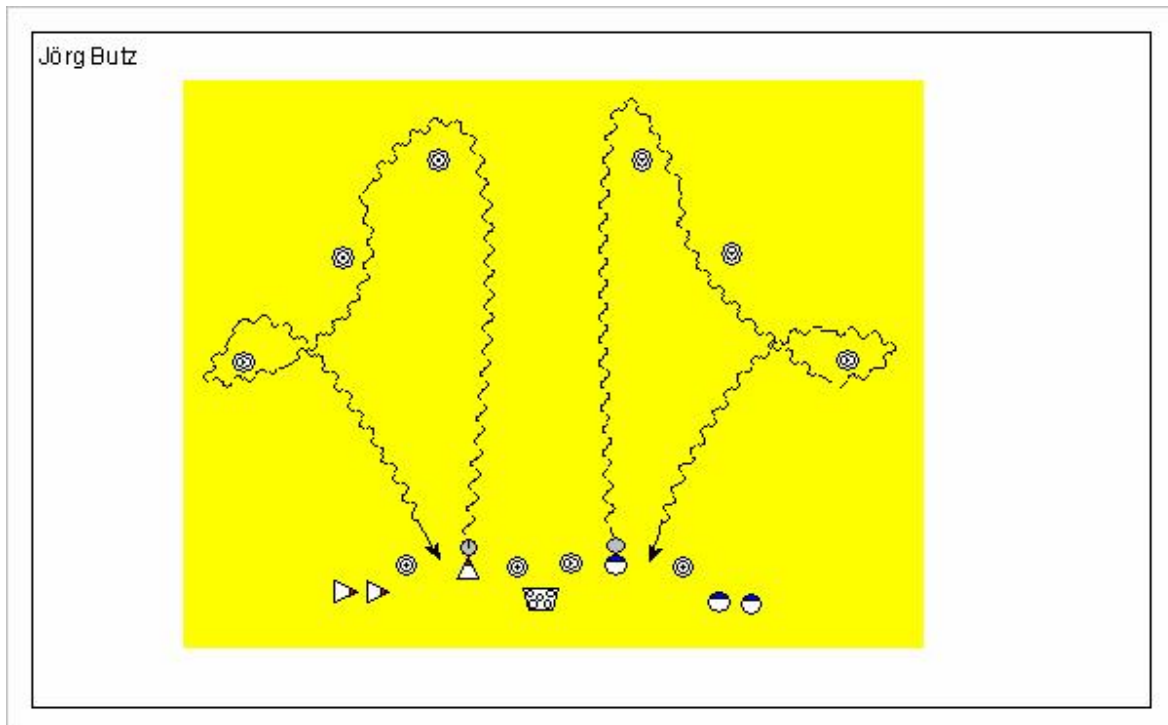


## Trainings exercise Dribbling



### Organisation of the exercise

Two mini-goals of cones (2 metres wide) are placed 5 metres apart as start goals next to each other. In front of the start goals from the inside out walking away 3 cones are placed with different colours (3 metres apart).

The players divided in even groups stand by the start goals with ball.

### Ball exercise: Dribbling – Part II

**Exercise 1:** The trainer shouts 2 colours where the players dribble around the hole cone that is called as first then dribble around the second cone using it as turning point.

**Exercise 2:** Exercise where you change pitches. The players dribble on there own half around the named cones, after that they go to the other half and dribble around the named cones again and then go back to the starting point.

### Exercise 3:

Like exercise 1, now after the dribbling of the first named cone they must swap pitches.

Extending: in stead of that they dribbles around the cone, they can also use learned passing movements near the cones.