



**TRAINING MANUAL**  
**THE ULTIMATE TRAINING SYSTEM**

THIS BOOK BELONGS TO

NAME:

ADDRESS:

PHONE:

CLUB:

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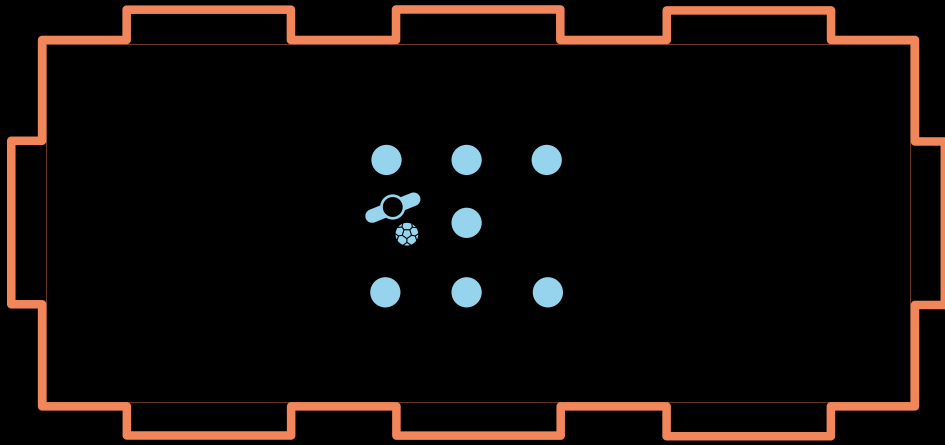
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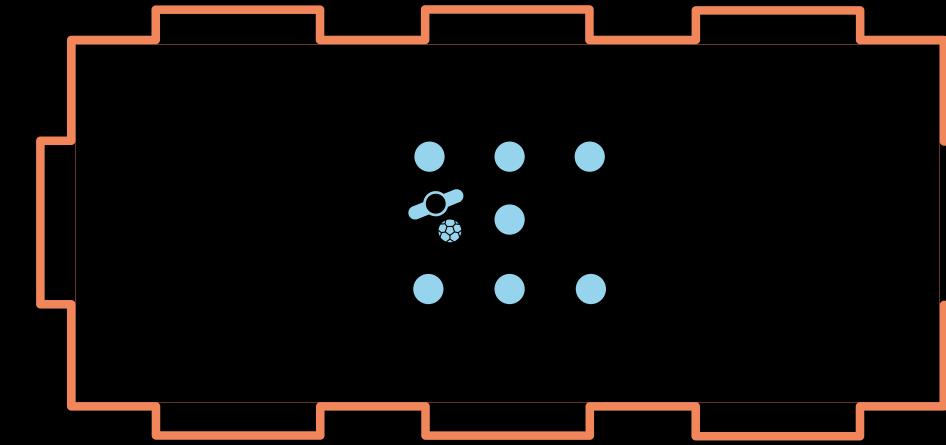
## CUTTING ZONE MIDDLE



Place the 7 Fitlights in the cutting zone, start with the number 1 Fitlight in the middle. Control the ball over the light so they go out and then find a new light.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>7</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

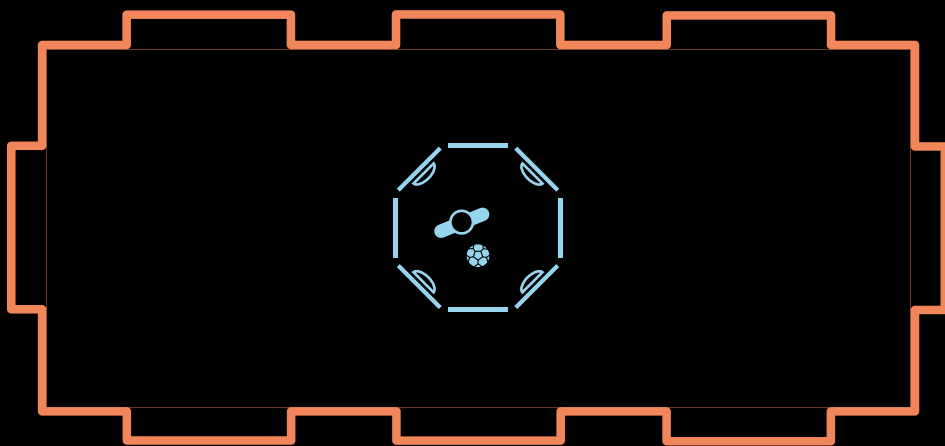
## CUTTING ZONE



Place the 7 Fitlights in the cutting zone, start with the number 1 Fitlight in the middle. Control the ball over the light with the ball so they go out and then find a new light.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>7</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

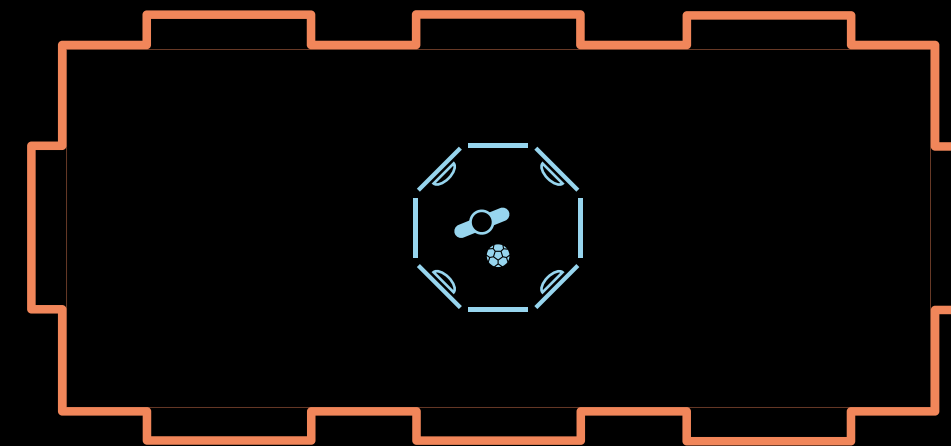
## FOCUS 360 #4 PASS



Place the 4 Fitlights at the Focus 360, activate the drill at the green light. Pass the ball at the blue light so they go out and then find a new blue light.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>4</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

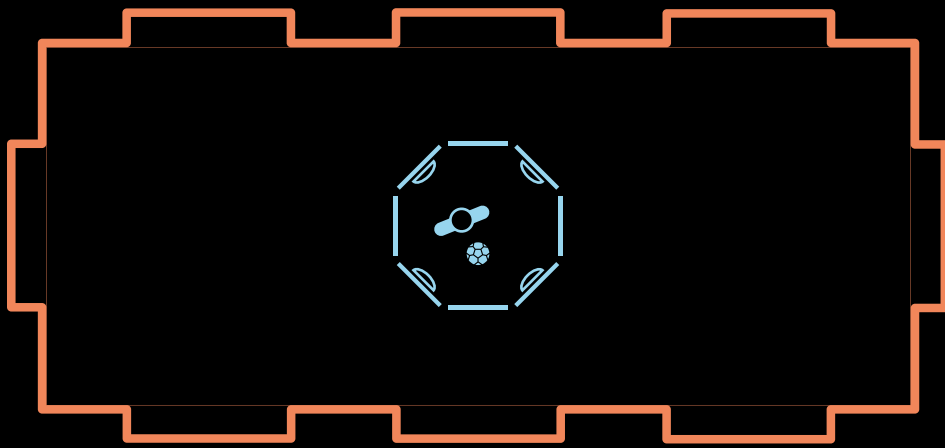
## FOCUS 360 #4 PASS/DRIBBLING



Place the 4 Fitlights at the Focus 360, activate the drill at the green light. Pass the ball at the blue light so they go out and then dribble to the red light.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>4</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

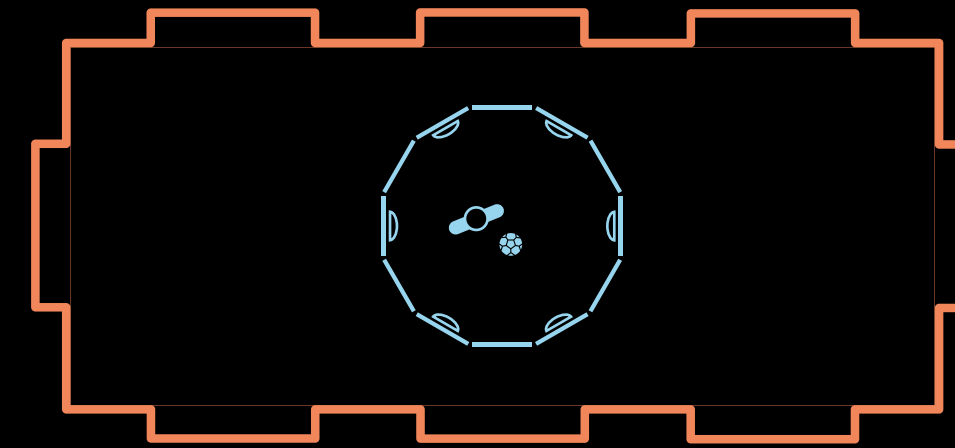
## FOCUS 360 #4 RIGHT FOOT RED/LEFT FOOT BLUE



