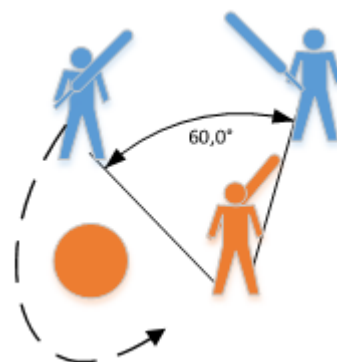
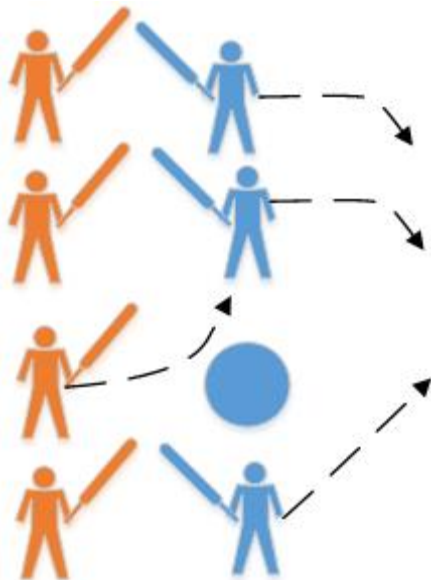
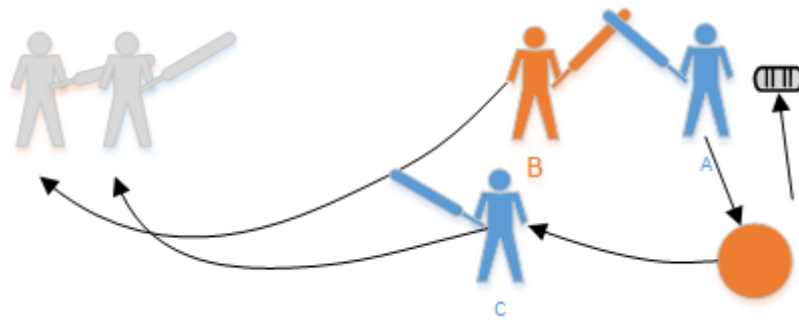


Jugger Training Manual



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Über diese Version:

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Dank: Lukas, Yannick und Mario



Vorwort

This exercise catalog is designed to give teams and their coaches a collection of established and useful exercises. Of course, it is not all-encompassing. Just because an exercise doesn't show up here does not mean that it is worse or better suited than the ones mentioned here.

The exercises in this catalog are structured in such a way that they have a clearly defined training goal. The meaningfulness of an exercise can only be judged by the achievement of its training goal. In order to be successful in training, it is necessary for the participants to be aware of the goal of the exercise so that they can act accordingly. This does not preclude that other exercises can achieve positive training effects that are in line with these goals. It is in the responsibility of the participants to implement the exercises in such a way that they actually function.

The necessary material and the participants are listed for each exercise. Everything which is not listed is not necessarily required for the exercise. This applies particularly to stones and pompfer. In exercises in which stones are not mentioned as a necessary material, a player who has been hit and is kneeling should do so until the end of the run. "Pompfer" includes all types of pompfen. Just because no chain is mentioned, it can still be used.

As a rule, the descriptions of the exercises do not deal with how the tasks can be changed. It is the responsibility of the trainer to give each participant the info they need and adjust the distribution of players and start positions accordingly.

Always keep in mind that training is a space where mistakes are allowed. Players have to make mistakes to see what they are. You also need an opportunity to train punishing these mistakes. So there is no need for training, especially when learning something new, to implement these techniques at normal game speed without errors. Should participants have difficulty with the implementation, be it running paths or pompfen technique, it is worth the time to learn the technique slowly and then to increase the pace.

In the first version there were no guest contributions in order to get a first version out as quickly as possible. An expansion and improvement of the catalog is aimed for in the future.

Above all, we are looking for exercises with a clearly defined training goal. They should always be tested and attempt to boil exercises to their core and leave out all other unnecessary elements. Therefore, exercises that consist of a large number of special rules are rather ill suited.

When creating this catalog, double short sword and the game form zombie (Kill your killer) were deliberately not examined and left aside.

I hope this catalog helps to enable good and meaningful training and progress and archive development for other teams and the future.

Max



Terms and concepts

Call: An exclamation that to convey information to teammates or the opponent.

Example: *hand!* , *Double!* , *Head!* , *Hit!* , *Outnumbered!* , *Chain wrapped!* , *come in 2 stones!* , and many more.

Downtime: time span in which someone is not directly participating in training.

Clocking: interval in which an exercise is repeated.

Melee: long sword, staff, Q and short sword

Two-hand pompfen: long sword, staff and Q

Range / distance: Distance of a pomfen from Q and L, at which he can hit the opponent without lunging.

Chain distance: chain length + arm length of the chain player.

Pimmel: Stretch the pompe forward and move towards the opponent. Similar: Rigor lance.

Duty to act: the obligation to act, otherwise a hit or a point can be made.

Stable state: Any state that does not necessarily lead to a hit or a point being made.

Initiate: be the first to create a situation that puts the enemy team in a duty to act.

Close Quarter Pompfen: fighting in a very limited space

Fishing: Playing the jugs at maximum range

Standing up offensively: When getting up from a threatened situation, you try hit the player threatening you at the same time you get up.

Standing Up defensively: When getting up from a threatened situation, you try to get up without the threatening opponent hitting you.

Game reality: collective term for all situations that players (often) encounter in a game

Small Exercises

These exercises train only a small aspect or even a movement and can be used with a small number of participants. These exercises are primarily limited to training motor skills and do not have complex goals—they serve as gap fillers or for individual training, and are therefore only briefly described and do not show the depth of other exercises in this catalog.

1 vs. 1

Two pompfers fight each other. The focus of this exercise can be on technique, distance and posture.

Pomf distance and accuracy

You need a rigid target that is at least as big as a person (wall, lamppost, tree Etc.). The pompfer stands a certain distance away for the target and repeatedly makes attacks at the same location on the target.

Chains can train their shooting accuracy and picking up. Advanced players can use a partner and try to hit arms, knees or feet.

Jugg Hockey

Pompfers play each other the jugg with their weapons and try to get a sense of how the jugg reacts to being hit.

Fishing

The jugg lies between 2 Pomfer. They run towards the jugg at the same time and try to play it to their side without being hit by the opponent. Runners can give feedback about the quality of how the jugg was played to them.

