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ICE BSD - Serpong | 5 Mei 2018

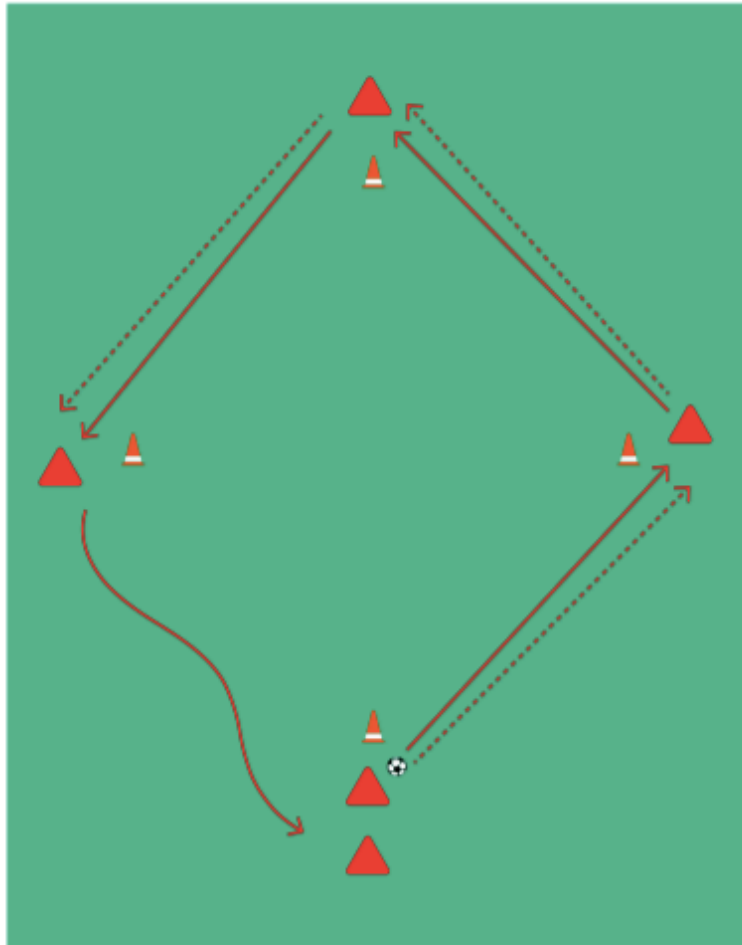


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10 – 13 tahun: Pengembangan Skill Killer Pass

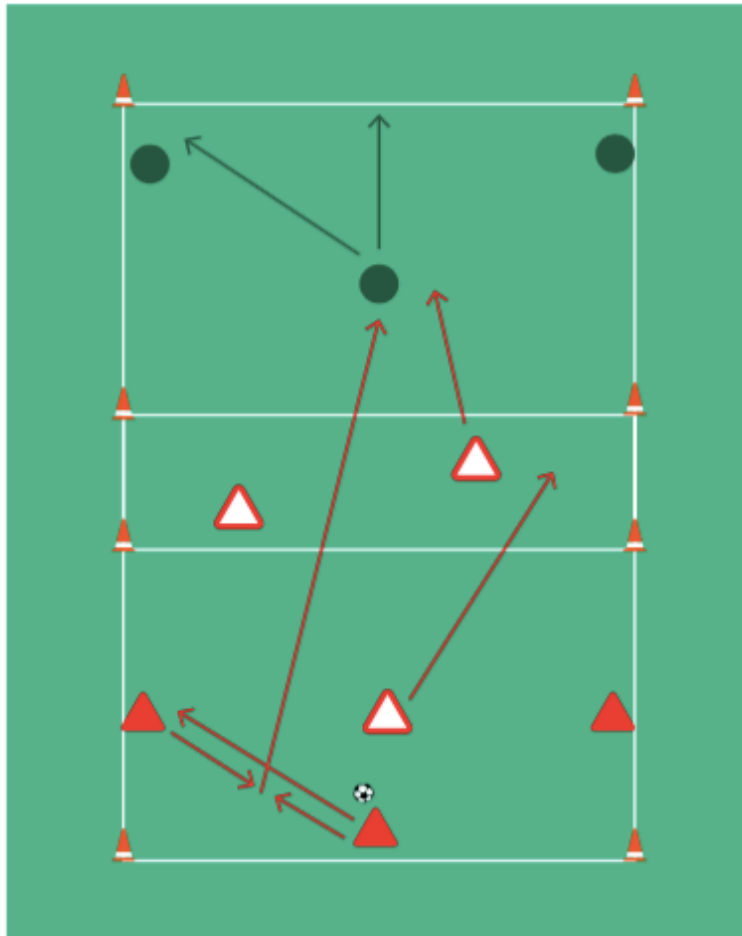
Dr. Emral Abus, M.Pd | Ponaryo Astaman

(b) Passing Exercise



b | Passing exercise

(B) Komponen Skill 3 v 1 (+2)