Place the 4 Fitlights at the Focus 360, activate the drill at the green light. Pass the ball with the right foot at the red light and then pass it to the blue light with the left foot.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>4</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

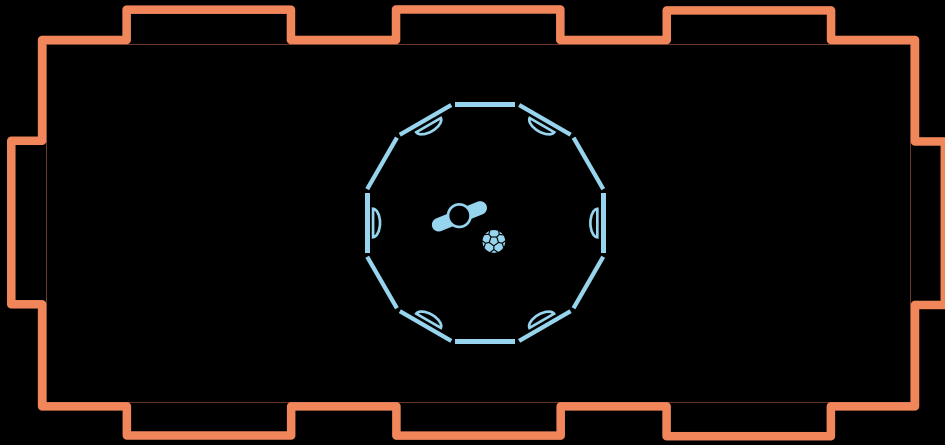
## FOCUS 360 #6 PASS



Place the 6 Fitlights at the Focus 360, activate the drill at the green light. Pass the ball at the blue light so they go out and then find a new blue light.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>6</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

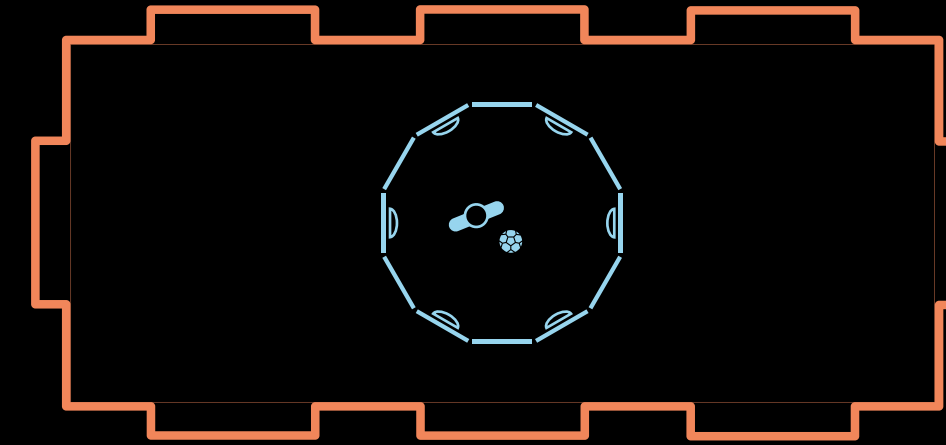
## FOCUS 360 #6 PASS/DRIBBLING



Place the 6 Fitlights at the Focus 360, activate the drill at the green light. Pass the ball at the blue light so they go out and then dribble to the red light.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>6</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

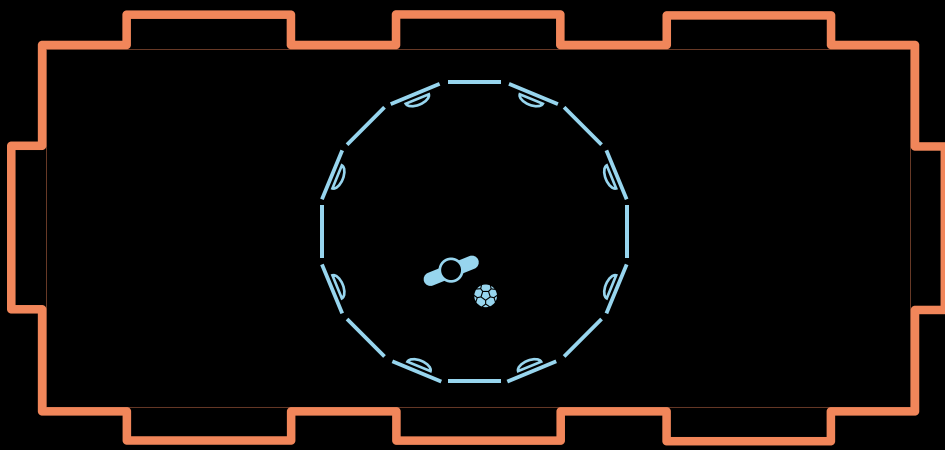
## FOCUS 360 #6 RIGHT FOOT RED/LEFT FOOT BLUE



Place the 6 Fitlights at the Focus 360, activate the drill at the green light. Pass the ball with the right foot to the red light and then pass it to the blue light with the left foot.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>6</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

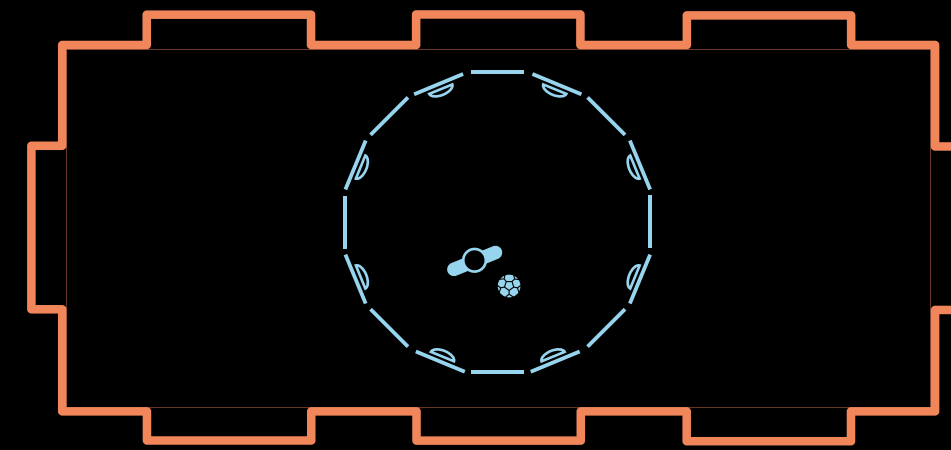
## FOCUS 360 #8 PASS



Place the 8 Fitlights at the Focus 360, activate the drill at the green light. Pass the ball at the blue light so they go out and then find a new blue light.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>8</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

## FOCUS 360 #8 PASS/DRIBBLING

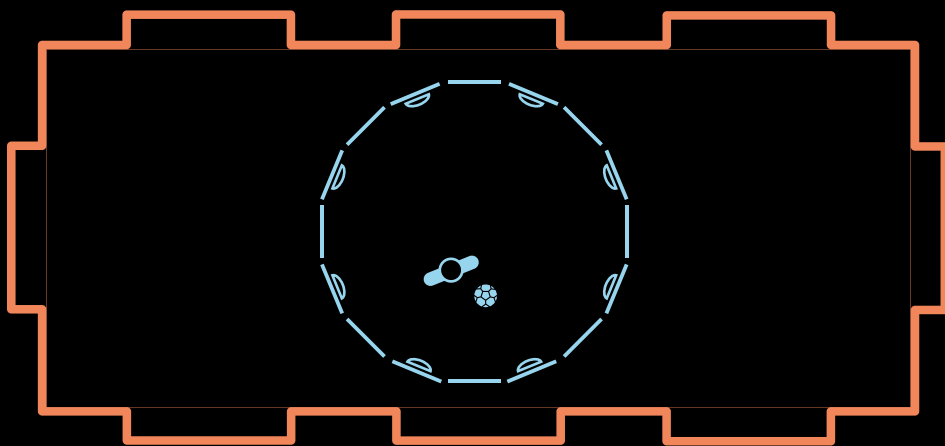


Place the 8 Fitlights at the Focus 360, activate the drill at the green light. Pass the ball at the blue light so they go out and then dribble to the red light.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>8</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |



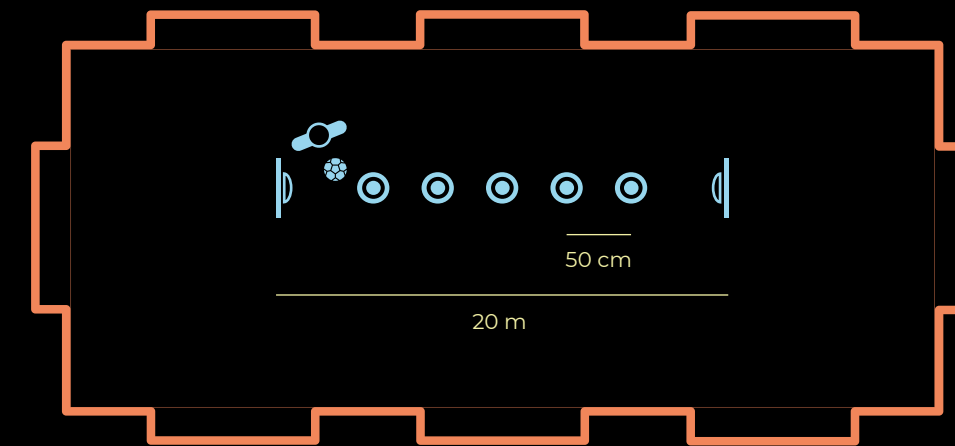
## FOCUS 360 #8 RIGHT FOOT RED/LEFT FOOT BLUE



