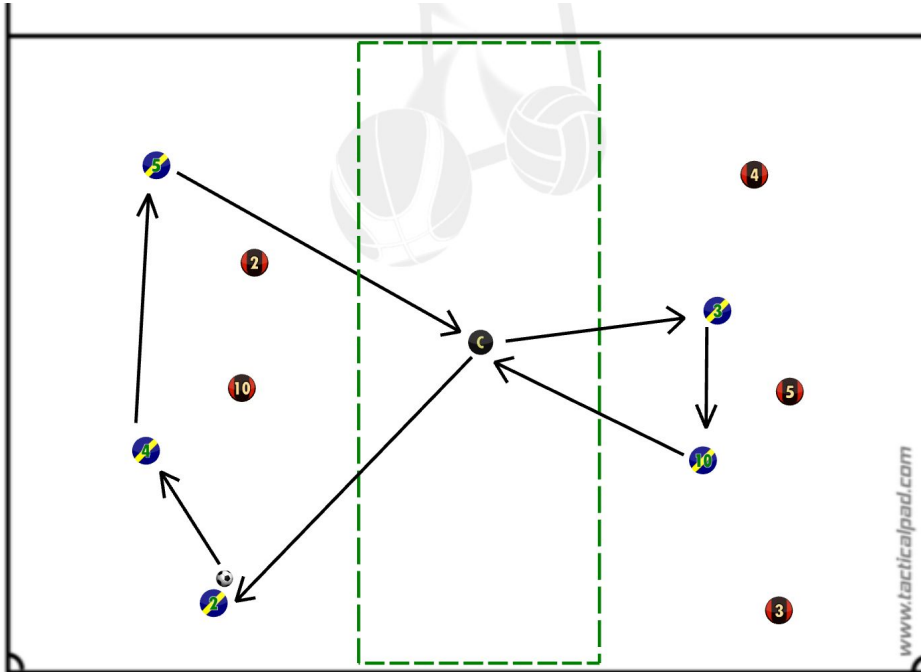




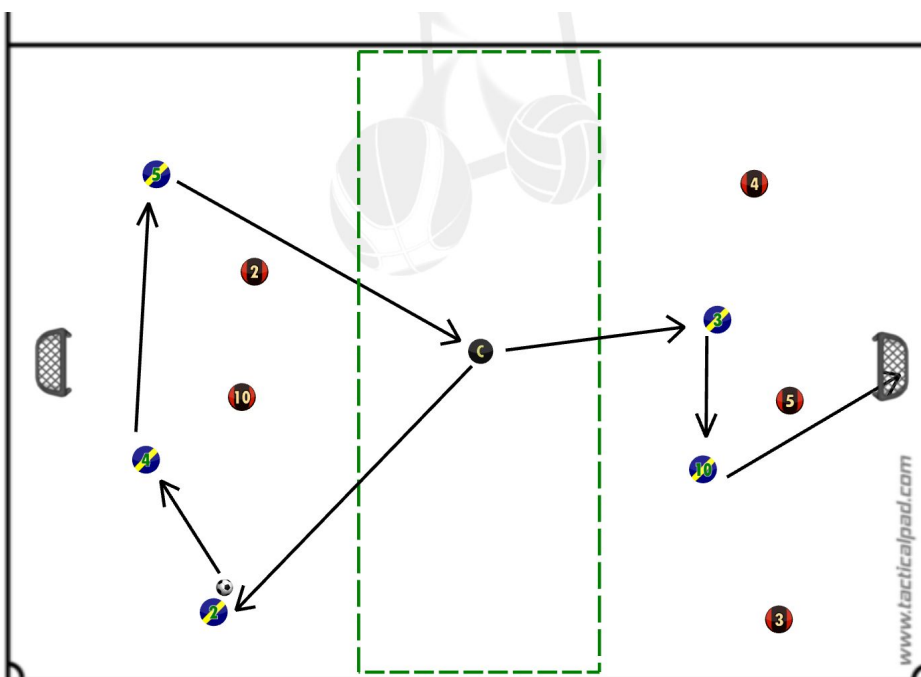
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Warm-up: double 3 v 2 and both the teams must pass through the center free player to send the ball on the other side; goalkeepers were the free players during the session

