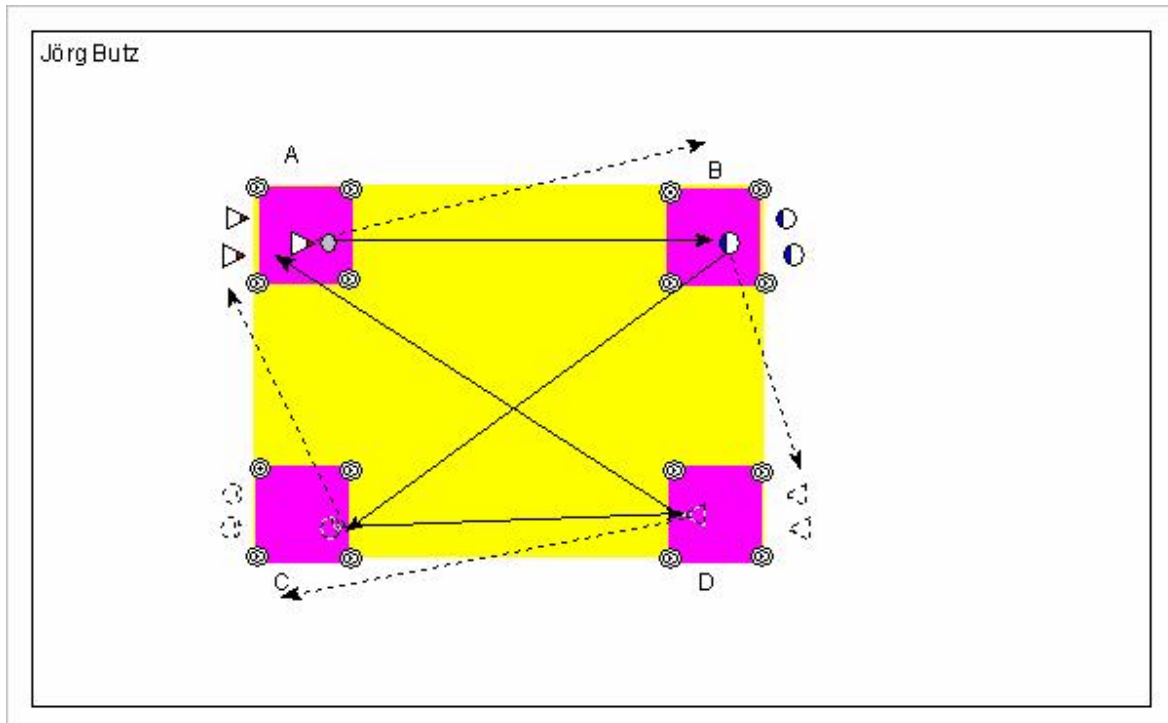


Test situations and Trainings forms to stop getting outnumbered CONTROLLING AND TAKING THE BALL ON



CONTROLLING AND TAKING THE BALL ON IN A SQUARE

Goal

- Improving controlling and taking the ball on while also practicing passing.

Organisation

- Four 2 x 2 metre playing areas are set out in the 4 corners of an 8 x 8 pitch. (Use discs rather than cones for this).
- 2 or 3 players wait near each playing area. A has 1 ball.

Note:

- Keep the distances between the playing areas short. (Collecting and taking the ball on is important, not the passing.)

Exercise

- A plays the ball to B in the nearest playing area and runs on themselves to area B.
- B collects the ball, touches it on so that they can get a good 3rd contact to pass the ball diagonally to C.
- After this B runs on (clockwise) to area D.
- C collects the ball, touches it on so that they can get a good 3rd contact to pass the ball to D.
- D then passes the ball to A, etc.

Exercise under pressure of time

- The game is started with two balls, one from each of two diagonally opposed playing areas. The idea is a race to catch the other game.

Exercise for accuracy

- Playing with only two touches, but only with one ball.

Simultaneous exercise under pressure of time and for accuracy

- Racing with two balls and only allowing two touches.

Variations

- Using the backhand to collect and take on
- Enlarging or reducing the playing areas
- Using a 12 x 8 metre pitch