Place the 8 Fitlights at the Focus 360, activate the drill at the green light. Pass the ball with the right foot at the green light and then pass the to the blue light with the left foot.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>8</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

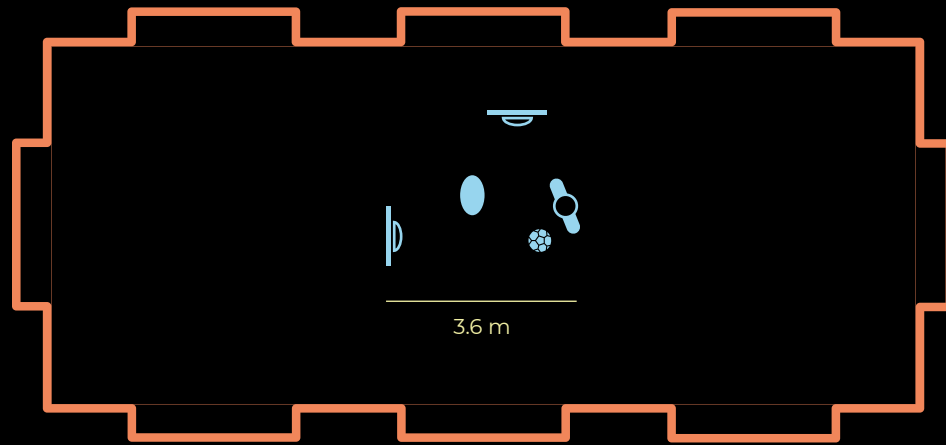
## DRIBBLING



Place 2 Fitlights on the GS rebounder and set up the 5 cones. When the Fitlight is green then hit the rebounder and start the drill, you must turn out all of the lights on each GS rebounder to finish the drill and dribble through the cones.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>2</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

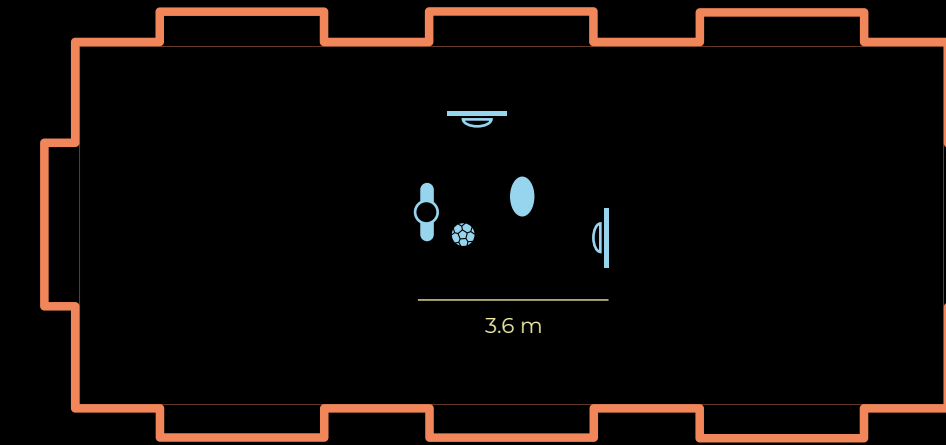
## OPEN UP 90 LEFT SIDE



Place 2 Fitlights on the GS rebounder and set up the air dummy. When the Fitlight is green, hit the rebounder and start drill. You must turn out all of the lights on each GS rebounder to finish the drill. You can do both right and left side.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>2</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

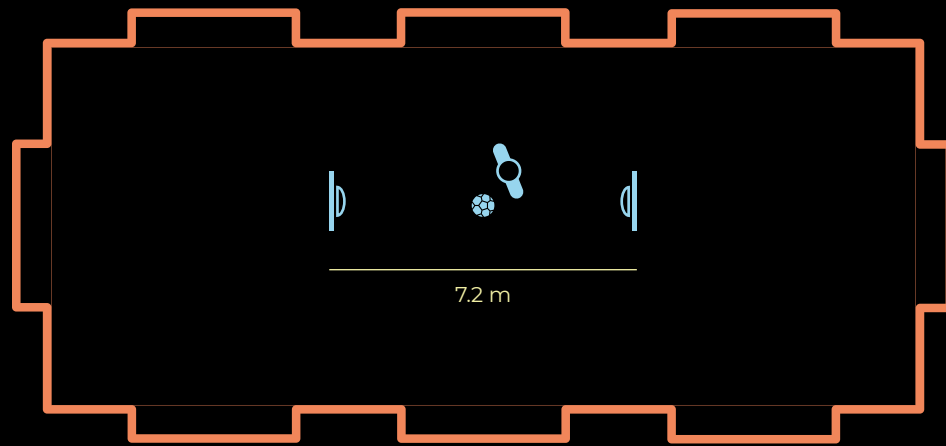
## OPEN UP 90 RIGHT SIDE



Place 2 Fitlights on the GS rebounder and set up the air dummy. When the Fitlight is green, then hit the rebounder and start drill. You must turn out all the lights on each GS rebounder to finish the drill. You can do both right and left side.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>2</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

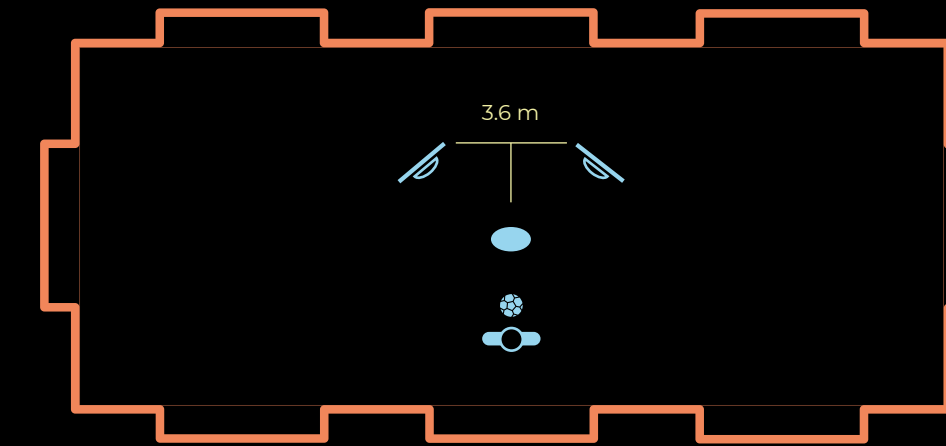
## TURN 180



Place 2 Fitlights on the GS rebounder and set up like the drawing. When the Fitlight is green, then hit the rebounder and start drill. You must turn out all of the lights on each GS rebounder to finish the drill.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>2</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

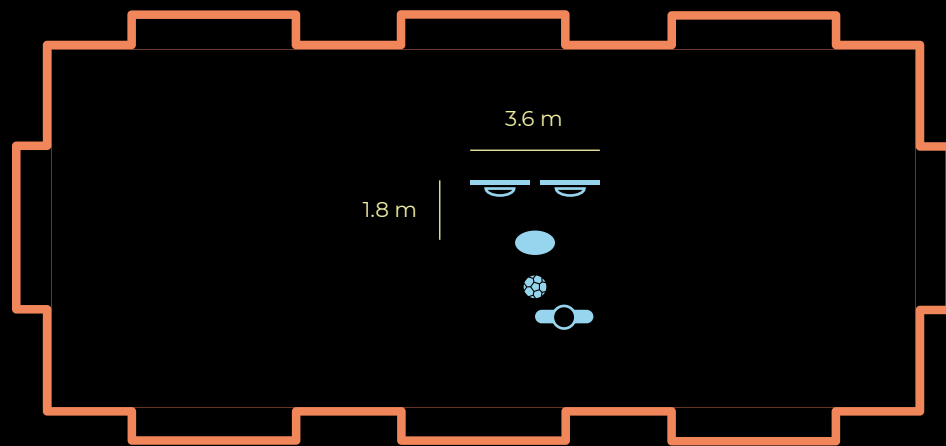
## V-DRILL



Place 2 Fitlights on the GS rebounder and set up like the drawing. Put the air dummy in place. When the Fitlight is green, then hit the rebounder and start drill. You must turn out all of the lights on each GS rebounder to finish the drill.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>2</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

