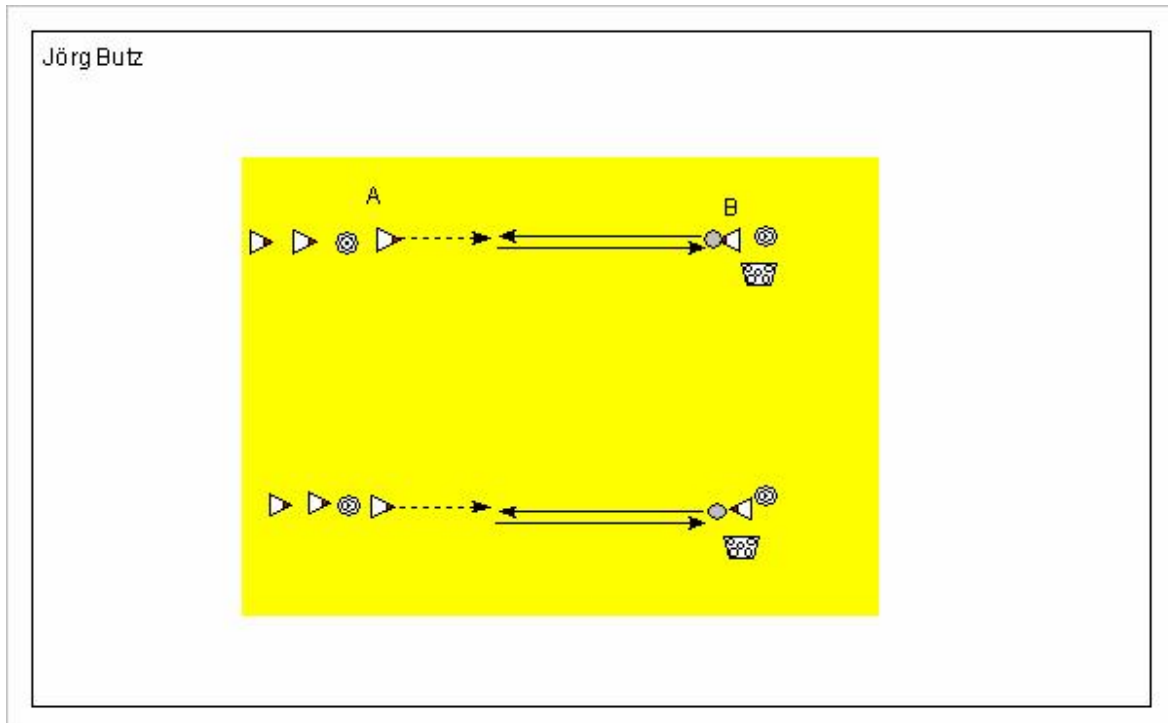


## Technical training Ball Control



### Explanation

A runs towards B and receives a pass.

A controls the ball quickly and plays directly back to B.

A then runs back to their start position.

### Controlling and carrying the ball with an opponent on your back

Distance between the cones: 15 metres.

Maximum of 4 players at the starting position.

This exercise is a preparation for “Controlling and carrying the ball with an opponent on your back”.