

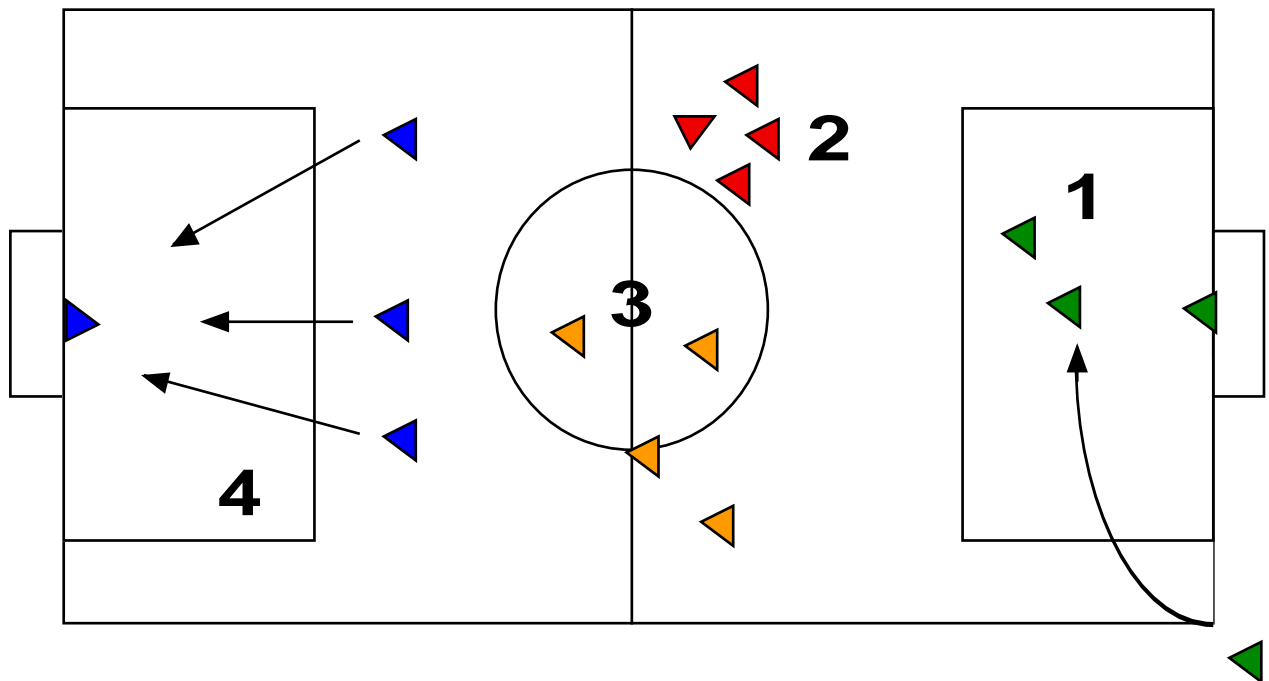


Fussball: Stationentraining

Stationentraining zum Einspielen:

- Pro Station ca. 4-5 Schüler
- Dauer pro Station ca. 5 Minuten
- Wiese mind. 1/3 eines Fussballplatzes

- Station 1: (Standartsituation) Eckball
- Station 2: Jonglieren
- Station 3: 2:2 / 3:2
- Station 4: (Standartsituation) Freistoss/Torschuss





Fussball: Stationentraining

1

Eckball



Fussball: Stationentraining

2

Jonglieren



Fussball: Stationentraining

3

2:2 / 3:2



Fussball: Stationentraining

4

Torschuss

Freistoss