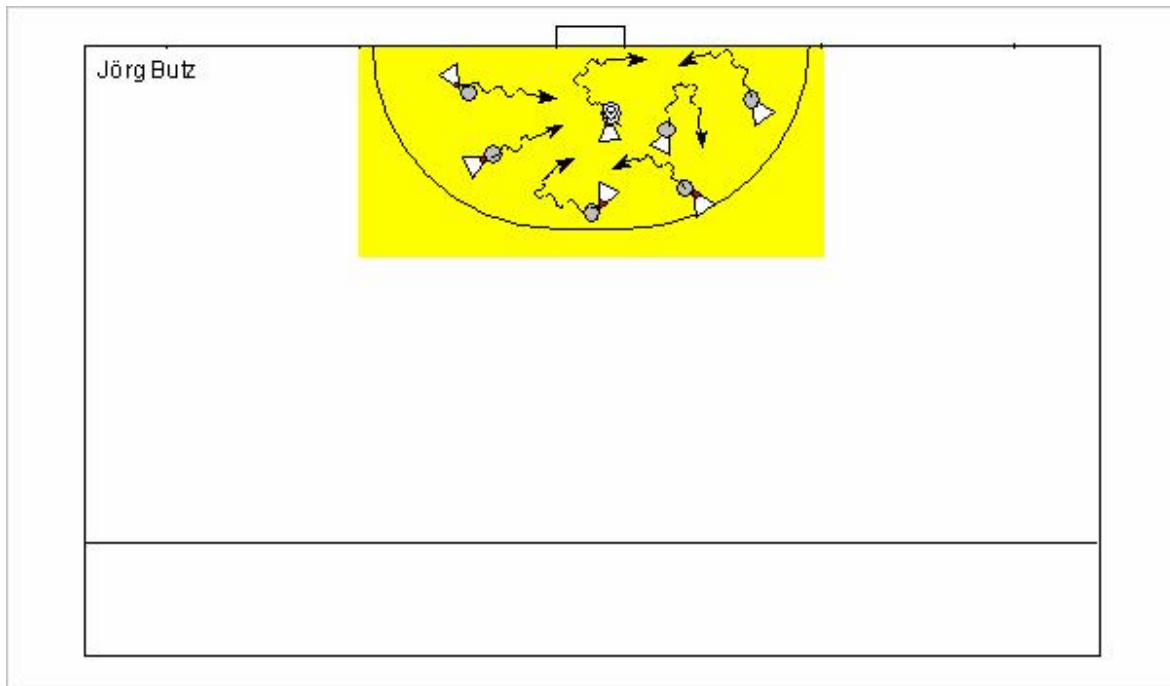


Technical training Dribbling



Organisation

Use the circle (D) as pitch.
All the players have a ball

Becoming accustomed to the ball

Process

The players dribble freely on the pitch
At the trainers signal, the players execute a passing manoeuvre as instructed and then dribble further.

Variations

At the trainers signal the players juggle with the ball and then dribble further
At the trainers signal the players perform a coordination exercise and then dribble further

Tips and recommendations

Technique is more important the speed!
Don't watch the ball but look ahead to avoid bumping into other players.