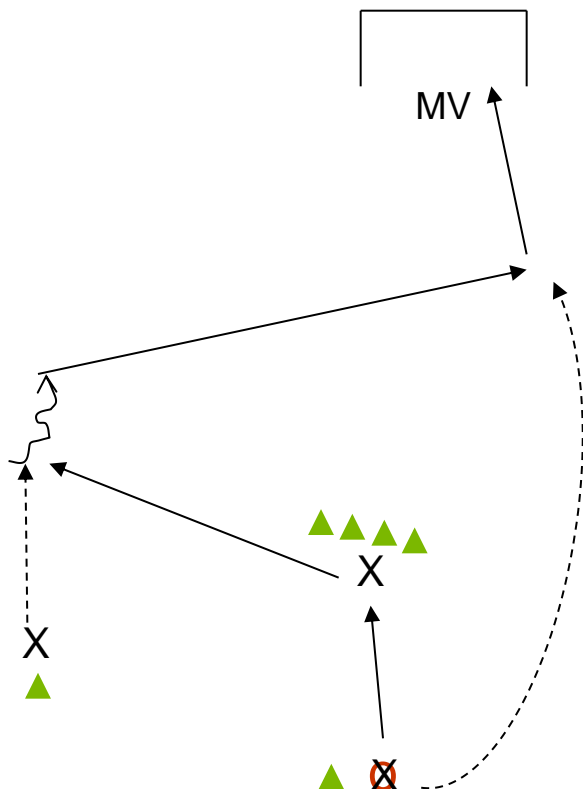
(iii) Fritt spel, 2 mot 2 (2 anfallare mot en försvarare och målvakt).

Instruktionspunkter

Försvar – Springa hem snabbt och komma emellan anfallaren och målet; Fokusera på bollen och sparka i väg den så fort man kan.

Anfall – Passa bollen lite framför medspelaren så de kan springa fram direkt och komma till skott; Anfalla med fart.

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	~~~~~→
Pass	————→
Spelaren springer	- - - - -→
Lång pass	—————>



Syfte

Attacking (goalkeeping).

Anvisningar

- 3-pass attack as indicated. (Can vary width and depth of play).
- Rotate positions.
- Alternate left-wing/right-wing attacks.

Stegring

Start at slow pace and gradually build up speed of attack.

Two touch / one touch.

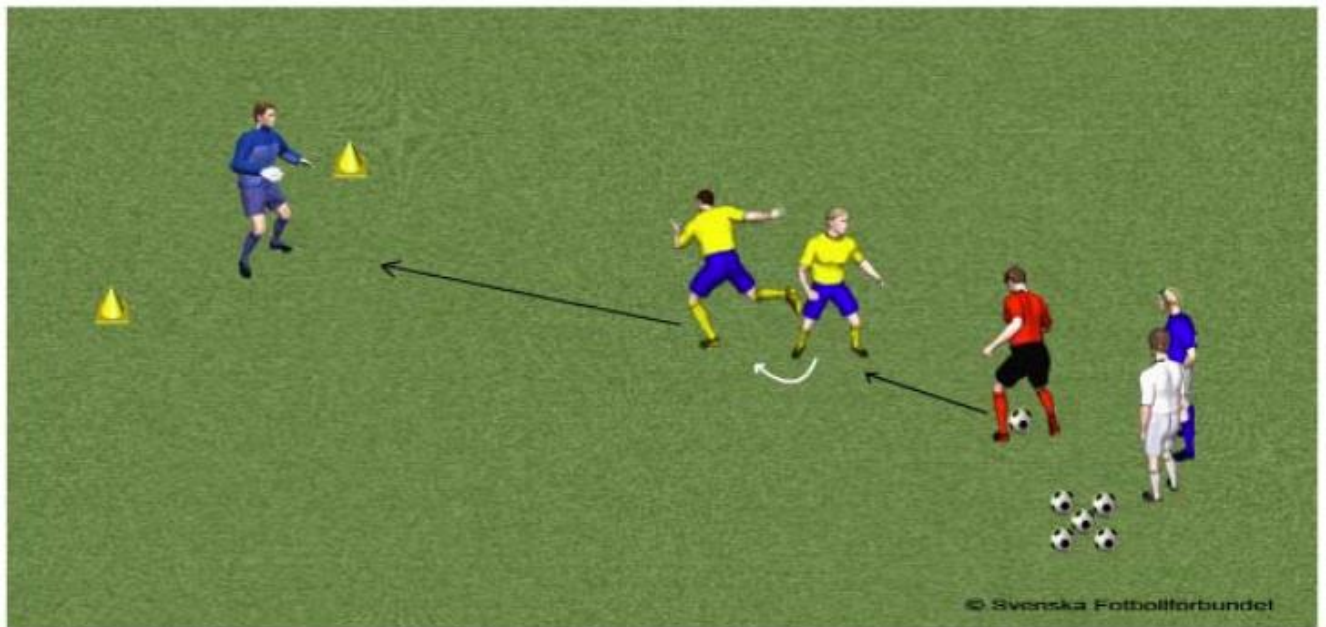
Use defenders (passive / active) in place of cones.

Instruktionspunkter

Timing of movement. (Be in the right position as the ball arrives – not before or after!)

Accurate passing (weight and direction).

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	~>
Pass	—>
Spelaren springer	- - ->
Lång pass	⤵



Passning, mottagning/vändning, skott

En spelare passar till en kamrat som tar emot, vänder och skjuter. Byt uppgifter.

Kategoritillhörighet

- Anfallsspel
- Barnträning 5-12 år

Lämplig för åldersgrupper

- 7-9 år (Medelsvår)



Syfte

Skott efter djupledslöpning.

Organisation

4-8 spelare. 1 målvakt. Avstånd efter färdighet.

Anvisningar

A springer runt några koner och får en passning i djupled av B, som A avslutar med skott.

Byt B efter en stund.

Instruktionspunkter

- Skott.
- Djupledspassning.

Antal deltagare

- Minsta antal: 5
- Max antal: 9

Kategoritillhörighet

- Barnträning 5-12 år

Lämplig för åldersgrupper

- 7-9 år (Barnträning)

Övningen är med i följande serier och korgar



Syfte

Finta/dribbla samt skott i 1 mot 1.

Organisation

9-12 spelare i tre led. 1 målvakt.

Anvisningar

A spelar en längre passning till B. B tar emot och utmanar framspringande C. B försöker passera C. A till B, B till C och C till A.

Instruktionspunkter

- 1 mot 1.
- Skott.
- Retur.

