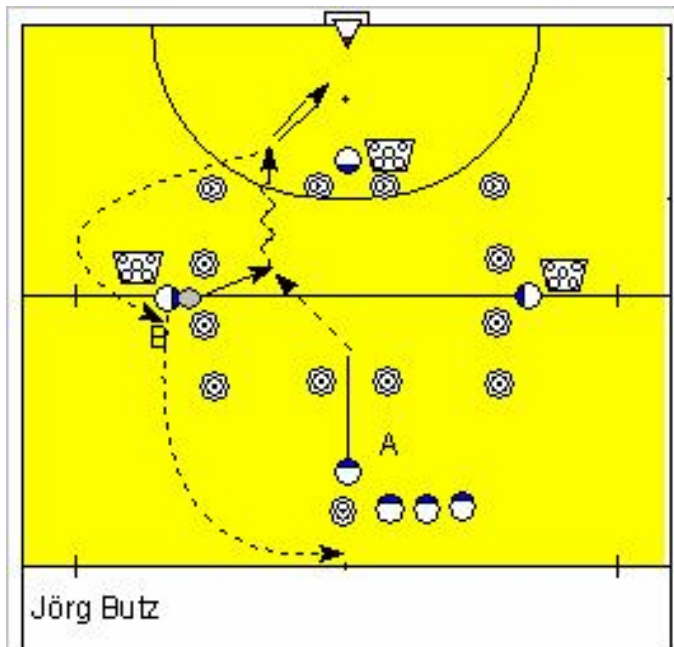


Technical training Trainings forms for ball control



Organisation

Layout a pitch of 10 x 10 metres just outside the D. Place mini-goals in each side using two cones, 2 metres apart.

Starting point: 5 metres behind the back cones.

A player stands by each of the two side goals and the one near the D.

Ball control and shooting I

The first player A runs into the pitch between the cones of the first goal. He offers himself at one of the three other goals. He receives a pass, controls the ball, takes it on and tries to shoot past the keeper into the (normal) goal.

The shooter then takes over from the player who passed to him. The passer joins the end of the group waiting.

Trainings tip

The action starts with a shout or whistle: The mini-goals have different colours. The trainer calls out a colour to indicate at which mini-goal the shooter should offer himself.