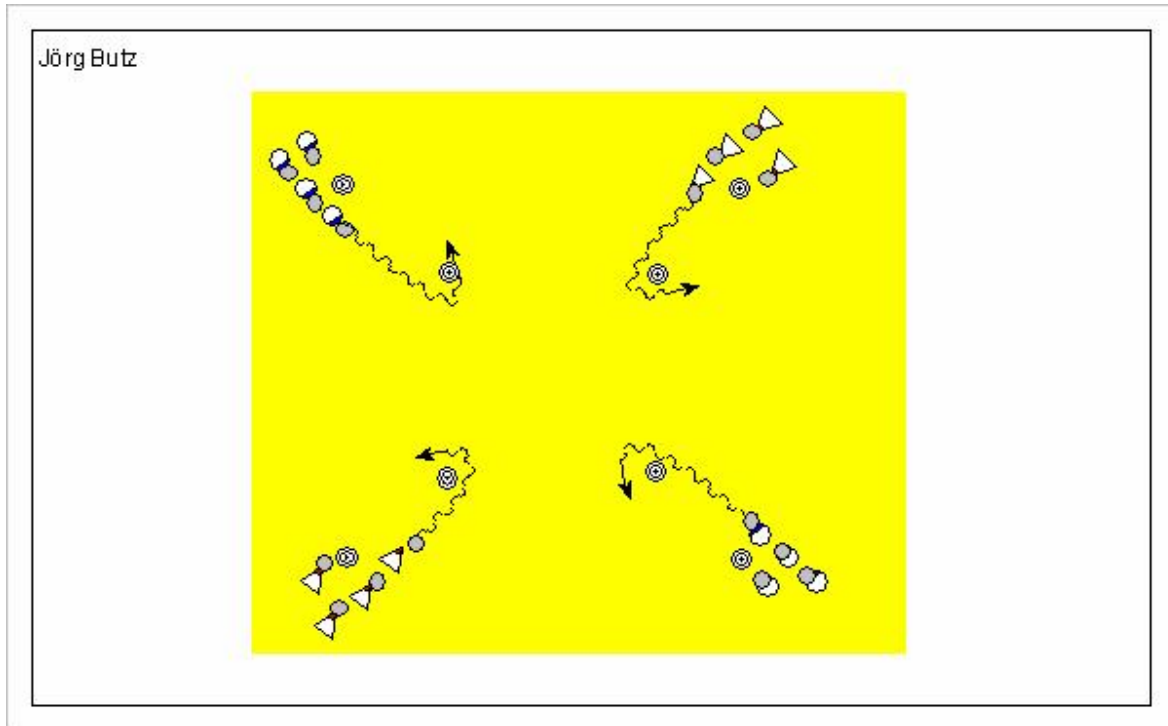


Technical training Dribbling



Organisation of the exercise

A pitch laid out with 4 cones at 15 x 15 metres distance.

Place a new pitch inside this pitch of 8 x 8.

The 4 cones that are in one line have one colour.

The players each stand with one ball by the outside cone.

Warming up in an double pitch

Exercise 1: The players dribble around the inside cone and then back to the beginning.

Exercise 2: The players dribble around the inside cone, turn to the right, dribble around the next cone and then back to the beginning.

Directions: The players dribble around two inside cones with different colours.

Exercise 3: The players dribble around the inside cone, turn to the left, dribble around the next cone on the inside and back to the beginning.

Exercise 4: Like in exercise 2 and 3 only now after the dribbling around the two cones, the player passes the ball to a player at the beginning.

Exercise 5: Like in exercise 4, but now the ball gets a flat slap to the next player, who has to accept the ball and take it with them.