Antal deltagare

- Minsta antal: 10
- Max antal: 13

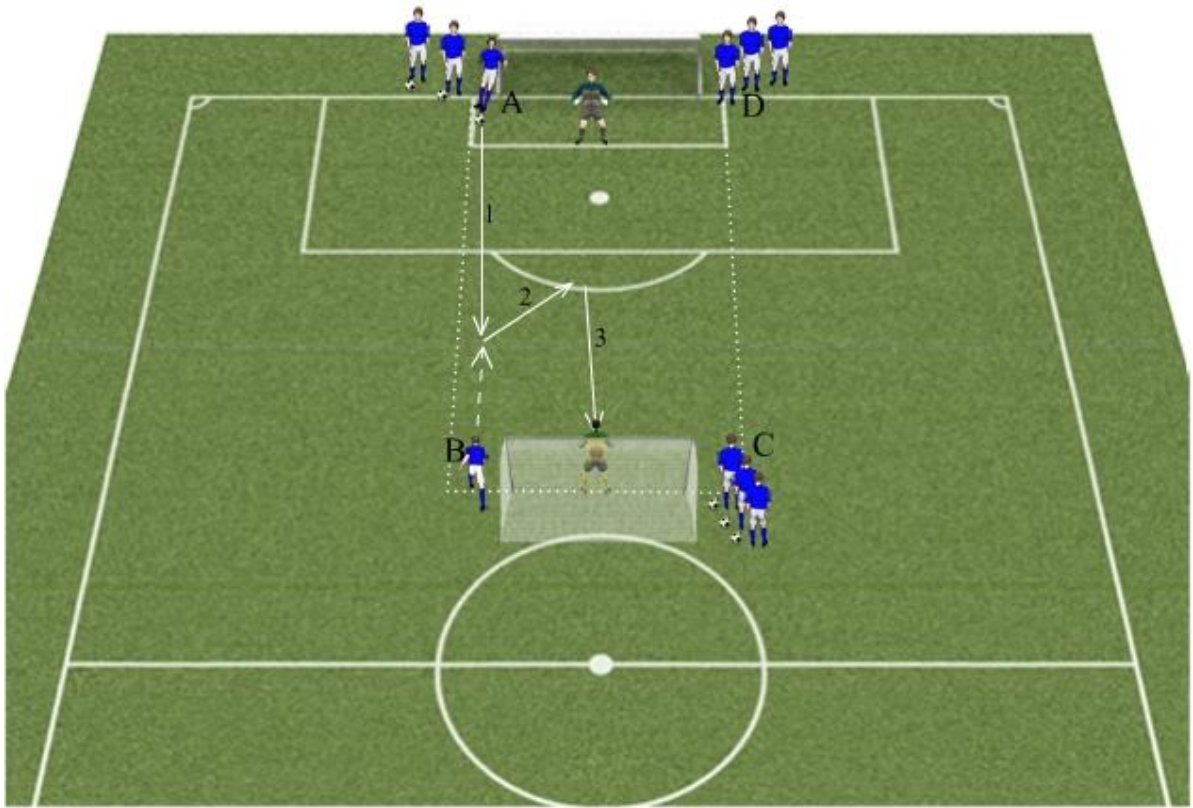
Kategoritillhörighet

- Anfallsspel

Lämplig för åldersgrupper

- Senior & Ungdom (Lätt)

Övningen är med i följande serier



Syfte

Att skjuta.

Varför

För att snabbt utnyttja och avsluta en målchans.

Hur

Visa – Förklara – Visa igen och Öva.
Instruktion i passning – grund och skott grund.

Praktisera

Organisation: Hela laget och 2 målvakter.

Avstånd mellan målen ca 20 meter.

Anvisningar: A passar mötande B, som försöker direktpassa tillbaka till framspringande A som skjuter.

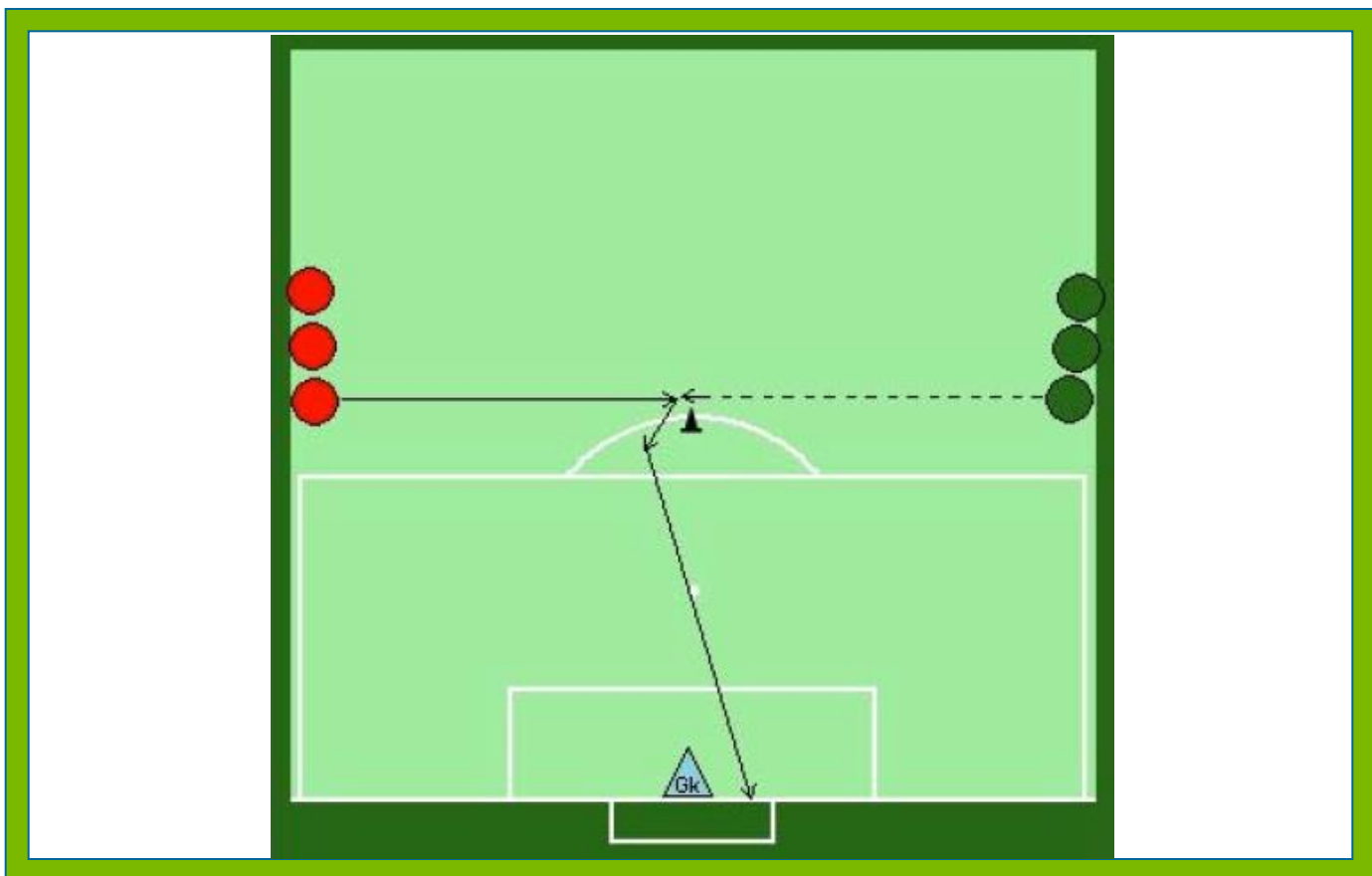
A och B byter plats.