B | 3v1 (+2)

(M) Game 7v7



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M | Game 7v7



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14 – 17 tahun: Bangun Serangan Mencari #9

Danurwindo | Kurniawan D.Y

No Posisi di Filanesia



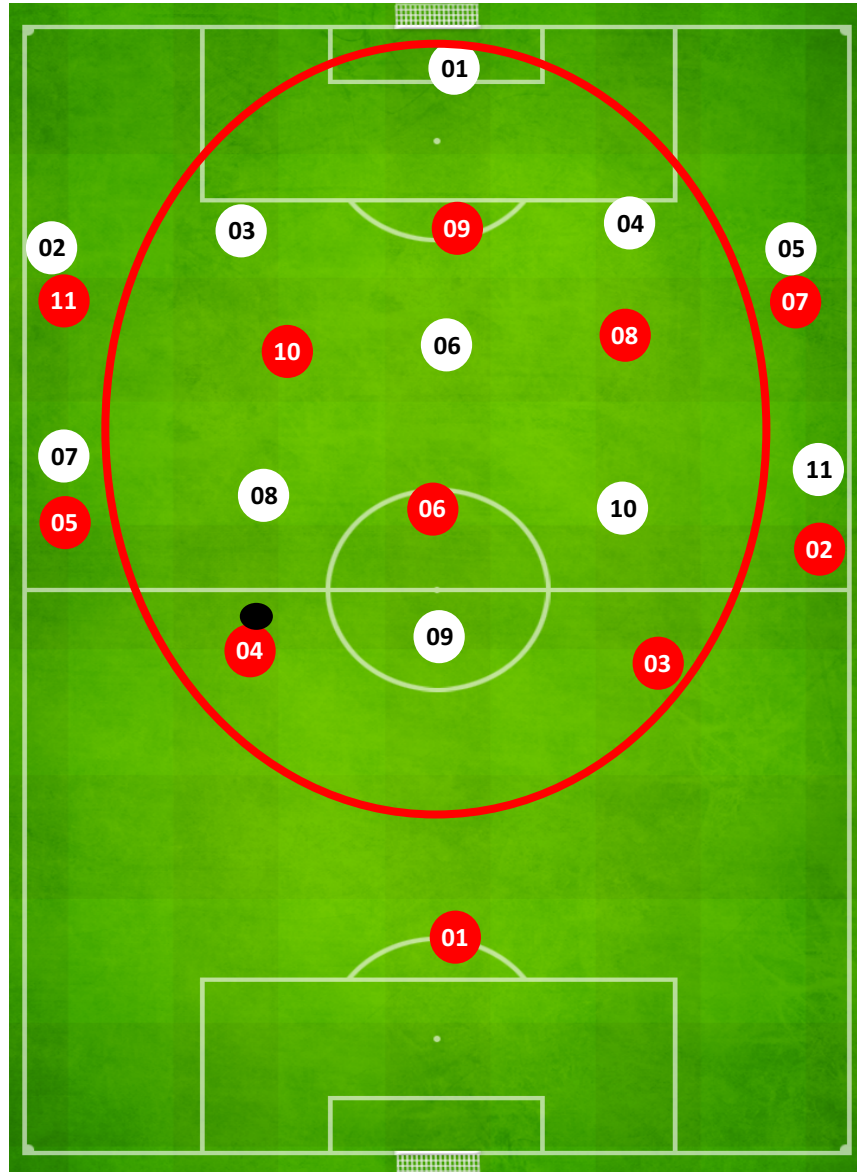
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Permasalahan