- free color possession game (both the teams have the ball)
- possession game building up the moves 3 v 2 and keeping the possession 2 v 3 before sending the ball back in the building up area
- end zone possession: 3 v 2 to build up and 2 v 3 duels to dribble the ball over the end line



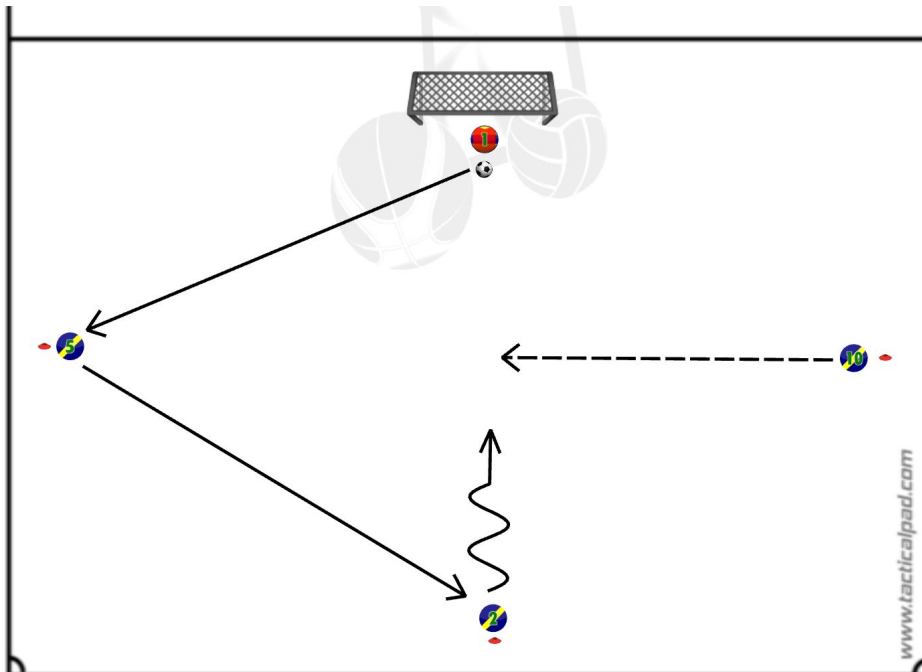
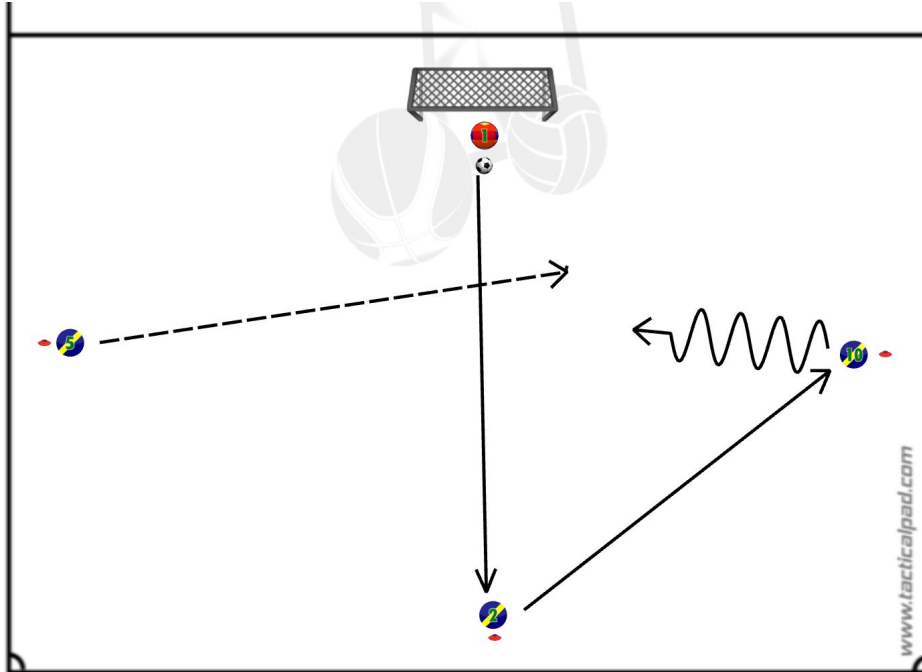
- possession game to score in the mini goals: 3 v 2 during the building up phase and 2 v 3 to finish