Nästa pass från C till D o s v.



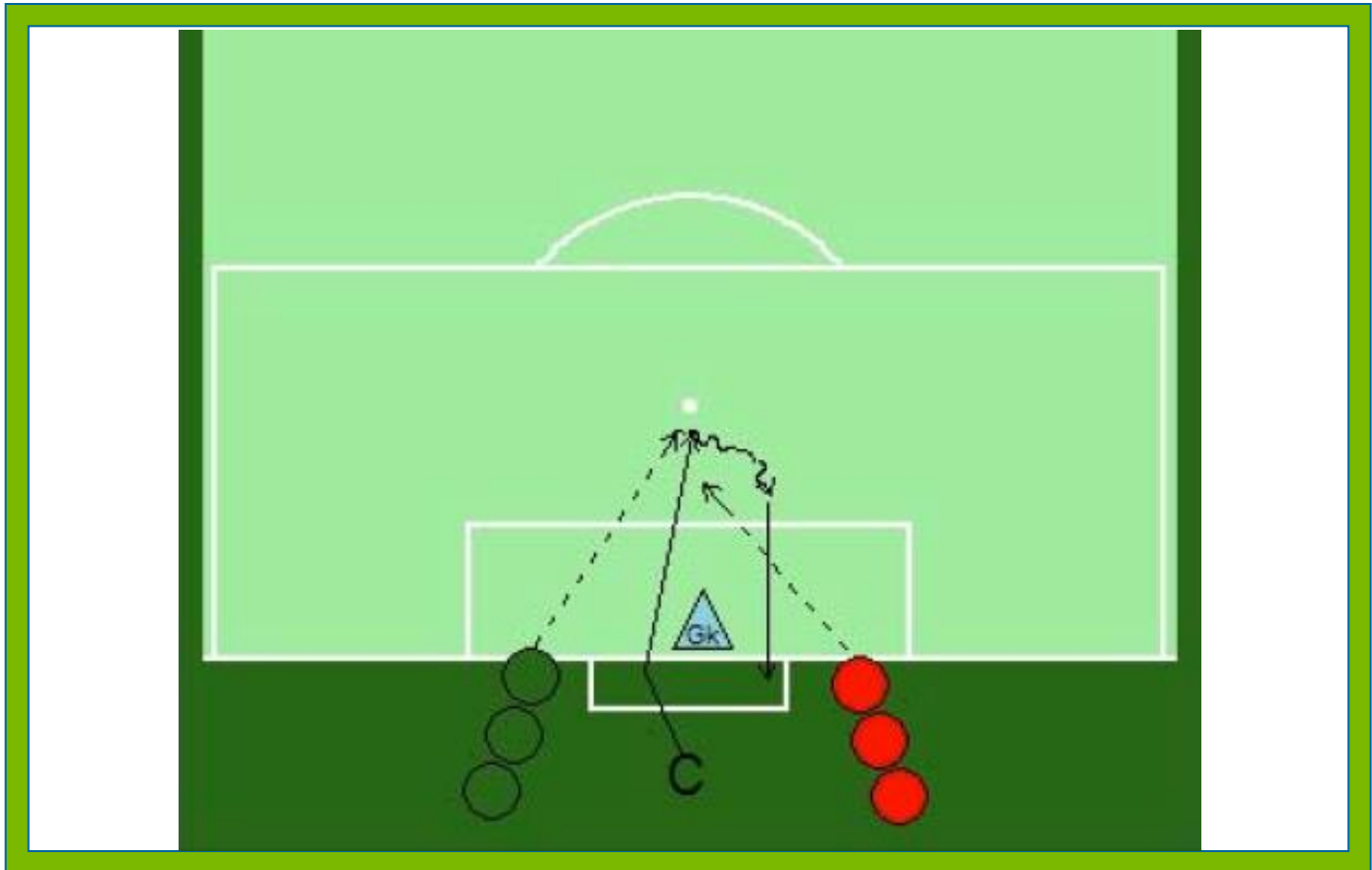
Triangelpass och Avslut:

Grön spelare passar till röd spelare som har löpt in till en av sidorna i triangeln. Röd spelare slår en djupledspassning genom triangeln till grön spelare som har tagit en löpning och därefter skjuter på mål.



Skott efter one touch:

