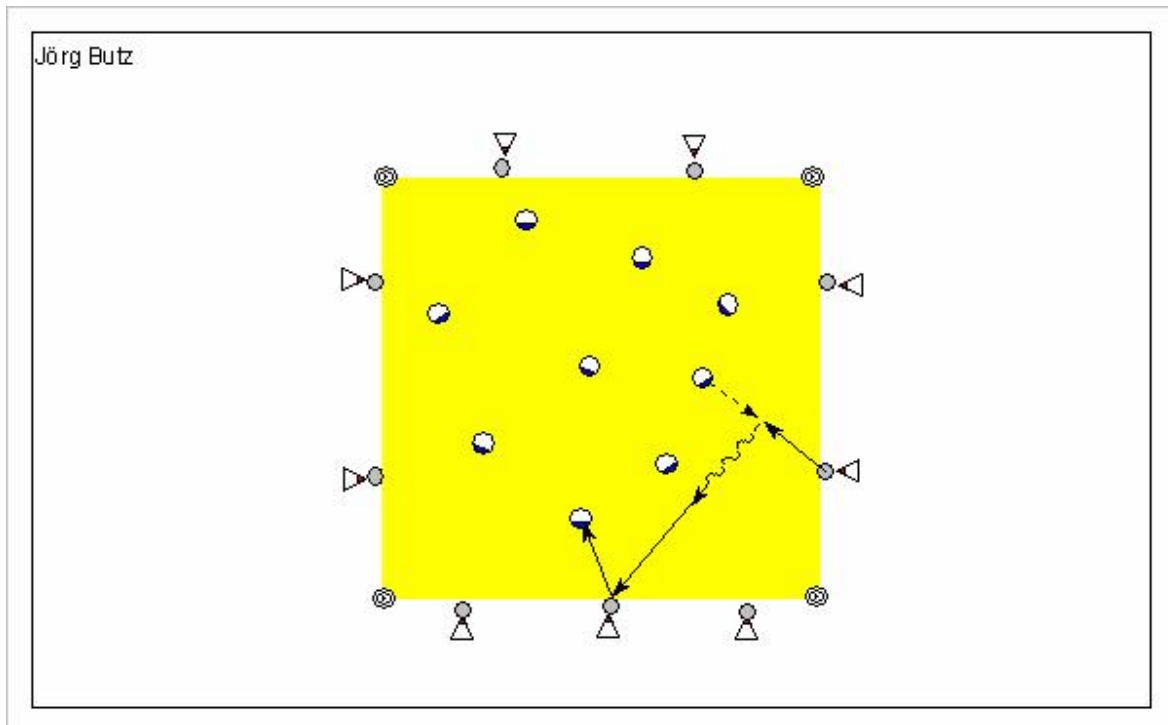


Technical training Ball control



Training forms: Screening the ball to win time Warming up and coming on

Organisation

Set up a 30 x 30 metres pitch without goals.
9 players without ball on the pitch.
9 players each with ball outside the pitch
Duration: 10 minutes followed by stretching

Process

The players on the pitch run and offer themselves short to one of the players off the pitch.
They receive the ball and lay it off to another of the players off the pitch who has not got a ball.
Keep swapping roles every 60 seconds

Variations:

Changing types of stroke (hit, push, slap, lift, etc.)
Change the techniques for receiving and taking on the ball accordingly.