



# 3-1 - STEPPED INTO THE LATERAL

<b>CODE</b> 11.01.1.003	<b>DEVELOPED CAPACITY</b>	
<b>MAIN:</b> Dynamic Offensive	<b>SECONDARY:</b> Offensive Organization	
<p><b>Exercise Name:</b> 3-1 - Stepped into the Lateral</p> <p><b>Objectives/Contents:</b>          Develop stepped movement into the side in 3:1 system with the pivot to get in the middle, and finishing with the 2nd post, without opposition.</p> <p><b>Material needed:</b>          Balls.</p> <p><b>Space:</b> Whole Field</p> <p><b>Volume:</b> 10"</p> <p><b>Intensity:</b> 95-100%</p> <p><b>Work:</b> Anaerobic Alactic</p> <p><b>Denomination:</b> Anaerobic Alactic Capacity</p> <p><b>Repetitions:</b> 8-10</p> <p><b>Load/Recovery:</b> 1/5</p> <p><b>Type of Recovery:</b> Passive</p> <p><b>Organization:</b>          Teams of four elements, one at a time to achieve the exercise.</p>		
<p><b>Description of Exercise:</b>          The ball leaves the defender to the winger, the defender overlaps the winger who received the ball and gets to the same ward, along the lateral line, while the pivot is already cleared to create Pass Line on the same side. Once the winger passes to the defender, clears to the second post. The defender passes to the pivot and clears up towards to get the ball and watch the winger to the second post. Very important: after leaving the defender environment, the opposite winger to adjust defensively.</p>		
<p><b>Variants:</b></p> <ul style="list-style-type: none"> <li>- Players alternate positions.</li> <li>- Switch sides.</li> </ul>		<p><b>Feedbacks:</b></p> <ul style="list-style-type: none"> <li>- Encourage speed of execution.</li> <li>- Reinforcement feedback on positive actions.</li> </ul>
<p><b>Observations:</b>          Perform the exercise for both sides.</p>		
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