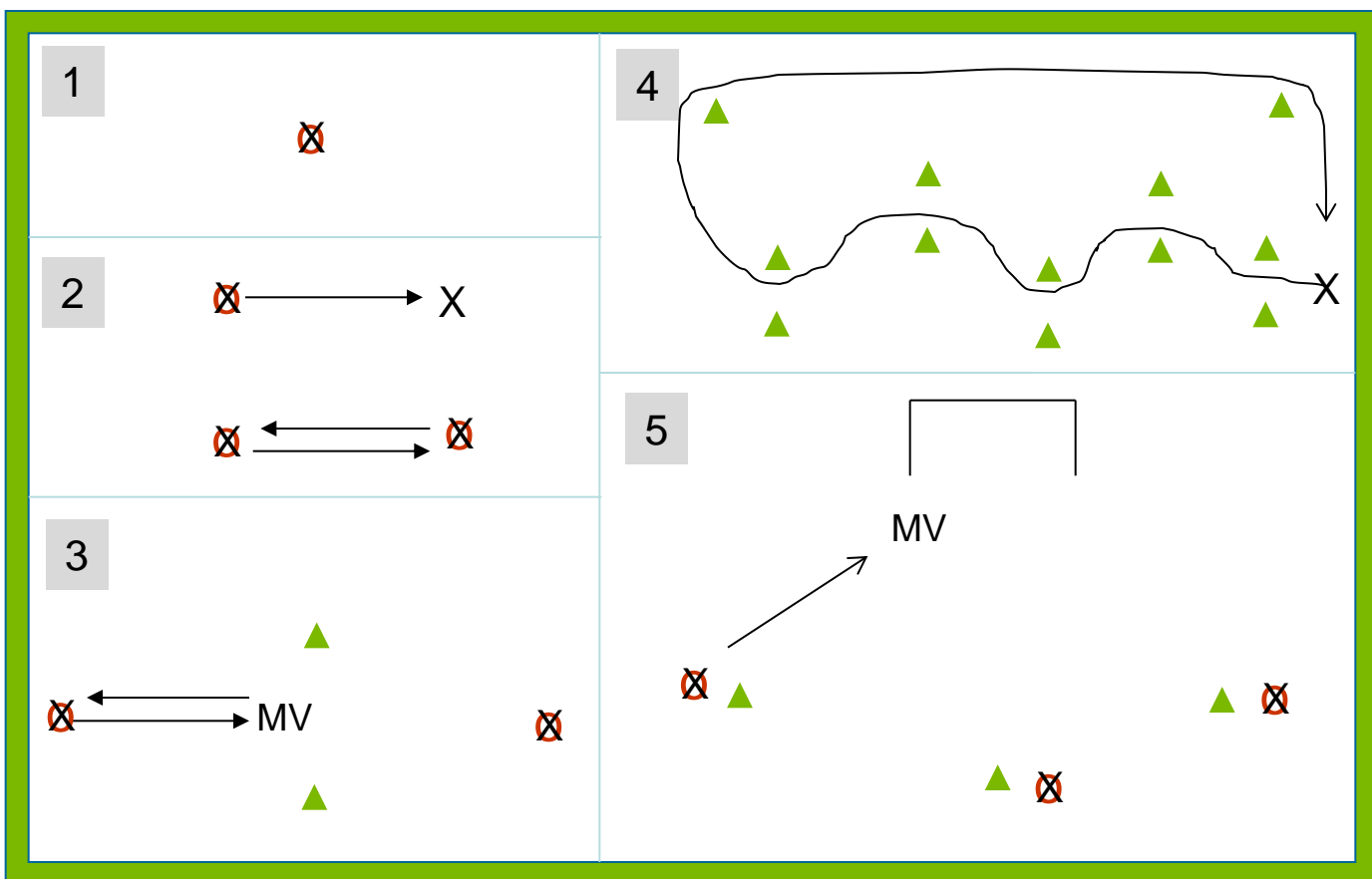
Röd spelare passar till Grön spelare som tar emot och vänder upp mot mål med en touch och avslutar



Till övningen behövs 6-12 spelare, en MV och ett antal bollar. Coach kastar en boll över målet. Röd och Grön spelare skall ha en kamp om bollen. Med avslut på mål eller bruten tackling av den som blir försvarare. Spelarna skall inte ha möjligheten att se när tränaren kastar bollen utan skall starta sin löpning först när de ser bollen. (se övning "Startsnabbhet")

Syfte: Försvar

Målvakt



Syfte

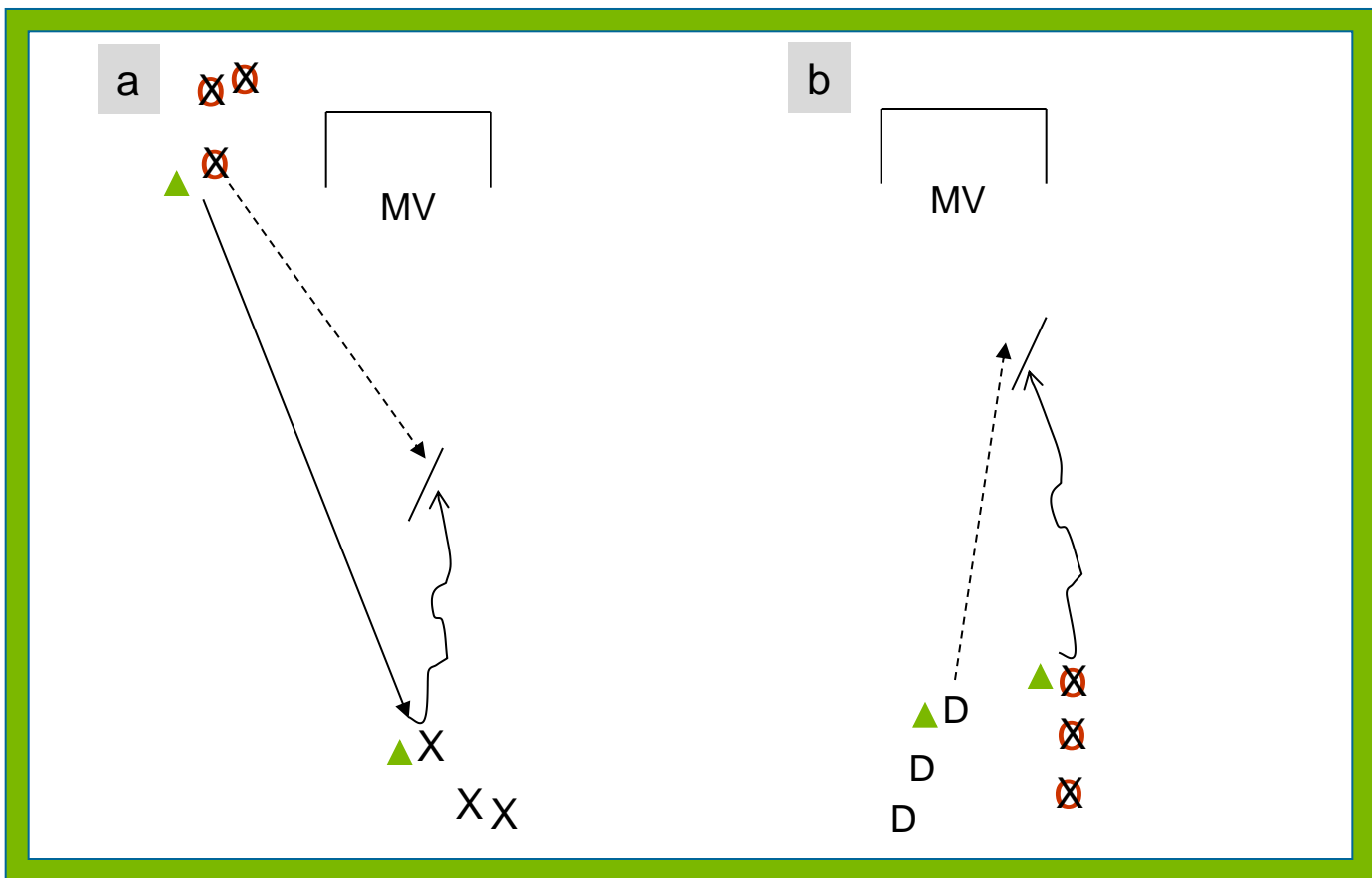
Målvaktsteknik och positionsspel.

