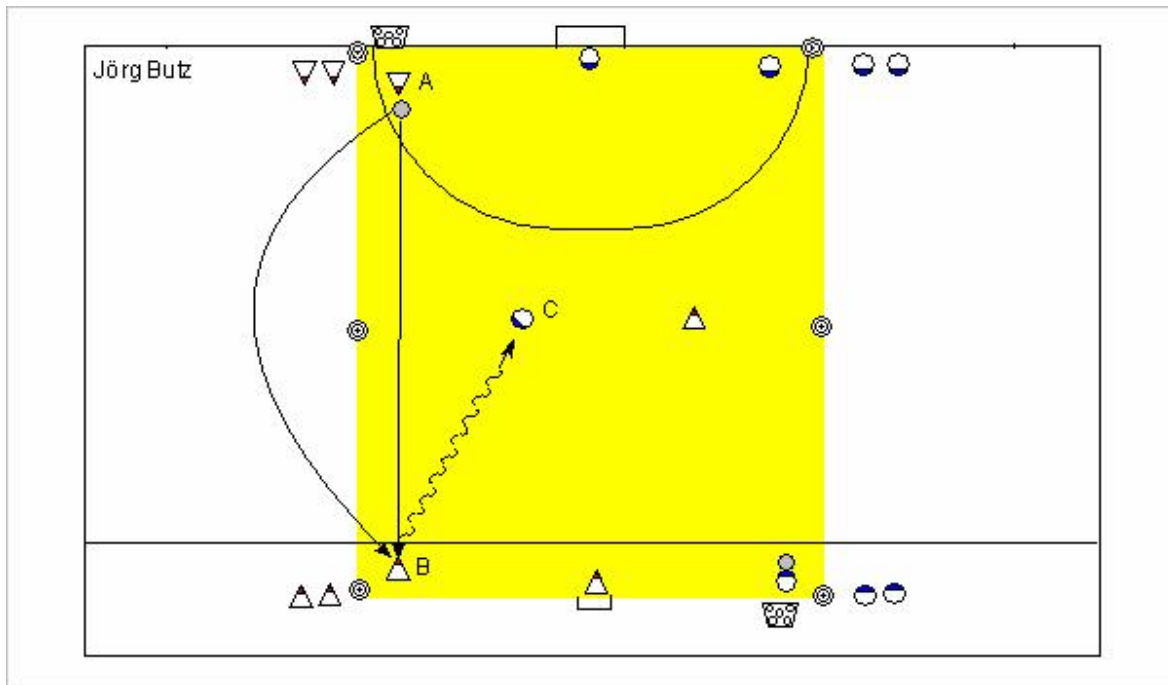


Technical training

Combined exercise as technical training



Organisation

Set up two goals with keeper about 35 metres apart.

Two groups split themselves again in 2. Players of the same groups stand opposite each other left and right respectively of the two goals.

Each of the players of one of the subgroups has a ball.

There is also one fixed defender.

Process

Long pass – ball control - 1 against 1 – shoot on goal

A passes to B, B dribbles towards C, dummies to get past C and attempts to shoot on goal. C is now an active defender. If C can dispossess B then B must take C's place, otherwise C remains in the role of defender and tries to dispossess the next attacker.

The same exercise runs on the other side, just in the opposite direction.

Variations

The defender who dispossesses the attacker may counter attack to score in the other goal.

Match: Who has scored the most goals at the end.