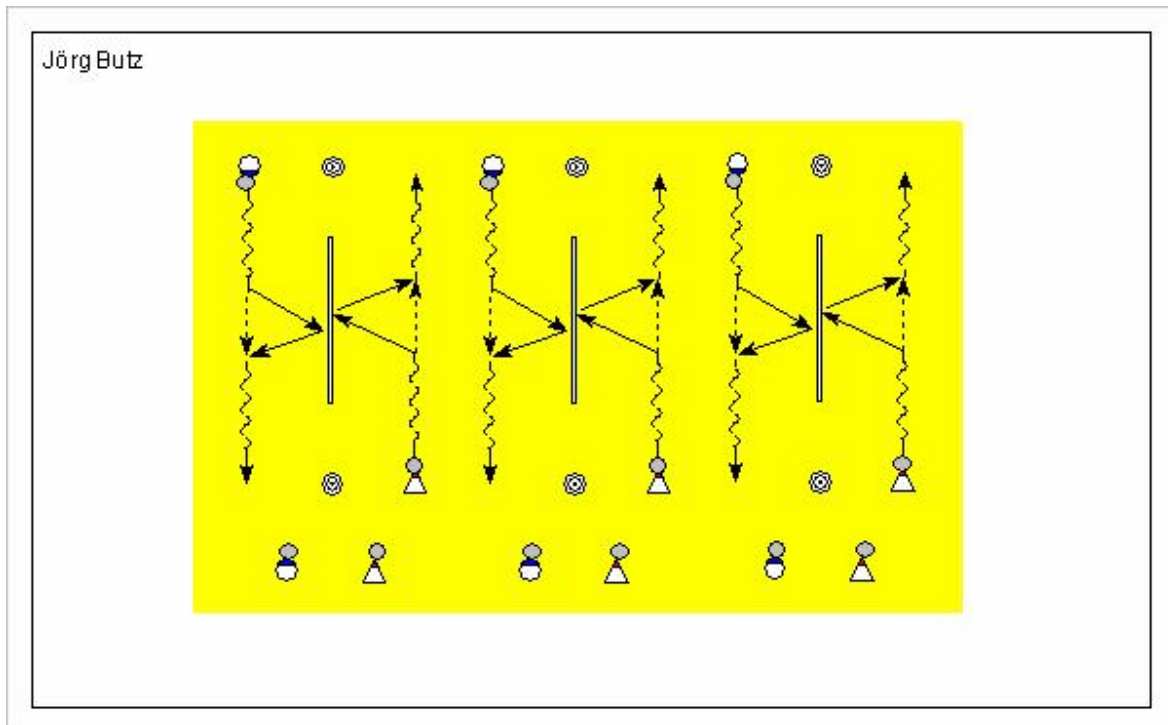


Technical training Dribbling



Organisation of the game

Long benches or a number of beams are placed parallel to each other on the field.

On both sides, about 4 metres from the sides of the benches/beams, place cones as a turning point.

The players are divided in twos over the available benches/beams, where from each team of two one stands on each side of the cone with the ball.

Match

Race to catch up with 1-2

At the start signal both players dribble along the right hand side of the bench/ beam in the direction of the cone at the other end. On there way there they play a 1-2 with the beam in the middle. After that they turn round the cone and dribble to the other side and play another 1-2. The match will continue until a player gets caught (1 point for the winner).

After that the next pair of players go and stand ready and wait for the start signal.

Variations

All players on one side play against each other. Then the best player from each side battle for the 'championship'.