Anvisningar

- 1) Stance and grip** – feet, stance, ready, secure ball, throw and catch, bounce and catch, hop on one leg and catch, jogging forwards + throw and catch.
- 2) Scoop and roll** – 1 ball, roll, scoop and secure (move feet!) / 2 balls, both roll at same time, scoop and secure. (Also in threes, i.e. Roll to one player and then turn back to pick up ball from the other player.) + throw and catch to each other (+ sitting on floor, feet to feet).
- 3) Pass-shooting** – player passes (shoots), goaly scoops and secures the ball and rolls it back (move feet!) Goalkeeper turns around quickly, moves in front of the line ready for the next pass/shot.
- 4) Quick feet** – cone course to increase foot speed. Include: side-shuffle, running backwards, quick forwards+quick back, sit down–stand up-lay down-stand up, etc.
- 5) Shot stopping and position** – 3 players with a ball in different shooting positions. Goalkeeper moves to correct position (imaginary line between ball and center of the goal) stops the shot and rolls the ball back, and then moves into next position. (Alternative, players drive at the goal instead of shooting from distance. Goalkeeper moves forward to meet the ball.)

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	~>
Pass	→
Spelaren springer	- - - - ->
Lång pass	⤵

Försvarsspel



Syfte

Defending (attacking + goalkeeping).

Anvisningar

- Defender passes to the forward, then quickly runs out to stop the forward from scoring.
- Forward has a ball. Defender starts 1-2m behind the forward. Both start at the same time. Defender chases back and overtakes the forward and makes a tackle.

Stegring

Two forwards and one defender.

(b) Defender starts 3-5m behind forward.

Instruktionpunkter

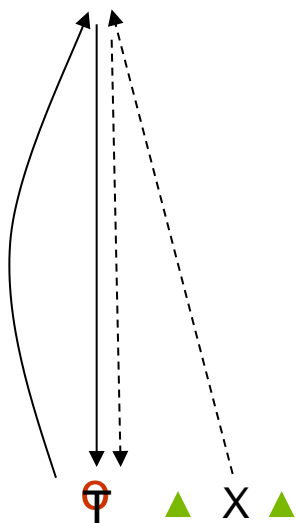
Move quickly and take up a good position.

Steer the forward to the side.

Wait until the right moment to make the tackle.

Be aggressive – win the ball.

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	~>
Pass	—>
Spelaren springer	- - ->
Lång pass	⤵



Syfte

Spring snabbt hem mot eget mål, hämta bollen och passa den framåt.

Organisation

2 – 8 spelare. Tränaren med boll. Använd kon som startposition för spelarna. (Med mer än tre spelare kan man ha två köer (och två bollar). En till vänster om tränaren och en till höger. Båda sidor kör samtidigt.)

Anvisningar

Tränaren passar fram bollen (5 – 8m). Spelaren springer efter och får kontroll på bollen (helst innan den slutar rulla).

Spelaren vänder, tittar upp och passar bollen tillbaka till tränaren. Sedan springer hon tillbaka till startpositionen.

Stegring

(i) Spelaren klackar bollen tillbaka till tränaren – dvs spelaren springer fram, stoppar bollen och klackar den tillbaka utan att vända om.

(ii) Tränaren passar bollen längre fram 8–12m / 15–20m. (Spelaren behöver sparka bollen hårdare tillbaka (dvs rensa bollen från egen planhalva och därmed förvandlas försvar till anfall).

(iii) Spelaren vänder ännu snabbare med bollen – Johan Cruyff vändning!

(iv) En motspelare jagar spelaren när hon hämtar bollen.

Instruktionspunkter

Spring snabbt! Vänd snabbt!

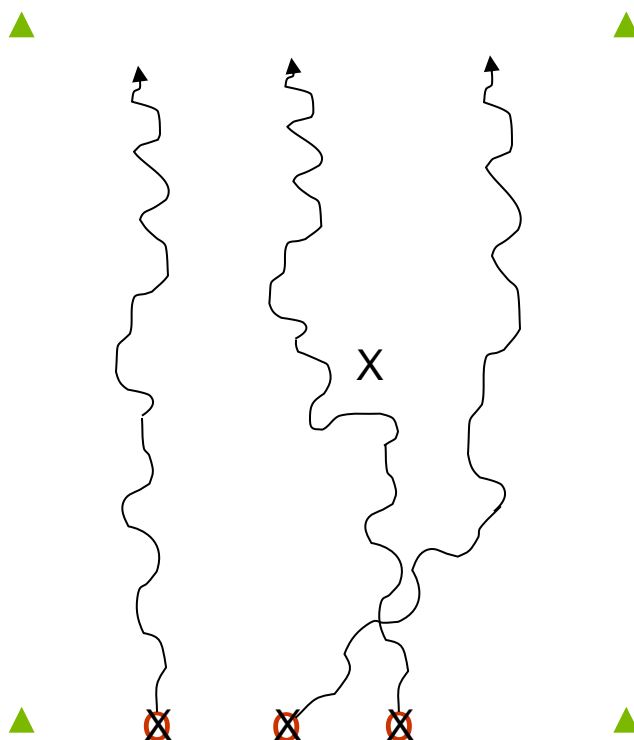
Titta upp innan man passar bollen tillbaka. Använd kraft när man passar bollen.

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	→ (wavy line)
Pass	→ (solid line)
Spelaren springer	→ (dashed line)
Lång pass	→ (curved line)

Lek / Tävlingar

Vem är rädd för Marta?

Lek



Syfte

LEK. Boll kontroll. Driva med fart.

Organisation

Approx. 15x 20 m (storleken beror på hur många spelare är med).


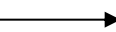
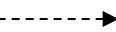