Get up in the sprint

A pompfer starts in the kneeling position and then attempts to stand up in a sprint.

Jugg Sticking

A runner tries to put the jugg in the goal while running.

Target Throw

The runner runs away from an imaginary pursuer while trying to make out the location of his teammate behind him and throwing the Jugg as exactly as possible in his position.

Pin with jugg

The pompfer places a jugg slightly away from the pin he is holding. He tries within the pin stone to play the jugg to his pin.

Chain Crouch

A chain swings at waist level on a pompfer, who tries to duck under the chain and be mobile again as quickly as possible.

In the pin

The pompfer runs from a set distance at a kneeling player and tries to pin them. The remaining stones should be kept constant at a greater distance so that the players can determine when a successful pin will still succeed.

Hit perception:

A pompfer closes their eyes. His partner touches on various hits and non-hit zones. The pompfe must give the appropriate calls(Hit, Hand, Head...).

Warm-up

The warm-up serves to warm up the body and get the participants mentally ready for the training. The exercises in this category do not require perfect execution of their principles and should not train certain techniques. Rather, it is important to pay attention that the intensity is maintained and the basics are not neglected, especially hit perception and calls—for advanced players distance and tactics when your team has greater numbers.

Alternatively, you can replace these exercises with pure fitness exercises. However, it is recommended a healthy mix. Pure fitness exercises are supposed to train the basic sportiness while the exercises in the warm up focus on the application of this sportiness to Jugger mechanics. This are preferably dueling and running.

It should be clear that the goals of the different exercises should in addition to the main goal: warming up. In addition, every duel situation should be used to make calls for hand, head, hit and to send players up(in the case of a perceived double).

Triangle Pompfen

Goal:

This exercise is designed to train landing secure hits to punish an opponent who is distracted performing another action, while also helping to reduce reaction time in these situations. Beyond that close-quarter fighting is also trained.

Participants:

- 3 two-hand Pompfers

Implementation:

The three Pompfers stand in a triangle. The distance to each other is chosen so that a Pompher can hit the other two without a lunge. Everyone fights against everyone. The goal is to be the last. Players should not move out of range of one or the other opponent. The basic idea is that a player simply starts and tries to score a hit. Now it is in the role of the player who is not being attacked to punish the attacking player before he can make another attack. The player who is initially attacked should try to fend off or evade the attack and either counter or directly attack the punisher because he is busy punishing.

The exercise only makes sense as long as all participants remain within range, where they are can be punished.

Note:

It should be ensured that the calls (hit, head, etc) for the duel are still announced despite the high tempo. Players can carry out attacks with low chances of success to start the exercise and a to prevent passive lurking.

Münsteraner¹ Power Pompfen

Aim:

The players should learn to pay attention to the calls their teammates give and to make calls themselves, despite an ongoing duel.

Participants:

Even number of Pomfer, no chains.

Implementation:

The participants are divided into two teams of equal size. They form two lines so that everyone has a direct duel partner. A team wins as soon as the entire opposing team kneels. If you are hit legally, call it and kneel as you would in a game. Players may only become active again when an active teammate calls their name.

Each duel is marked with a lane² (5-6.5 ft). The duelists may only move within this lane, but are permitted to knock out opponents in other lanes.

The task of the active players is to win their duel and at the same time raise their own people if they notice that they have been knocked out.

After a few runs, the players can change lanes so that the same duels are not fought the whole time.

Variants:

You can add pins to this exercise. A pinned player may not then either get up when his name is called. Instead, he calls that he is in the pin ("am pinned. "). If you play without pins, the duelists should always remain in front of the kneeling pompfer, even if this means that they cannot attack into other lanes, otherwise the kneeling player can stand up while your back is turned.

Note:

In this exercise, calls are made that are not in the reality of the game. The exercise only trains to pay attention to calls in general and to give them. If you want certain calls you should train in exercises where certain situations arise, for example, the handover of the pin or whilst playing a game with and/or against a chain.

¹ In fact, this is not the original Münster exercise, but the Paderborn variant.

² This special regulation primarily serves the feasibility of the exercise.

Lücke³/Hagener Power Pompfen

Aim:

This exercise combines many quick duels with a little running and is therefore well suited as a warm-up. There is also a small chance to train overview and communication skills, however these situations do not show up in the reality of the game.

Warm up and duel training strength: Many quick duels against different opponents.

Participants:

At least 6 Pomfers, but the more the better. Groups can be uneven. Chains are permitted.

Implementation:

A line of Pompfer is formed. A fraction of the participants position themselves directly behind the line as backup. The players stay in their duel and only attack their opponent directly. If a player is validly hit, he kneels down and calls that he has been hit. One of the backup player exchanges himself with the fellow player by tapping them with their weapon. The new backup player is now waiting for a place in another duel to become free.

The ratio of backup players to active duelists should be chosen so that the downtime doesn't get too big for duelists. Even if the exercise can be implemented with a small number of players, it works best in larger groups, where real running paths for the backup players arise.

Hinweis:

Die Duellisten sollten darauf achten, dass sie nach dem Ende ihres Duells an die Linie zurückkehren. Die Backupspieler sollten versuchen, sich so schnell wie möglich einzutauschen. Kniert man und wartet darauf ausgelöst zu werden, kann man seinen Call wiederholen, um die Aufmerksamkeit eines Mitspielers zu bekommen. Außerdem kann man sich schon überlegen, wer als nächstes auszulösen ist.

Wird ein kniender Spieler ausgelöst, sollte er entgegen der Richtung aufstehen, von der er berührt wurde, um eine Kollusion mit dem aktiven Spieler zu vermeiden.

³ Name in the Bonn area

Peters Power Pompfen

Aim:

A player should fight duels under constant load. Different strategies can be used and tested to win a duel quickly or to defensively regenerate endurance. It should be learned, even when under stress, to make good decisions in duels.

