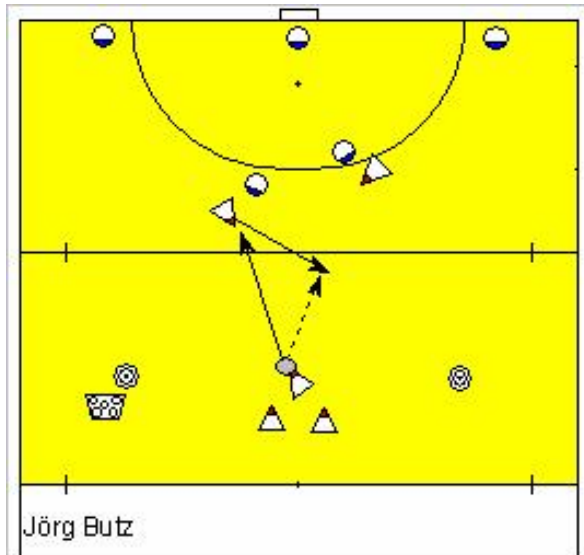


## Technical training Ball control



### Organisation

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

### Ball control under pressure from an opponent II

#### Process

Two attackers and two defenders line up in front of the goal. Another two defenders stand next to the goal. The exercise starts with one of the players who are waiting behind the line of cones passing to one of the attackers. After passing this player joins the action creating a 3 on 2 situation. If the defenders win the ball they set up a counter attack to cross the line of cones. The defenders are changed after each go.

#### 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.