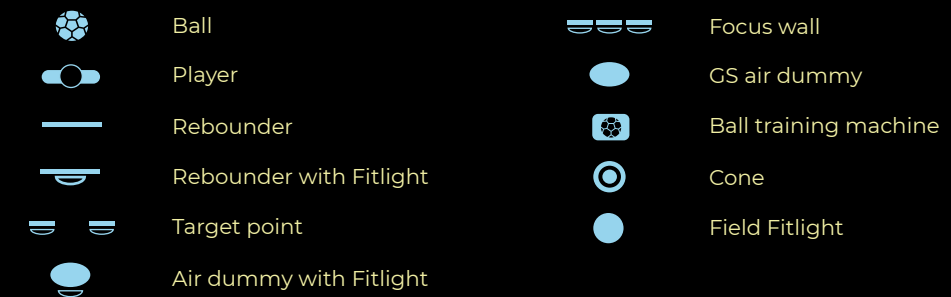
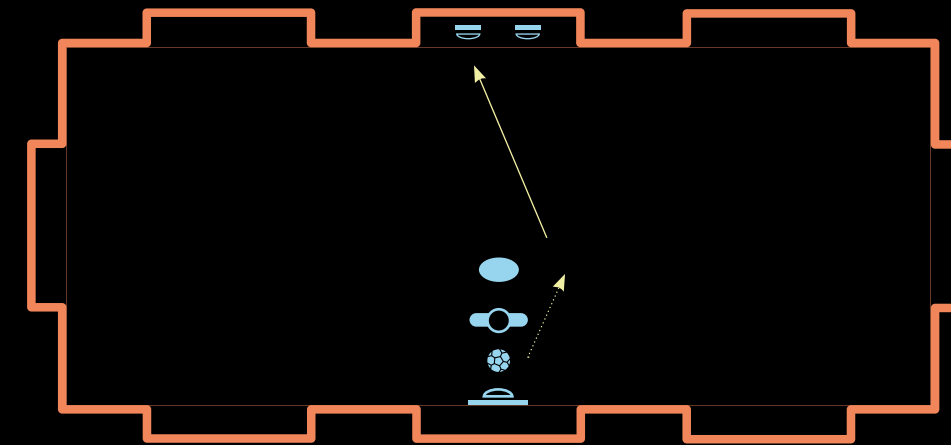
## L-DRILL



Place 2 Fitlights on the GS rebounder and set up like the drawing. Put the air dummy in place. When the Fitlight is green, then hit the rebounder and start drill. You must turn out all of the lights on each GS rebounder to finish the drill.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>2</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

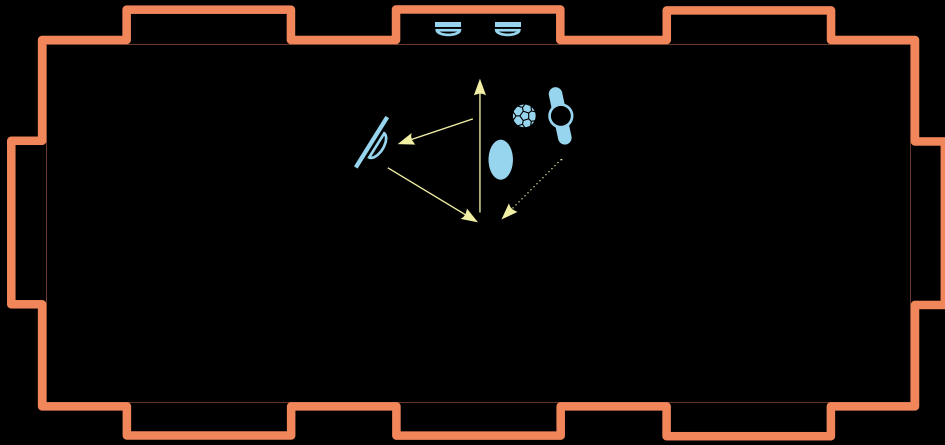
## FINISHING OUTSIDE THE BOX



Place 1 Fitlight on the GS rebounder and put the 4 Fitlights in each target point. When the Fitlight on the GS rebounder is green, start the by passing on it an turn and hit the target point that lights up. Continue until there is no more lights lightning up.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>5</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

## FINISHING INSIDE THE BOX



Place 1 Fitlight on the GS rebounder and put the 4 Fitlights in each target point. When the Fitlight on the GS rebounder is green start by passing on it and turn and hit the target point that lights up. Continue until there is no more lights lightning up.

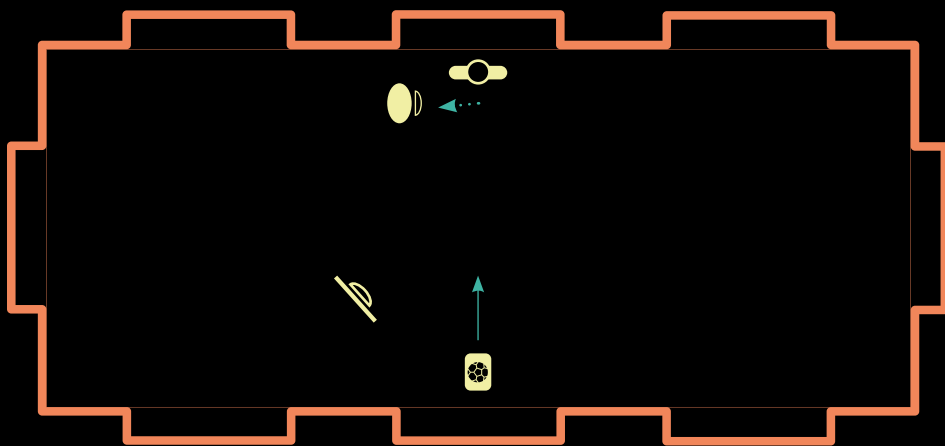
- 1** Connect to Fitlight
- 2** Set **5** lights
- 3** Press OK
- 4** Press Goal Station
- 5** Select drill
- 7** Add player
- 6** Choose level
- 8** Start practice!

# POSITIONS

KEEPER  
RIGHT BACK  
RIGHT CENTERBACK  
LEFT CENTERBACK  
LEFT BACK  
DEFENSIVE MID  
RIGHT WING  
CENTER MID  
STRIKER  
OFFENSIVE MID  
LEFT WING

# KEEPER NR. 1

Keeper warm up

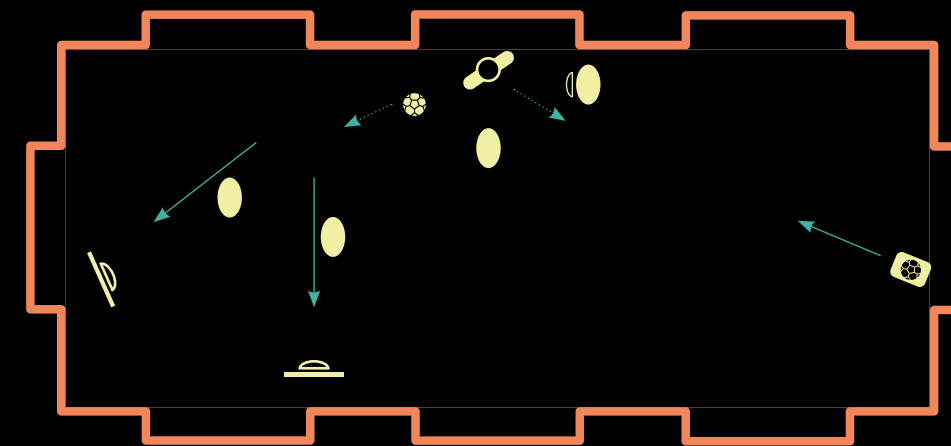


Place the BTM in the middle of the goal. Install the setting on the BTM so it is ready to shoot. Press auto load. Put Fitlight nr 1 on the air dummy. Put Fitlight nr 2 in the box on BTM. Put Fitlight 3 on the GS rebounder place the GS tablet next to the BTM and press start. Touch the air dummy and the BTM kicks the ball. You can place the air dummy and the BTM where ever you want.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>3</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

# KEEPER NR. 1

Keeper back post cross

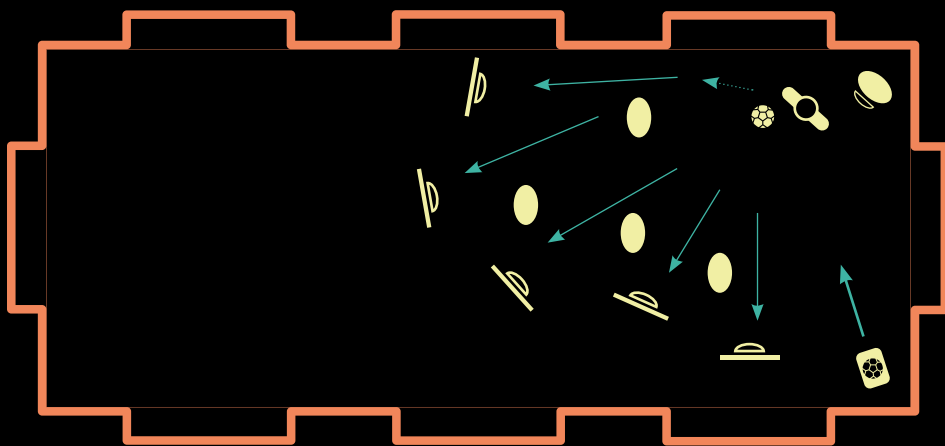


Place the BTM at the left side of the goal, point it in the direction you want the cross. Install the setting on the BTM so it is ready to shoot. Press auto load. Put Fitlight nr 1 on the air dummy, and Fitlight nr 2 in the box on the BTM. Put Fitlight nr 3 and 4 on the two rebounders. Grab the ball and throw it so you hit the rebounder before the light goes out.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>4</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

