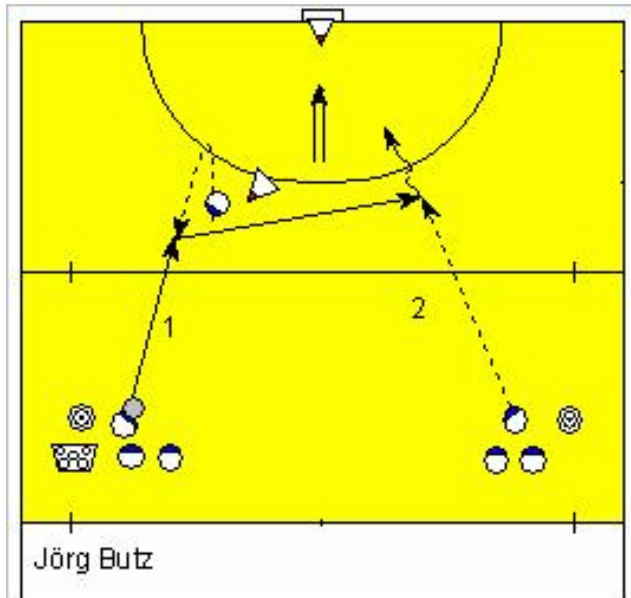


Technical training Ball control



Organisation

Set up two adjacent goals each with a keeper.
Mark two starting points with cones.
The players divide into two groups, one at each cone.

Ball control under pressure from an opponent I

Process

One attacker and one defender line up in front of the goal.
Player 1 passes to the attacker who controls the ball while under pressure from the defender and lays it off to player 2. Player 2 arrives at speed from deep and shoots after a short dribble.
The attacker and defender swap roles after 4 or 5 goes.
The other players move forward one position each time.

Tips and recommendations

Following the first exercise where ball control was practised in isolation, it's important to practice ball control in match conditions. It is also very important to offer the players moments for decisions. In the simplest case this could be to allow the player who has successfully controlled the ball to decide to lay the ball off or to shoot themselves.