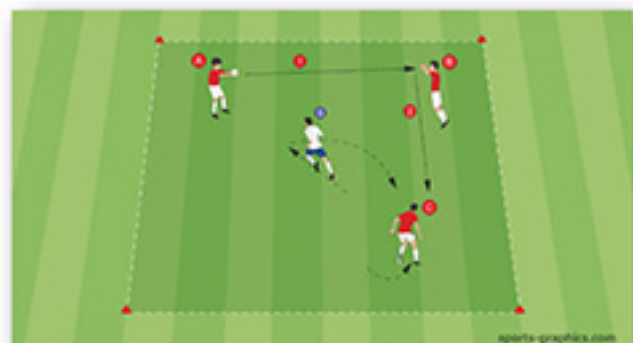


# CONTENTS

## 3 v 1 Exercises



- 06 Handball
- 07 Basic sequence
- 08 GK in the middle
- 09 Headball
- 10 Flighted balls
- 11 Corridor passing
- 12 Three-field game



- 13 Switching fields 1
- 14 Switching fields 2
- 15 Team competition
- 16 Three-color game

- 17 Crossing the ditch
- 18 Double 3 v 1
- 19 Double field switch
- 20 Triangle goal
- 21 Standard goal
- 22 Counterattack on goal line
- 23 Long shots
- 24 Cross and shot
- 25 Double 3 v 1 with cross

## 4 v 2 Exercises

- 26 Handball
- 27 Basic sequence



- 28 GKs in the middle
- 29 Headball
- 30 Flighted balls

**31** Switch of play 1

**32** Switch of play 2



**33** Switch of play 3

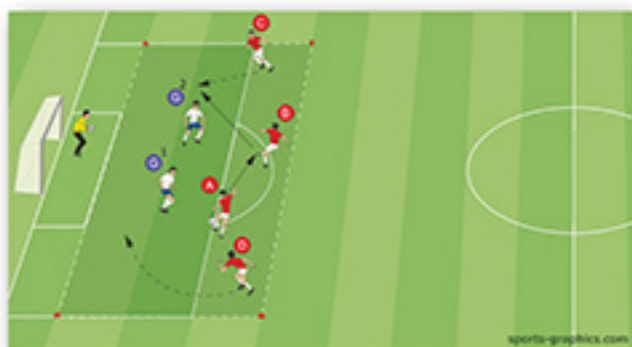
**34** Team competition

**35** Crossing the ditch

**36** Double 4 v 2

**37** Double field switch

**38** Triangle goal



**39** Standard goal

**40** Counterattack on goal line

**41** Long shots

## 6 v 4 Exercises



**42** Outside versus inside

**43** In a square

**44** On three mini goals

**45** On goal lines

**46** On a standard goal

**47** 1 standard + 2 mini goals

**48** Two standard goals

**49** 1 standard + 4 mini goals

## The Author

**50** Peter Schreiner