## RIGHT BACK NR. 2

Right back build up

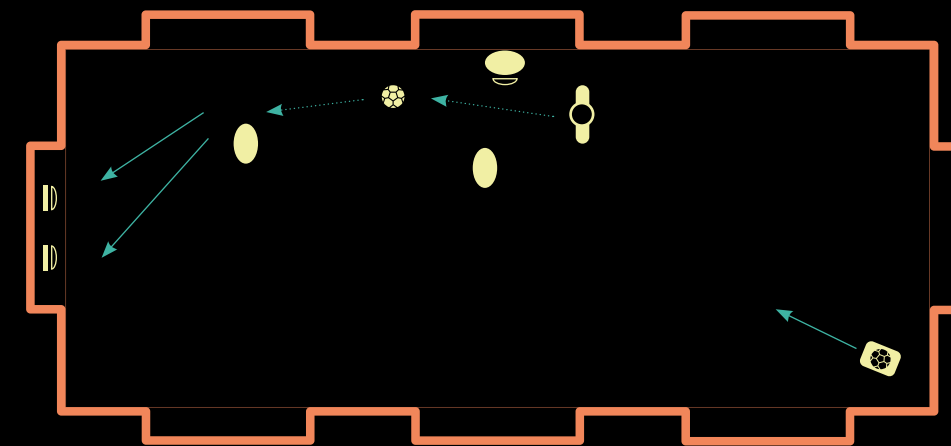


Place the BTM at the corner of the Goal Station. Install the setting on the BTM so it is ready to shoot. Press auto load. Put Fitlight nr 1 on the air dummy and fitlight nr 2 in the box on BTM, and one fitlight each on the rebounder. Place the GS tablet next to the BTM and press start. Touch the air dummy and the BTM kicks the ball, hit the rebounder that lights up before the light goes out.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>7</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

## RIGHT BACK NR. 2

Right back overlap



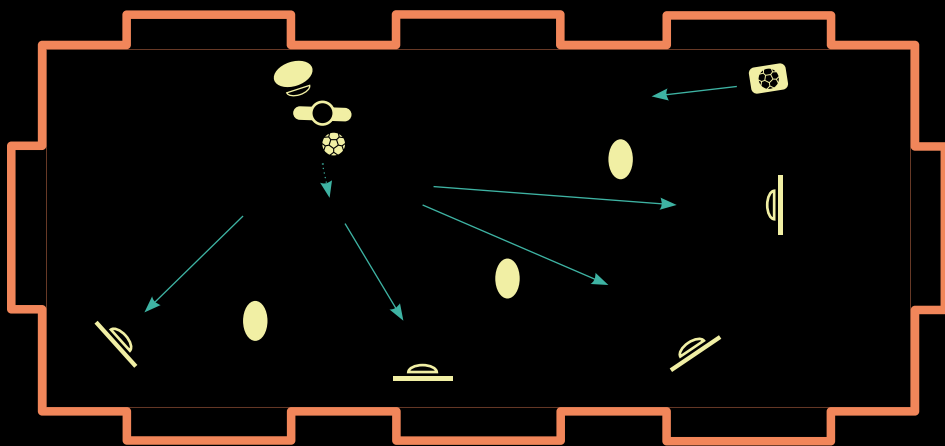
Place the BTM in the corner. Install the setting on the BTM so it is ready to shoot and press auto load. Put Fitlight nr 1 on the air dummy. Put Fitlight nr 2 in the box on BTM. Put Fitlights 3, 4, 5, 6 at the target point. Place the GS tablet next to the BTM and press start. Touch the air dummy and the BTM kicks the ball. You can place the air dummy and the BTM where ever you want.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>6</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |



## RIGHT CENTERBACK NR. 3

Right centerback build up

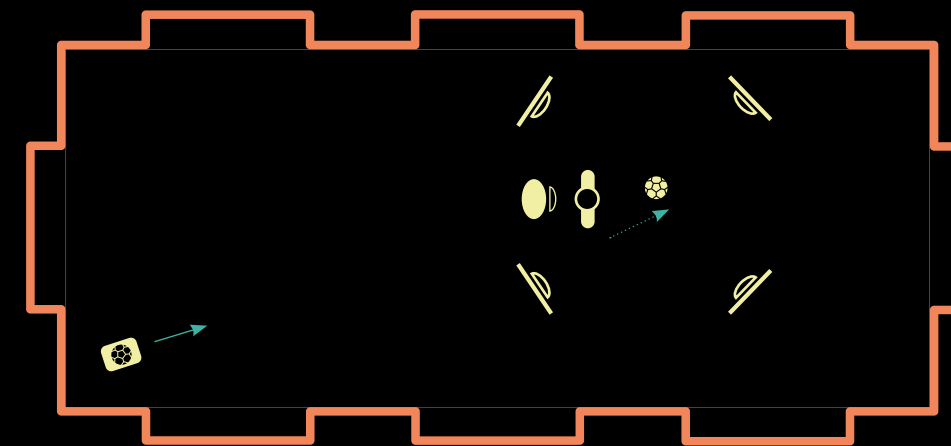


Place the BTM. Install the setting on the BTM so it is ready to shoot. Press auto load. Put Fitlight nr 1 on the air dummy. Put Fitlight nr 2 in the box on BTM. Place Fitlights 3, 4, 5, 6 on the rebounders. Place the GS tablet next to the BTM and press start. Touch the air dummy and the BTM kicks the ball, hit the rebounder before the lights go out.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>6</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

## RIGHT CENTERBACK NR. 3

Right centerback clearing

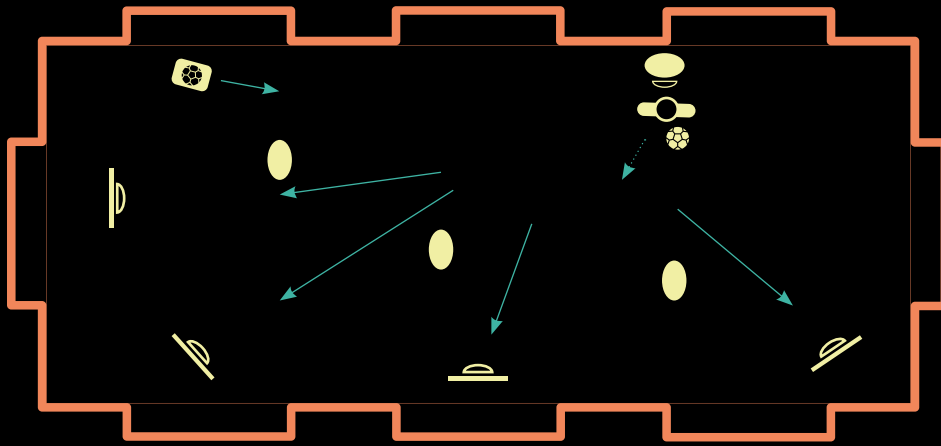


Place the BTM and install the setting on the BTM so it is ready to shoot, then press auto load. Put Fitlight nr 1 on the air dummy. Put Fitlight nr 2 in the box on BTM. Fitlights 3, 4, 5, 6 put them on the rebounders. Place the GS tablet next to the BTM and press start. Touch the air dummy and the BTM kicks the ball. You can place the air dummy and the BTM where ever you want.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>6</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

## LEFT CENTERBACK NR. 4

Left centerback build up

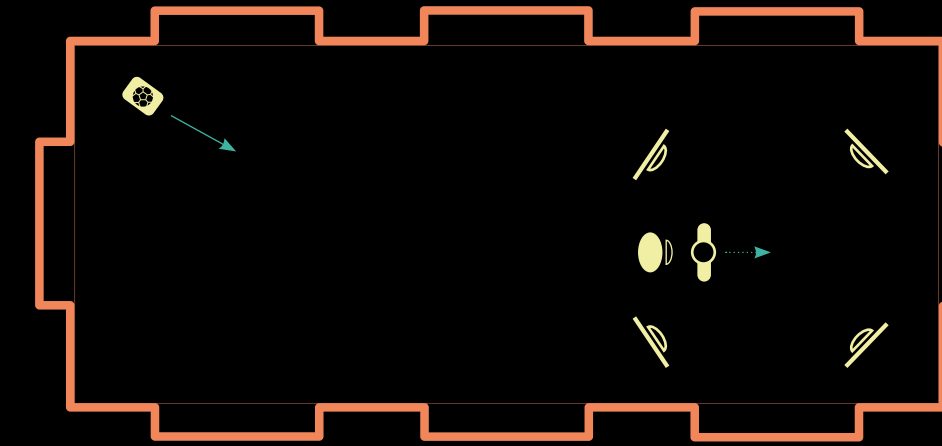


Place the BTM, and install the setting on the BTM so it is ready to shoot. Press auto load. Put Fitlight nr 1 on the air dummy. Put Fitlight nr 2 in the box on BTM. Place Fitlights 3, 4, 5, 6 on the rebounders. Place the GS tablet next to the BTM and press start. Touch the air dummy and the BTM kicks the ball, hit the rebounder before the lights go out.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>6</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

