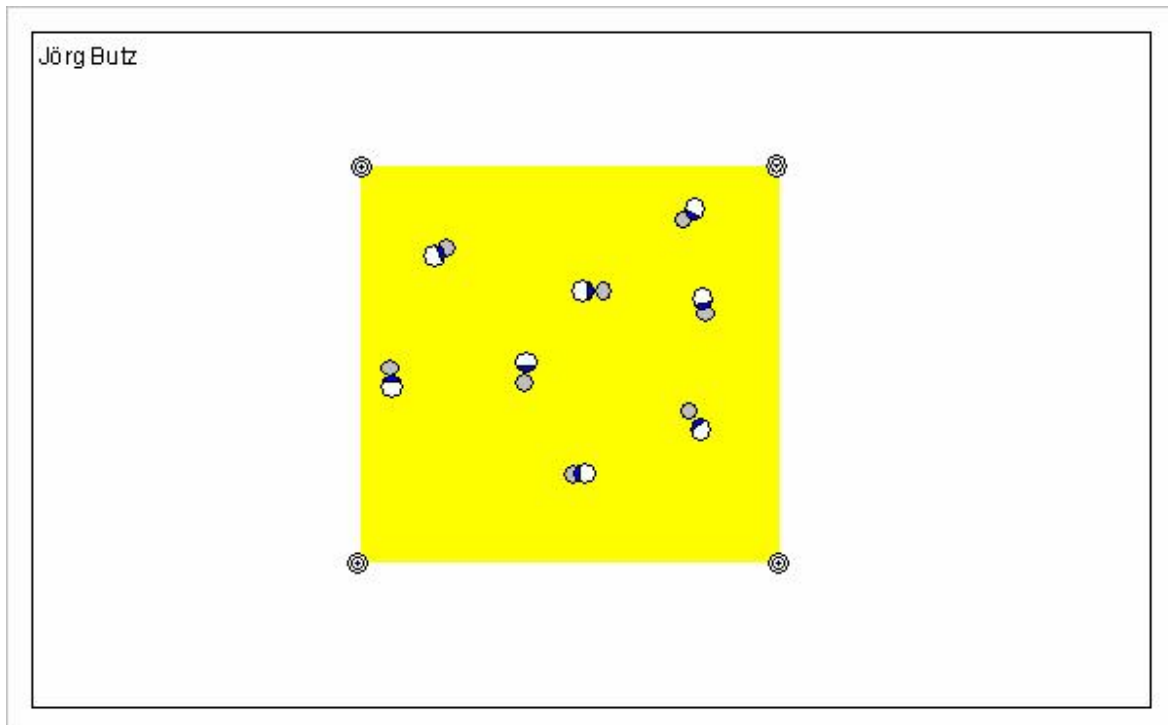


## Technical training Dribbling



### Organisation of the exercise

Make a pitch with cones

The players all have a ball on the pitch.

### Warming up

#### Getting used to the ball

**Exercise 1:** Dribble freely over the pitch

**Exercise 2:** Dribble using forehand and backhand, Indian dribble and Pakistan Dribble in the pitch, changing direction.

**Exercise 3:** Different juggles. Continue the exercise making it a competition (Who reaches 20 or 30 hits)