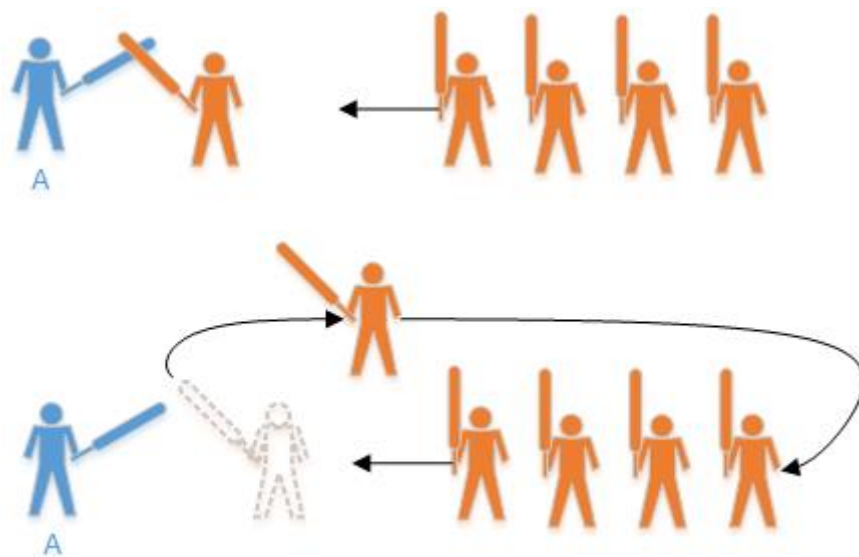
Participants:

At least 4, chains possible.

Implementation:

One player (A) is always trained. In front of him the other participants stand in a **line**. The **first person** in line begins the duel. Once the duel is decided, he goes to the back of the **line** and the next in line opens the duel. These duels should occur one after another, as quickly as possible. Technical sophistication can be neglected in favor of a fast pace in order to give A more duels (essentially, you're not necessarily looking to win the duel, you just want to make A work). If A reaches the point where he is no longer able to fight well enough due to exhaustion, he will be exchanged with a **player** in line.

If the location of the duel shifts backwards, the players waiting in line must follow in order to make sure they can immediately jump in to begin another duel, especially if **player A** is a chain.



Note:

It should be ensured that players are making the right announcements of *hand*, *head*, *hit*, *double*, and *nothing*, as well as sending up mistakenly kneeling opponents, as this is easy to forget while under pressure. Players attacking A should not wait or slowly decide how to attack, but rather it is encouraged to spam attacks.

Ausdauerpompfen

Aim:

There should be quick duels with running components. Endurance management and secure technique is required.

Participants:

- 3 Pompfers

Implementation:

Two pompfers are approximately 30 feet apart. The third pompfer begins a duel with one of the other two pompfer. The loser of the duel kneels down⁴ while the winner sprints to the other opponent and fights them. In the event of a double, player who was waiting wins and continues on.

The pace between the duels (how fast you run) should be chosen by the duelists themselves. It is important to get to the opponent as quickly as possible, but still have the energy to optimally fight your opponent. As always, attention should be paid to clear calls in stressful situations.

Hinweis:

Die Übung belastet den besten Pompfer am stärksten. Er muss lernen auch nach einem gewonnenen Duell mit seiner Ausdauer sinnvoll zu wirtschaften und nicht direkt in das nächste Duell zu hechten, damit er in dem Duell überhaupt eine Chance hat. Darüber hinaus kann man die Übung nutzen, um das Rennen mit nur einer Hand an der Pompfer zu verinnerlichen.

⁴ As soon as the other player has started running, he can get up again and wait for the next opponent.

Techniques

The following are exercises, that train specific techniques in Jugger and cannot be combined with complex team play. These are meant as complex exercises, to train away fundamental mistakes or to train yourself techniques. Experienced players can also benefit from these exercises by using them to test new solutions and techniques or make the exercise more difficult by adding framework conditions. It is important to make beginning players aware of their mistakes since they are not recognizable without experience.

Keep in mind that someone who doesn't master the techniques in these simple forms cannot perform or apply them properly in a game. On the other hand, if you train these techniques so you don't have to actively think about them, you will gain oversight in the game.

Should certain weaknesses arise with players or even the team, these individual techniques are good to correct the weaknesses first before applying them to a game.

Distanz Training

Aim:

Participants should learn to estimate the reach of their weapon and opponent's weapon.

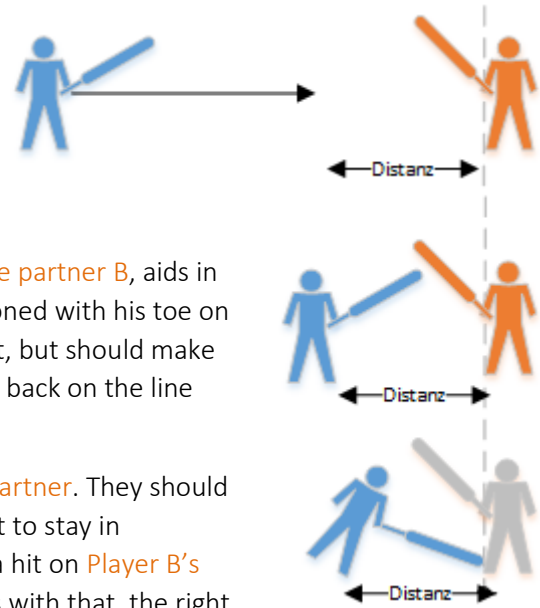
Participants:

At least 2 Pomfers, ideally two-handed weapons.

Implementation:

There will be pairs, where **player A** trains and his **practice partner B**, aids in the training. A line is marked on which **player B** is positioned with his toe on the line. In the course of this exercise he may lift his foot, but should make sure that he stays in the same place and returns his foot back on the line each reset.

Player A positions himself several feet away, facing his **partner**. They should run at **player B**, and stopping to duel them (its important to stay in place). **Player A** should try to determine if he can make a hit on **Player B's** foot by slightly leaning forward. If **Player A** has problems with that, the right distance can be found and marked. To check whether **A** is not too close or too far away from **B**, you can use your weapon to see if you can hit the tip of **Player B's** foot.



Note:

There are different ideas about what is the standard distance that all players should operate on. As experience grows, you will continue to develop further distance concepts, but it is essential for team communication to agree on a standard. Apart from a 1 against 1 duel, the exercise partner B has hardly any training effect and a lot of down time.

Runner Sparring

Aim:

Runners should train the runner duels. Depending on the focus, pure defense (holding onto the jugg until a pompfer comes) or trying to steal the jugg can be trained. Both the technique of attacking as well as defending as a runner should be trained. Different techniques can be used like the upright runner fight, the ground fight and / or funnels can also be fluently combined.

Participants and material:

- 2 runners
- 1 jug
- 1 goal
- Something to mark boundaries

Implementation:

Runner A starts with the jugg and is therefore the attacker. Runner B is the defender and places himself between the goal and runner A. The exact position depends on the technique used (funnels, Upright bout⁵). Of course, the runner can also change the techniques as they wish. Runner A tries to put the jugg in the goal and B attempts to stop that. Before the runners start sparring, they should be instructed in techniques⁶ for injuries submissions. Tapping out (tapping the opponent's body several times) should also be a signal for abandonment or termination.

