

# Torabschlüsse - Parcour Wettbewerb [S. Distanz]

**Emphasis:** Balltechnik

**Description:**

- The goal is for the group to get through the course in the least amount of time. Each team of 5 players needs to get through the course 4 times for each player.
- 2 team can do the course at the same time on opposite sides of the field.
- If a player does not score a goal their team gets a 5 second penalty.
- Chip Ball to start the exercise; the ball must be played in the air and caught inside of the box. When that does not happen, then the active player needs to make the penalty run around the strafe stange.
- At the end, after all the penalty deductions, the average time for one person to complete the 4 rounds is calculated to identify which team is the winner.

**Duration:** 20 min

**Frequency:** 2

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**Documents:** [Torabschlüsse - Parcour Wettbewerb \[S](#)



## Appearances

### Training am 25.04.2020

- o Athletik - Aufwärmen
- o Corona Wechsel Rondo (4 v 2) [S. Distanz]
- o Corona 3 v 1 -> 3 v 1 Rondo [S. Distanz]
- o Ballarbeit
- o Torabschlüsse - Parcour Wettbewerb [S. Distanz]

### Training am 24.04.2020

- o Athletik - Aufwärmen
- o Corona Wechsel Rondo (4 v 2) [S. Distanz]
- o Corona 3 v 1 -> 3 v 1 Rondo [S. Distanz]
- o Ballarbeit
- o Torabschlüsse - Parcour Wettbewerb [S. Distanz]