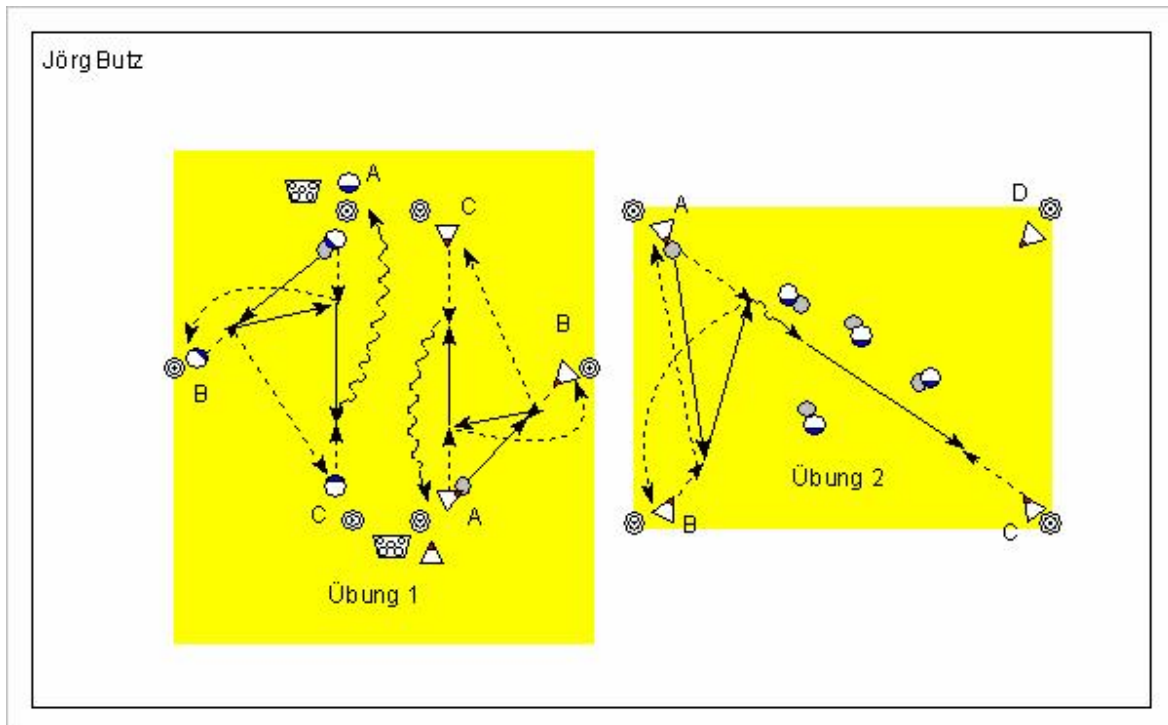


Technical training Dribbling and passing



Organisation

Pitch 1: lay down 2 triangles with cones.

Pitch 2: lay down a square with cones.

Split into two even groups, 1 per pitch.

Warming up in triangle

Exercise 1

A passes to B and walks towards C, and gets the ball straight back from B.

A passes to C.

C walks in a dribble to position A.

During the dribble C must make a passing movement of choice.

All players move round to the next position.

Exercise 2

4 players stand at the 4 corners. 4 other players spread themselves with a ball on the pitch.

The players on the pitch dribble with different passing movements across the pitch.

The corner players pass the ball to each other in the order described below.

A passes the ball to B, who passes the ball back to A, who runs in.

A receives the ball, runs towards C passing to C.

A and B swap position.

C and D then do the same as A and B. so C passes to D, who passes back to C, who is runs in etc..

Tips and recommendations

Before the exercise begins all players must understand what is expected.

Playing to the forehand or the backhand.

The tempo of the game should be increased in steps.