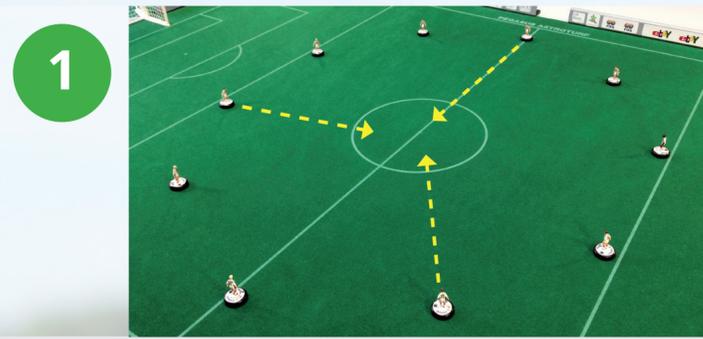
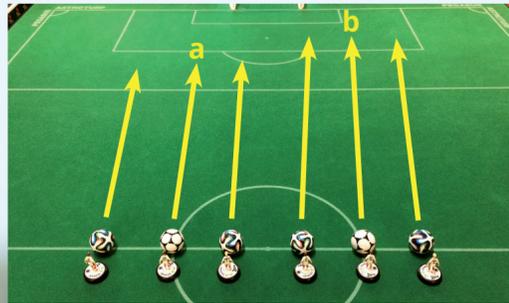


# SUBBUTEO Training Plan

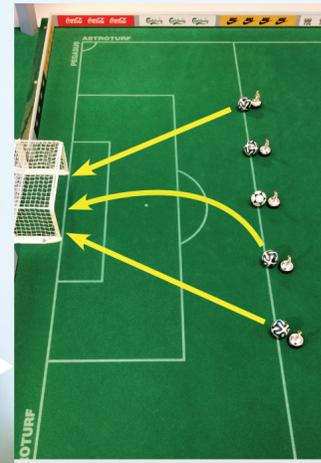
3 x 6 exercises for beginners, number of players: 1  
Duration: 20 minutes in each category (green = easy exercise, yellow = moderate, orange = tough)



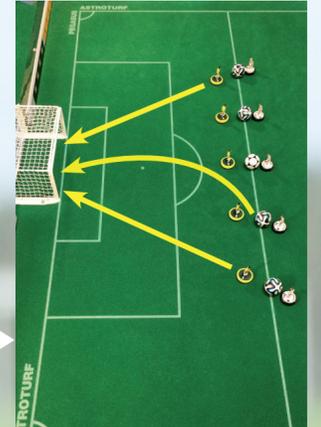
**1**  
**Into the circle** | Put ten attackers on the pitch in regular distance to the center circle. Flick them with as few attempts as possible directly into the center circle. [Three stages from even greater distance to the center circle.]



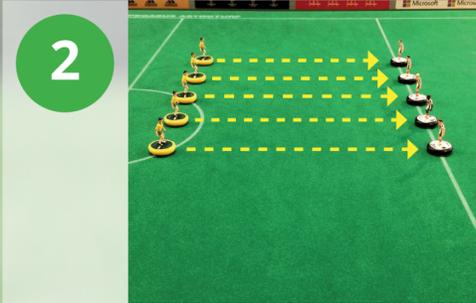
**4**  
**In the shooting area** | Put six balls on the center line and flick them with attackers directly into the shooting area. [Two stages, then two stages into the penalty area.]



**5**  
**Shooting** | Flick five balls with attackers from the shooting line into the goal - shoot high and low, left and right. [Four stages.]



**6**  
**Blocked shots** | Like exercise no. 5, but with five defenders a few centimeters behind the ball who will block your shots.



**2**  
**Mark players** | Place five defenders on the shooting line and five attackers 20 cm in front of them. Flick the defenders as close as possible to the attackers, without touching them. [Three stages with more distance.]



**3**  
**Ball control** | Flick the ball with short passes across the pitch and back again. Be careful not to commit fouls. [Three repetitions.]



**7**  
**Passing** | Flick the ball with an attacker from the corner directly into the center circle. [15 repetitions.]



**8**  
**Combinations** | Flick a ball with three attackers on the pitch. Be careful to commit no foul while combining and perform with each player a maximum of three flicks in succession. [Place ten defenders on the field and repeat the exercise.]



**11**  
**Contact and shoot** | Put five balls into the shooting area and put five attackers ten to 30 cm behind them on the pitch. Flick any attacker so that it slightly touches the ball and then shoot immediately a goal. [Three stages.]



**10**  
**On the lines** | Place ten attackers along the pitch edge to central line, shooting lines and goal lines. Flick successively all attackers at least 20 cm on each line into the pitch. [Repeat the exercise with more speed.]



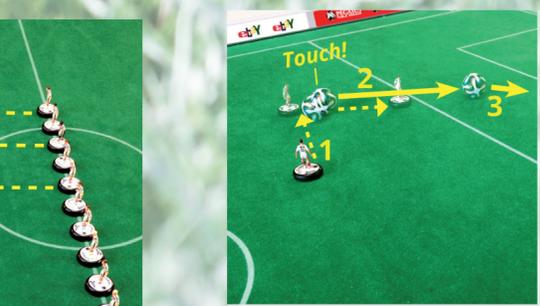
**12**  
**Goal wall shooting** | Three shots right, three shots left, each from a distance of 20 to 30 centimeters. [Three stages.]



**9**  
**Block player** | Flick the ball with an attacker about 20 cm away. Make then a block with the defender. [Repetitions: Flick the defender ten times each between attacker and ball (2a) or ball and goal (2b).]



**13**  
**Touching** | Put five balls on the center line and put five attackers along the shooting line. Flick the attackers so that they touch one of the balls easily. [Five stages.]



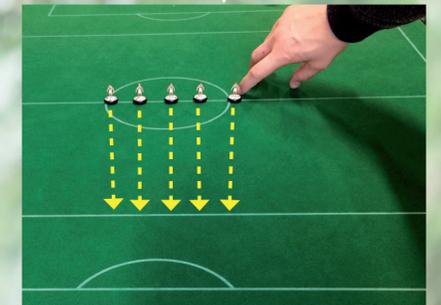
**16**  
**Change direction** | Put a ball 10 cm in front of the shooting line and an attacker between the ball and the center circle. Cut the ball with the attacker to change direction and score a goal with a maximum of three ball contacts. [10 stages.]



**17**  
**Pass, pass, goal** | Place an attacker with ball on his own shooting line. Flick the ball forward and score a regular goal with a maximum of three ball contacts. [12 stages.]



**15**  
**Distance shots** | Put six balls into the shooting zone. Six attackers are placed at least ten centimeters behind. Now attempt to score a goal with each attacker. [Repeat stages with 20 and 30 cm distance from the ball.]



**18**  
**Backhand** | Place five defenders along the center line. Stay behind your side of the table and flick any defenders backhanded to their own shooting-area line. [Three stages.]