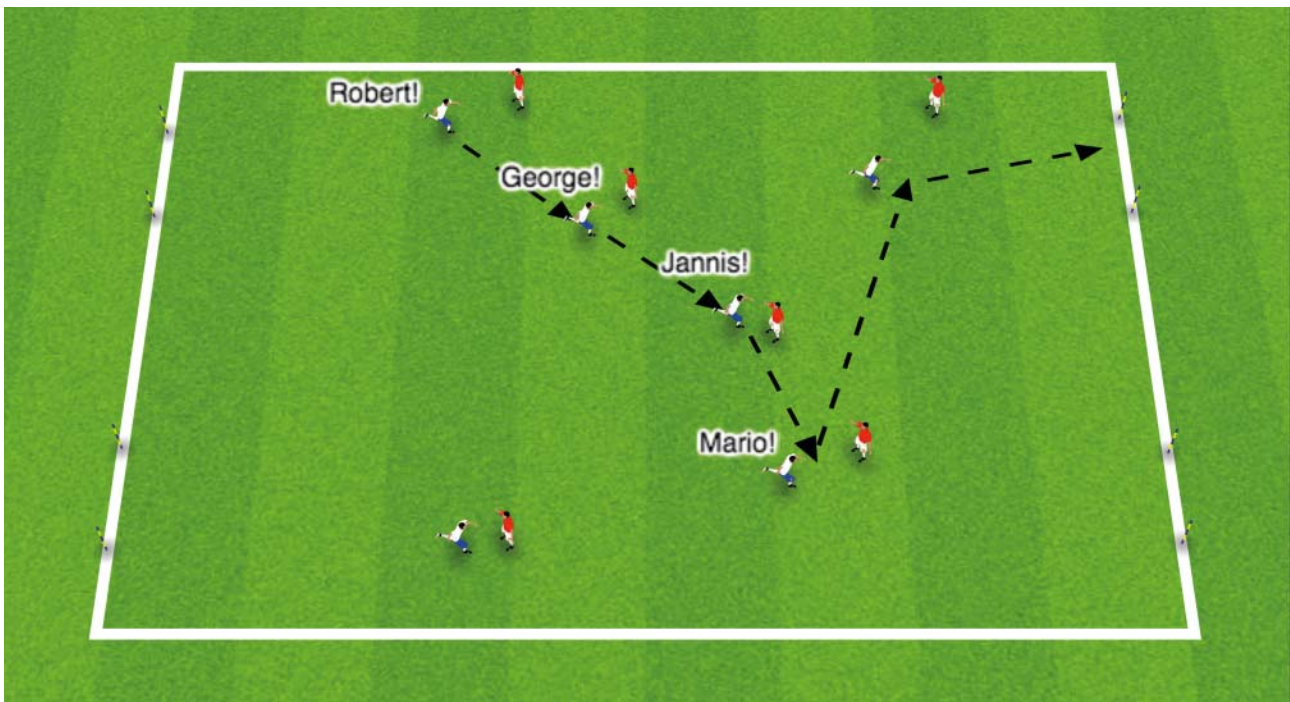


## TRAINING SESSION 1



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### TOPIC

#### **6v6 on 4 goals (game handball-header).**

Aim is that players communicate among each other. Before players play a pass among each other they need to shout the name of the team-mate who is supposed to get the next pass. Opponent is not allowed to attack the player directly, but may only block or catch the pass. Goals may be scored by header only.

### VARIATION

Depending on number of players we can make pitch larger or smaller. If players are very good, you may try football instead of handball.