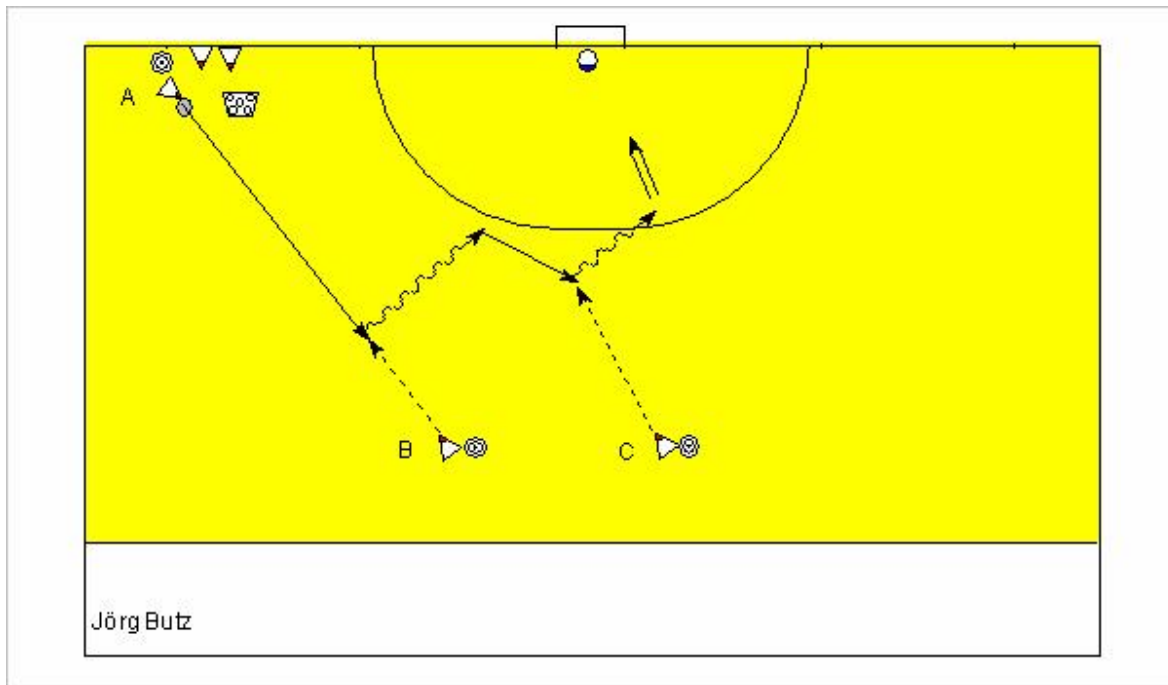


Trainings component Main point



Organisation

Some players wait, each with a ball, at the starting point.
A player without ball stands at each of the cones.

Ball control and shooting

Exercise 1:

Player A at the starting point passes to B. B runs to the ball, controls it and passes to C. C also runs towards the ball, controls it quickly and shoots on goal. Each player then moves forward a place for the next exercise.

Trainings tip

When controlling the ball it must not jump off the stick.

Run towards the ball! The trainer can take part here and attempt to intercept the ball to ensure that the players see the need to run towards the ball.