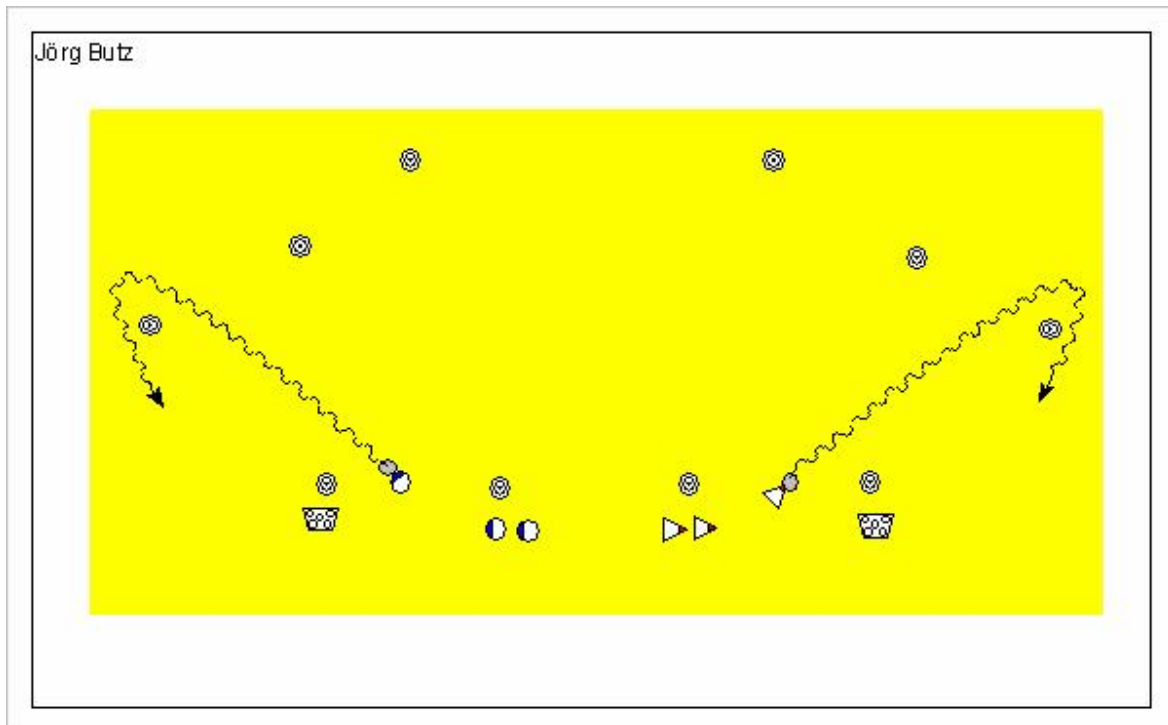


Training Exercise Dribbling



Organisation

Two mini-goals of cones (2 metres wide and 5 metres apart) are set out next to each other to act as start goals.

For each goal, 3 different coloured cones are set out (3 metres apart) running from outside to inside and away from the goals.

The players wait with balls in even groups in the goals.

Ball Exercise: Dribbling – Part 1

Exercise 1: At the signal, the two first players dribble around the first cone and back to the goal. Who gets back first?

Exercise 2: The first player dribbles round the first cone, the second player dribbles around the second cone, the third player dribbles around the third cone, then the fourth player dribbles around the fourth cone, etc.

Exercise 3: The trainer calls out a colour and then the players have to dribble around that cone.

Exercise 4: Like exercise 3 but now the players have to dribble first around the first cone and then around the named coloured cone.