DEUTSCHER
FUSSBALL-BUND

TRAININGSEINHEIT

ÜBER KLEINE SPIELFORMEN ZUM GROßEN SPIEL

Stand 24.06.2023

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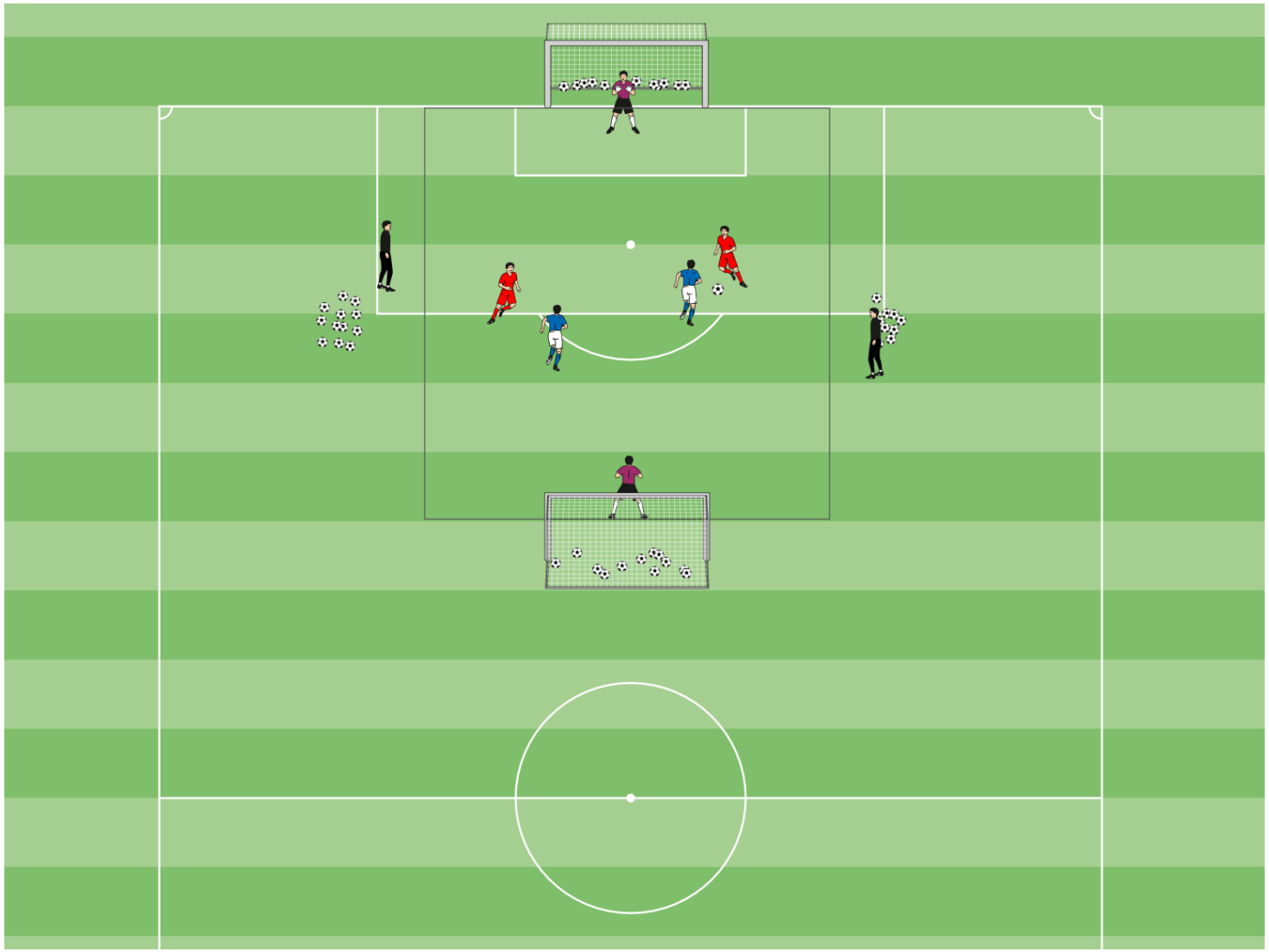
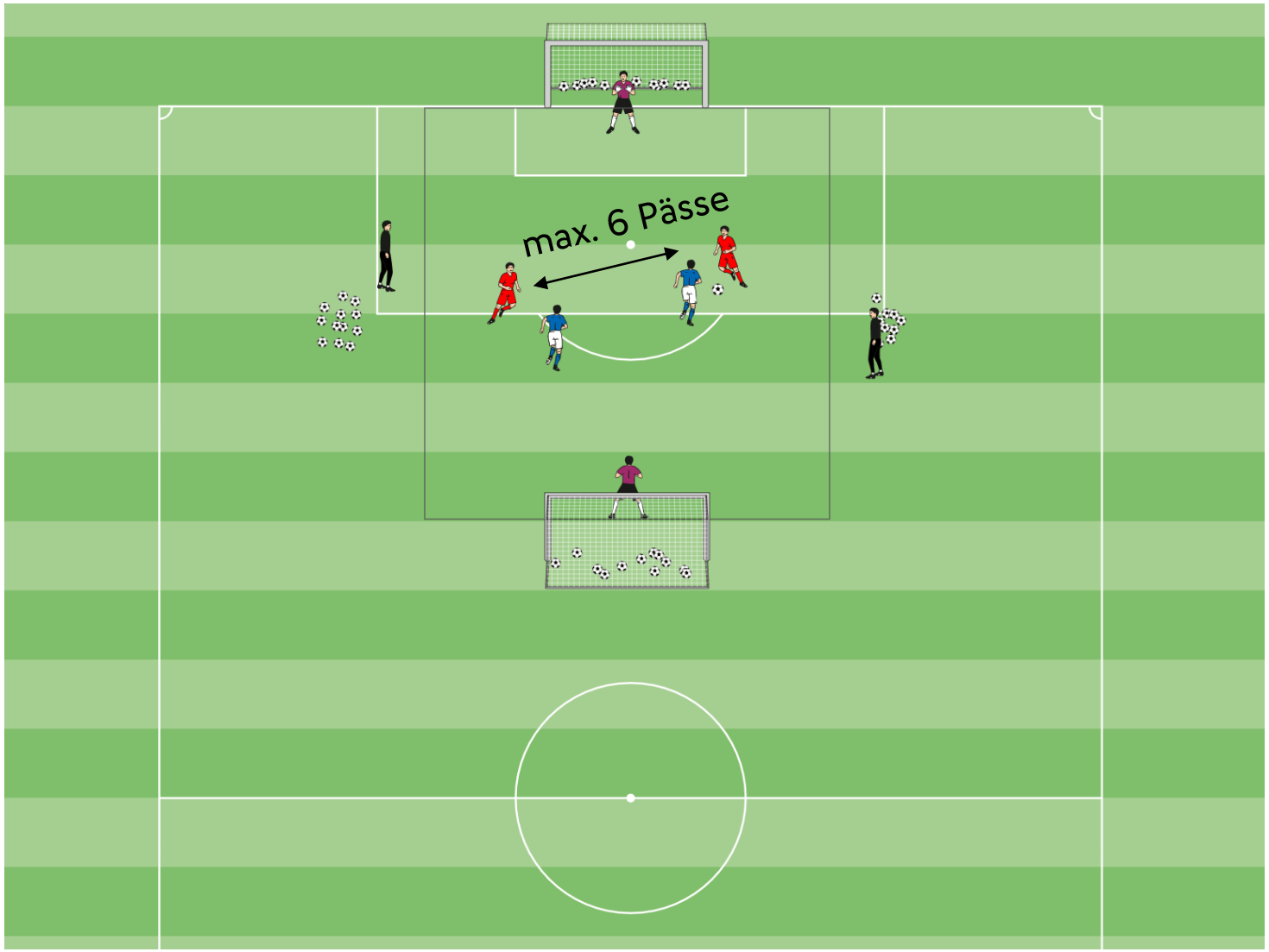
TEIL I

