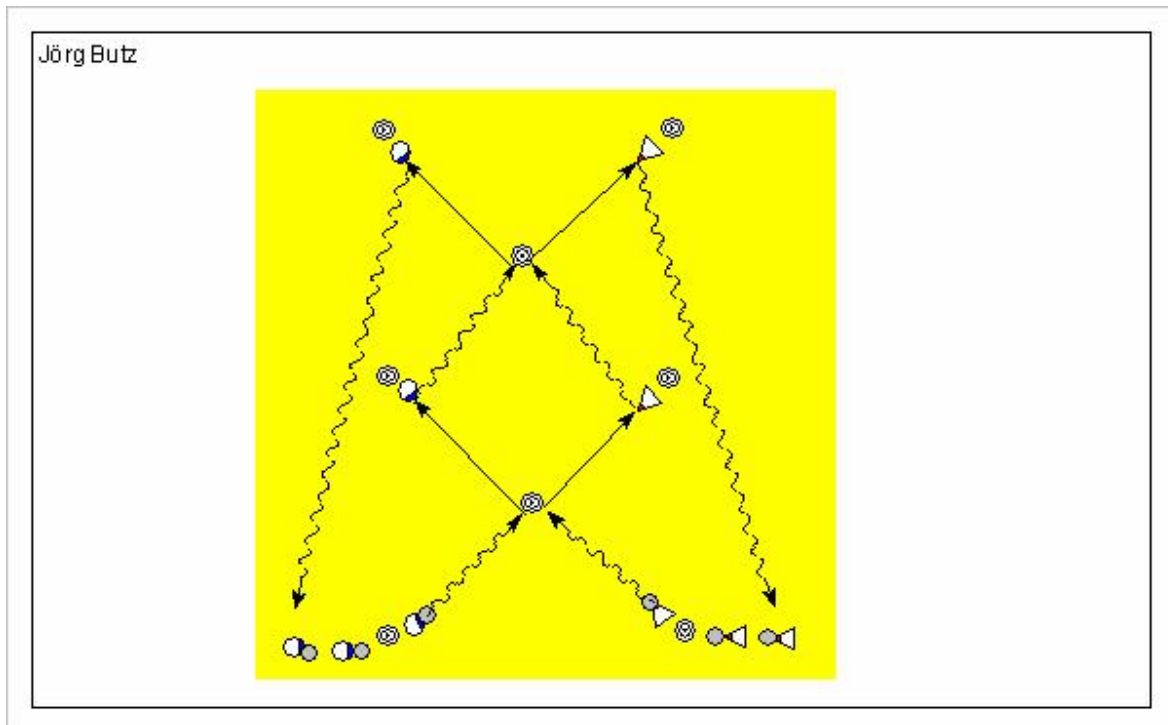


Technical training Building up more technical expertise



Forms of training for ball control

Organisation of the exercise

Two adjacent pitches, each about 6 x 6 metres, are laid out using 6 cones. Another cone is placed in the centre of each pitch. One player (without ball) stands at each of the outside cones. The remaining players wait with a ball each in two groups near the front two cones.

Ball control in a dice-five I

The first players in each group begin simultaneously with a diagonal run to the centre cone. On arriving he passes accurately to the player at the middle outside cone and follows his pass and takes his place at the middle outside cone. The receiving player controls the ball and dribbles diagonally to the next centre cone. Here he passes to the player at the back outside cone and then follows his pass there. The player receiving the ball controls it and dribbles back to the start cone. As soon as the first player has passed, the next player at the first cone can start the exercise.