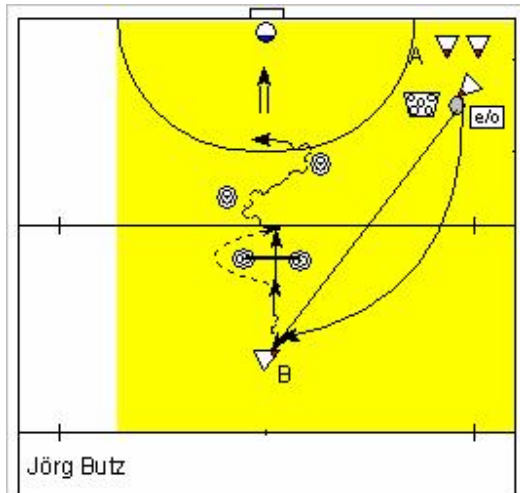


Technical training Ball Control



Explanation

A pushes the ball to B and follows up after it.

B controls the ball and gives a weighted pass between two cones, then runs quickly outside the cones, to get the ball under control again. They then run on to two more cones which they “beat” before shooting on goal.

A takes up B’s position for the next attempt.

Control, lay off, beat and finish off on goal

A passes the ball to B with a slap shot.

B controls the ball and takes it on but now jumps over the cone goal.

The winner is the first to score 5 goals.

Note

All players except B stand at the starting point.

Set up more than one field at once. Using small groups keeps the tempo high and means everyone get more than one go.