Stand 24.06.2023

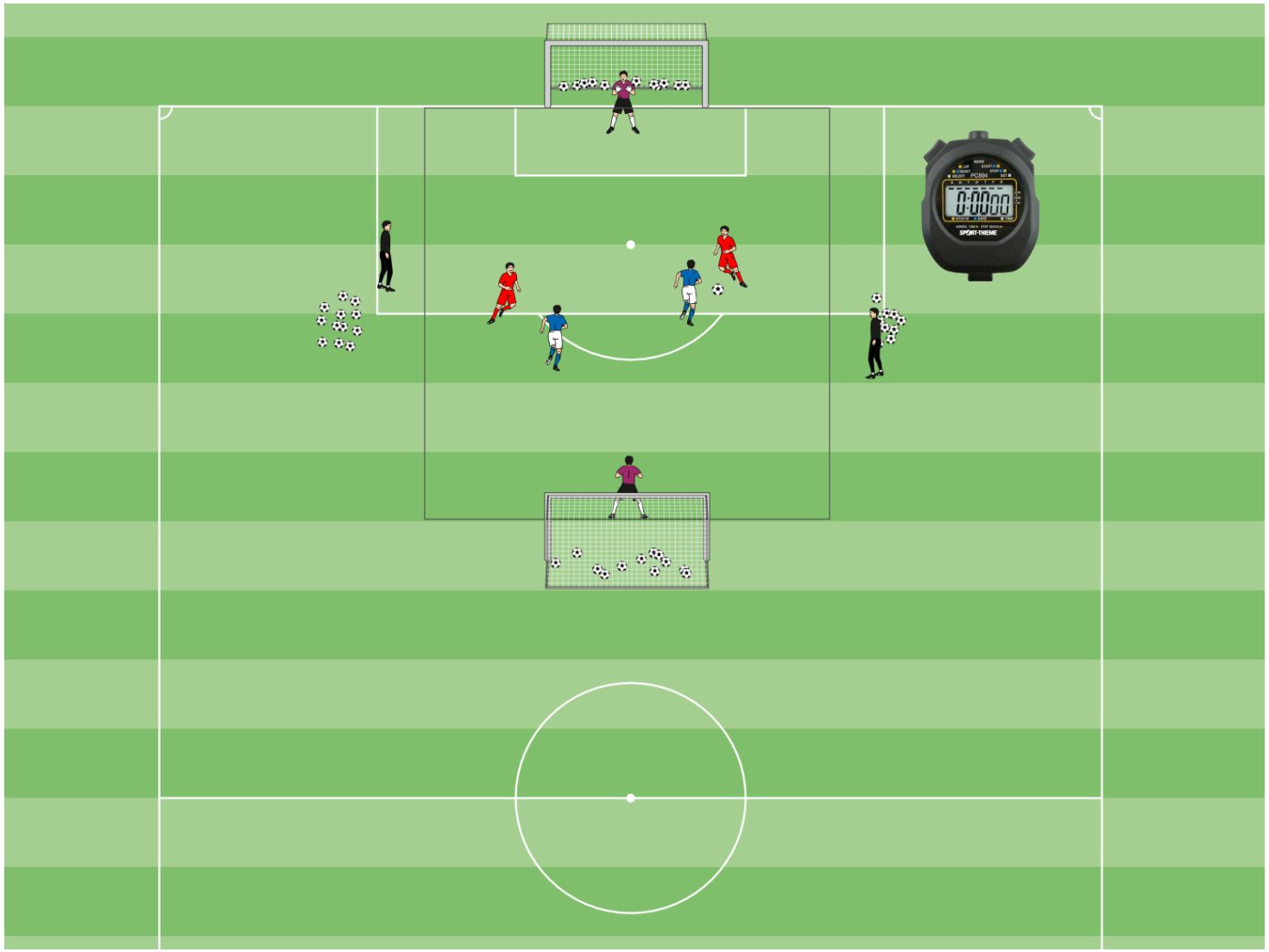
2 VS. 2 + TW



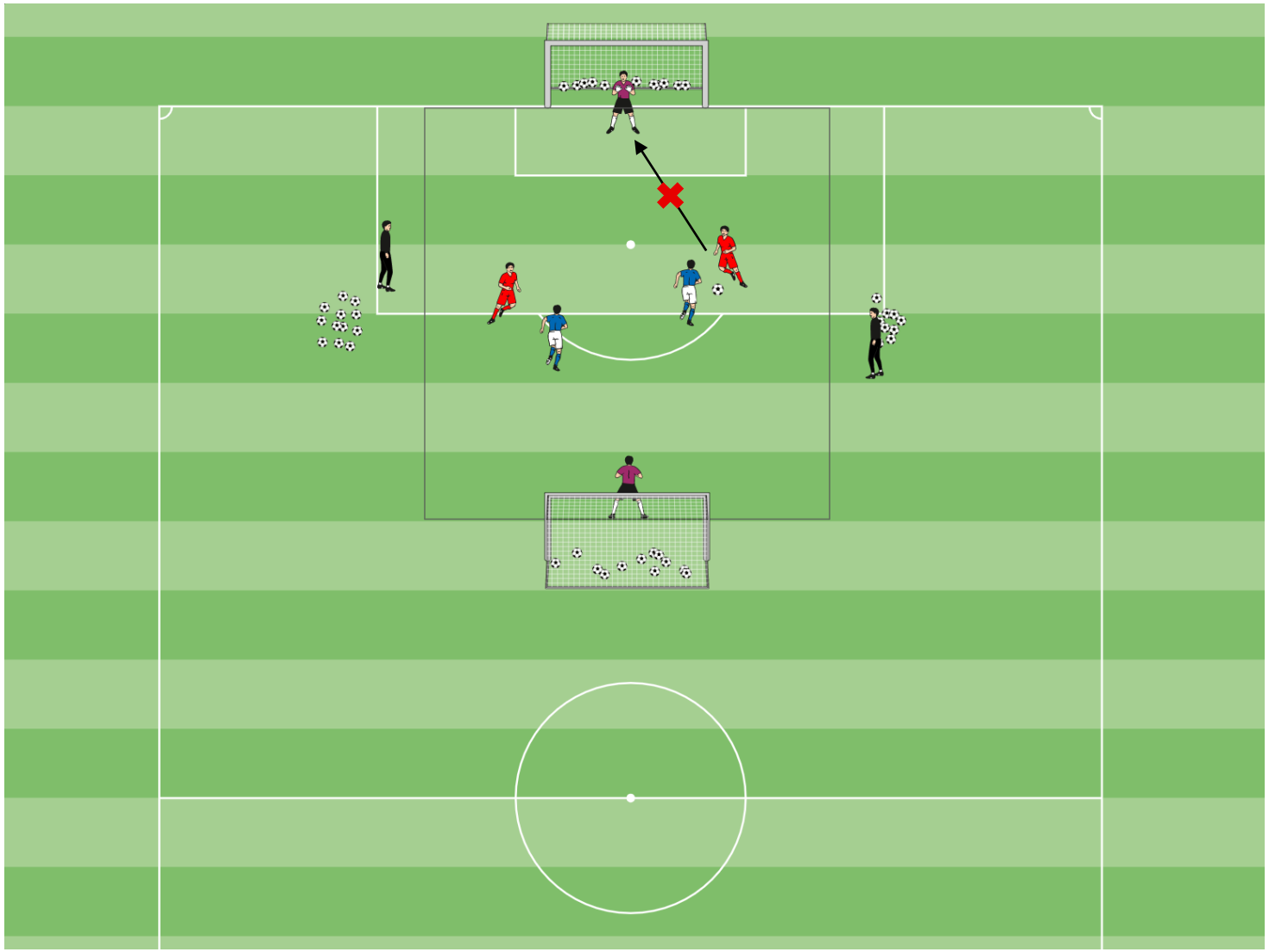
1.MAßNAHME: PASSANZAHL BEGRENZEN



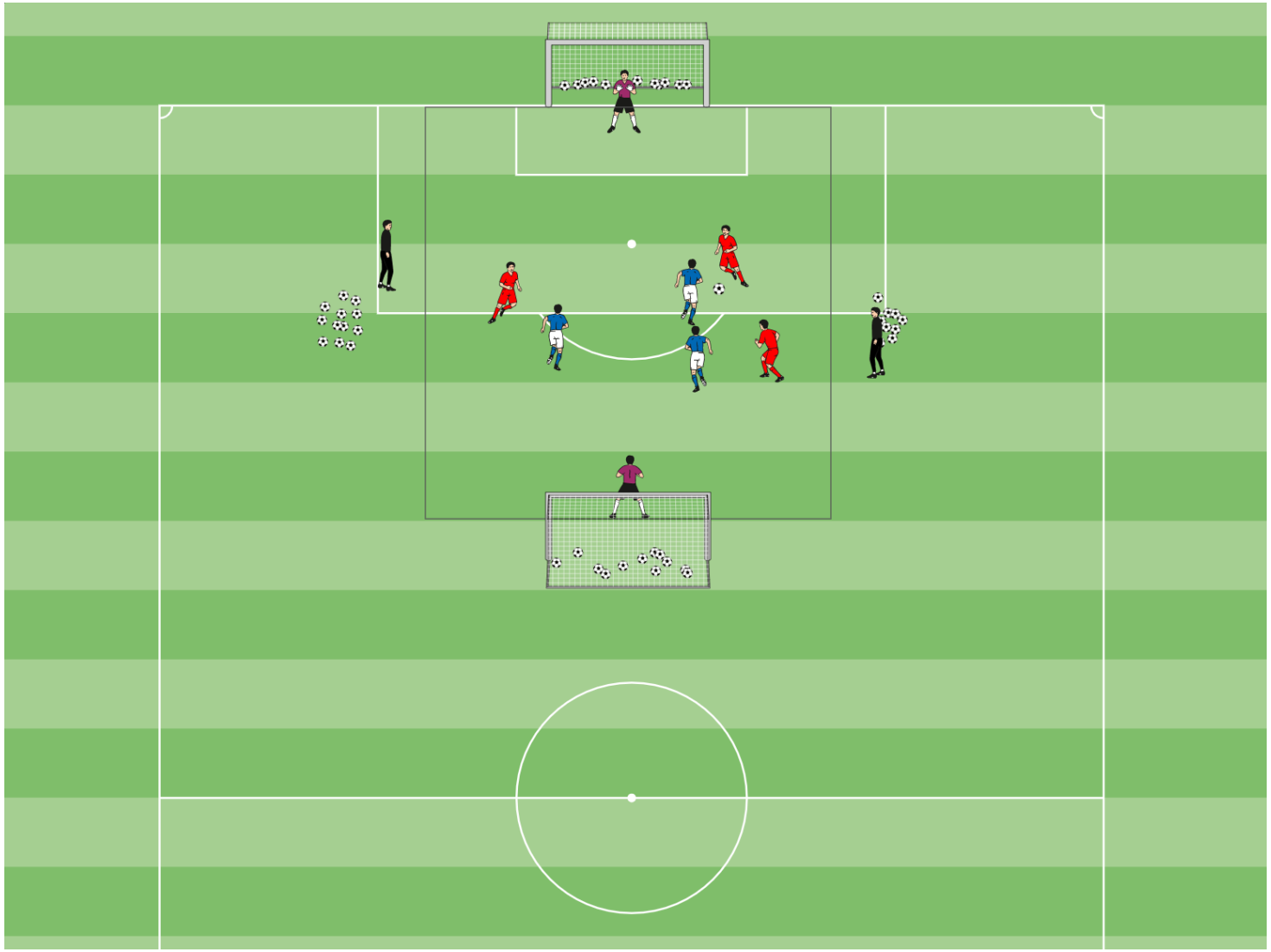
2.MAßNAHME: ZEITDRUCK



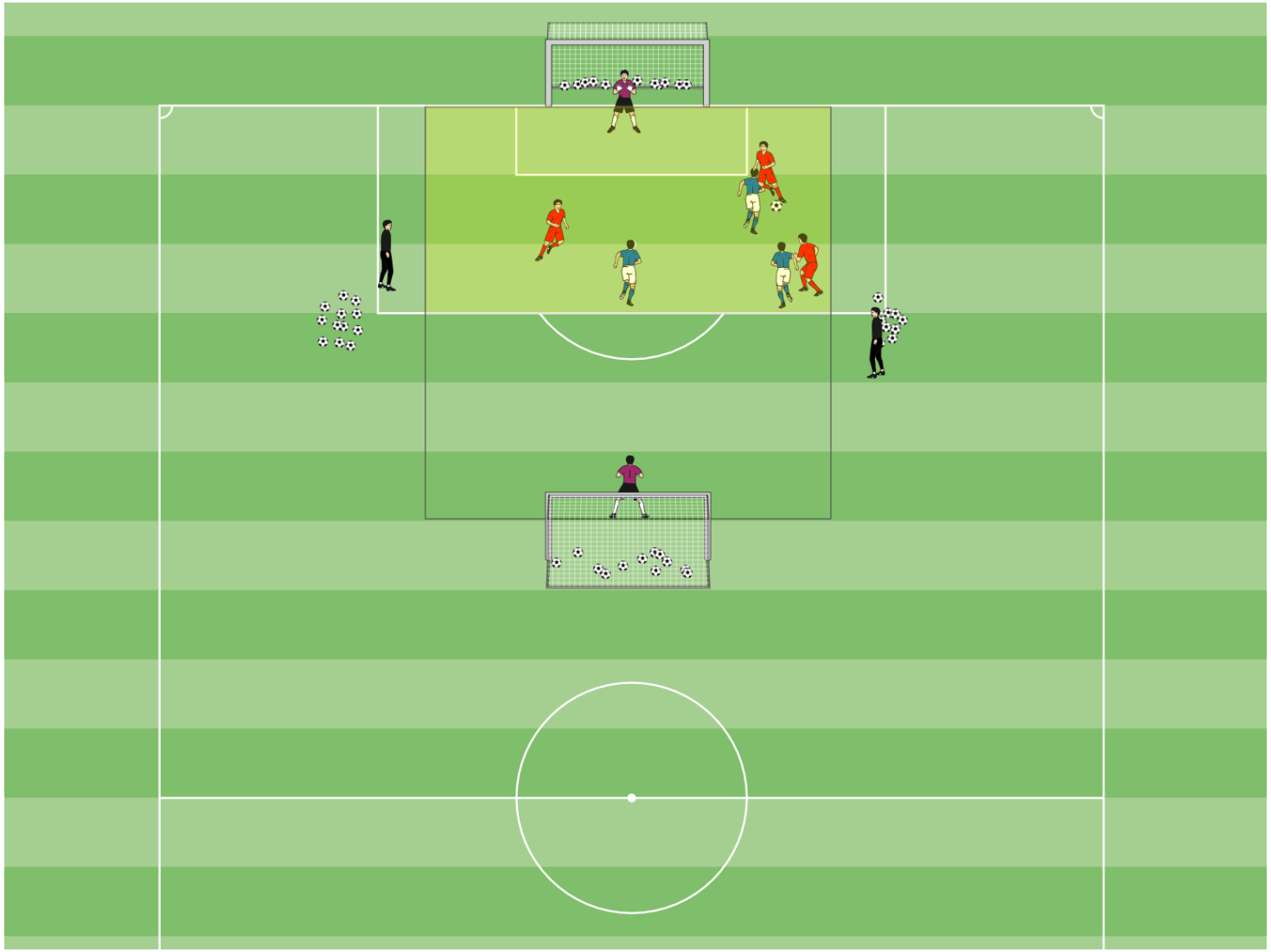
2.MAßNAHME: TW NICHT MEHR ANSPIELBAR (FUTSAL)



