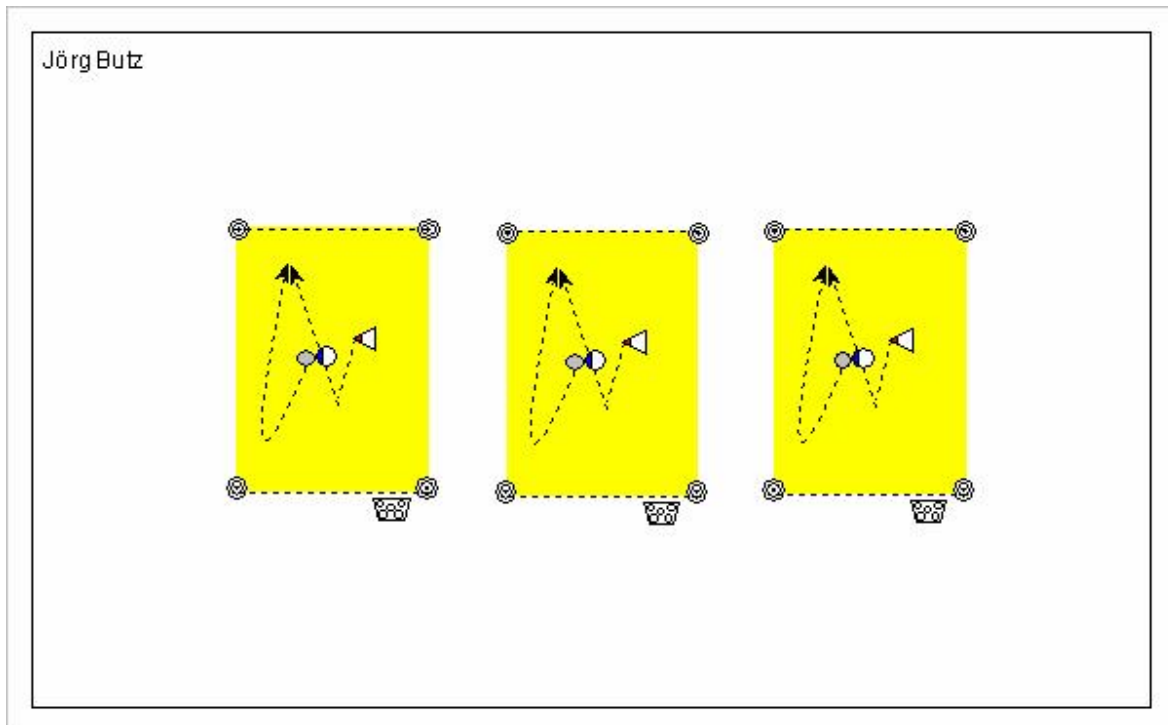


## Technical training Ball Control and Shielding



### Set up of the exercise:

The players are in pairs (attacker and defender) between two lines shown.  
Distance between the lines = approximately 10 metres.

### Beating an opponent

The attacker must get past the defender by misleading them while still shielding the ball from them and dribble as quickly as possible over one of the side lines.

Change round after 1 minute.

The winner is the player who has dribbled over the lines the most often.