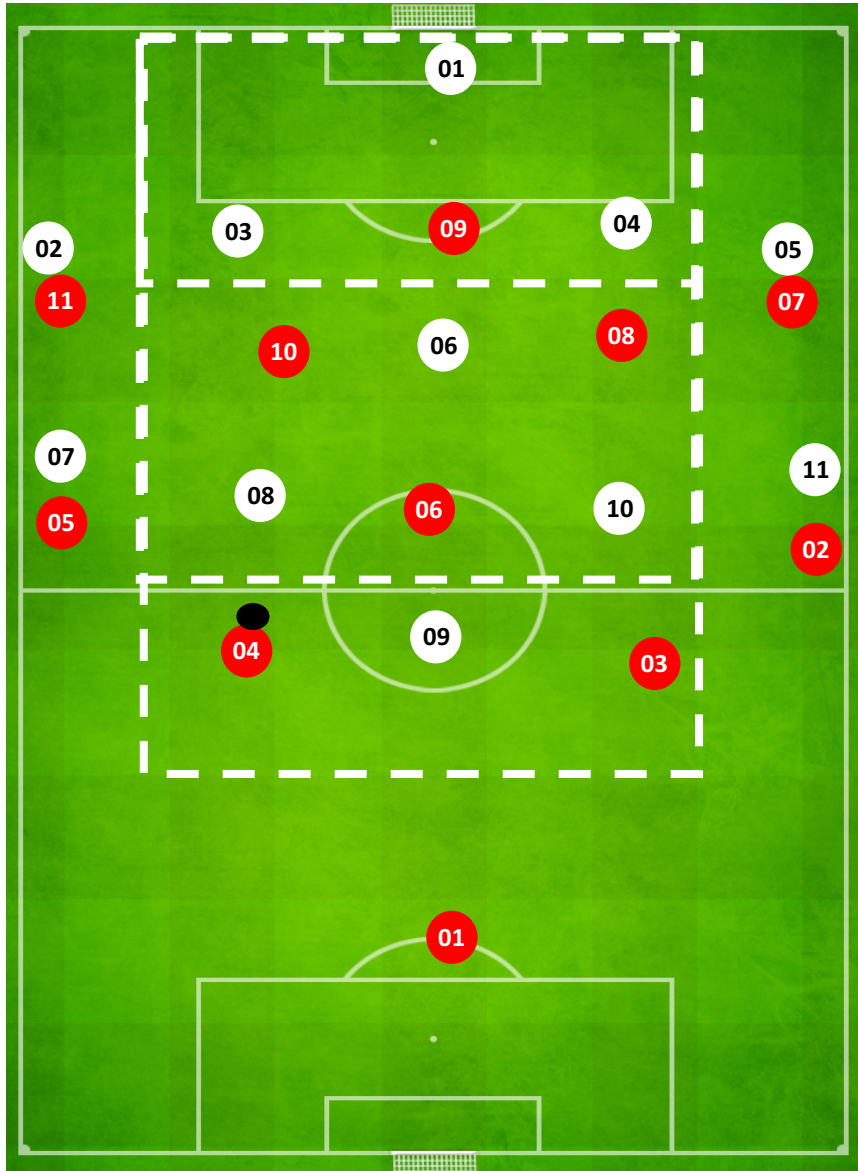
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5 W

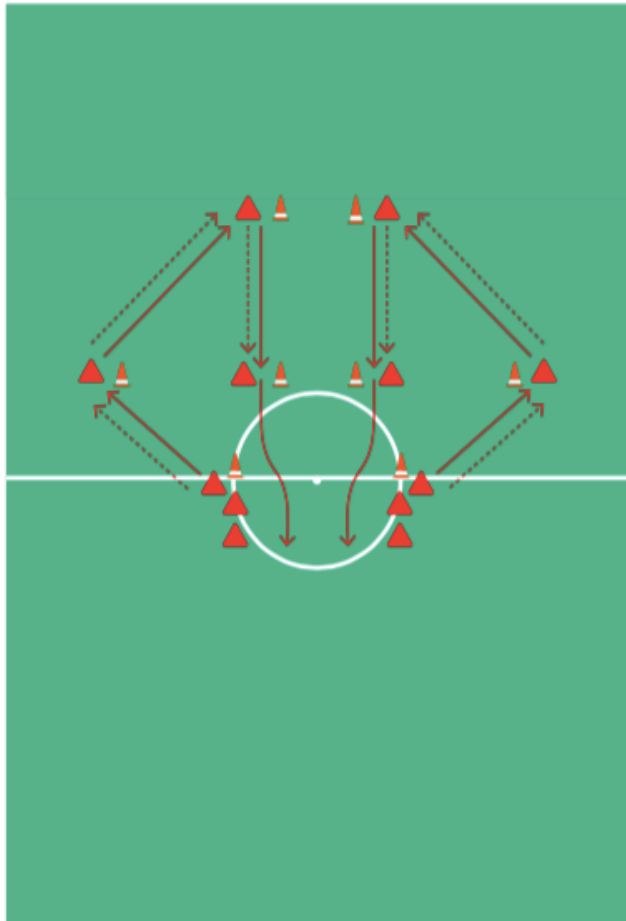
- **What?** Tim selalu gagal memprogresi bola ke depan (No.9).
- **Where?** Setengah lapangan lawan.
- **When?** Saat 3,4 menguasai bola.
- **Who?** 3,4 - 6,8,10 – 9
- **Why?** Pengambilan posisi 6,8,10 selalu menutup jalur passing ke No.9