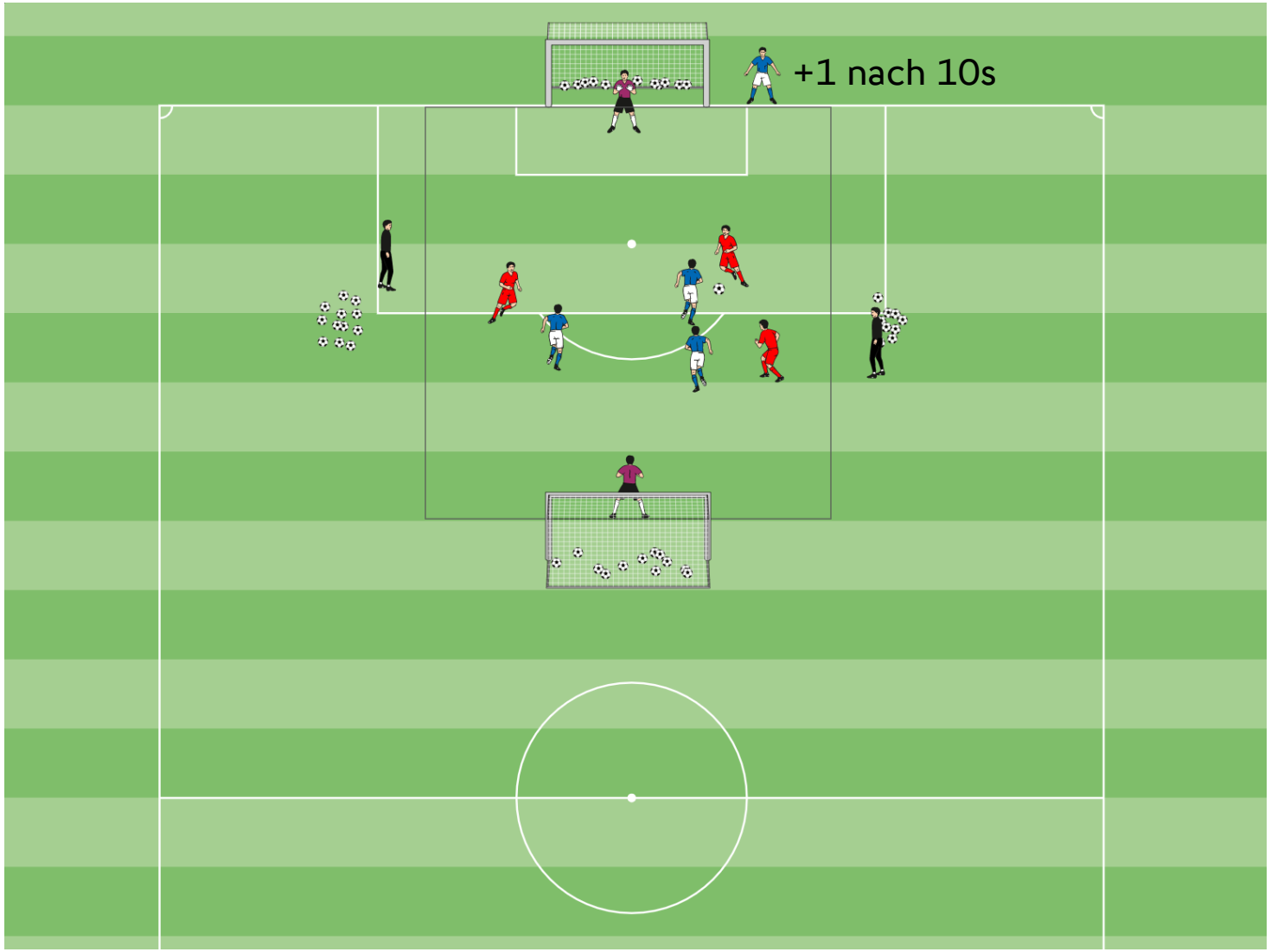
3 VS. 3 + TW



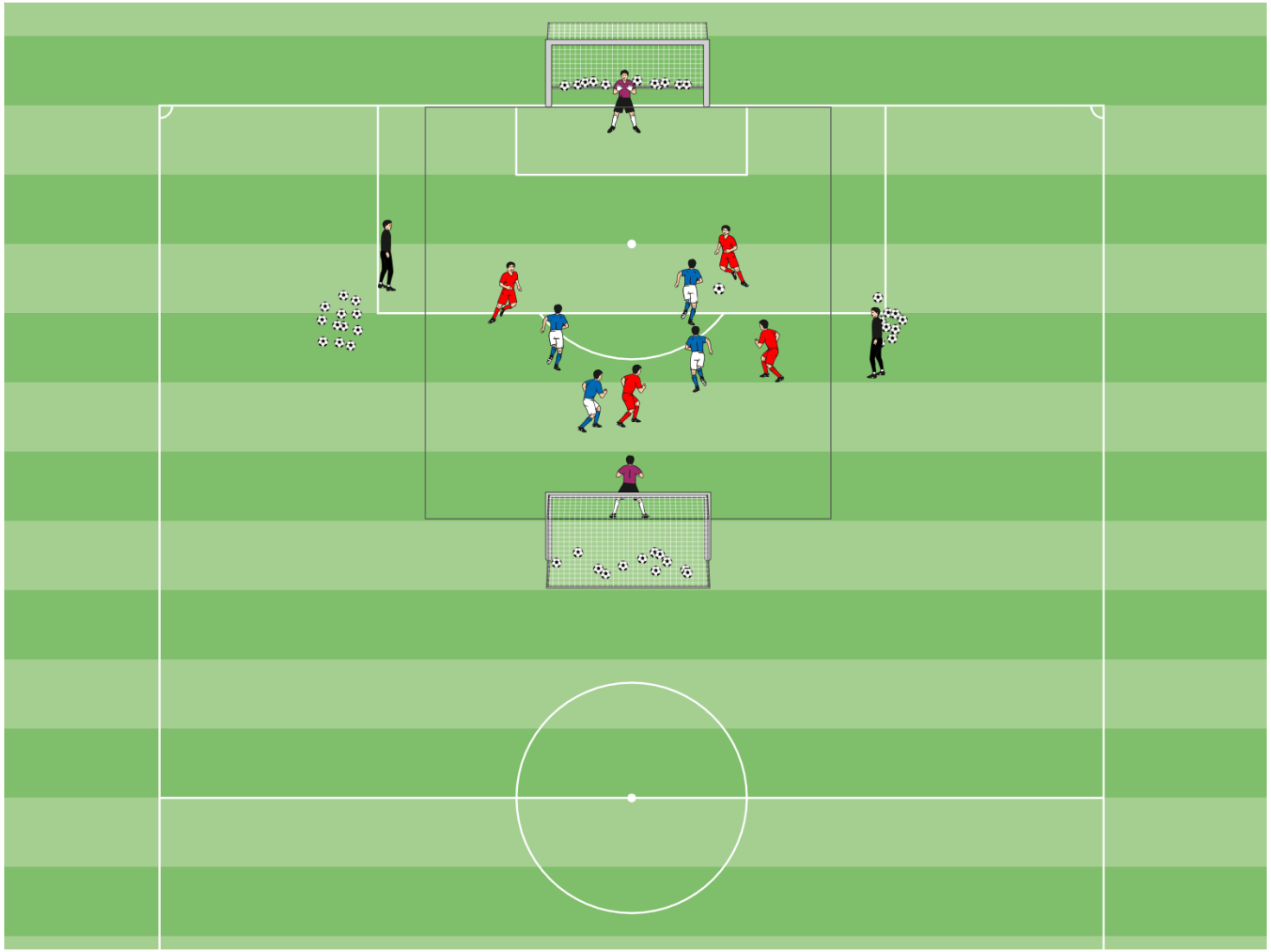
1.MAßNAHME: PRESSING



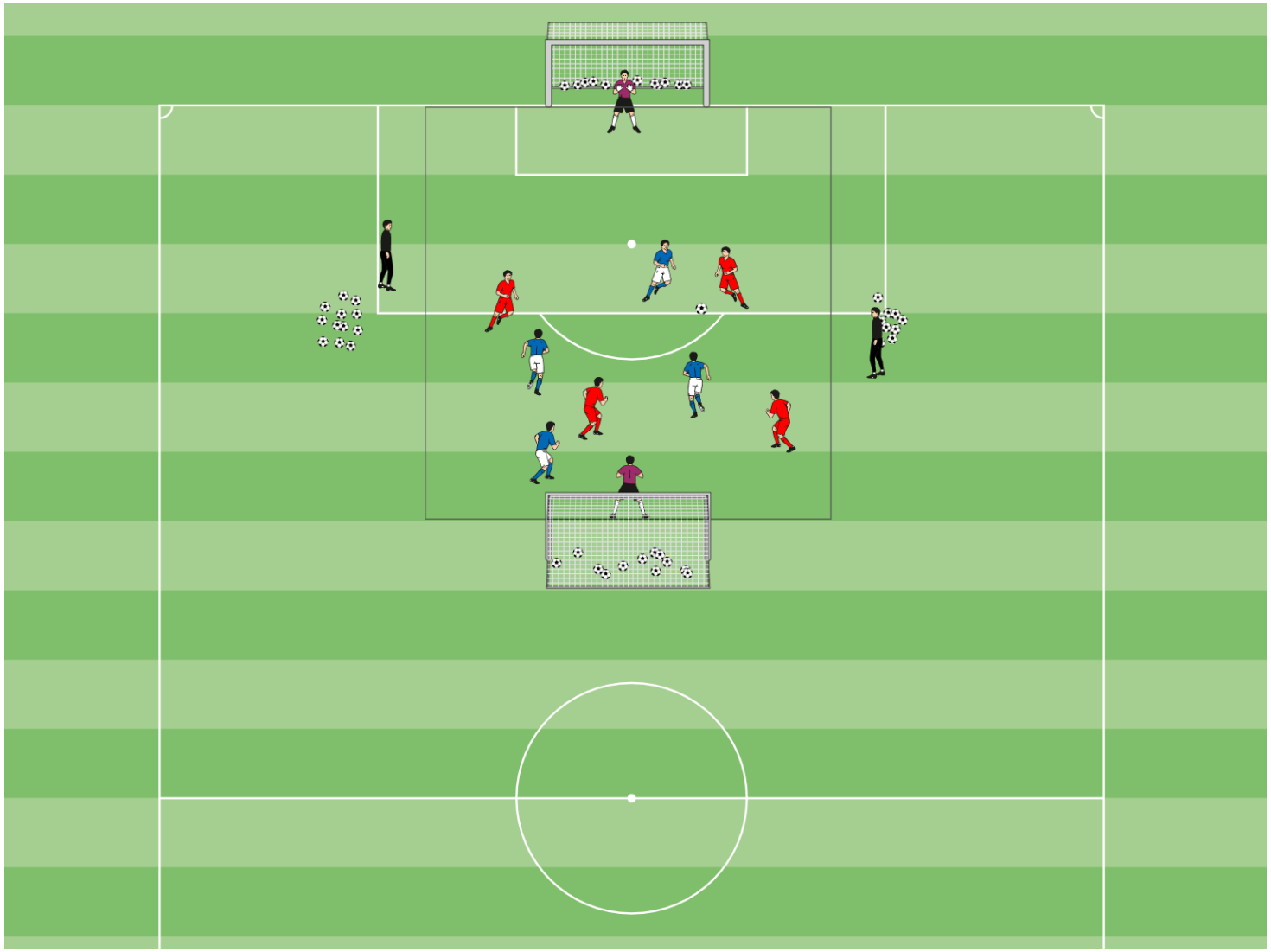
2.MAßNAHME: KOMPAKTHEIT DEF. TEAM



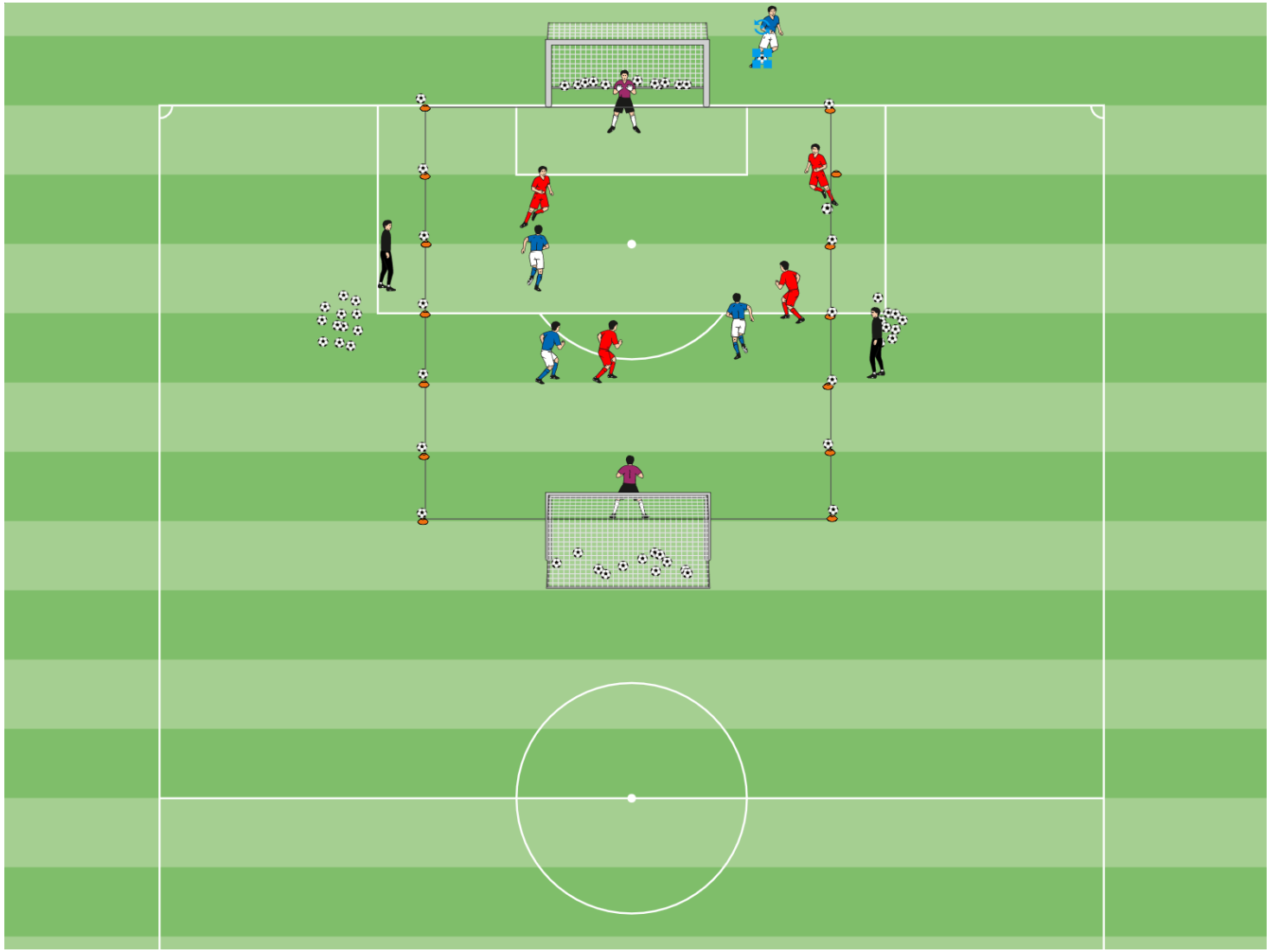
4 VS. 4 + TW



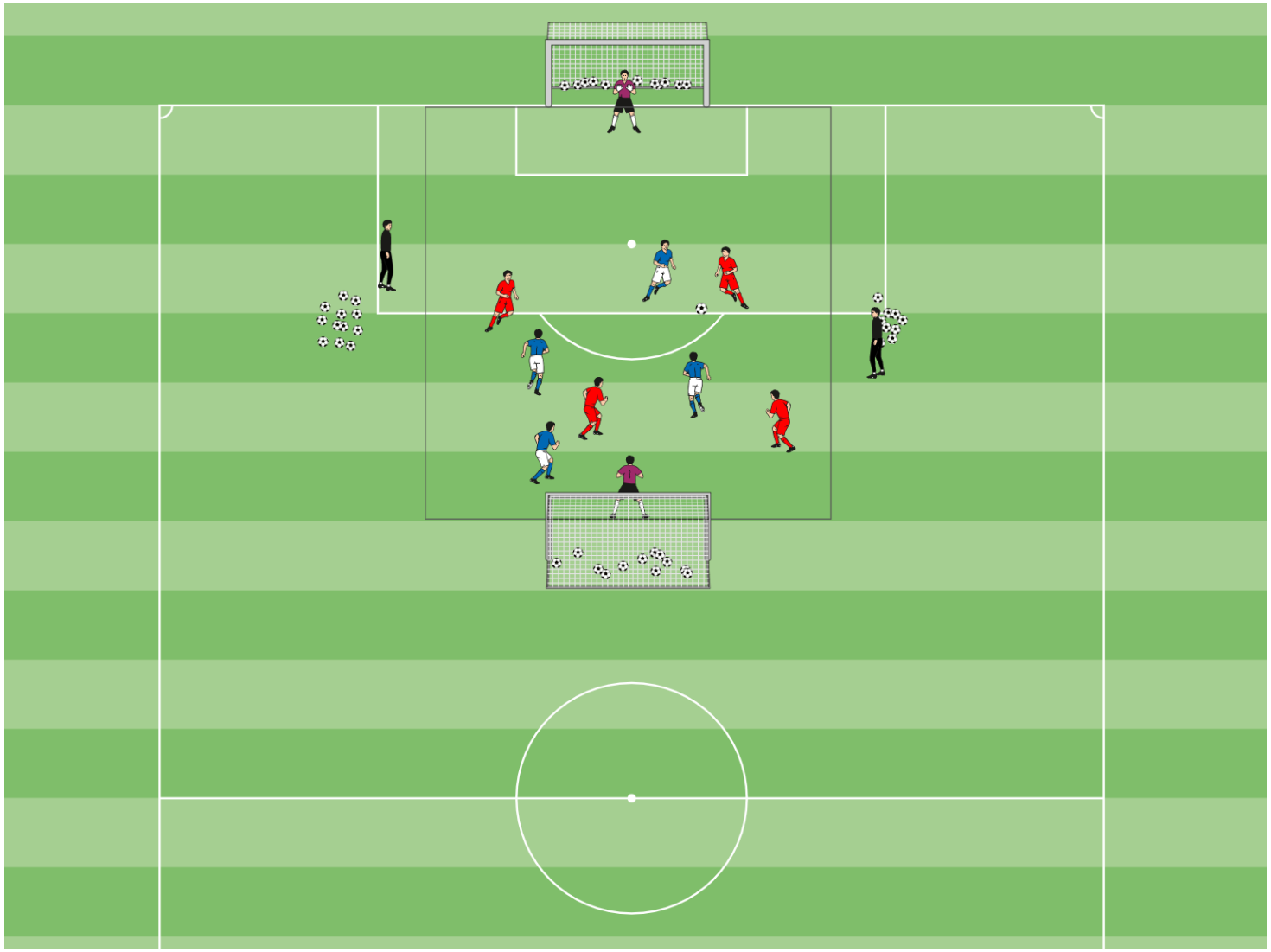
1.MAßNAHME: HALBES RÄUMEN (MITTELLINIE)



