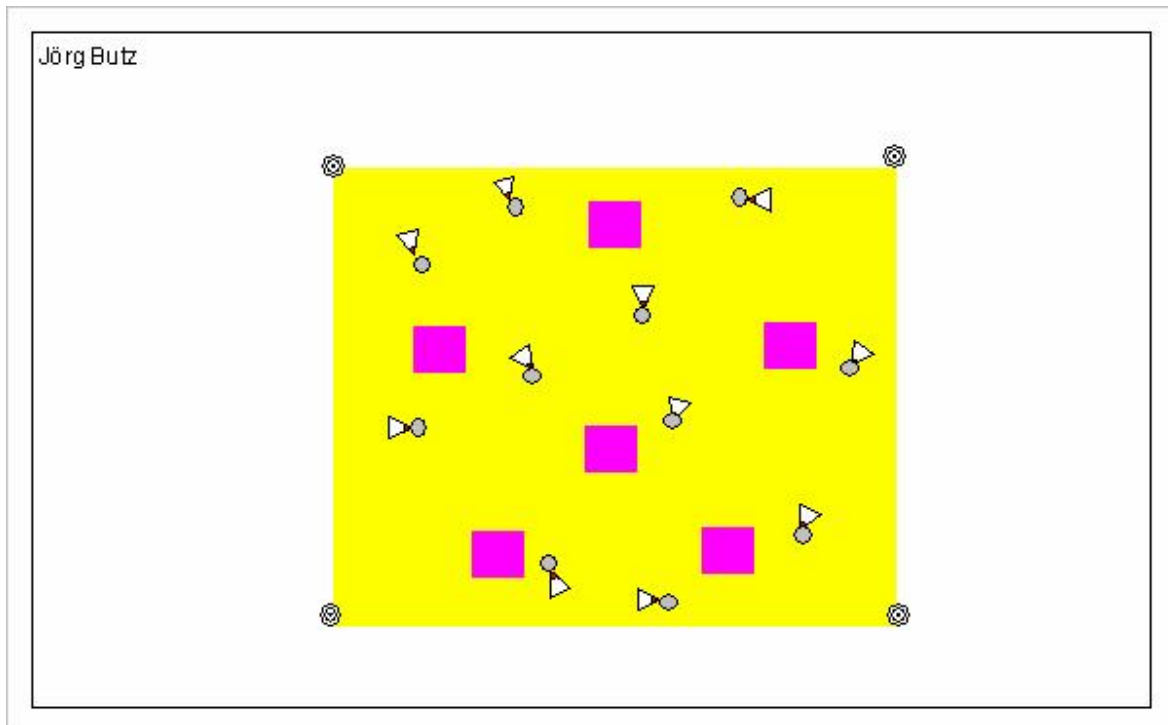


Technical training Dribbling



Ball exercise with mats I.

Organisation

6 to 8 mats spread in the hall.

The players walk each with a ball on the pitch.

Process

The players each do different exercises to improve their technical skills.

Exercise 1: for 45 seconds, dribble around the mats as an obstacle.

Exercise 2: The same as exercise one. Now the players stop there ball for a signal and walk as quick as possible to other mats and start to dribble again

Exercise 3: The same as exercise one. Now the players have to dribble around two mats at a high speed at the signal.

Variations

At the signal do a lob over one the mats.

At the trainers signal, who dribbles the fastest over 3 mats?

Tips and suggestions

Coordination exercises are for getting experience in moving. This is important for kids who don't do a lot of sporting outside of a club. Offer less sporty kids easier exercises! Organise quite a lot a matches. Young players like to see who is the best!