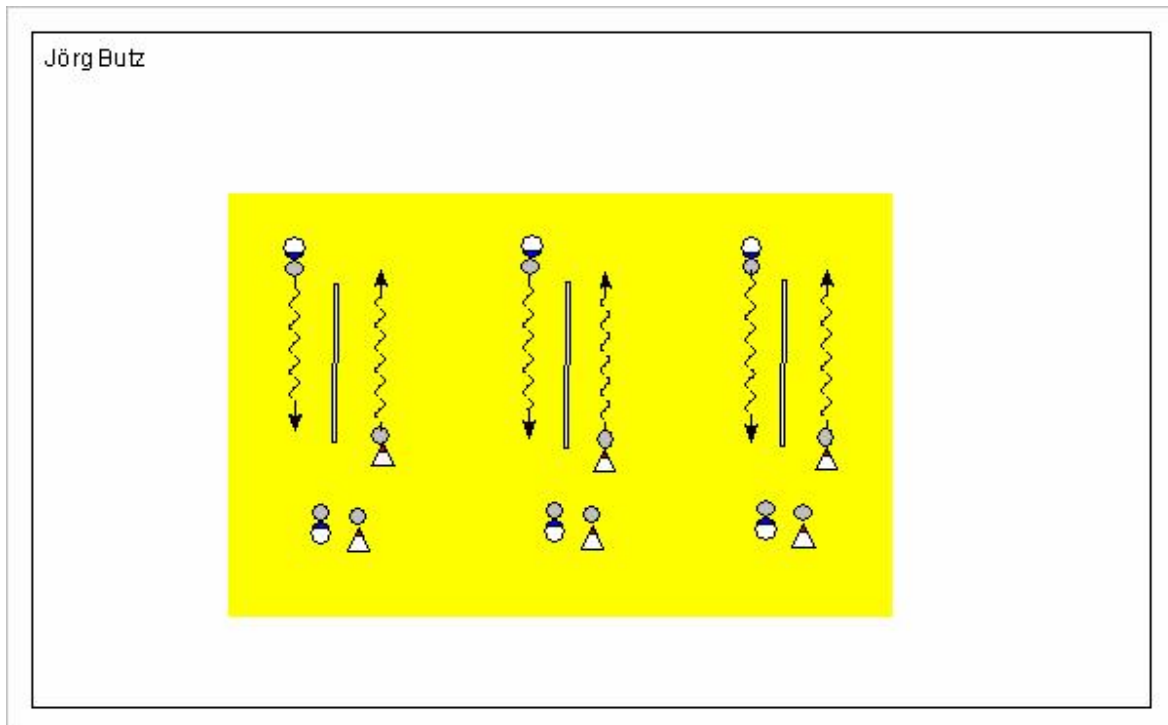


Technical training Dribbling



Organisation of the game

A number of beams or rows of cones are placed on the field. On both sides, about 4 metres from the end of the beams/row of cones, place cones as turning point. The players are split up into groups of two, spread over the available beams/rows of cones, where from each group of two, one person stands on one side of the cone and the other on the other side with the ball.

Match

Catch up race with dribbling

At the start signal both players dribble in the direction of the cone on the other side. Turn around the cone and dribble back. The match will last until a player gets beaten (1 point for the winner). After that the next pair of players stands ready and are waiting for the start signal.

Variation

All of the players standing on one side play against each other. Then each side's best players play for the 'championship'.