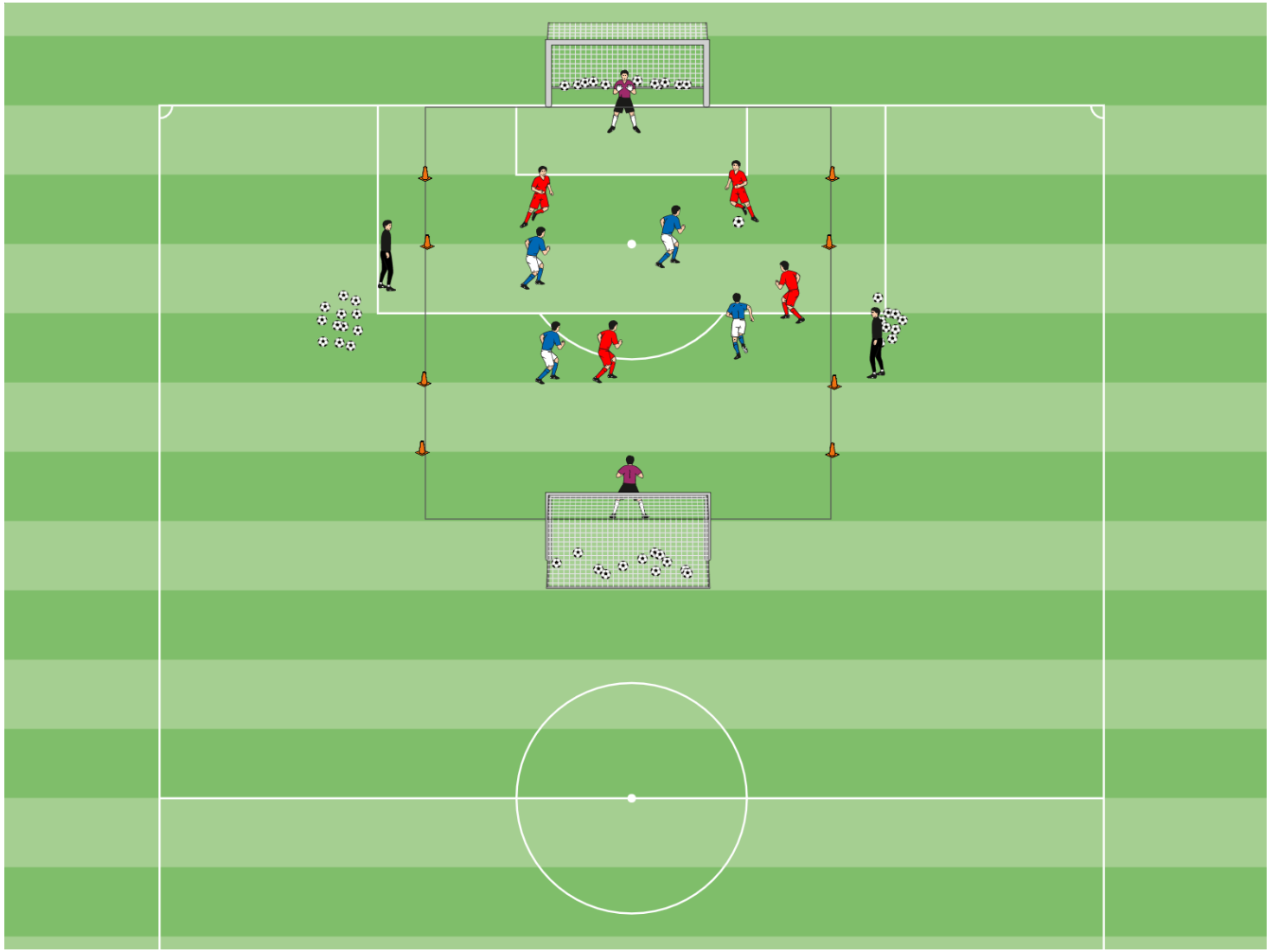
2.MAßNAHME: KURZZEITIGE ÜBER/UNTERZAHL



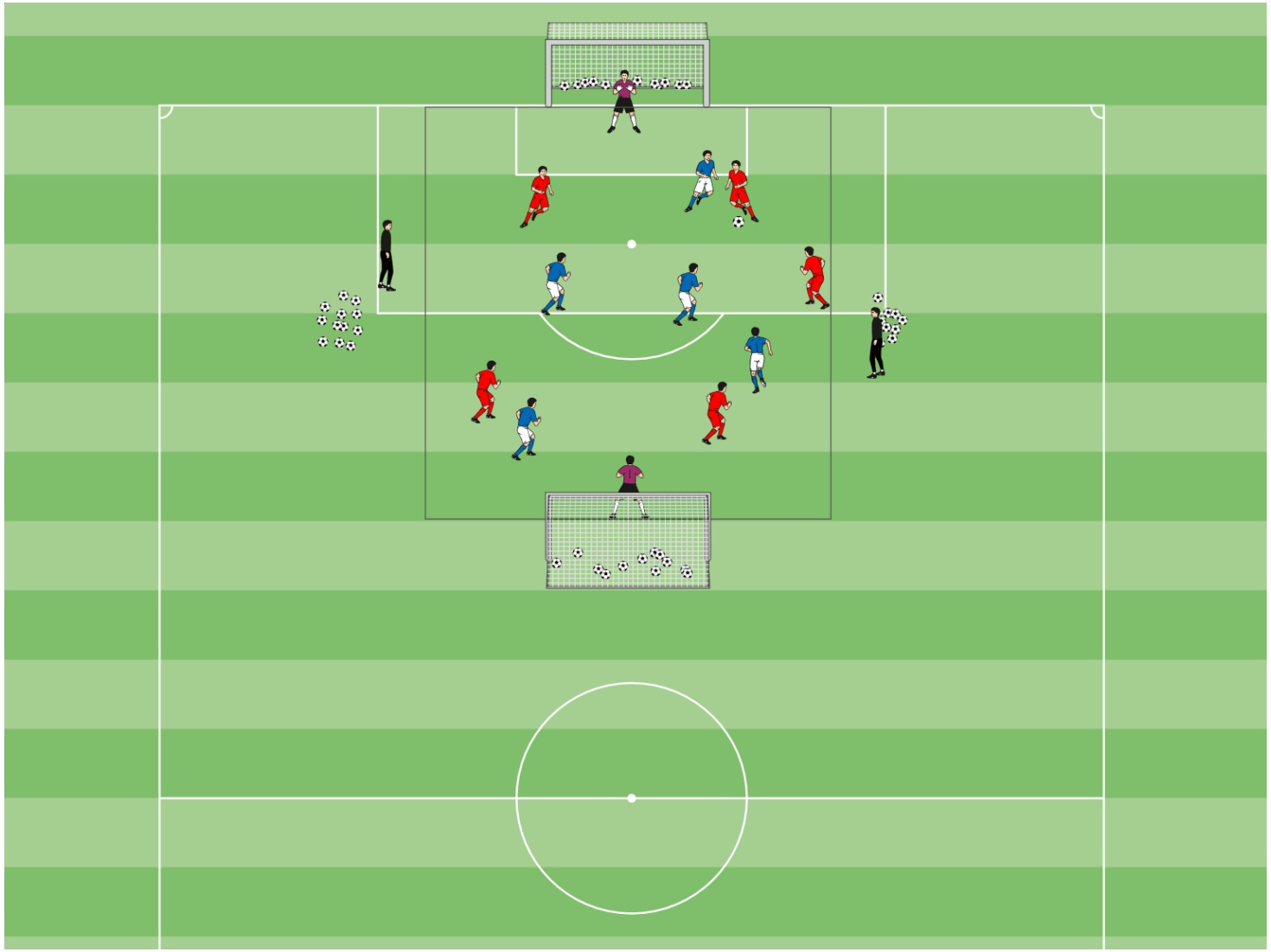
3.MAßNAHME: WERTUNG TORE (KOZA. SPIELER)



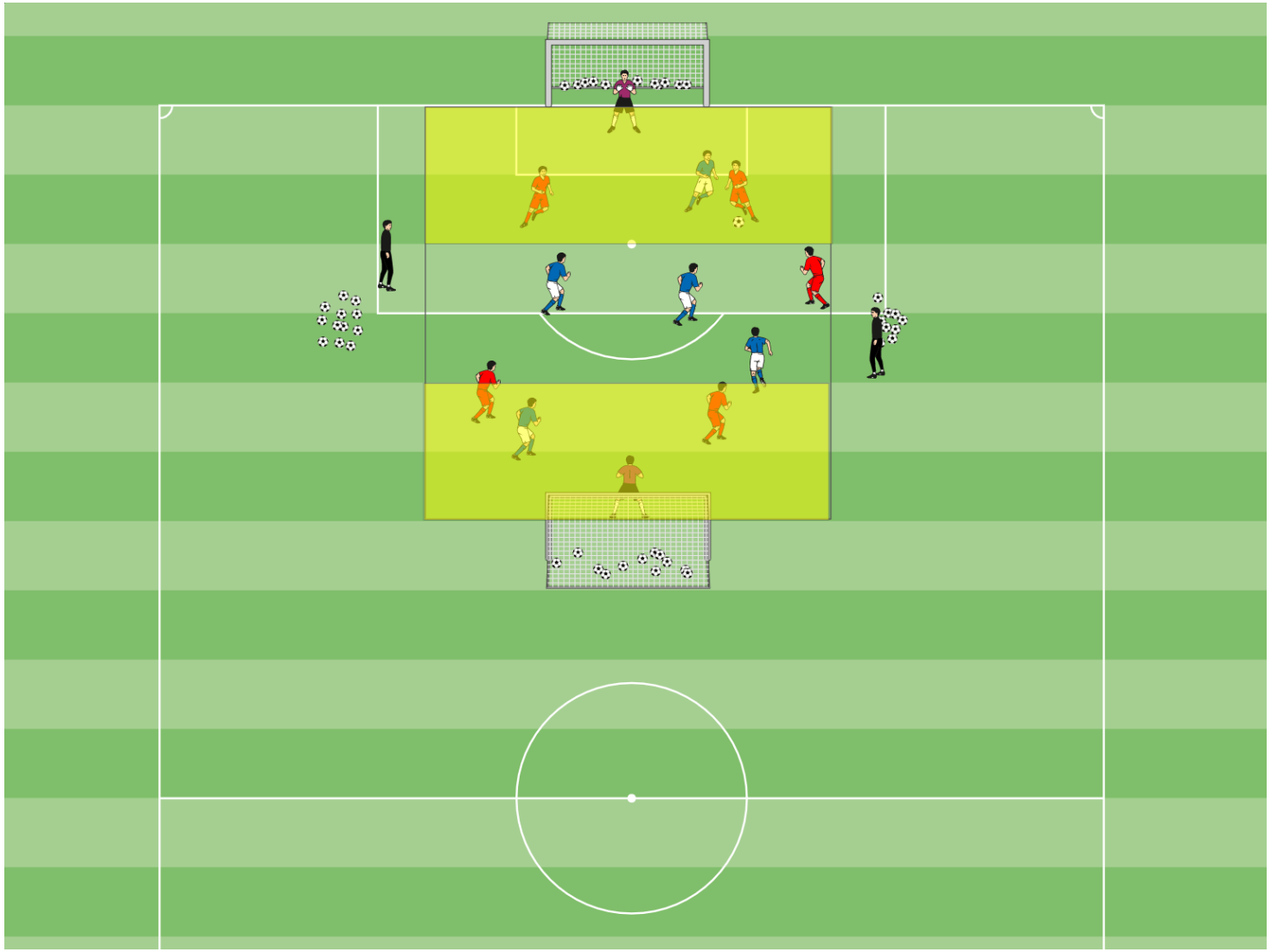
4.MAßNAHME: MIT AUFGABENWECHSEL (SPIELR.)