Solusi



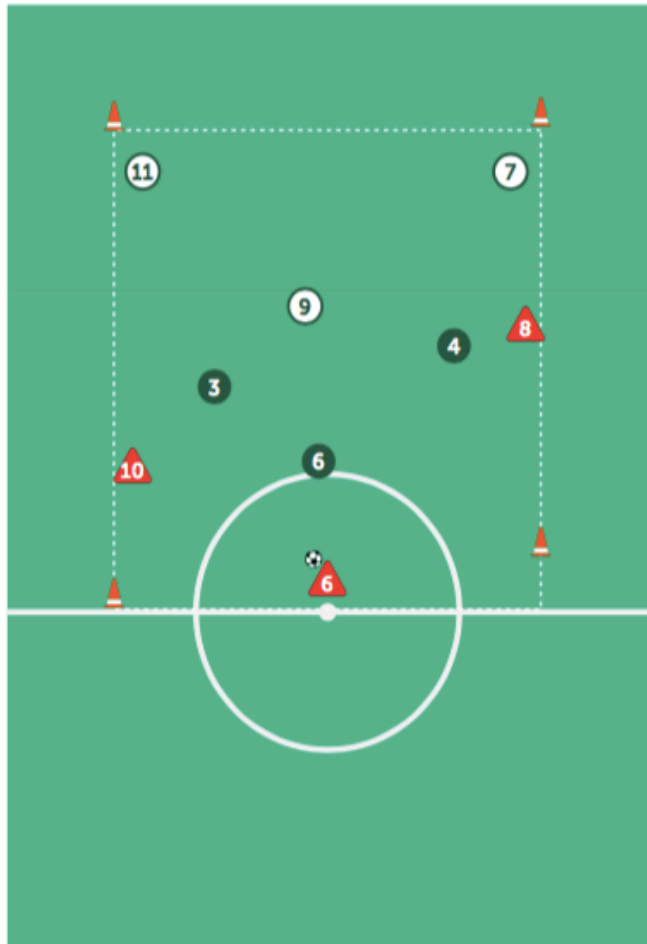
- Melatih 3,4 bisa memprogresi bola ke depan.
- Melatih pengambilan posisi 6,8,10 agar bola bisa progresi ke depan (No.9).
- Melatih bantuan 8,10 setelah bola progresi ke No. 9.

(P1) Passing Exercise



P1 | Passing exercise

(P2) Position Game

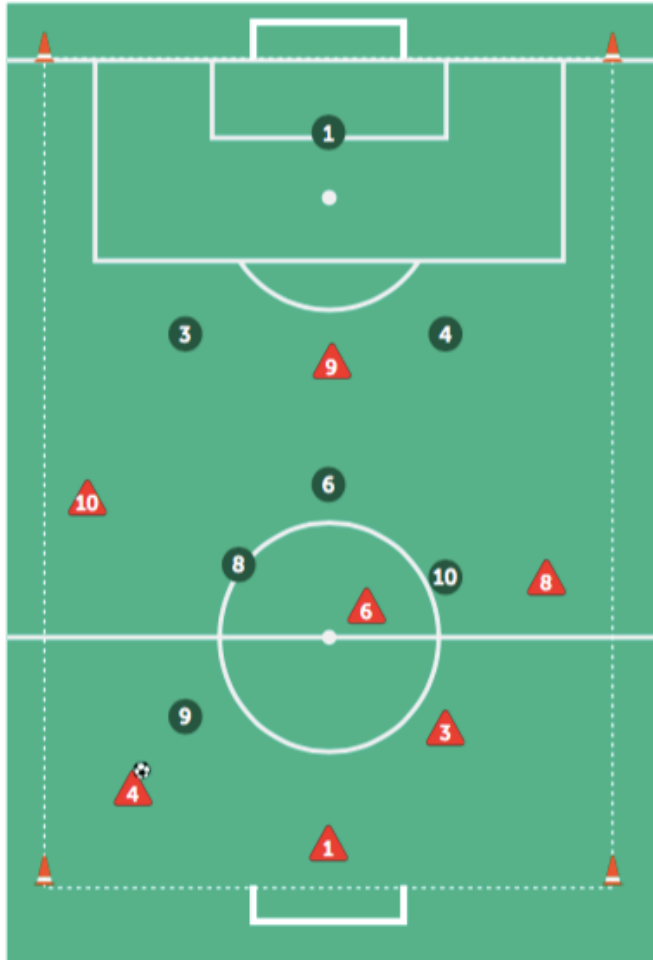


P2 | Position game

(M) Game 7v7 – 11v11



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Game 7v7



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TERIMA KASIH