## LEFT CENTERBACK NR. 4

Left centerback clearing

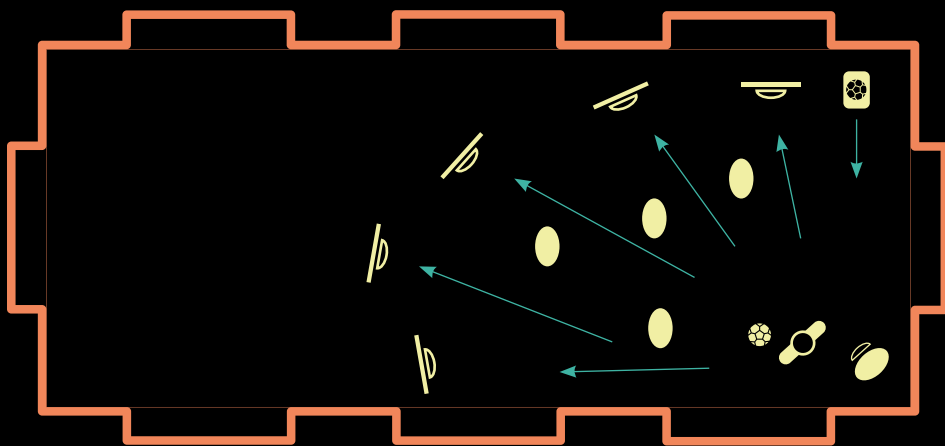


Place the BTM and install the setting on the BTM so it is ready to shoot then press auto load. Put Fitlight nr 1 on the air dummy. Put Fitlight nr 2 in the box on BTM. Fitlights 3, 4, 5, 6 place them on the rebounders. Place the GS tablet next to the BTM and press start. Touch the air dummy and the BTM kicks the ball. You can place the air dummy and the BTM where ever you want.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>6</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

## LEFT BACK NR. 5

Left back build up

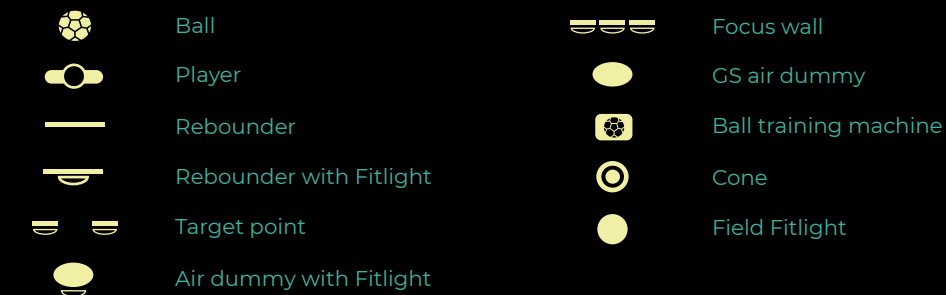
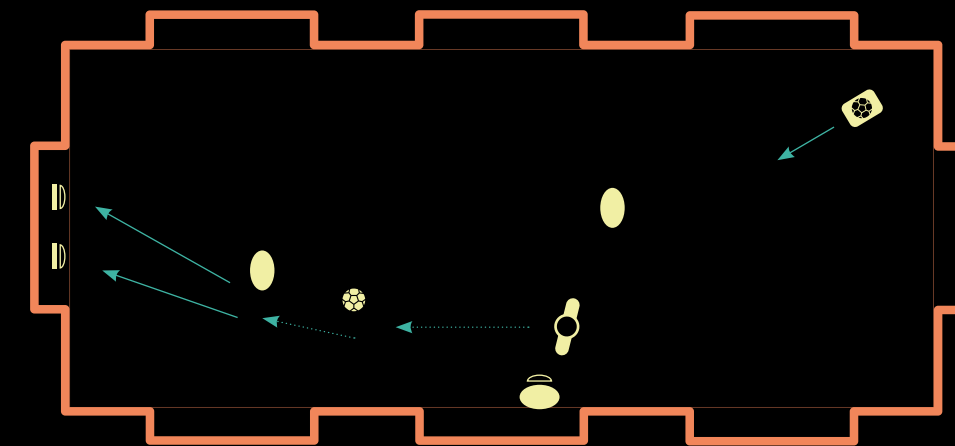


Place the BTM at the corner of the Goal Station. Install the setting on the BTM so it is ready to shoot. Press auto load. Put Fitlight nr 1 on the air dummy and Fitlight nr 2 in the box on BTM, and Fitlights 3, 4, 5, 6, 7 on the rebounders. Place the GS tablet next to the BTM and press start. Touch the air dummy and the BTM kicks the ball, hit the rebounder that light up before the light goes out.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>7</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

## LEFT BACK NR. 5

Left back overlap

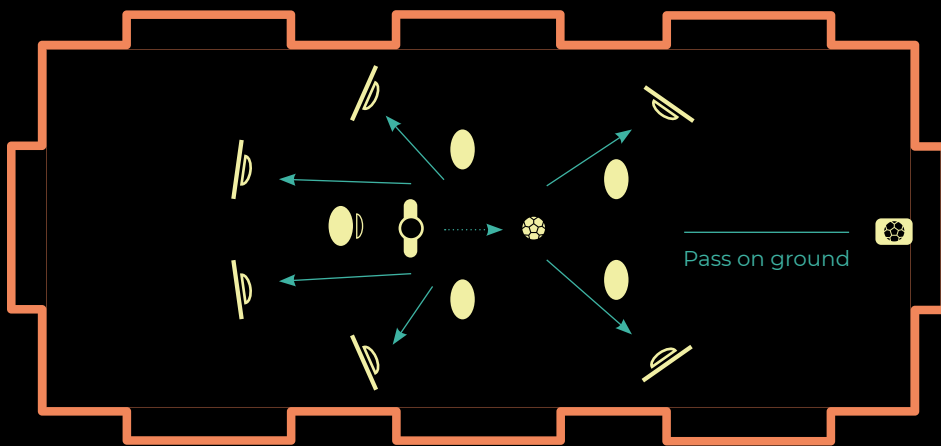


Place the BTM in the corner. Install the setting on the BTM so it is ready to shoot and press auto load. Put Fitlight nr 1 on the air dummy. Put Fitlight nr 2 in the box on BTM. Put Fitlights 3, 4, 5, 6 at the target point. Place the GS tablet next to the BTM and press start. Touch the air dummy and the BTM kicks the ball. You can place the air dummy and the BTM where ever you want.

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|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>6</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

## DEFENSIVE MID NR. 6

Defensive mid build up

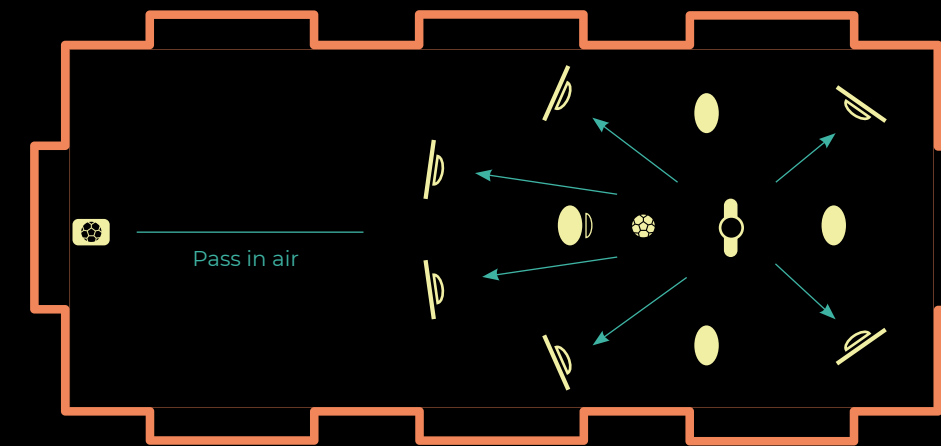


Place the BTM in the corner. Install the setting on the BTM so it is ready to shoot and press auto load. Put Fitlight nr 1 on the air dummy. Put Fitlight nr 2 in the box on BTM. Put Fitlights 3, 4, 5, 6, 7, 8 on the rebounders. Place the GS tablet next to the BTM and press start. Touch the air dummy and the BTM kicks the ball. You can place the air dummy and the BTM where ever you want.