Anvisningar

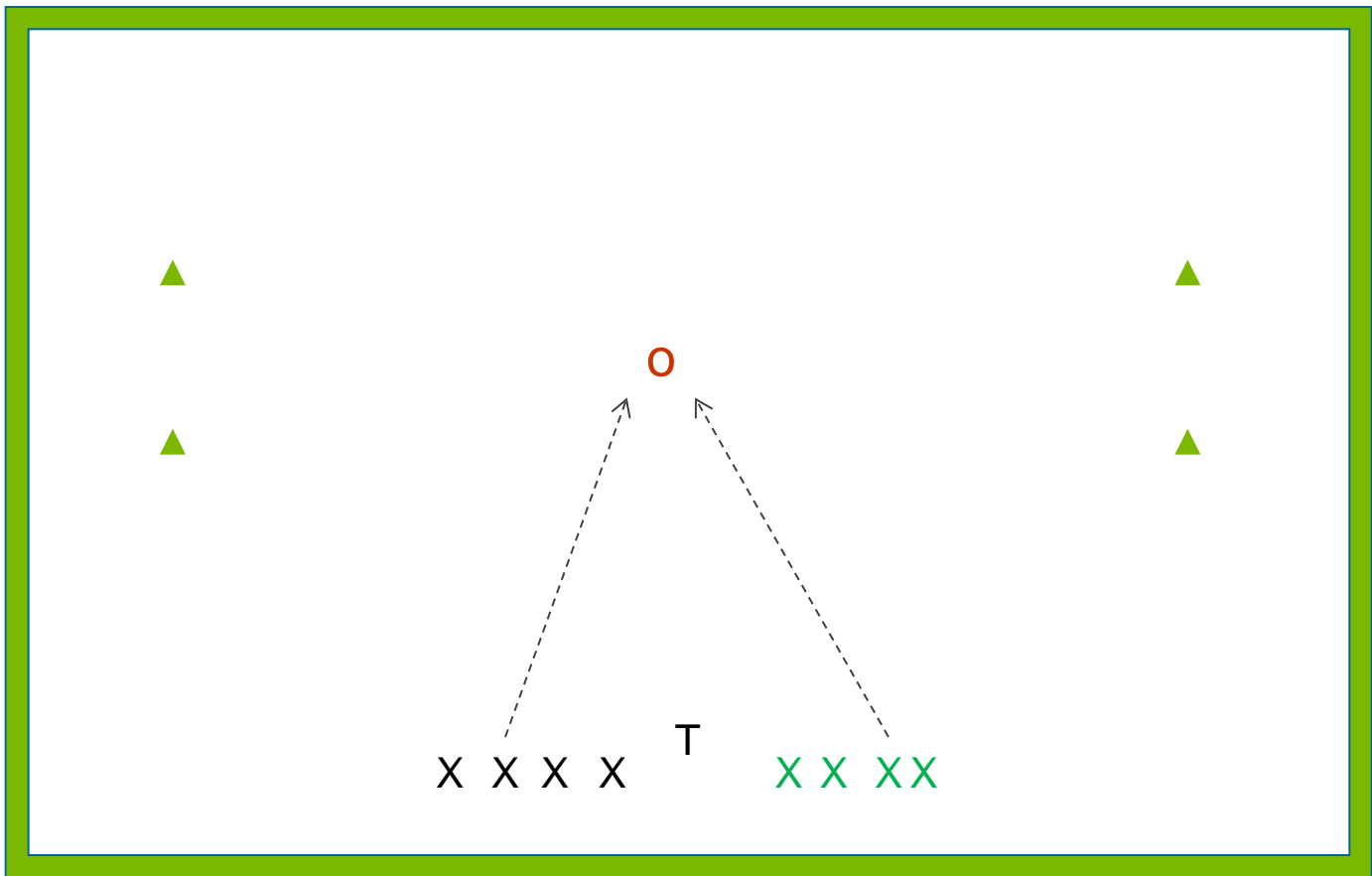
- Spelarna med varsin boll står på ena sidan och försvararen (Marta) står i mitten av planen.
- Marta vänder ryggen mot spelarna och ropar "Vem är rädd för Marta?" Spelarna ropar "INTE JAG!" och försöker driva sina bollar till andra sidan.
- Marta vänder om och försöker sparka bort så många bollar som möjligt.
- Om en spelare blir av med sin boll är de med i mitten som en till 'Marta'.
- Leken fortsätta tills alla blir fångad.

Stegring

Minska bredden på planen.

Driva boll med bara vänster fot/höger fot.

Spelare utan boll	X
Boll	O
Spelare med boll	⊗
Tränare	T
Kon	▲
Driva med boll	
Pass	
Spelaren springer	
Lång pass	



Syfte

Fun! Competitive. One on One.

Organisation

2 teams, max 4 players per team. Small pitch 8x15m. No goalkeepers.


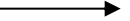


Anvisningar

Players on each team are given the name of a fruit (Apple; Pear; Banana; Peach). All players wait at the side of the pitch with the coach.

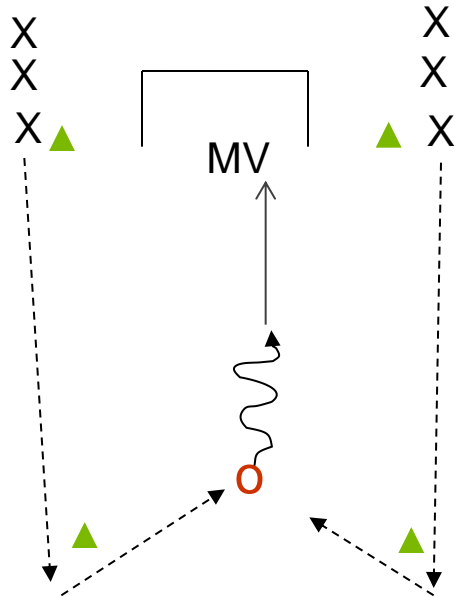
The coach calls out a fruit, i.e. Apple. The player who is the Apple on each team runs to the ball and tries to score a goal. Play stops once one player scores, or after 30 sec(?) if neither player scores. Players go back to their teams and coach calls out a new number.

Variations: Coach calls out two or more fruits, so play is 2 against 2, or 3 against 3, etc.

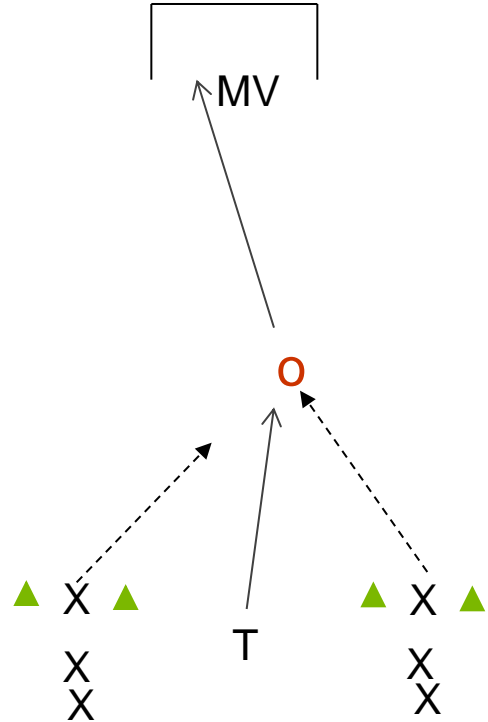
If nobody scores after 30 sec(?), coach calls out another number so 2 additional players join the game.

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	
Pass	
Spelaren springer	
Lång pass	

Speedy Gonzales



Korv



Syfte

Game / Competition. Attacking / Defending.

