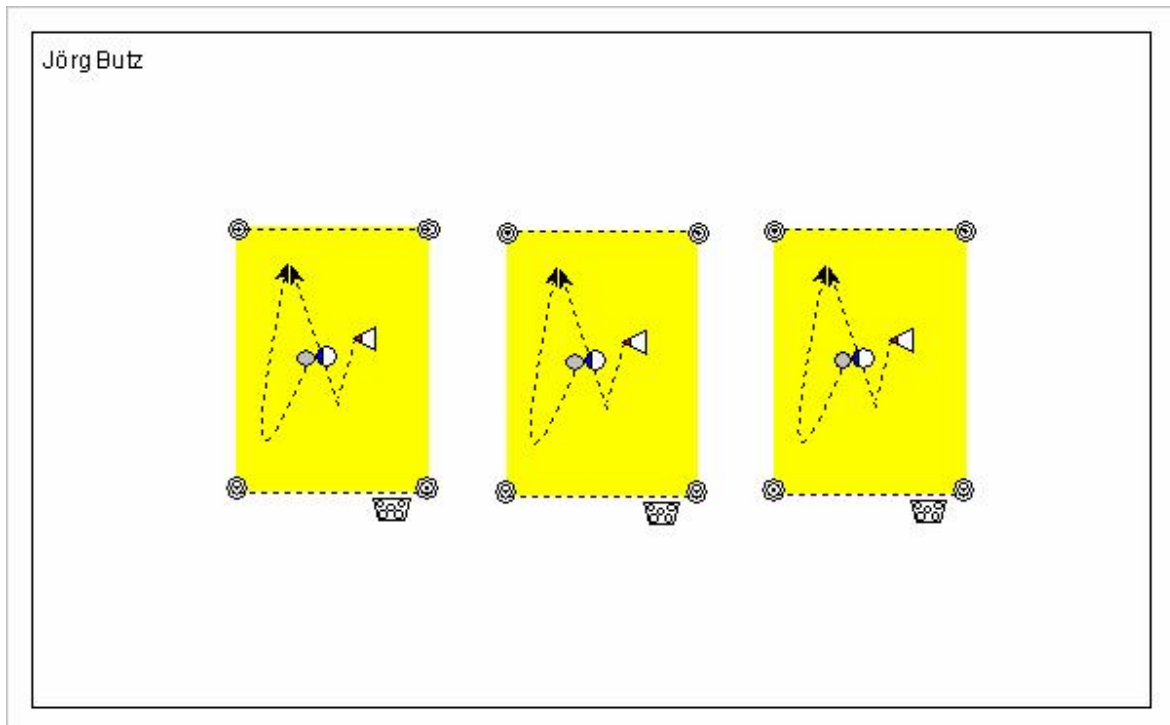


## Technical training Ball control and possession



### Organisation:

Pairs (attacker and defender) line up between two lines marked out with cones (about 10 metres apart)

### Practicing techniques for beating a player

The attacker tries to lose the defender by using a feint and dribble quickly over one of the two lines. The exercise starts with the defender being quite passive.

Swap roles after 1 minute.