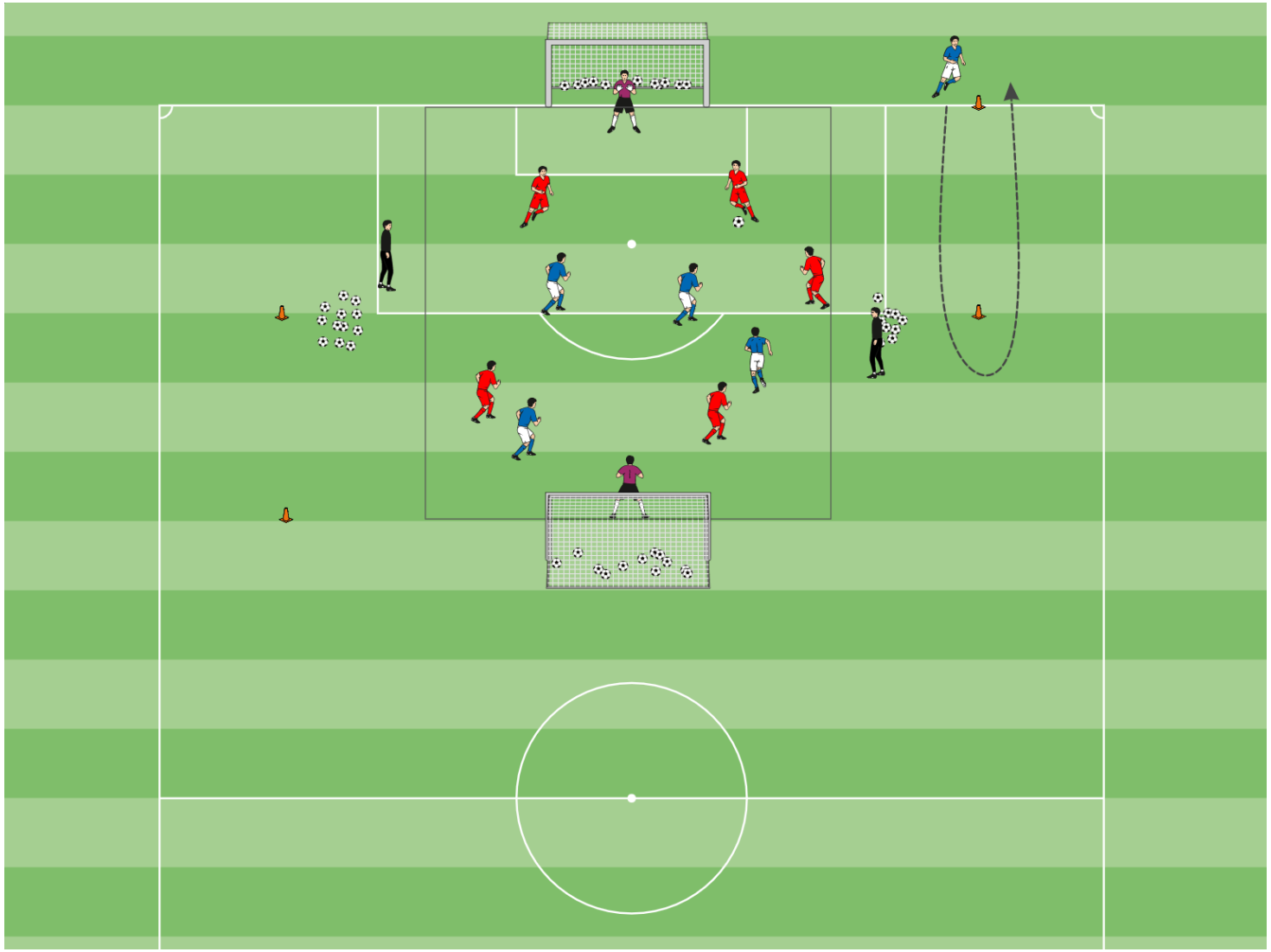
5 VS. 5 + TW



1.MAßNAHME: ZONENSPIEL



2.MAßNAHME: BEWUSSTES STEUERN ÜZ/UZ



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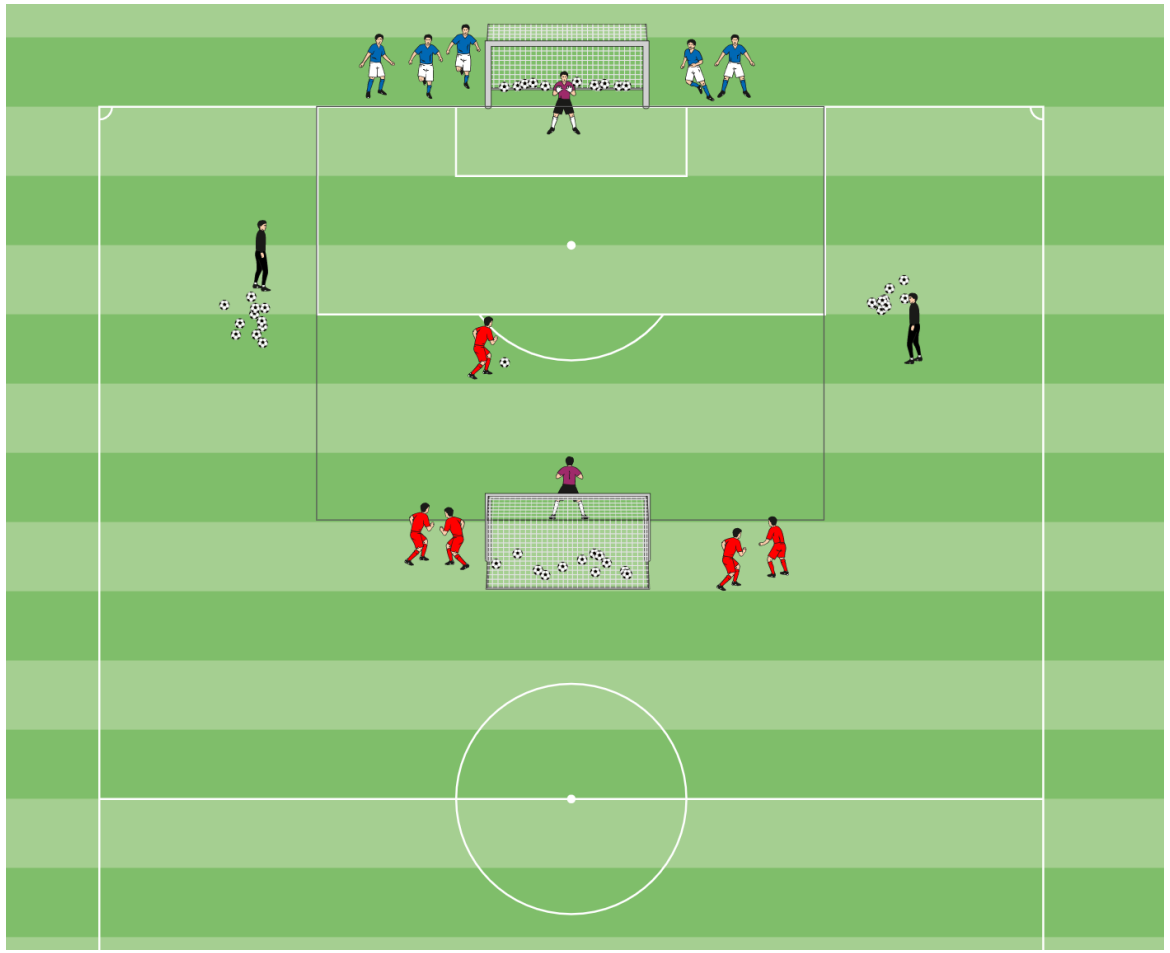
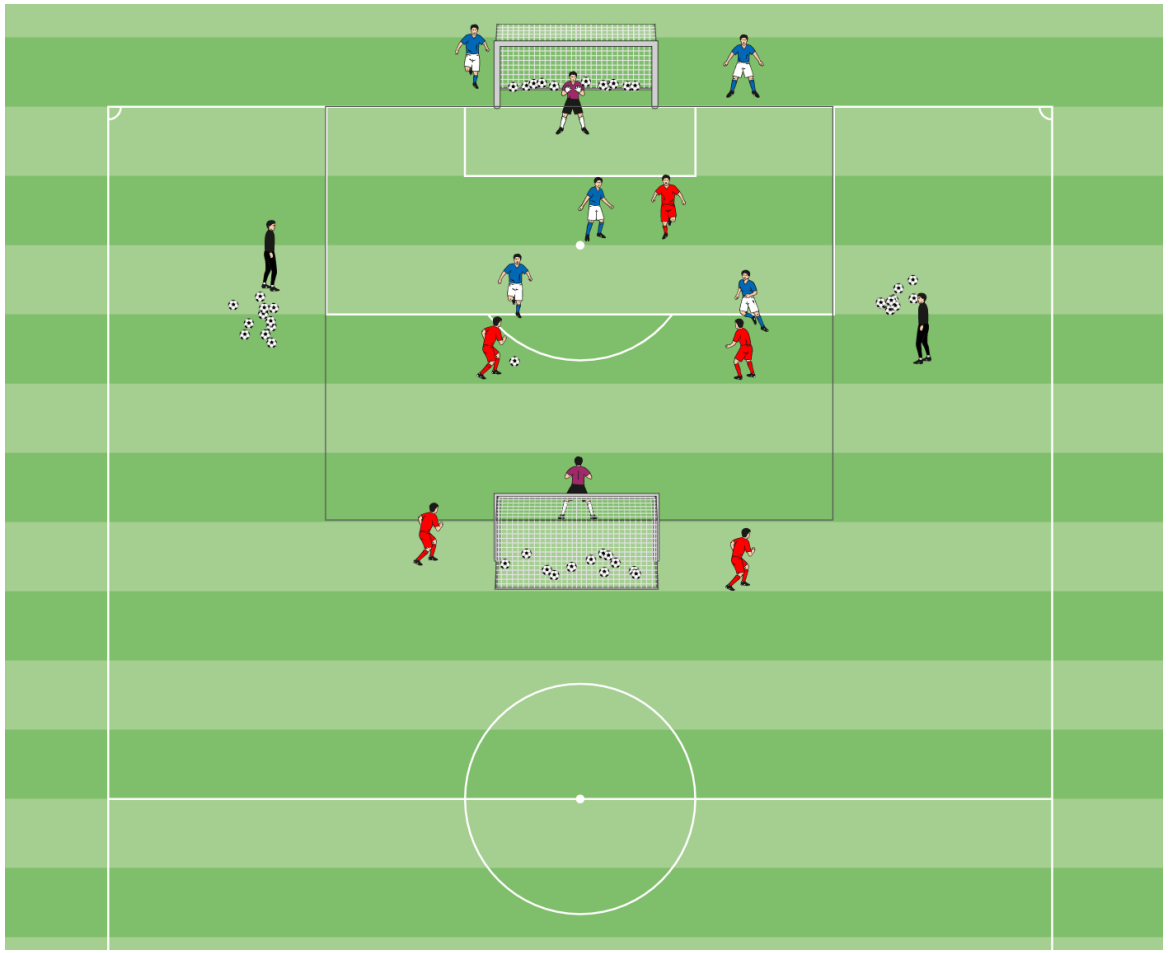
TEIL II

