

CONTENTS

<u>Prologue</u>	5
<u>Introduction</u>	6
<u>Basic Principles: Successfully Open and Use Passing-Lanes</u>	8
<u>Attacks Need to Be Secured - The Insurance Defense</u>	15
<u>Match-Situation: Build-Up</u>	18
Solution: Shift of Play	19
Solution: Tilting Central Midfielder	20
<u>Match-Situation: Ball in Possession of the Tilted Central Midfielder</u>	21
Solution: Over The Ball-Near Wing-Back - Step 1	22
Solution: Over The Ball-Near Wing-Back - Step 2	23
Solution: Vertical Pass to The Cutting Winger	24
Solution: Combination with The Second Central Midfielder	25
Solution: In Case of High Pressure - Shift of Play	26
<u>Exercises</u>	27
Exercise 1.1: Passing Exercises for a Sidewise Releasing	27
Exercise 1.2: Passing Exercises Against 2 Forwards	40
Exercise 1.3: 2 v 2 plus 2	42
Exercise 1.4: 4 v 4 - Diamond versus "2:2"	44
Exercise 1.5: 4 v 4 plus 3	45
Exercise 1.6: Simulation of Competition - 5 v 6	47
<u>Match-Situation: After The Shift On the Wing</u>	48
Solution: One-Two Combination with The Forward	49
Solution: Hidden One-Two Combination	50
Solution: Early Cross	51
Solution: Pass to The Baseline	52

Exercises	53
Exercise 2.1: Passing Exercises with The Play into Space	53
Exercise 2.2: 7 v 0	59
Exercise 2.3: 8 v 8 with Outside-Zones	60
Exercise 2.4: 7 v 8 After Long Ball	61
Exercise 2.5: 11 v 11 With Outside-Zones	62
The Author	63