The runners should also agree on how far they are willing to go in the bout and where they are comfortable being touched.

variant

- A time limit can be set to simulate the solution using a pompfer.

Note:

Runners should use the training to learn effective techniques that are calm and require minimal exertion of force, instead of solving the situation with as much 'violence' as possible, so that you can protect yourself and other runners.

The runners should take care during the exercise that the times that they do not cover the goal or move, so that the play remain fair.(this doesn't apply so much I think because you're allowed to cover the goal in the USA, right?)

⁵ Not more than 10 feet from the goal, otherwise the runner can get closer to goal using a semicircular path of movement.

⁶ funnels are less injured likely to cause injuries and are generally recommended.

Chain Training

Aim:

The basics for anti-chain as well as chain can be trained. This exercise is built up in several stages, and progress is seen over multiple trainings.

Participants:

A **chain player** and an **anti-chain**.



*Kette = chain

Implementation:

In the first phase, the chain player and the anti-chain start halfway between the chain's maximum reach. The anti-chain should learn that if they stand so close to the chain, the chain overreaches and you take away the fear of swings up close.

For the second phase, the chain player and the anti-chain start at the chain's maximum reach from each other. At first, neither player should initially move away from their starting position. This is how the chain will learn to act at their own distance without the need to close in. At the same time, the anti-chain will learn the maximum range of a chain. The chain can now train different swings and shots, while the anti-chain can train defending against these shots. Newbies should first be taught only one attack which they can either use or learn to defend against. The variety of attacks can begin to change once players can handle single attacks, and eventually various attacks can be freely combined.

In the third phase, both players can now move freely back and forth. Now the anti-chain chain has to learn to adjust their distance after a movement. If the anti-chain chain struggles, the chain can reduce their attack distance.

Note:

In all three phases, the anti-chain can move to attack the chain after it has warded off a chain attack to land a hit on the opponent. The chain player should try accordingly to resume swinging the chain as soon as possible.

Effective defense against chains includes not only movement with the pompfen but also posture and an understanding of which areas are uncovered.

Getting up from a double

Aim:

Players can learn how to gain the upper hand while standing up, after doubling with another player.

Participants and material:

- 2 pomfers (chains also possible)
- stones

Implementation:

The players kneel in dueling distance from each other. They count⁷ together so that they simultaneously are able to get up as if they had a double. Depending on the focus, both defensive and offensive standing up can be trained. As soon as the stand-up duel reaches a stable state, the exercise can be restarted. Alternatively, the duel can also be played out.

In addition to the reflexes of getting up, your posture and the resulting gamble will influence success in attempting to stand up.

Players should use this exercise to get up in a timely manner and to learn be aware of hits while engaging in a standing up duel. If players have difficulty with this, a third player can act as a referee.

Note:

Certain pompfen and different ways of holding your pompfen afford certain advantages in different situations when kneeling. Players can switch both the leg on which they are kneeling and the hand on their back to find a combination that is advantageous for them.

In general, it is recommended to use the hand that grips the pompfen furthest back to count stones so that you can quickly move it to the pomfen.

⁷ Instead of counting the complete 5 stones, you can start with 2 or more stones to lessen down time.

Double Pin



Aim:

This exercise is intended to learn the correct use of a double pin and how to defend against it.

Participants and material:

- 3 Pompfers
- Stones

Implementation:

Player A plays against B and C. Players B and C kneel a maximum of 6.5 feet apart. Player C is pinned by A, player B is threatened by A. Player C has already counted. Player B says when he starts counting. As soon as B gets up, A tries to hit him and then return a pin before C can get up. B can seek to get a double with A while standing up (offensive) or they can attempt stand up so that A does not hit them (defensive).

To mitigate the threat, A can switch the pin to the other player. However watch out that every participant get's the time devoted to he or she needs.

Variant:

2 against 4. The 4 kneel each within pin range and the 2 other pomfers are spread out and each make a double pin. Now, in addition to the direct threat (the unpinned player), the pinning players must face further threats and are forced to pay attention to the environment and if necessary take a new position.

Note:

Player A can put his pomfpe as close as possible to Player B without loosening the pin of C, so that he can punish B as best he can. In this case, B has only one chance with standing up offensively. However, if B threatens A, A may become cautious and give more distance again to B. So B has the chance to stand up defensively.

Pin exemption (1 vs. 1+P)

Aim:

It should be trained to take advantage of the fact that an opponent pins a teammate and has to defend himself in a duel at the same time.



Participants and material:

- 3 pomfers
- stones

Implementation:

In the game, a Pomfer will look for a pin in order free them. This allows the pinning player time to position themselves optimally.

Player A plays against B and C. Player C kneels and has already counted and is pinned by player A. Player B is outside of duel distance⁸, so that A has the option to go backwards without releasing the pin. A wins if B and C kneel at the same time⁹. Players B and C win if A is hit (even a double is enough). Regardless of if A loses while maintaining the pin or loses after they are outnumbered, both situations are equally ideal.

In order to keep the exercise to work, player C should turn on their knee in such a way that they always threaten A. So that C gets a chance to get up, B should attack just before the stones. A, however has the greatest advantage if he makes an attack immediately after a sounding stone.

Variants:

- 1+P vs. 1+P: beide Spieler verteidigen einen Pin.
- 2 vs. 2+P: Die Situation wird um ein Duell erweitert. (Siehe Seite 26)

Note:

- Note that effective techniques against pinning players will vary based on the weapon they are using.
- Player C can use his role to pay attention to the pin stone.

⁸ In the game, a pomfer will look for a pin in order free them. This allows the pinning player time to position themselves optimally.

⁹ You can continue playing with a double pin here.

Play the jugg away from the runner

Aim:

This exercise is designed to train you, that whenever you hit the opposing runner while they're in possession of the jugg that you should play it away from them. The reason is that the runner takes longer to regain possession of the jugg again, if they are able to at all. This makes the runner less of a threat allowing you to focus on other things than just pinning the runner.

Participants and material:

- 2 Pompfer
- 1 runner (be careful endurance)
- 1 jugg

Implementation:

The runner starts with the jugg and is followed by player A, who is the one being trained in this exercise. The runner can make a light attempt to avoid player A, but should give up in a reasonable measure. B can attempt to keep a reasonable distance from A. Once the runner is hit, B takes will knee before A and allow him a short window of time to play the jugg once. Then the duel is then over and A and B line up again while the runner picks up the jugg and gets in position for the next run.