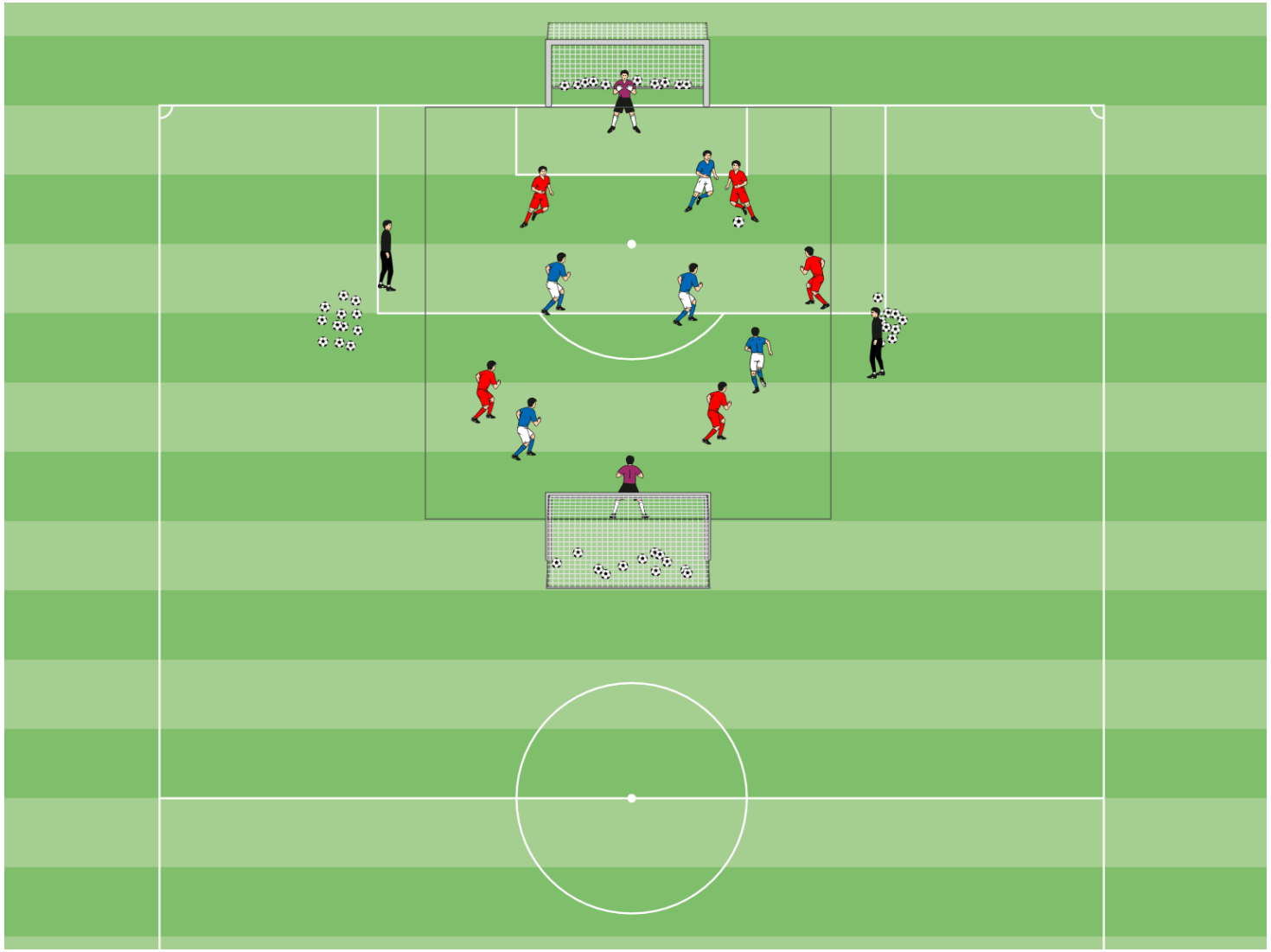
Stand 24.06.2023

UMSCHALTSPIEL: TSCHECHEN ROLLE 1 VS. 0 BIS 3 VS. 3 + TW

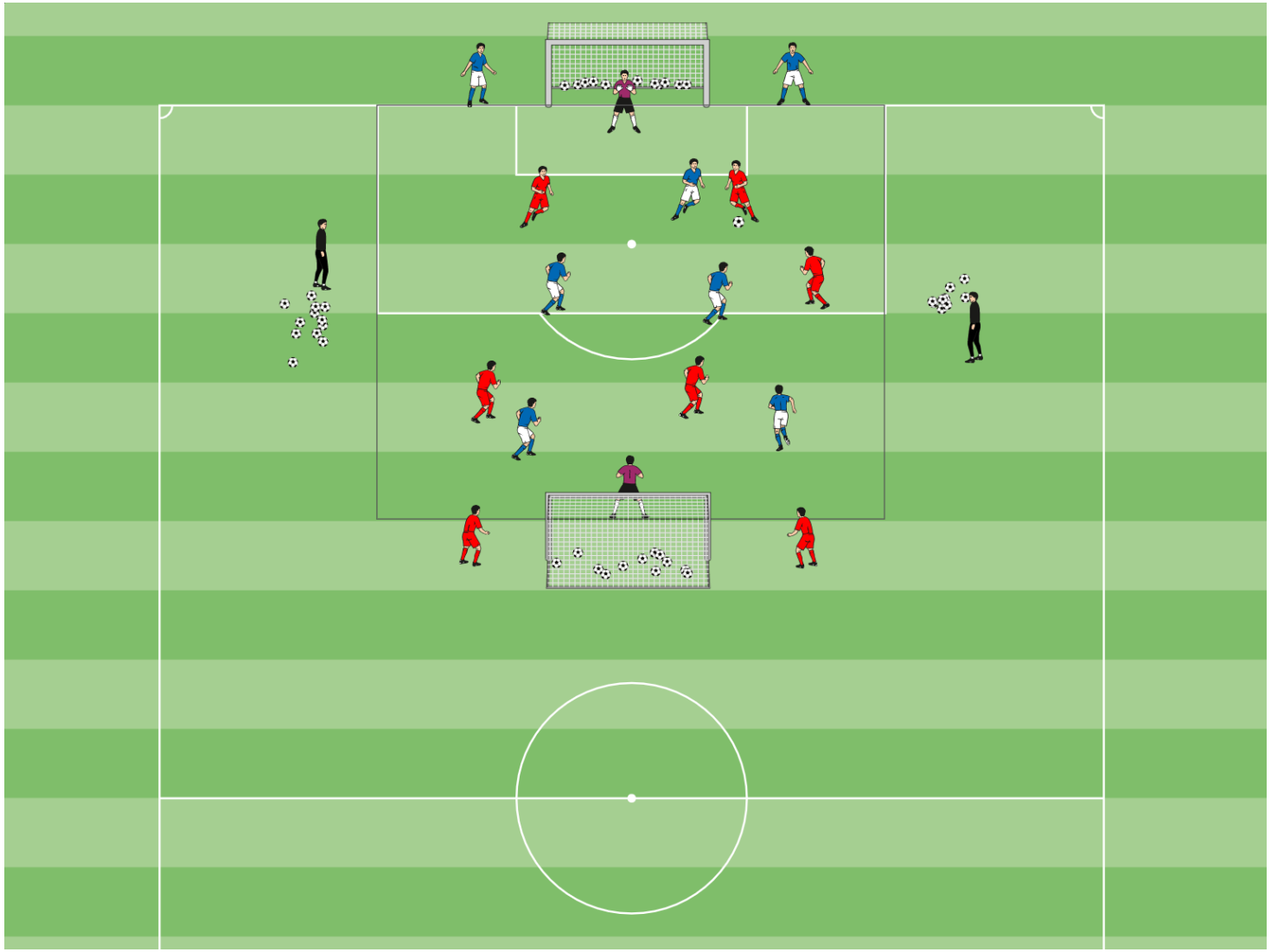




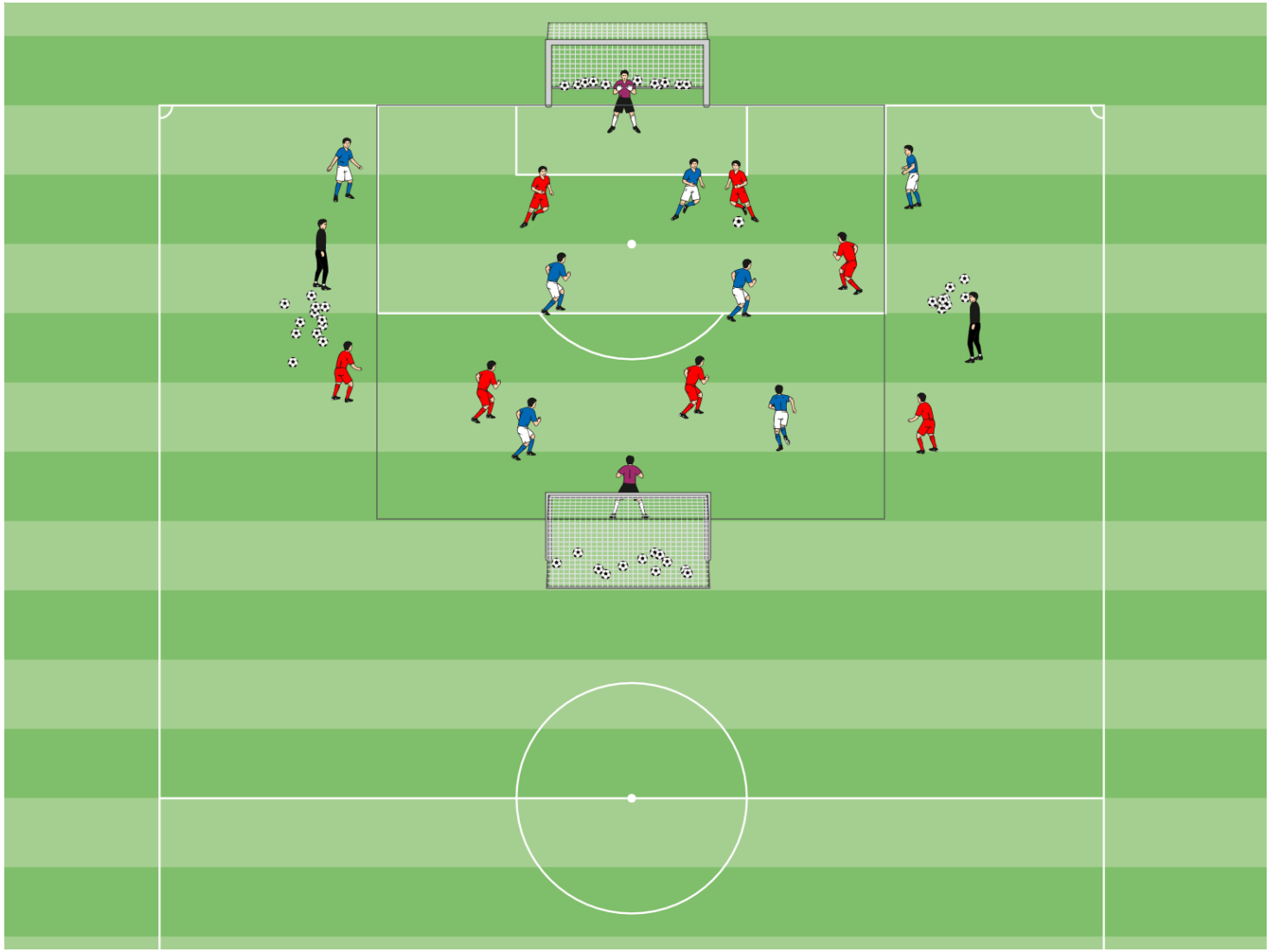
