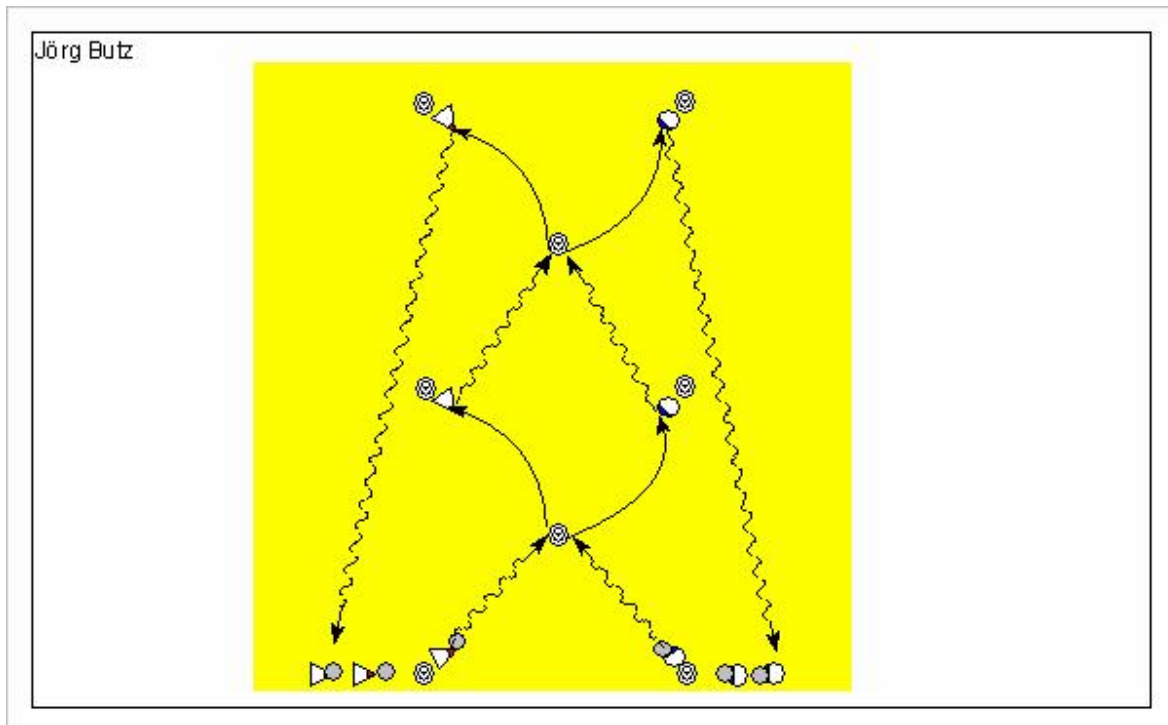


Technical training Building up more technical expertise



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 II

The player again dribbles diagonally to the centre cone but passes with a lifted pass to the next player. This player must, therefore, control a bouncing ball.

Training tip

Keep an eye on the ball control of the bouncing balls.