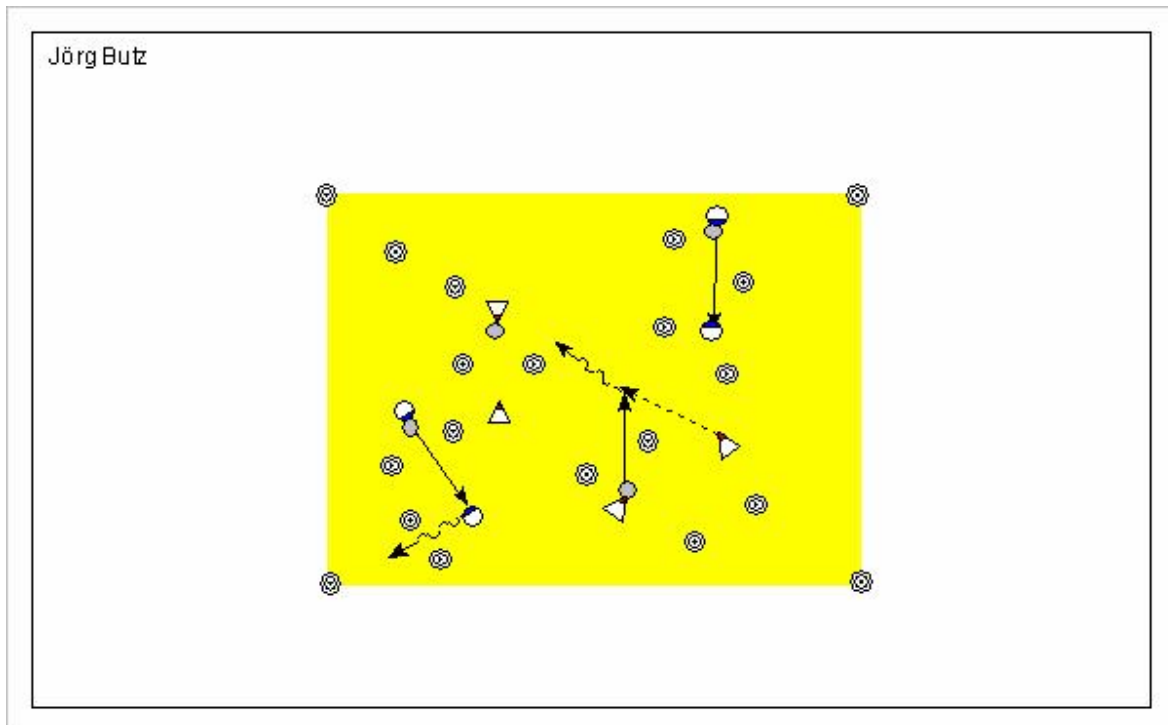


Technical training Ball Control



COMBINING

Ball control within a cone course

Goal of the training

Improving various techniques for ball control.
Learning vision of where everyone is on the pitch

Recommended age group D-youth

Organisation

The players are divided into pair, one ball per pair. Goals of about 1-2 metres wide are set up criss-cross over a half field.

The players combine with various exercises moving from goal to goal.

How the game works

Player A passes to their partner B through a goal. B collects the ball on the move and dribbles towards another goal, passing through the goal back to A.

The winner is the first pair who have scored 10(15) goals. You may not use the same goal twice in a row.

Variations

The ball control using only forehand first, then only backhand.

The receiving player must first carry the ball sideways after receiving it.