5 VS. 5 + TW



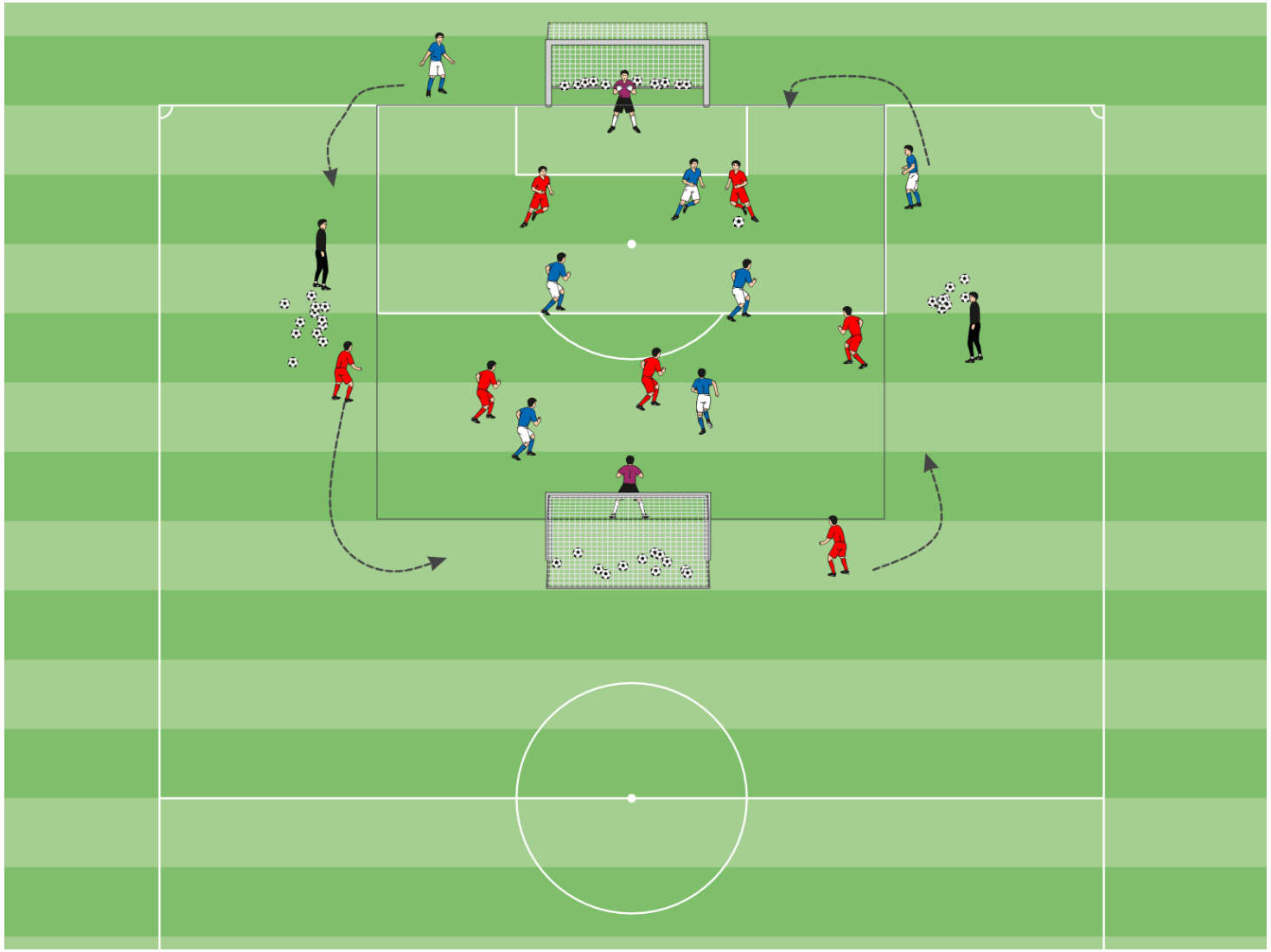
1.MAßNAHME: 2 AUßENSPIELER (TIEF)



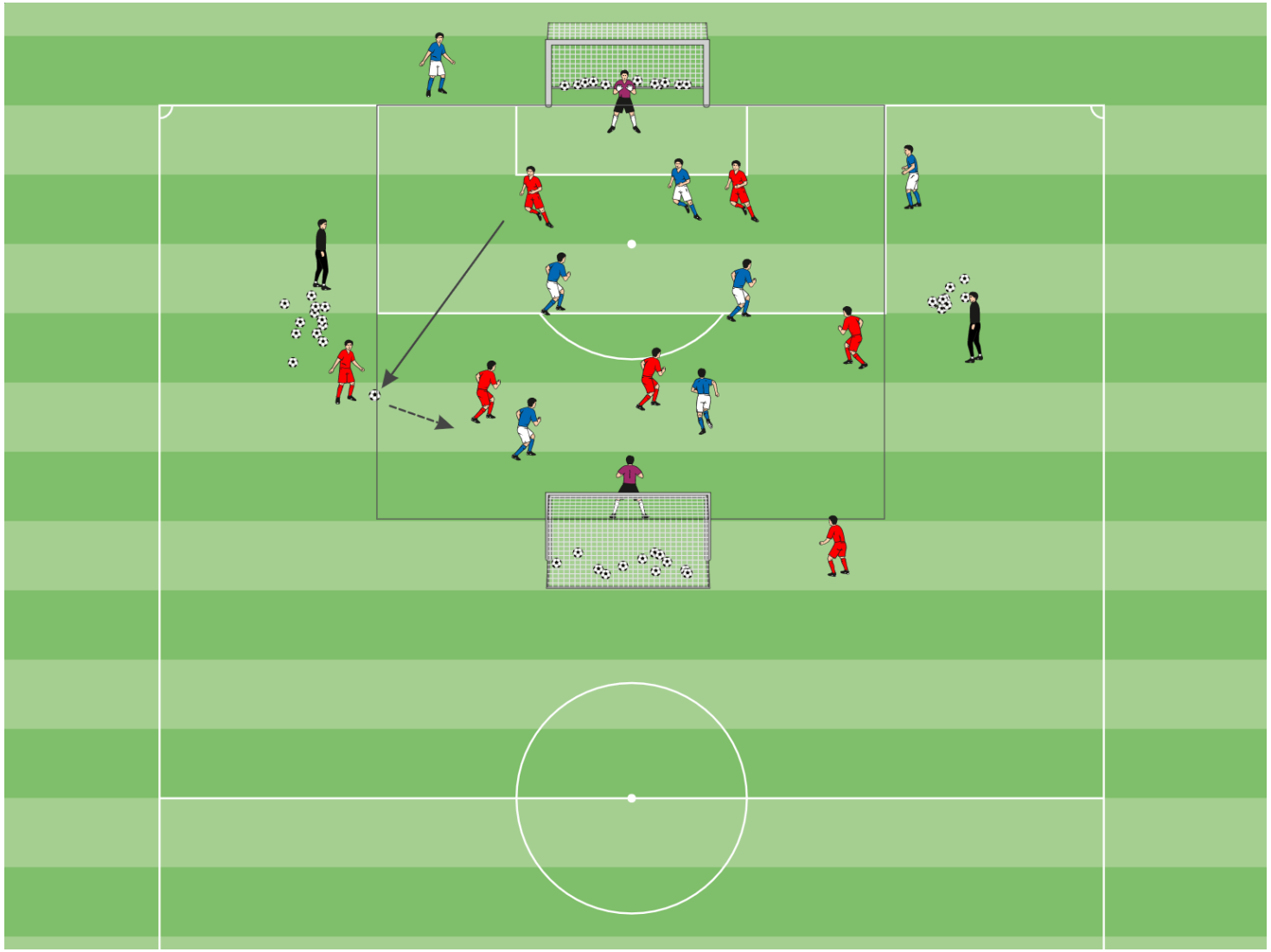
2.MAßNAHME: 2 AUßENSPIELER (BREIT)