Organisation

2-4 teams. Only one player from each team plays at a time.
Goalkeeper.

Anvisningar

Speedy Gonzales

Players race around the cone to get to the ball first and score.
Variations – add a second ball (so both players get to shoot) / start the players by calling their individual names or team color (i.e. give slower players a headstart).

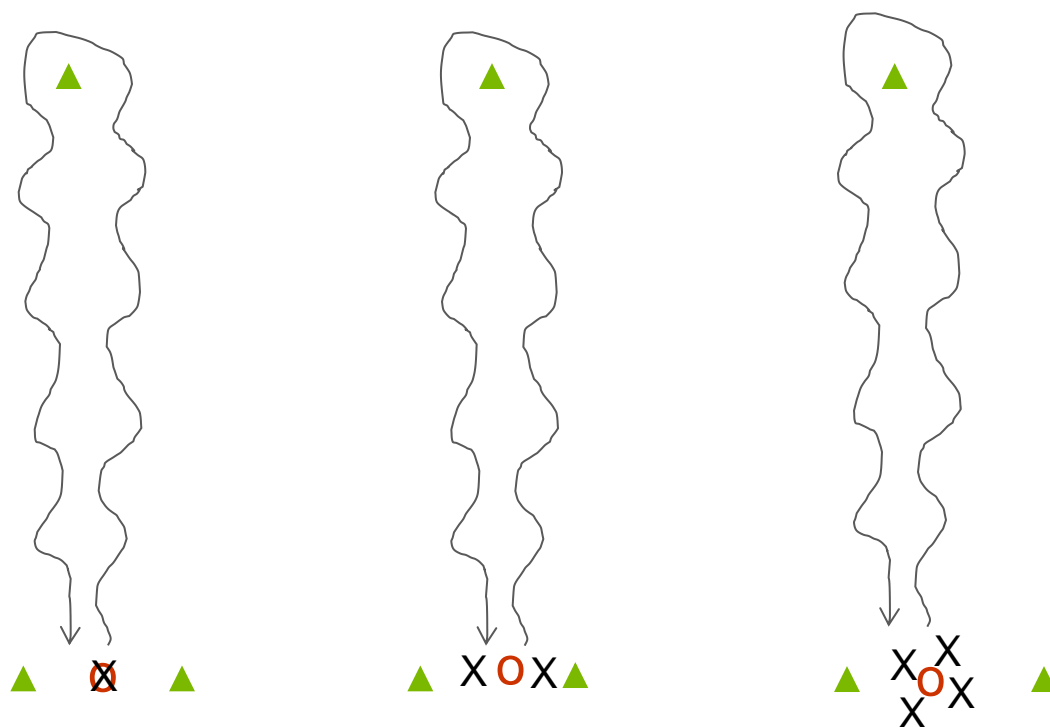
Korv

The Trainer shouts "Korv" and roles the ball into the playing area. The two players race to the ball and try to score a goal.
Players may only move when the Trainer says "Korv". If a player moves when the trainer shouts e.g. "kalops" they have to start 2m further back.
(Trainer can role the ball to the 'slowest' player's side to make the game more even.)

Stegring

Players start in unusual positions, i.e. with back to goal; sitting on floor; laying on belly/back; inbetween the legs of their team-mates; or they have to start with a roly-poly...etc.
(Trainer explains the starting position for each new pair of players.)

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	~>
Pass	→
Spelaren springer	- - - - ->
Lång pass	⤿



Syfte

Two footed dribbling. Working as a team.

Organisation

15-20 m between start cones and target cone. Start with each player having their own ball.

Exercise is repeated with larger and larger groups – one ball per group.

Anvisningar

Individual player (everyone at the same time) dribbles ball using both feet round end cone and back to start position.

Repeat the exercise in pairs (1 ball per pair). Players hold hands, dribbling the ball between them.

Repeat the exercise in successively larger groups (adding 1 or 2 players to the group each time. (Max 8 per group.)

Stegring

Individual – one touch with each foot.


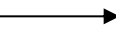
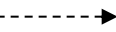

In groups – players are only allowed one touch.

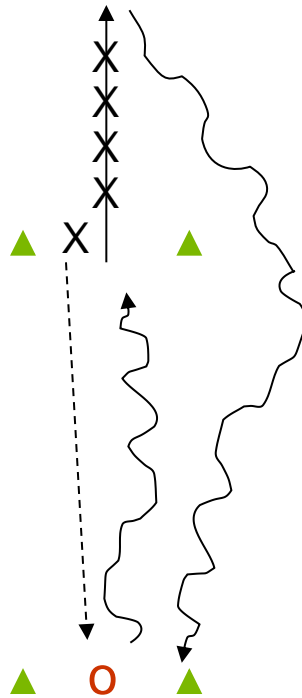
Competition – teams race each other.

Instruktionspunkter

Individual – keep the ball close, inbetween feet.

Group – keep team close together.

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	
Pass	
Spelaren springer	
Lång pass	



Syfte

Fun! Competitive/team spirit.

Organisation

Team competition with 4-5 players in each team. One ball per team.

Pairs of cones 10m apart. Ball is placed between front cones. Team lines up behind the other cones.

Anvisningar

Players line up (close together), with legs wide apart.

The player at the front runs to fetch the ball and dribbles it back, then passes the ball between the tunnel of legs, runs around and retrieves the ball, and then dribbles the ball back to the start position. Player then runs back to their team and joins the back of the line.



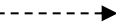

The next player then repeats the exercise.

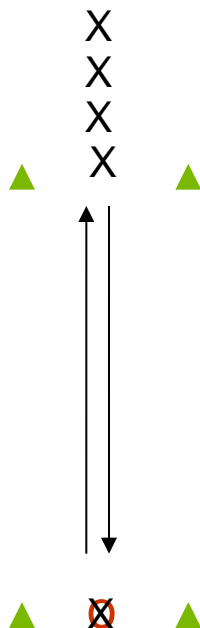
Team completes the exercise once the last player returns the ball and rejoins their team.

(Note, ball must be passed cleanly through the entire leg tunnel. If the ball does not go through all legs, the player must retrieve the ball and try again.)

Stegring

(i) Instead of passing the ball between the legs, player gets down on their hands and knees, and then crawls through the legs using their head to guide the ball in front of them.

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	
Pass	
Spelaren springer	
Lång pass	



Syfte

Fun! Competitive/team spirit.

Organisation

Team competition with 4-5 players in each team. One ball per team.

Pairs of cones 3-5m apart. One player stands opposite the team.

Anvisningar

Player 1 starts with the ball and passes to the first team member.

First team member passes the ball back and then goes to the back of the line.

Once all team members have passed the ball back, player 1 leaves the ball between the front cones and runs to the back of the team line.