Hinweis:

The jugg should be played in the direction you are coming from. This usually means further away from your own goal, closer to your own pins, or to your own runner. This can vary in the game.

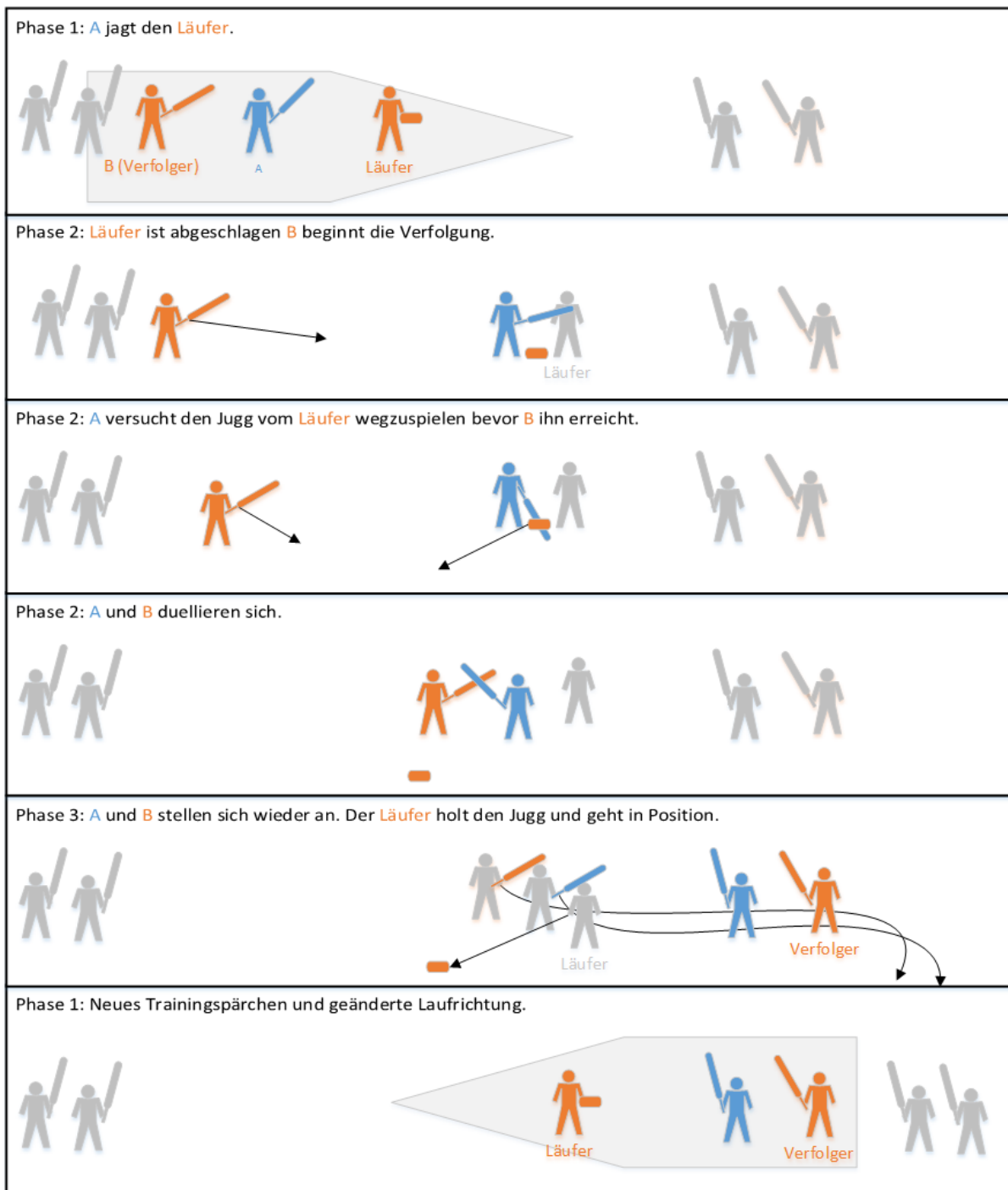
It is not always possible to play the jugg sensibly, because sometimes the runner falls badly leaving the jugg in an suboptimal position. Here the pursuer must find an appropriate measure to put the opposing player under pressure.

In a duel, the jugg and control over him can be a relevant component.

Although playing the the jugg away is an important tactic, if A feels too threatened, he can opt to not play the jugg and just accept the duel—its better to stand than to try to play the Jugg and go down. Once the jugg is played away from the runner, there is no need for A to stay in the area of the runner and he can know free give the space up should he become threatened.

With a group of 7 or more participants, you can have an almost non-stop process by waiting for the next pair in the direction the runner is fleeing. (See graphic on the next page)

Variante:



Ablaufschema für fließenden Wechsel

Phase 1: A hunts the runner

Phase 2: Runner is hit and follower (Verfolger) B begins the chase

Phase 2: A attempts to play the jugg away from the runner before B arrives

Phase 2: A and B duel

Phase 3: A and B get in the back of the line. The runner gets into position.

Phase 1: New training partners and the running direction is changed

Jugg in the Pin

Aim:

Even under the pressure of an early duel, a player should learn that a free jugg in an advantageous position to have.

Participants and material:

- 2 Pompfer, the more the better
- 1 jugg
- A marker for a pin

Implementation:

Mark a pin and place the jugg a few feet away.