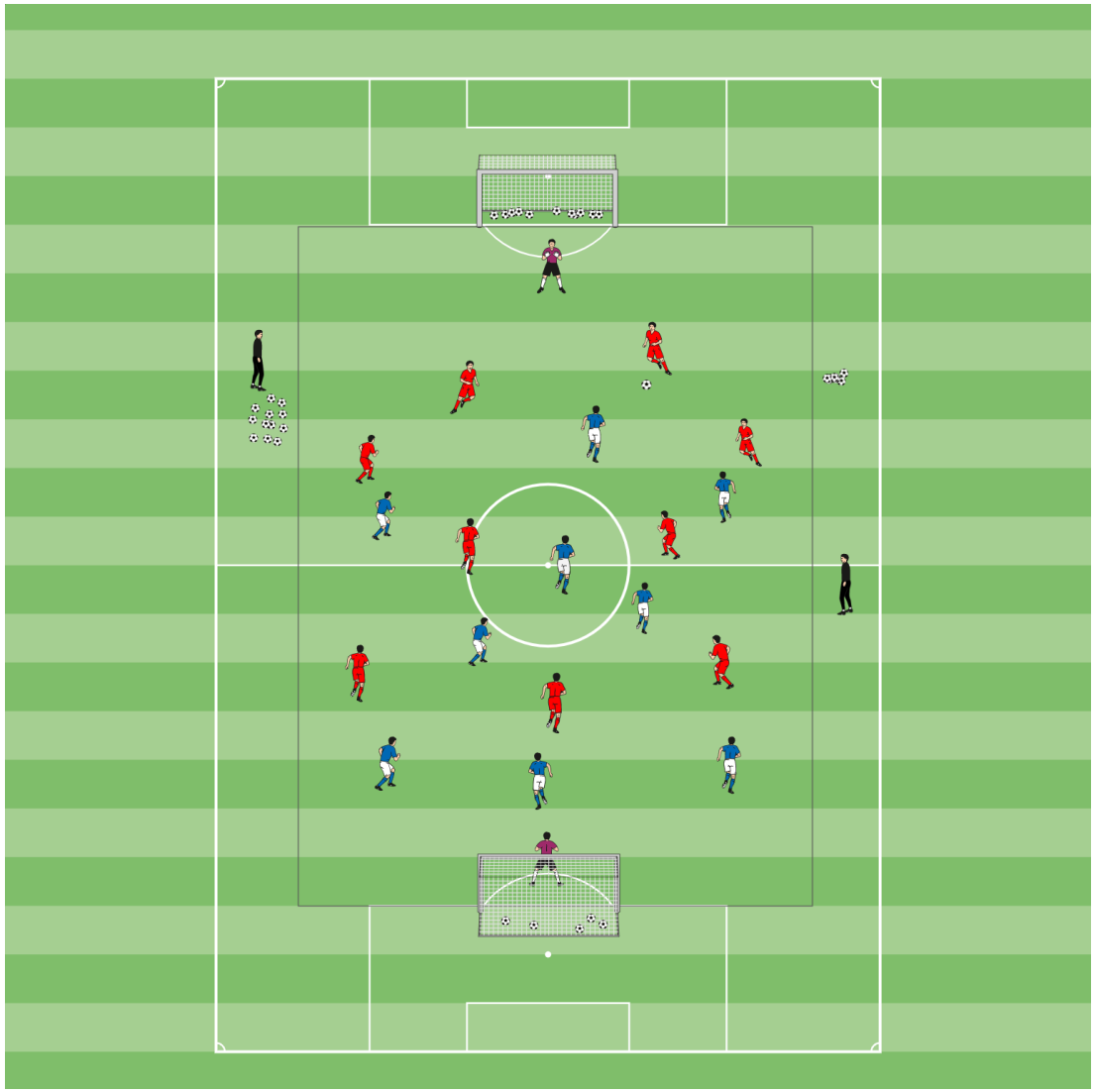
3.MAßNAHME: 2 AUßENSPIELER (VARIABEL)



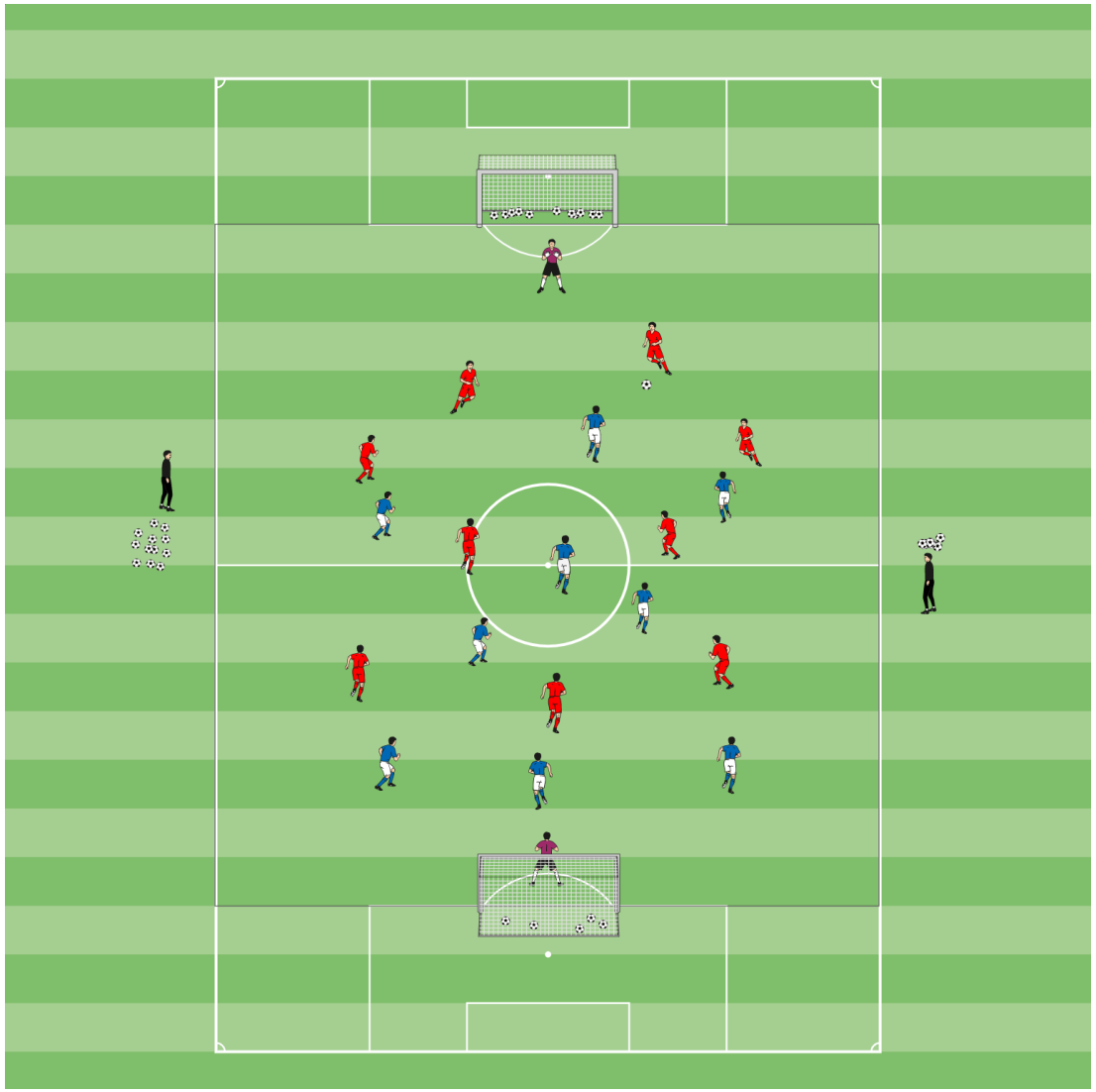
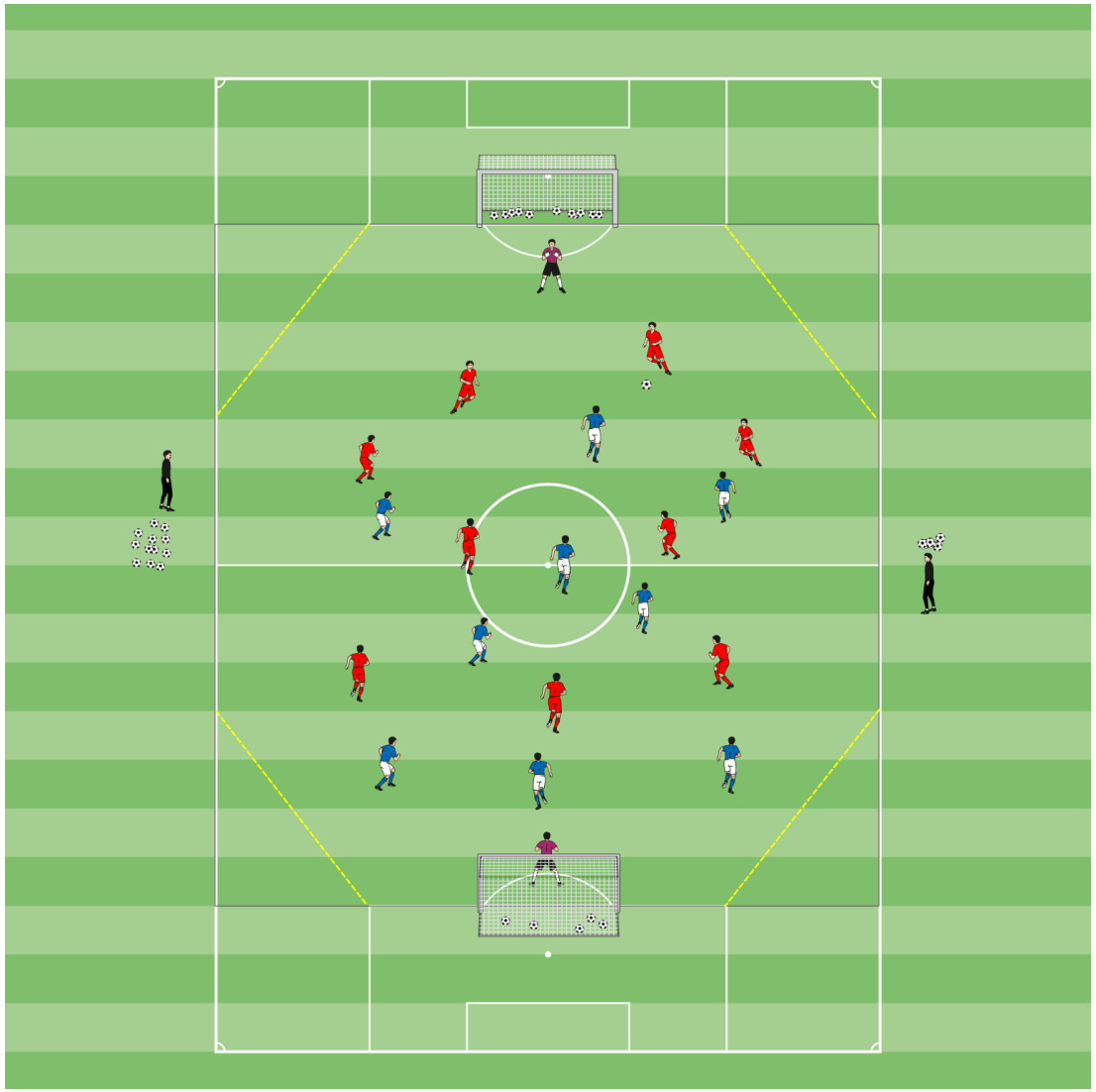
4.MAßNAHME: 2 AUßENSPIELER (BREIT->EINDR.)



ABSCHLUSSSPIEL: 9 VS. 9 + TW



OPTION SPIELFELD: BREITE



OPTION SPIELFELD: DIAMANT