The next person in turn runs out to the ball and repeats the exercise.

Team completes the exercise once the last player rejoins the team.

Alternatives to passing: inkast+inkast / inkast+control and pass / throw+header / inkast+header.

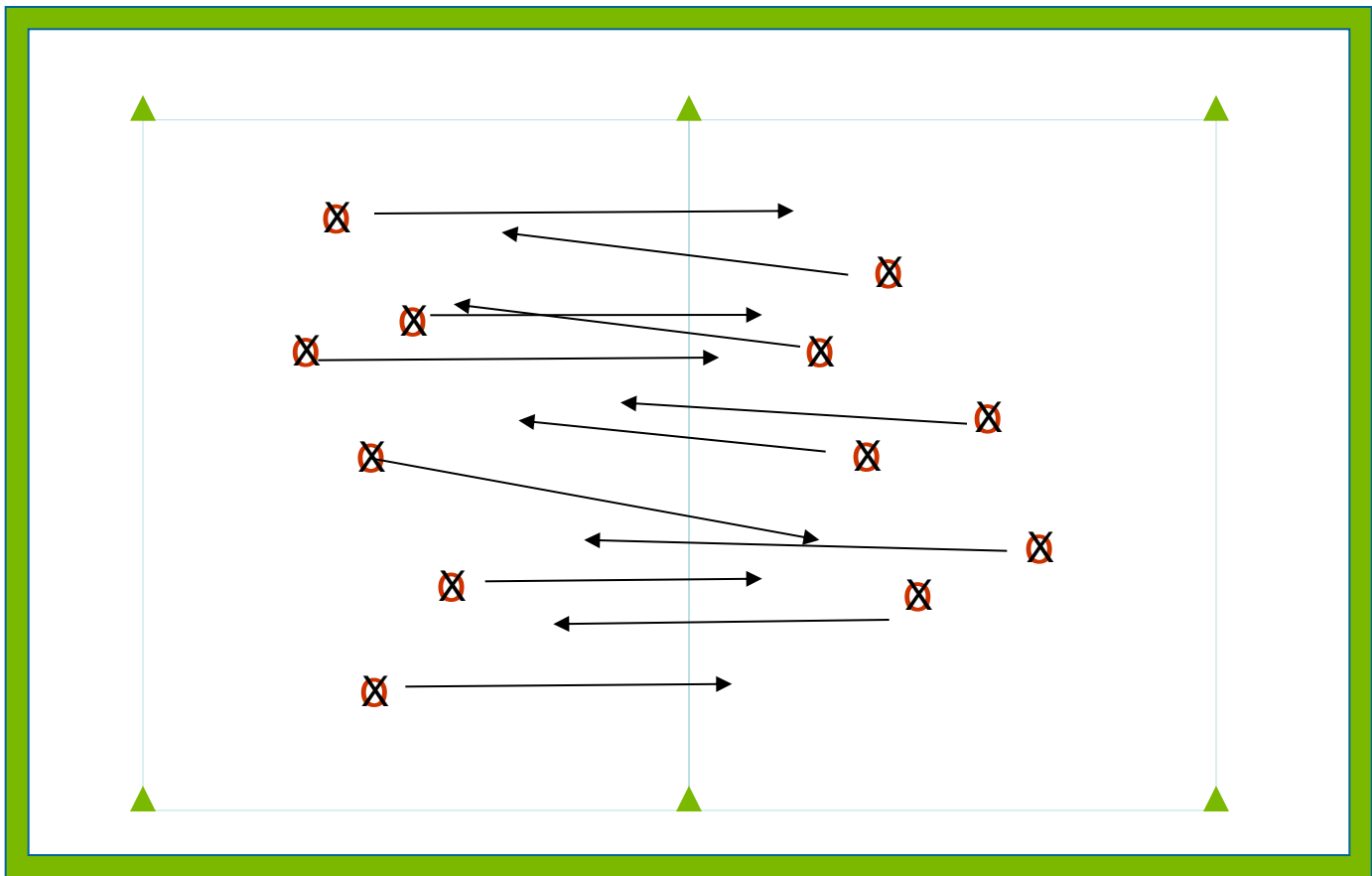
Stegring

Increase passing distance.

One touch.

Use 'other' foot.

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	~>
Pass	—>
Spelaren springer	- - ->
Lång pass	⤿



Syfte

Lek.

Organisation

5-10 players on each team. Everyone starts with a ball.

Area 20x10m with center line.

Anvisningar

Players have to kick the balls across to the other side as quickly as possible.

When the trainer blows the whistle everyone stops. The side with the least balls in their half is the winner.

Stegring

Use left/right foot only.


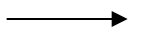
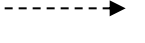

Players are in pairs, linked arms.

Instruktionspunkter

VARIANT

Players must take the ball back to their own baseline before kicking it forwards across the center line.

The ball has to stop in the playing area on the other side of the center line. Otherwise the person who kicked it must retrieve it and try again.

Spelare utan boll	X
Boll	O
Spelare med boll	X
Tränare	T
Kon	▲
Driva med boll	
Pass	
Spelaren springer	
Lång pass	



Organisation

4 lag med 4 spelare i varje. Sätt ut koner där bollen ska ligga. Bestäm avstånd mellan lagen.

Anvisningar

Spelarna tilldelas varsitt nummer. Tränaren ropar t. ex "4". Spelare med nummer 4 springer fram och till bollen, driver den runt samtliga lag och lägger den vid startkonan och ställer sig på sin plats.

Segraren får 5 poäng, tvåan 3 poäng, trean 2 poäng och fyran 1 poäng.

Alla springer lika många gånger.

Antal deltagare

- Minsta antal: 16

Kategoritillhörighet

- Barnträning 5-12 år

Lämplig för åldersgrupper

- 10-12 år (Barnträning)
- 7-9 år (Barnträning)
- 5-6 år (Barnträning)

Övningen är med i följande serier



Organisation

Yta: 20-25x20-25 meter.

12-15 spelare, varav 2 eller 3 är jägare. Bollar och västar.

Anvisningar

2 eller 3 spelare har västar synliga i handen för att visa att de jagar.

Bland övriga spelare finns 2 eller 3 bollar som kastas emellan varandra.

Den spelare som har bollen får inte "kullas".

Spelarna måste titta upp samt vara beredda att fånga bollen som kastas till dem när de jagas.

Ny "kullad" spelare tar västen i handen och jagar.

Antal deltagare

- Minsta antal: 12
- Max antal: 15

Kategoritillhörighet

- Barnträning 5-12 år

Lämplig för åldersgrupper

- 10-12 år (Barnträning)
- 7-9 år (Barnträning)
- 5-6 år (Barnträning)

Övningen är med i följande serier