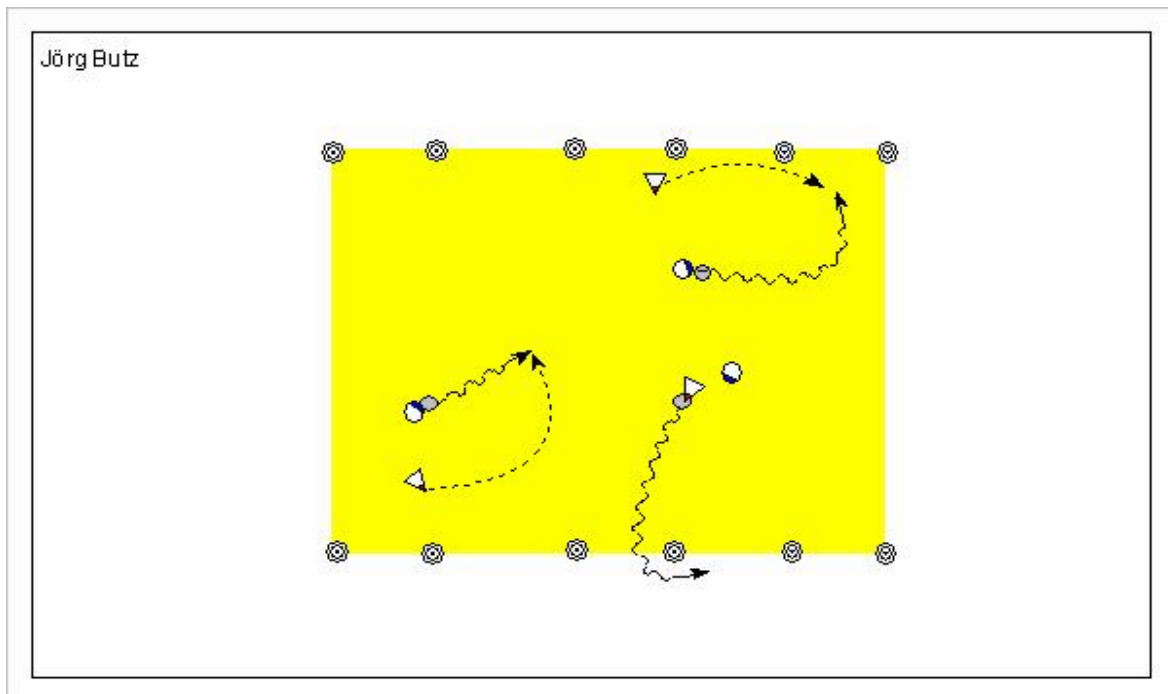


Technical training

Dribbling



Solo to goal line goals

Trainings goal

Dribbling at speed, changing direction and a good solo run.

Recommended age group D – youth and C - youth

Organisation

On both long sides of the field place at a distance of about 30 x 20 metres 3 small goals next to each other. In the field 3 groups of 2 play 1 against 1 at the same time.

The exercise goes as follows

The player with the ball can only score a goal if he succeeds in winning of the 1 against 1 game and dribbling through a goal. After a goal the scorer keeps the ball. This player can not score in the same goal again. Each round may not be longer than 2 minutes.

Variations

Each player has a goal line designated at the beginning of the game. That player can only score a goal by dribbling through one of the goals on the line on the opposite side of the field.

What is important?

By making a feints and speed and direction changes successful solo's can be made towards the mini-goals.