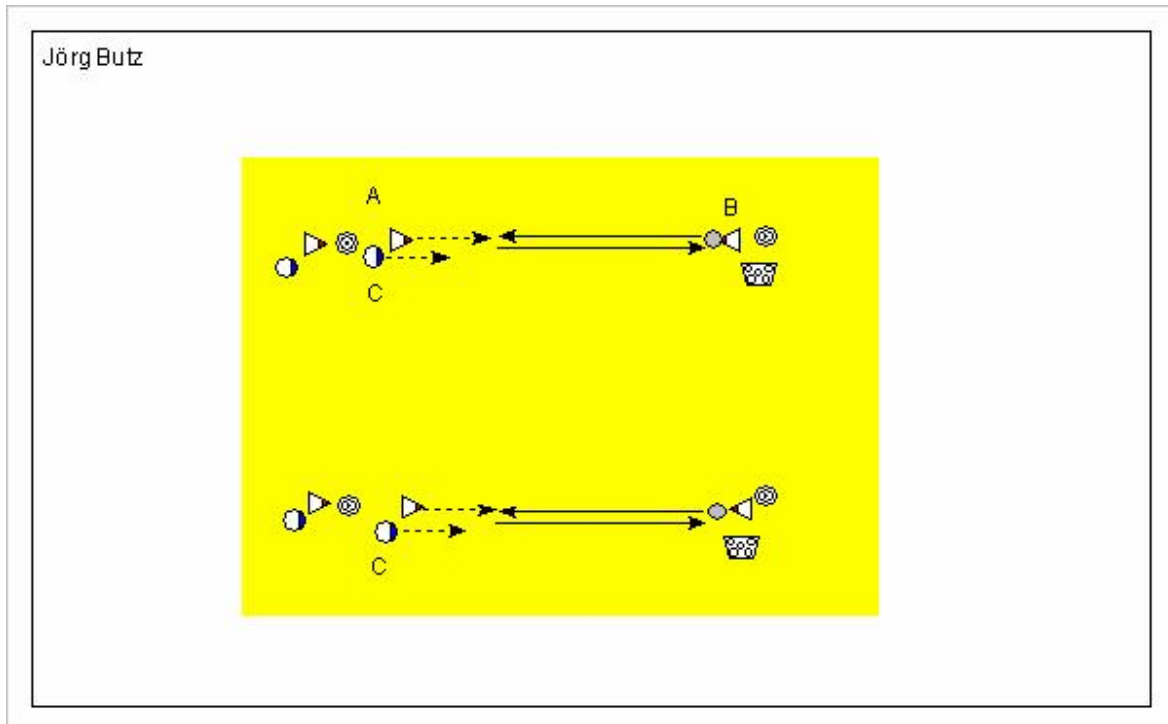


## Technical training Ball Control



### Explanation

A runs towards B and receives a pass.

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

Now C challenges A as they receive and return the ball with increasing effort (First less active, then fully active)

A then returns to the starting 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

Before running towards B, A makes a dummy run to try and shake C off

A still needs to control and make the return pass correctly