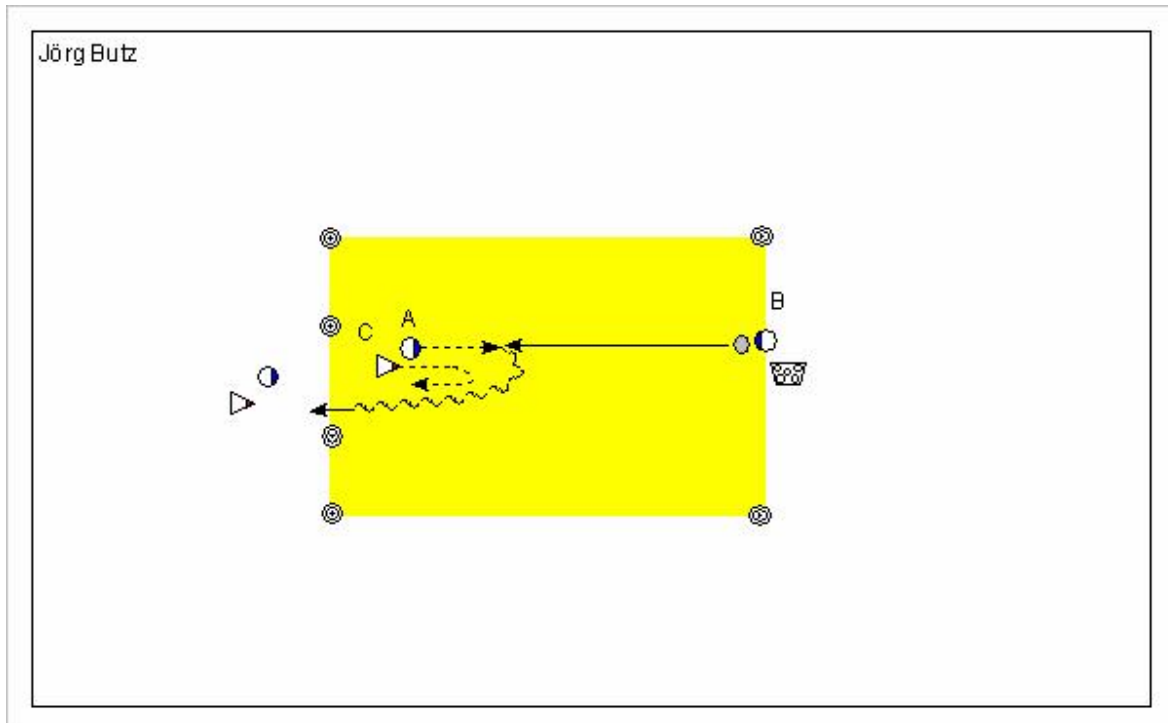


Technical training Ball Control



Explanation

A runs towards B and receives a pass.

A and C now start their run towards B from a goal of cones (5 metres apart).

A should turn C on receiving the ball and dribble through the goal.

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.

Variations

A tries to shoot on goal despite the attentions of C (put a keeper in the goal).

A may pass back to B if they cannot shake off C.