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|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>8</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

## DEFENSIVE MID NR. 6

Defensive mid trapping

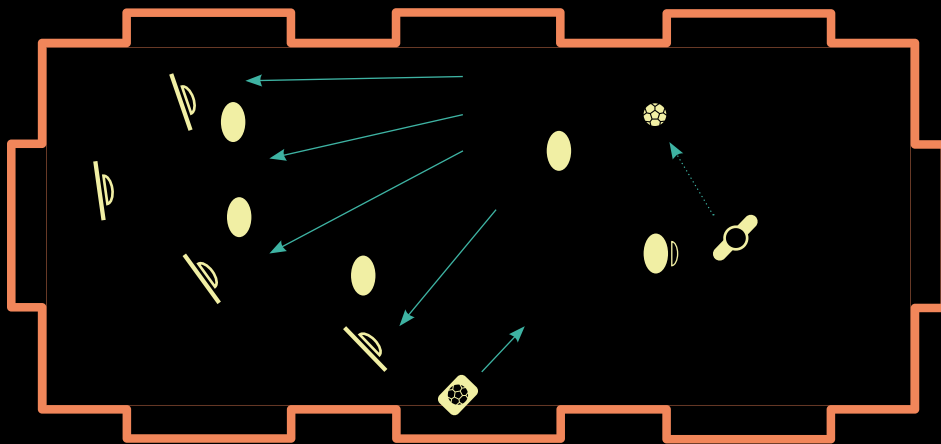


Place the BTM in the corner. Install the setting on the BTM so it is ready to shoot and press auto load. Put Fitlight nr 1 on the air dummy. Put Fitlight nr 2 in the box on BTM. Put Fitlights 3, 4, 5, 6, 7, 8 on the rebounders. Place the GS tablet next to the BTM and press start. Touch the air dummy and the BTM kicks the ball. You can place the air dummy and the BTM where ever you want.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>8</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

# RIGHT WING NR. 7

Right wing crossing

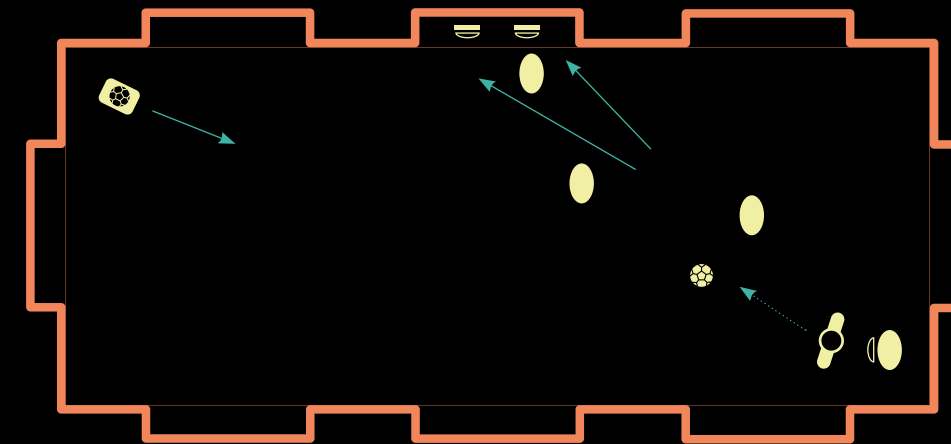


Place the BTM in the corner. Install the setting on the BTM so it is ready to shoot and press auto load. Put Fitlight nr 1 on the air dummy. Put Fitlight nr 2 in the box on BTM. Put Fitlights 3, 4, 5, 6 on the rebounders. Place the GS tablet next to the BTM and press start. Touch the air dummy and the BTM kicks the ball. You can place the air dummy and the BTM where ever you want.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>6</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

# RIGHT WING NR. 7

Right wing finishing

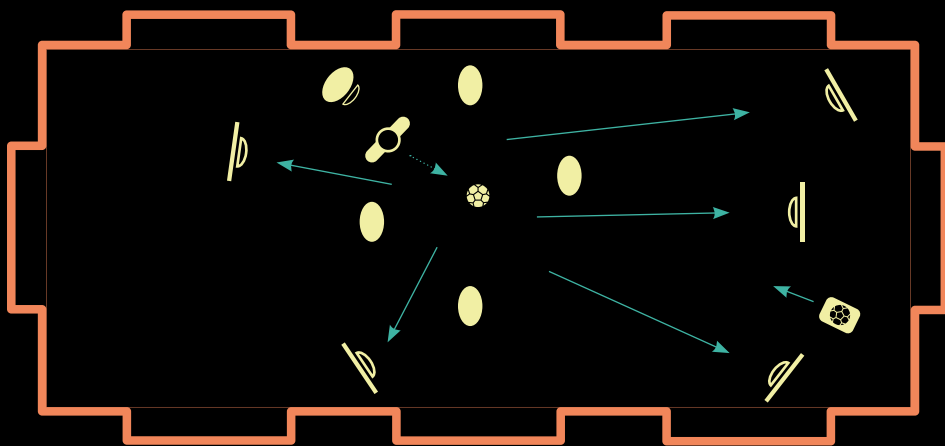


Place the BTM in the corner. Install the setting on the BTM so it is ready to shoot and press auto load. Put Fitlight nr 1 on the air dummy. Put Fitlight nr 2 in the box on BTM. Put Fitlights 3, 4, 5, 6 at the target point in the goal. Place the GS tablet next to the BTM and press start. Touch the air dummy and the BTM kicks the ball. You can place the air dummy and the BTM where ever you want.

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|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>6</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

# CENTER MID NR. 8

Center mid build up

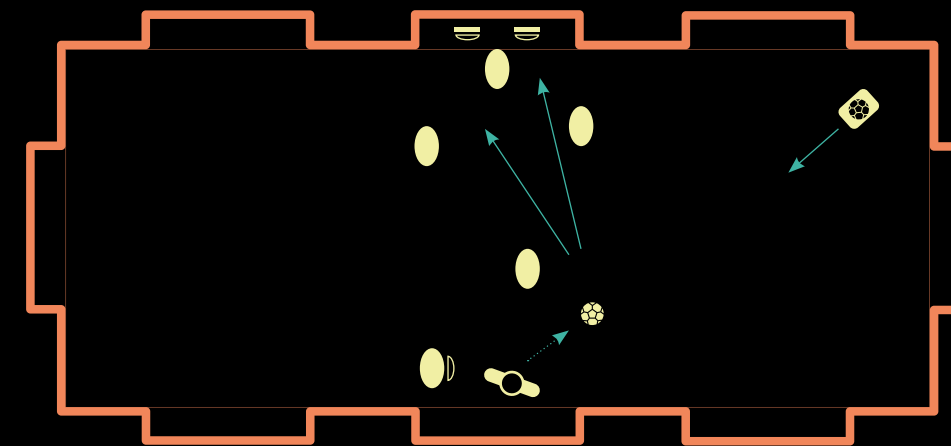


Place the BTM. Install the setting on the BTM so it is ready to shoot and press auto load. Put Fitlight nr 1 on the air dummy. Put Fitlight nr 2 in the box on BTM. Put Fitlights 3, 4, 5, 6, 7 on the rebounders. Place the GS tablet next to the BTM and press start. Touch the air dummy and the BTM kicks the ball. You can place the air dummy and the BTM where ever you want.

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|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>7</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

# CENTER MID NR. 8

Center mid finishing

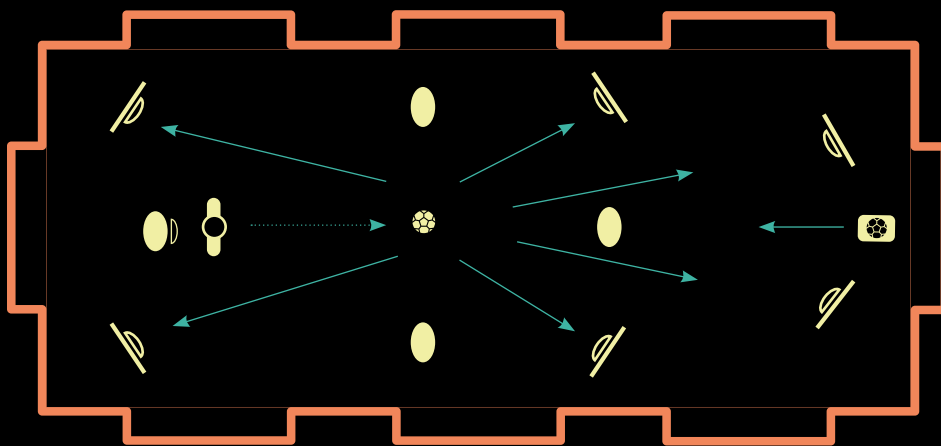


Place the BTM in the corner. Install the setting on the BTM so it is ready to shoot and press auto load. Put Fitlight nr 1 on the air dummy. Put Fitlight nr 2 in the box on BTM. Put Fitlights 3, 4, 5, 6 at the target point in the goal. Place the GS tablet next to the BTM and press start. Touch the air dummy and the BTM kicks the ball. You can place the air dummy and the BTM where ever you want.

