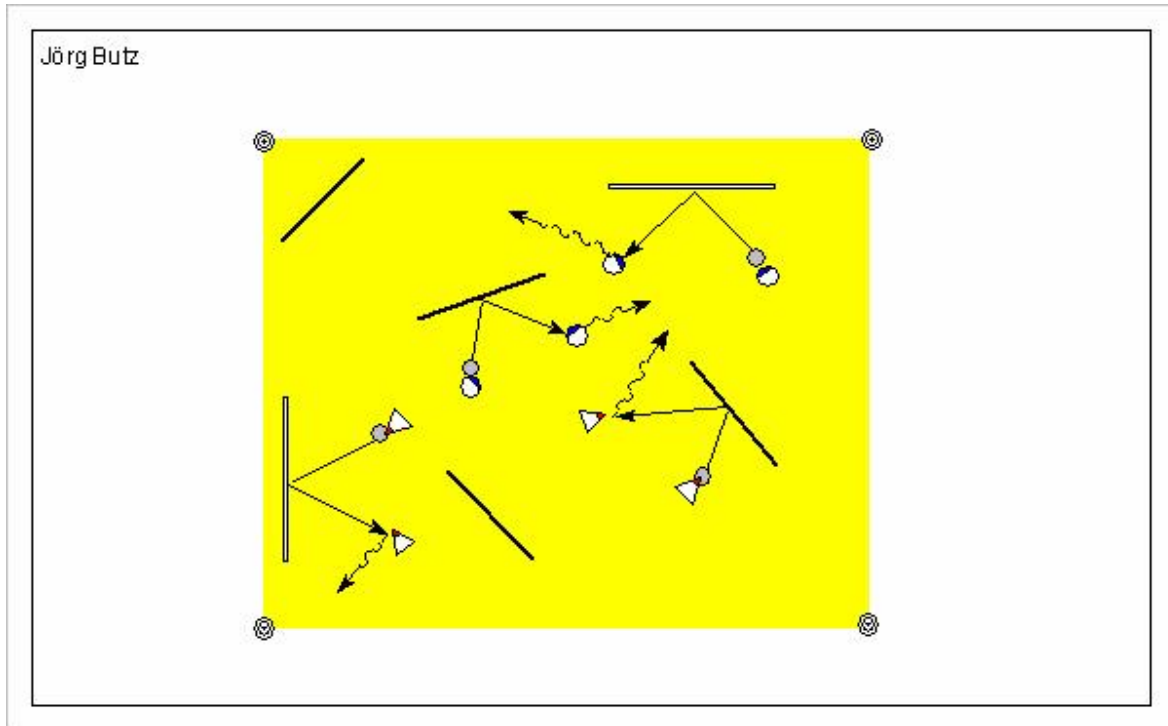


Technical training Dribbling



Beam - 1-2

Organisation

The players are separated into groups of two. Per couple 1 ball.
Spread 4 to 6 beams randomly about the hall.

Process

3 exercises one after an other to improve the accuracy of passing.

The player may only pass to their partner by doing a 1-2 with a beam, the wall or a bench.

The player plays the ball against the beam/bench so that the ball bounces back as accurately as possible to their partner's stick.

They take the ball and dribble on.

The players take turns to play the 1-2 with the bench/beam/wall to their partner.

Variations

The players who receive the ball from the bench/beam/wall turn a full circle on the forehand or backhand.

The players must pass with their backhand.

Organise a match: which couple is first to pass to their partner via the beam/bench/wall in turn 5 times without losing control over the ball.

Die spelers moeten met hun backhand passen.

Tips and suggestions

Always pass while moving, never when standing still!
Pay attention to a good pass and a correct timing!
“Small” matches improve the motivation of the exercise