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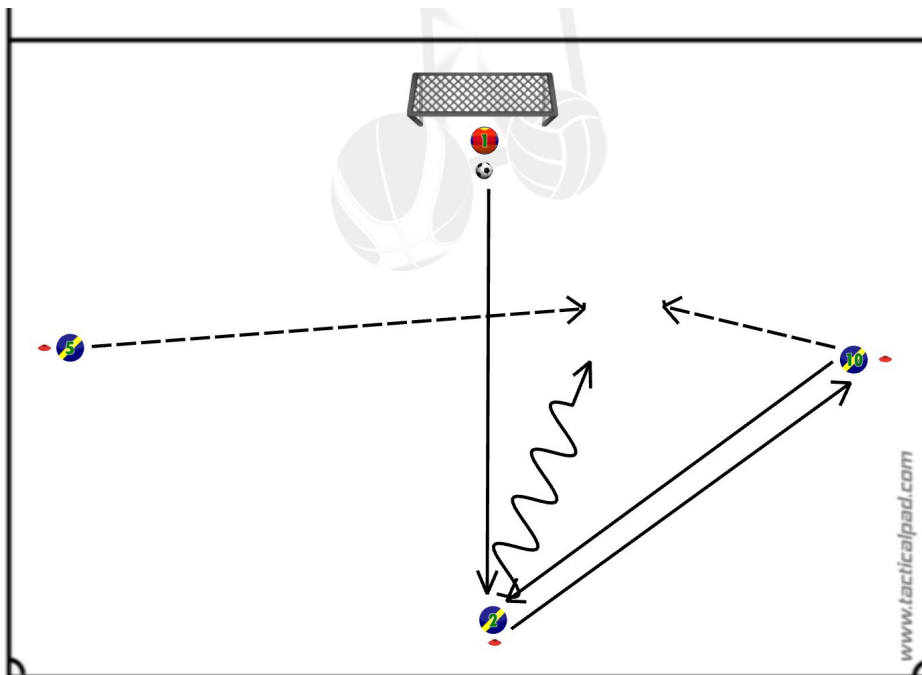
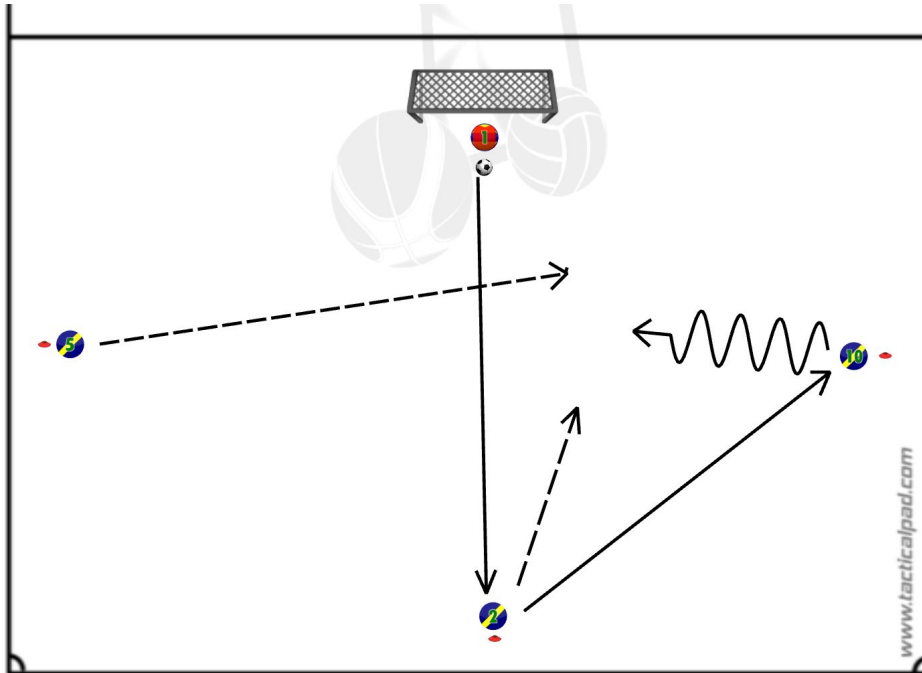
1 v 1 to finish





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1 v 2 duels, with the second defender who's on late and double marking of a 1 v 1 duel



Final game (20 min)