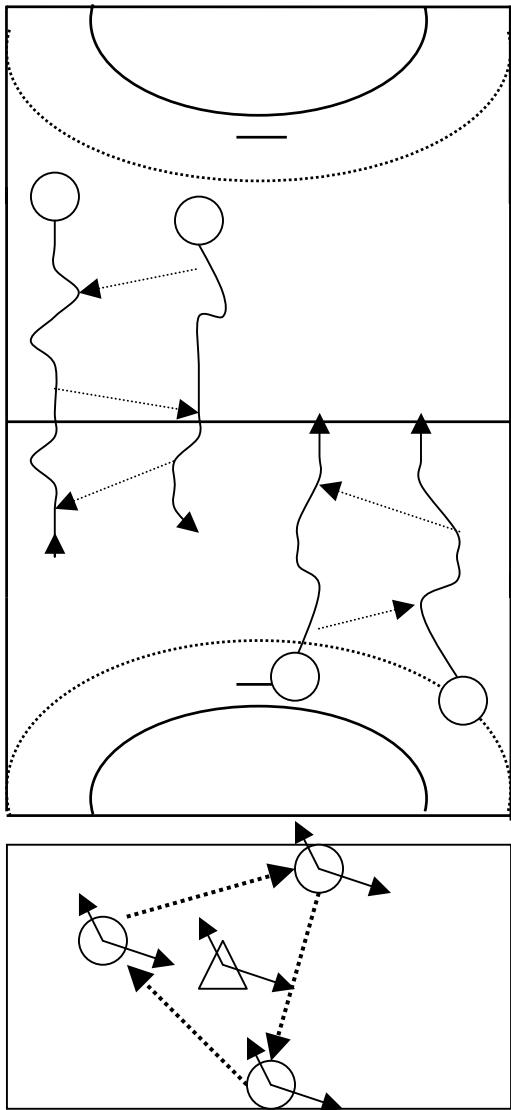


PRACTICAL EXERCISES OF BASIC ENDURANCE (Block II)

GRAPHIC



DESCRIPTION

- **Couples.** Each player with a ball. To pass the ball with different moves:
 - Near - far from the partner
 - Near - far from others couples
 - To do the same movements like the partner
 - Different orientations
 - Different kind of passes
- **One player passes the ball with the hand and the other with the foot**
 - Different orientations
 - Different kind of passes
- **Passing the ball.** Each couple has to move to the other goal area
 - With a determinate number of pass.
 - Passing the ball only when the partner is in front of you.
- **Groups of four players.** Three player form a triangle passing the ball, the last one inside, he walks trying to leave the triangle. The other have to maintain the triangle.

COACH INFORMATION

The second part will carry out exercises of passes (couples) with different kinds of
 ⇨ displacements,
 ⇨ orientations towards the partner,
 ⇨ pass types,
 ⇨ etc.

It is also important to maintain a continuous rhythm with small variations.