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|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>6</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

# STRIKER NR. 9

Striker trapping

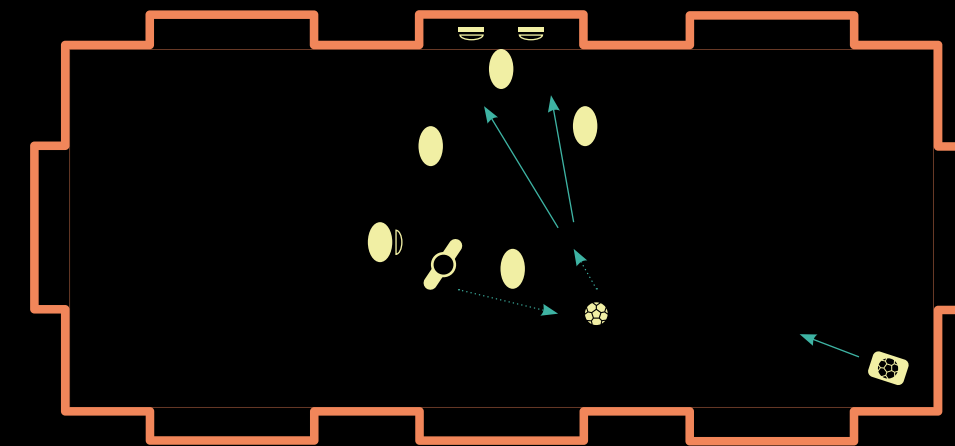


Place the BTM in the goal. Install the setting on the BTM so it is ready to shoot and press auto load. Put Fitlight nr 1 on the air dummy. Put Fitlight nr 2 in the box on BTM. Put Fitlights 3, 4, 5, 6, 7, 8 on the rebounders. Place the GS tablet in the center of the drill and press start. Touch the air dummy and the BTM kicks the ball. You can place the air dummy and the BTM where ever you want.

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|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>8</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

# STRIKER NR. 9

Striker finishing

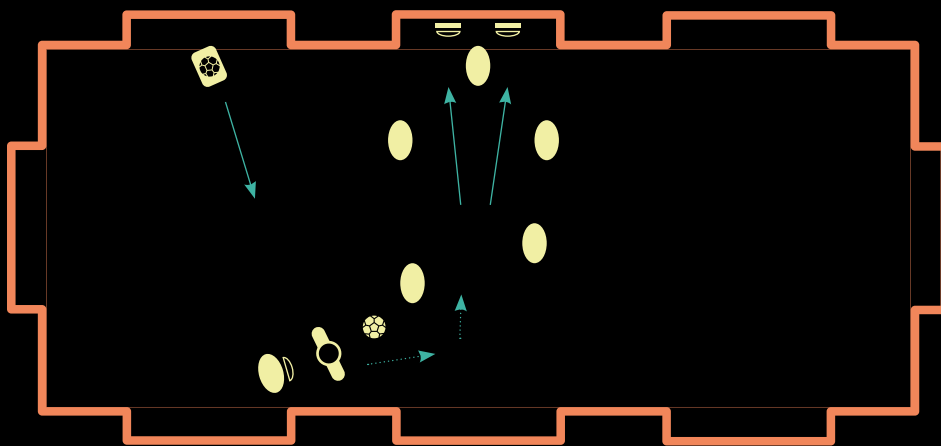


Place the BTM in the corner. Install the setting on the BTM so it is ready to shoot and press auto load. Put Fitlight nr 1 on the air dummy. Put Fitlight nr 2 in the box on BTM. Put Fitlights 3, 4, 5, 6 at the target point in the goal. Place the GS tablet next to the BTM and press start. Touch the air dummy and the BTM kicks the ball. You can place the air dummy and the BTM where ever you want.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>6</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

# OFFENSIVE MID NR. 10

Offensive mid finishing

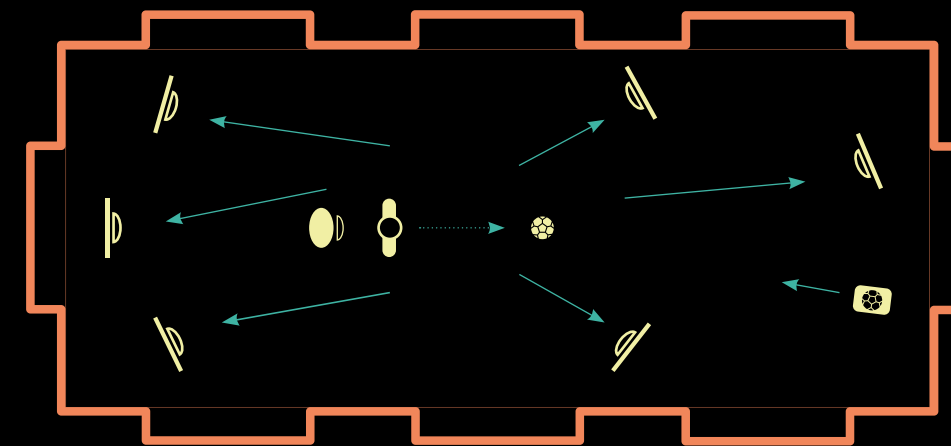


Place the BTM in the corner. Install the setting on the BTM so it is ready to shoot and press auto load. Put Fitlight nr 1 on the air dummy. Put Fitlight nr 2 in the box on BTM. Put Fitlights 3, 4, 5, 6 at the target point in the goal. Place the GS tablet next to the BTM and press start. Touch the air dummy and the BTM kicks the ball. You can place the air dummy and the BTM where ever you want.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>6</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

# OFFENSIVE MID NR. 10

Offensive mid build up



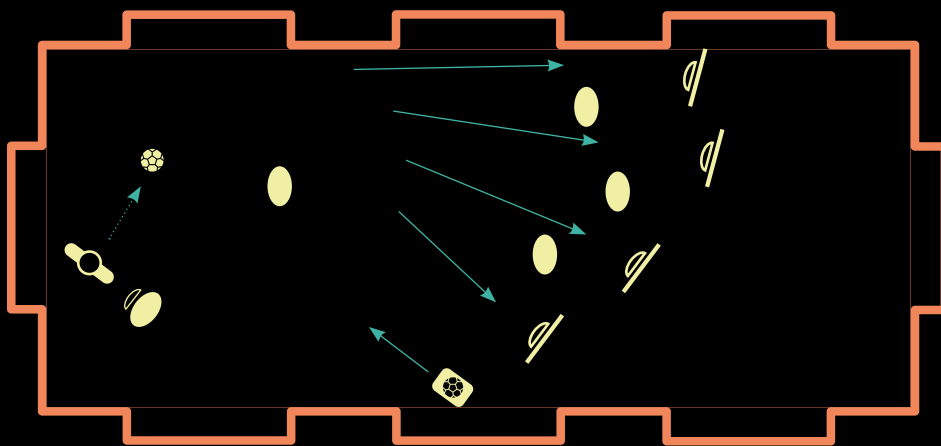
Place the BTM in the goal. Install the setting on the BTM so it is ready to shoot and press auto load. Put Fitlight nr 1 on the air dummy. Put Fitlight nr 2 in the box on BTM. Put Fitlights 3, 4, 5, 6, 7, 8 on the rebounders. Place the GS tablet in the center of the drill and press start. Touch the air dummy and the BTM kicks the ball. You can place the air dummy and the BTM where ever you want.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>8</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |



# LEFT WING NR. 11

Left wing crosses

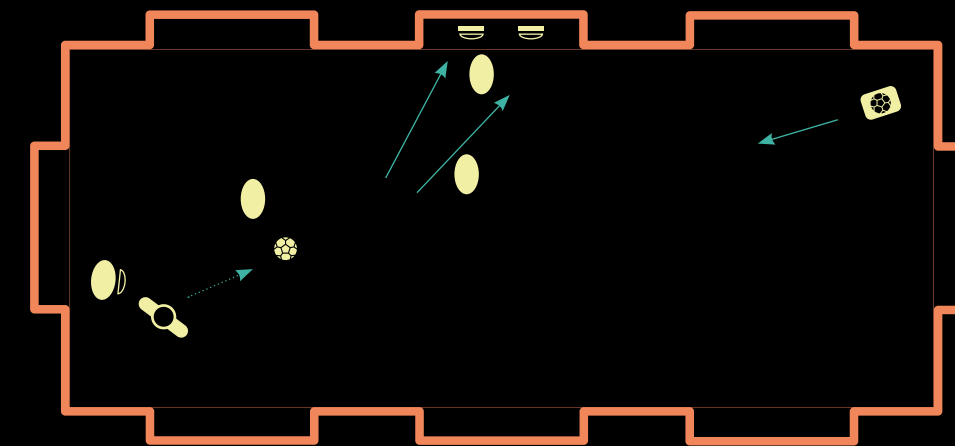


Place the BTM in the corner. Install the setting on the BTM so it is ready to shoot and press auto load. Put Fitlight nr 1 on the air dummy. Put Fitlight nr 2 in the box on BTM. Put Fitlights 3, 4, 5, 6 on the rebounders. Place the GS tablet next to the BTM and press start. Touch the air dummy and the BTM kicks the ball. You can place the air dummy and the BTM where ever you want.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>6</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

# LEFT WING NR. 11

Left wing finishing



Place the BTM in the corner. Install the setting on the BTM so it is ready to shoot and press auto load. Put Fitlight nr 1 on the air dummy. Put Fitlight nr 2 in the box on BTM. Put Fitlights 3, 4, 5, 6 at the target point in the goal. Place the GS tablet next to the BTM and press start. Touch the air dummy and the BTM kicks the ball. You can place the air dummy and the BTM where ever you want.

- |                              |                          |
|------------------------------|--------------------------|
| <b>1</b> Connect to Fitlight | <b>5</b> Select drill    |
| <b>2</b> Set <b>6</b> lights | <b>7</b> Add player      |
| <b>3</b> Press OK            | <b>6</b> Choose level    |
| <b>4</b> Press Goal Station  | <b>8</b> Start practice! |

