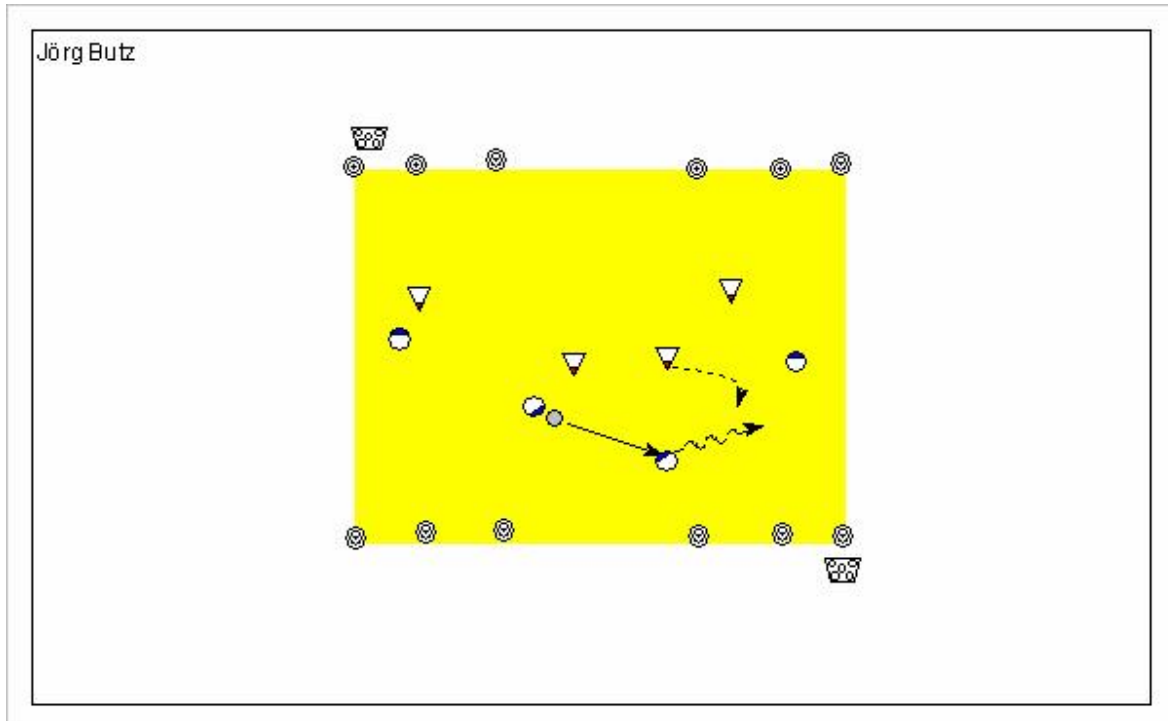


## Technical training

### Ball Control



#### Setup

4 against 4 with two adjacent goals

#### Goal of the Exercise:

Improving ball control in a new situation

#### Advised age group

C - youth

#### Organisation

On a pitch of about 40 x 30 metres, the two goal lines each have two small goals placed next to each other. There are two teams of 4 and spare hockey balls behind the goals so that there are no (or hardly any) pauses.

#### Run of the game/exercise

The two teams attempt to score in one of the two goals by inter-passing. The defending team must shift to the side of the pitch being attacked.

An extra rule makes the exercise more difficult: All players must collect and move with the ball before passing it on.

#### Variations

Use all 4 goals. The team in possession can score in any of the 4 goals (apply the extra rule later).

#### Important

Collect and take the ball into space. This way it is easier to keep possession and prepare to pass it on.