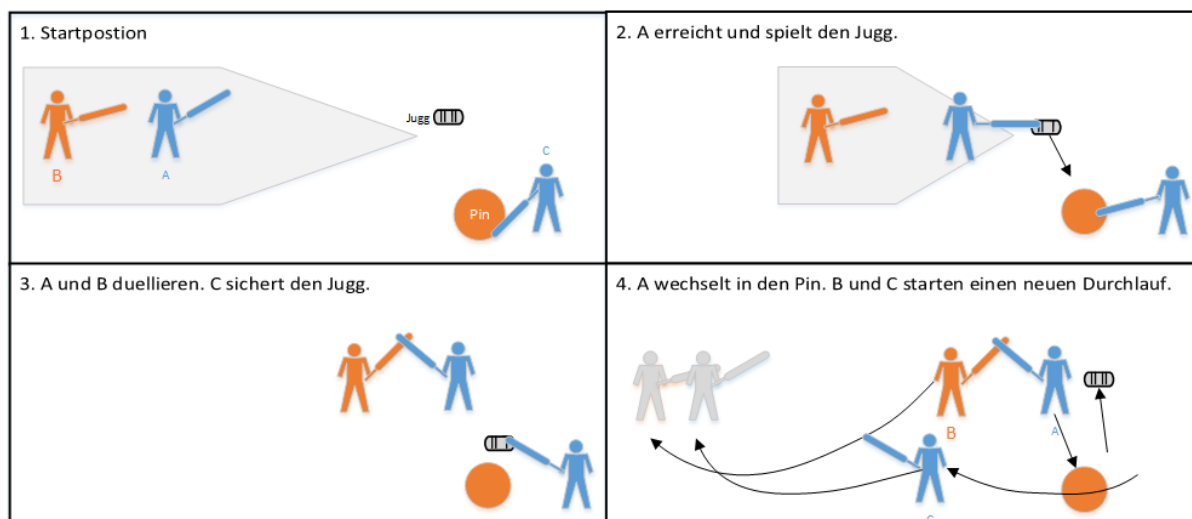
Pompfer A runs to the jugg, which is freely accessible. His practice partner B will follow a reasonable distance away. A should attempt to play the jugg to the pin of his teammate C before moving on to engage in the duel.

The distance and the running speed should be chosen so that A has a chance to play the jugg, before he starts the duel. Instead of frantically hitting the jugg, A should attempt to be calm and controlled when guiding the jugg to the desired position. The jugg should never be positioned so that immediately afterward playing it A loses the duel.

If a player C is looking after the pin, he can attempt to fish the jugg after its been passed and inform A, whether the pass was successful or not.

Variant:

This exercise can be extended so that A assumes the pin after completion of the station and play the jugg back to the free zone to keep the process flowing or to take a breather if there is a player C.



Ablaufschema für fließenden Wechsel

1)Start position 2) A reaches the jugg and plays it. 3) A and B duel. C secures the jugg. 4) A switches to the pin, B and C start a new run.

Range within a stone

Aim:

Players should learn to estimate their range within a stone. This range describes possible pin transfers and threat range coming out of a pin.

Participants and materials:

- 1 near pomfen
- 1 pin replacement
- stones

Implementation:

The player starts at a marked point, pinning. After a stone has sounded, the player will try to move as far as possible within one stone and when the next stone sounds, set a new pin. Mark this range and then attempt to beat this distance. The exercise can be repeated any number of times to help a player develop a reliable sense of range when pinning within pin stones.

Variant:

Alternatively, the player can try to leave his pin, hit an imaginary target, and then to return to his pin within the pin stone.

Note:

In the typical game flow, a player can position himself before having to leave the pin. Therefore you can keep the pin at maximum range to improve it's your effective range within a pin stone.

It is also advisable to go deep into a sprint for the start.

(multi-stage) pin transfer

Aim:

This exercise is intended to train the announcement and the smooth flow of a pin transfer in several stages.

Participants and material:

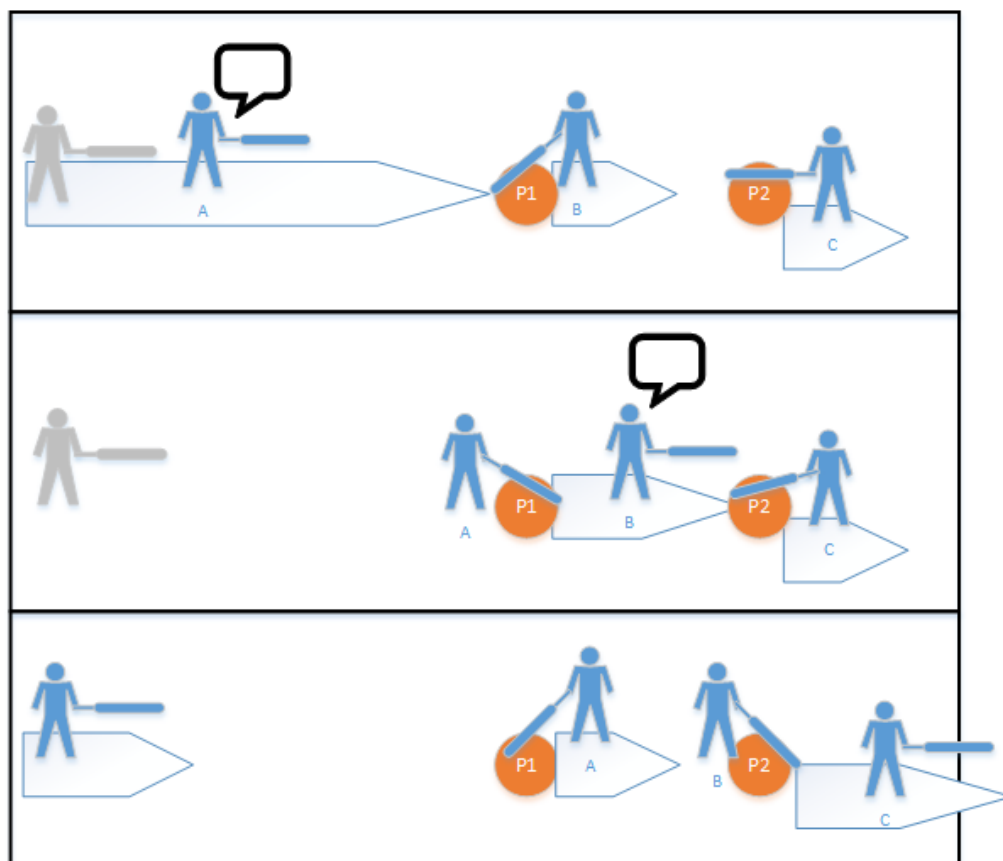
- 3 close-up pomfer
- 2 pin replacement
- stones

Implementation:

Players B and C already hold the pins (P1 and P2). And look away from Player A . A starts and gives a clear call and takes over the P1 . B then runs to P2 , gives the call and accepts P2 . C then run to either line up again or to reverse the order of pin transfer.

Variant:

- This exercise can also be done in one step with only one pin or with multiple pins.
- Stones can be added to give the pomfers a feeling for the time window that the pin stone gives them.
- For large groups, the pins can be arranged in a circle.



Note:

B and C should deliberately not pay attention to what the people behind them are doing, but rather they should just get used to listening for the call of their teammate. This creates the need for A to make the call. The team should agree on a clear call beforehand.

