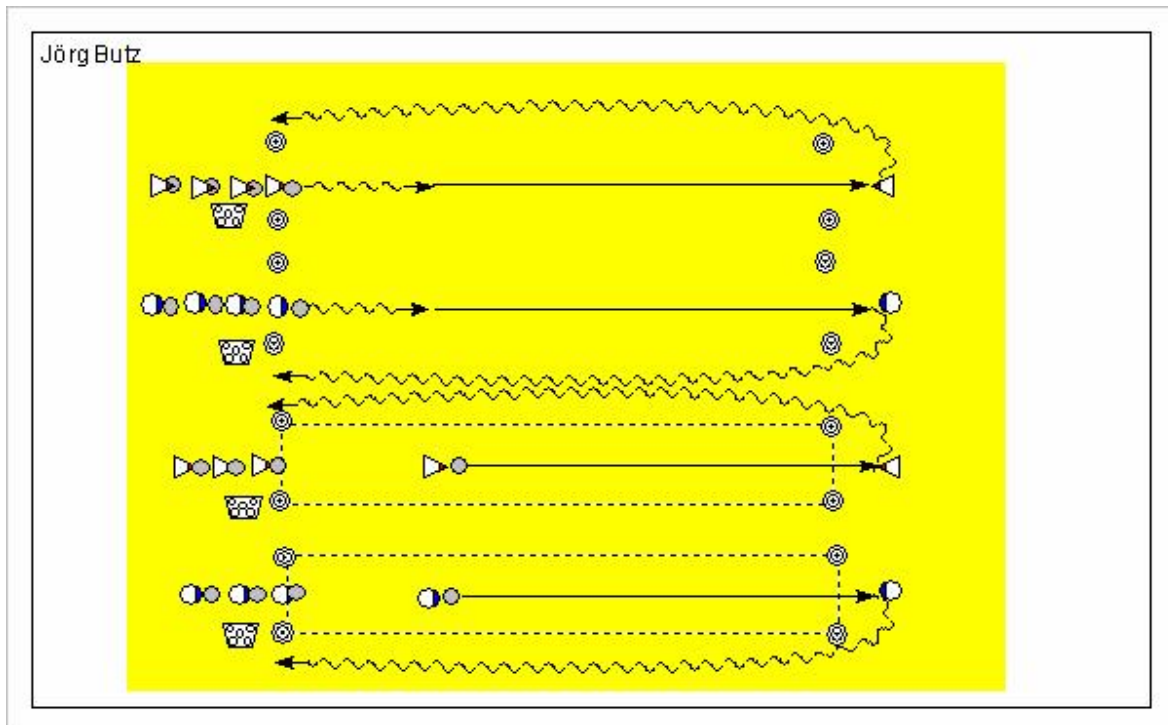


Technical training Ball control



Organisation

Build 4 courses.

Each course consists of a mini-goal of cones at each end at about 10 metres apart

One player stands behind the far goal, the other, with ball, near the other goal.

Practice: Receiving the Ball

The first player dribbles a little way and then passes through the far goal to his partner. He receives the ball and takes it on via either the left or right hand side, dribbling back to the start.

The first player takes his place behind the far goal.

Variations

Specify how the ball should be received – forehand or backhand.

Play with one ball per course so the ball have to be passed back from the far end to the next player at the near end.