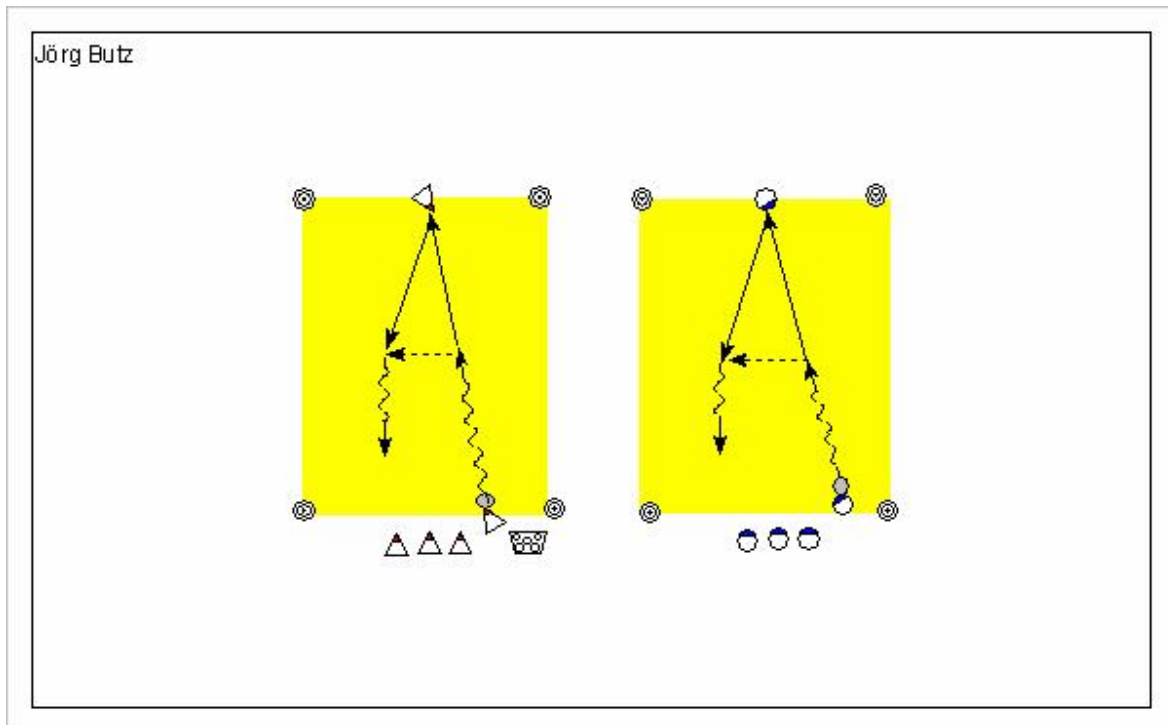


Technical training Passing and dribbling



Ball Relay

Organisation

2 lines are laid out opposite each other using cones, make 2 even groups. Per group there is 1 player on the line the other players are on the opposite side. Per group 1 ball.

Process

The first player of each group dribbles on the pitch and passes the ball to the player on the line. The player on the line keeps the ball under control and dribbles to the start. After he is over his own line, he gives the ball to the next player.

Variations

The player to player on the line has to pass straight back.

De pass naar de lijnspeler mag eerst na het passeren van een denkbeeldige lijn geschieden.

Er kan aanvullend een kort pylonenparcours worden uitgezet. The dribbling player must dribble through this course until he can pass the ball.

Tips and recommendations

The following tips apply:

If I pass the ball, it could take a while until the ball arrives.

If I give a bad pass, the player on the line needs more time to get the ball under control. That's why I have to try to pass the ball to the player on the line on their forehand, so they can pass the ball straight back. The players have to decide when they pass to the player on the line.