Team Play

Communication is particularly important in these exercises. The effectiveness of a team increases by effectively communicating during a game. Between points, players should discuss with their team which movements and decisions led to success or failure. One should make sure to only pass on the relevant information and not talk about your pomfen technique or talk shop. If you refine this skill you can use it between points to optimize your teams tactics.

The processes in team play can become very complex during optimization, so you should practice at a pace that is easy to do before trying at a full pace.

It is worth it to introduce beginners to the team game early on, but you should not neglect the individual techniques. For experienced players, team game exercises should be the core of their training. If you notice weaknesses in some areas, you can intensively use individual training techniques to train these areas.

The number of team game exercises is very manageable, but you get a lot of variation through the strengths and weaknesses of individual players when you switch positions. Adding chain players or moving their starting position has considerable training potential.

2 vs. 1 (over / under)

Aim:

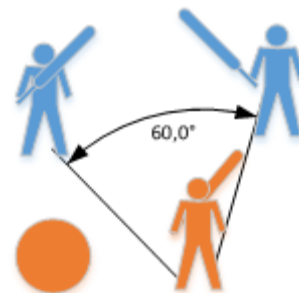
The aim of this exercise is to learn how to deal with under and over numbers. It should be noted that over numbers win a majority of the time. The task of the outnumbered player is above all to not lose for as long as possible and while also managing to not get pushed into a position where your position has no relevance to the game. Additionally, the mistakes that the majority make in these situations should be recognized and you should find ways to capitalize on these mistakes.

Participants and material:

- 3 Pomfers
- 1 inactive player (optional but recommended)

Implementation:

The Pomfers are in a 2 vs 2 constellation with each player within duel distance. The exercise opens with "3-2-1 hit". The inactive player kneels when the signal is given as if he had just been hit. Now, it is up to the players with the numbers advantage to hit the outnumbered player. The inactive player initially represents a spatial obstacle that can be taken advantage of by the outnumbered player.



Players who are inexperienced with tactics involved in numbers advantage play should take care not to press the opponent, but rather they should wait for their partner to ensure not being hit by the opponent alone and if necessary, make room for your partner to move up. Players should aim to outnumber the opponent in a 60° angle. Calls¹⁰ make it easier to work together, as this allows the players communicate relevant spatial information.

In order to improve the outnumbered / number advantage gameplay, those involved should make sure to point out mistakes and meaningful actions. "Because you did A, I could hit you easier." Or "If you had moved like this, it would have taken us 2 stones longer to get around to outnumber you."

Variant:

- The exercise can be reduced to 3 vs. 2 or can be expanded to 4 vs. 3.
- You can also use stones so that the situations must be resolved in 5 stones otherwise the inactive players become active again. This player can also be a runner with the jugg.

Note:

The teamplay on the majority side and more importantly, which pompfen should initiate first depends heavily on the weapons being played. Shields always initiate first and chains only with certain angles.

Should the outnumbered pompfer move so far that an outnumber against him no longer makes sense, or more than 2 players (see variant) can concentrate on one opponent, one pompfer should break away from the majority to take a meaningful pin or cut off a fictional runner.

If a player in the majority relies too heavily on their strength as a duelist, they can use a pompfen they are not experienced in or just a single short sword in order to focus on the team play of this exercise.

¹⁰ calls like 'now' prove to be impractical in practice. It makes more sense to call that you want to attack someone together, or when you're in range to outnumber an opponent.

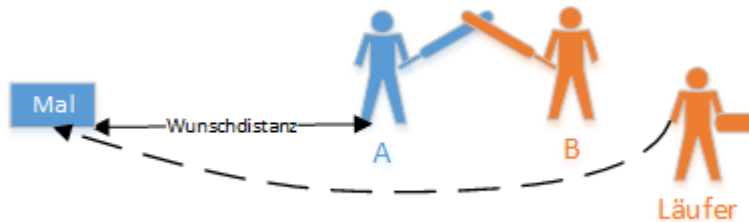
1 vs. 1+R

Aim:

Participants should learn the focus of the runner in duels and the effective interaction of a pomfer with their runner. In the same way, the runner learns to play with his pomfers.

Participants and material:

- 2 pomfers
- 1 runner
- Jugg and Goal



Implementation:

Pomfer A plays against Pomfer B and his runner. The runner starts with the Jugg. A positions themselves so that they can optimally defend the goal. A loses if a goal is scored. A can only win if the runner is hit¹¹, regardless of whether B still stands or not.

Variants:

- The exercise can turn into a 2 vs. 2 + R or 3 vs. 3 + R can be expanded.
- The jugg may initially lie between the pomfers, so that it has to be claimed first.

Note:

In order to generate benefit from the possession of a jugg, the runner must position themselves relative to their pomfer (B) and the goal so as to force A to decide between letting the runner score or keep engaging in the duel.

Beginners tend to protect their runner and stand between A and the runner, thus denying the runner the chance to create a opportunity to score.

The runner can always attempt to run in from a different side if it makes sense, but this means the runner will be temporarily uninvolved.

¹¹ In a game, hitting the runner buys you more precious time in order to turn the game in your favor

2 vs. 2

Aim:

This is the essential exercise to learn line play and how to change momentum. Knowledge of distances, duel strength, and cross strikes can be used here, among other things.

Participants:

- 4 Pomfers

Implementation:

2 against 2, the pomfers are in line and within dueling distance¹². Players are free to stand close and use cross attacks or give as much room as needed. The duels should be played out until one side has clearly won.

Variants:

- The exercise can be changed to 3 vs. 3 or 4 vs. 4. With increasing number of participants there are other ways to move towards each other.
- Since it does not make sense to fight in situations like 3 against 1 or 4 against 1, individual players can attempt to perform fictional side tasks¹³.
- Instead of their direct opponent, all players look at the opponent diagonally. This trains knowledge of distance and the perception of cross situations.

Note:

Even if the description of the exercise is not that big, there are countless training goals covered within. In order to use this potential, players must be ready to take new paths and try out positioning and find out what works and what doesn't. Additionally, there are many possibilities when using a chain: offensive against the chain, staying standing, giving space space, provoking cross-shots.

Beginners should first use the exercise to learn the line. That means: when can I risk a cross attack? When can I removed myself from the line? How can I be aware of my partners movements? Where do I risk getting hit from a cross attack? Which calls does my partner need to effectively play with me?

Keep in mind: mistakes can only be punished if the opponent recognizes them and reacts. So you can also make conscious mistakes so that your training partner can learn to identify and punish such mistakes.

If a movement pattern does not work, it is always worth repeating it to identify causes and variants.

¹² In the event that a chain is involved, this means chain distance.

¹³ For example attempting to hit or pin a runner. If a player decides to do so, he must give the appropriate call.

2 vs. 2 + P

Aim:

Here freeing a pin is combined with other elements of the team game.

Participants and material:

- 5 pomfer
- stones

Implementation:

This exercise is a variant of Pin **exemption** (1 vs. 1+P). This is expanded by a further duel. The players, defending the pin now have the option to take over the other player's pin if the duel situation allows it. Double pins can also be used.

Variants:

- 3 vs. 3 + P
- 2 + P vs. 2 + P
- Pin game (see page 31)

Pawn Double

Aim:

Less well-groomed players should learn to defend against stronger players by strategically backing away.

Attendees:

- 2 strong pomfers
- At least 2 pomfers to be trained



Ziel – Goal/destination

Implementation:

The exercise builds on the 2 vs. 2. The strong pomfers should try to hit their opponents as quickly as possible. If there is an opportunity for a numbers advantage, this should be played out as quickly as possible. The task of the others is to not be hit for as long as possible. To achieve this, they should maintain a safe distance and withdraw as necessary. It is important to ensure that both players withdraw evenly in order to avoid being outnumbered or hit with a cross attack. The 2 pomfers that are being trained can also win by managing to defend until they reach a specific point.

Note:

In this exercise, many repetitions are essential because the defensive team must adapt to the pressure and their opponent skill, especially if they have never trained this concept before. In the long run this exercise is very exhausting for the offensive team.

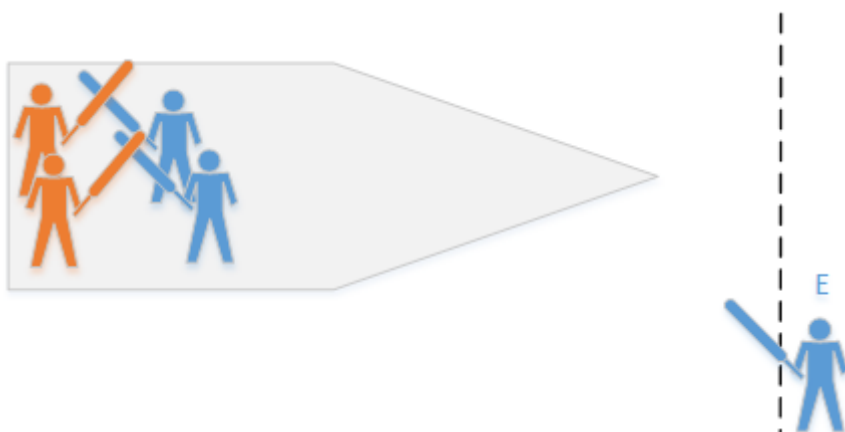
Tactical Retreat

Aim:

The exercise is designed to train the behavior of players who will soon outnumber the enemy or expect to otherwise have an advantage. They should learn to effectively use their space and time in the advantage situations maximize the impact of this advantage. The offensive players, on the other hand, train their coordination with each other and staying safe while utilizing their strengths with the pompfen.

Participants and material:

- At least 5 pompfers
- Line markings



Implementation:

The exercise is a further development of the Pawn Double. It works similarly, but it has team another player, **player E**, who actively joins the game when a **player of his team** manages to defend for roughly 30 feet without being hit.

Variants:

- The **dominant team** can start with a majority.
- As an alternative to the task of defending for a certain distance, a time (eg 5 stones) can also be used as a condition for the entry of **player E**.

Note:

It is not necessary to push the opponents, just to keep the duel distance. This can also happen at walking pace.

If a player decides to sprint away to cover the distance for the additional player, the resulting majority should now attempt to attack the single pompfer and then rebuild a line.

To create an advantage for the offensive team, a chain player can be added, which usually dominates line situations due to its range.

Pin Game

Aim:

The participants should learn to sensibly construct a pin game after the line game has ended. Many individual techniques, such as get up from the double, hand over the pin, and pin release, as well as individual pomfer skill play a role in this skill. In addition, the pomfers can learn to estimate the time window of 5 or 8 stones and to make good use of it.

In pin game situations, the runner is often a critical factor. In this exercise, the runner will be left out. Pure pin game training cannot replace training game forms with runners!

Participants and material:

- At least 4 pomfer, chains allowed
- stones
- Field boundaries

Implementation:

Teams of the same size are formed. The pomfers begin in line and within duel distance. Whoever is hit should kneel as if in a regular game and can stand again after the appropriate amount of stones have passed. Pins may be set. The game ends when all of a team's pomfers are pinned, or all but one is pinned and the free one is threatened by the chain. He gets one last chance to get stand up against the chain without being hit.

Variants:

- A jugg can be added that has to be captured.
- Pomfer can already be hit and pinned.

Notes:

It makes sense to stake out a playing field in which the participants can move, otherwise the pin game can be stretched into unrealistic dimensions.

To reduce downtime, chain players and threatened players can agree to shorten the penalty time if there is only one chance of getting up. In the simplest case, the kneeling player counts their last 3 stones aloud.

Overview Exercise

Aim:

Players should learn to take a sensible¹⁴ position during a stable situation and to discuss with your teammates to optimize it. Runners in particular can train to adapt their running paths to the situation or to align their pompher in optimal ways relative to their running path.

Participants and material:

- At least 6 pomphers
- 1 runner
- 1 goal and 1 jugg
- Something to mark a field

Implementation:

Two teams are divided. The teams can also be of different sizes. The goal will be on the end of the field. The jugg is placed somewhere near the beginning of the field. The pomphers and the runner move freely through the field. All players of the runnerless team should kneel when a signal is given. From this point on, the team with the runner tries to make a jugg by securing the path to the goal with wins and pin transfers. If a player notices a mistake, he should let the group know. If a solution is difficult to implement, the situation can be repeated.

A second signal can be added to increase the unpredictability of the exercise. With signal 1 Team A kneels down and with signal 2, Team B kneels and Team A sets pins. The runner can always be active.

Variant:

- Add stones and thus a real danger of getting up.
- Runner starts with jugg.
- Runner is "blind" and begins facing away from the players until he hears a signal away from the field and then he has to react to what's happening.
- The runner plays with the kneeling team, but does not kneel down.
- Both teams have active runners.

Note:

The kneeling players should pay particular attention to whether they could stand up and attempt to hinder the jugg.

Players who move freely on the field before the signal can play the jugg around the field in order to increase the difficulty for the runner and promote team communication.

¹⁴ Sensible in the sense of scoring.