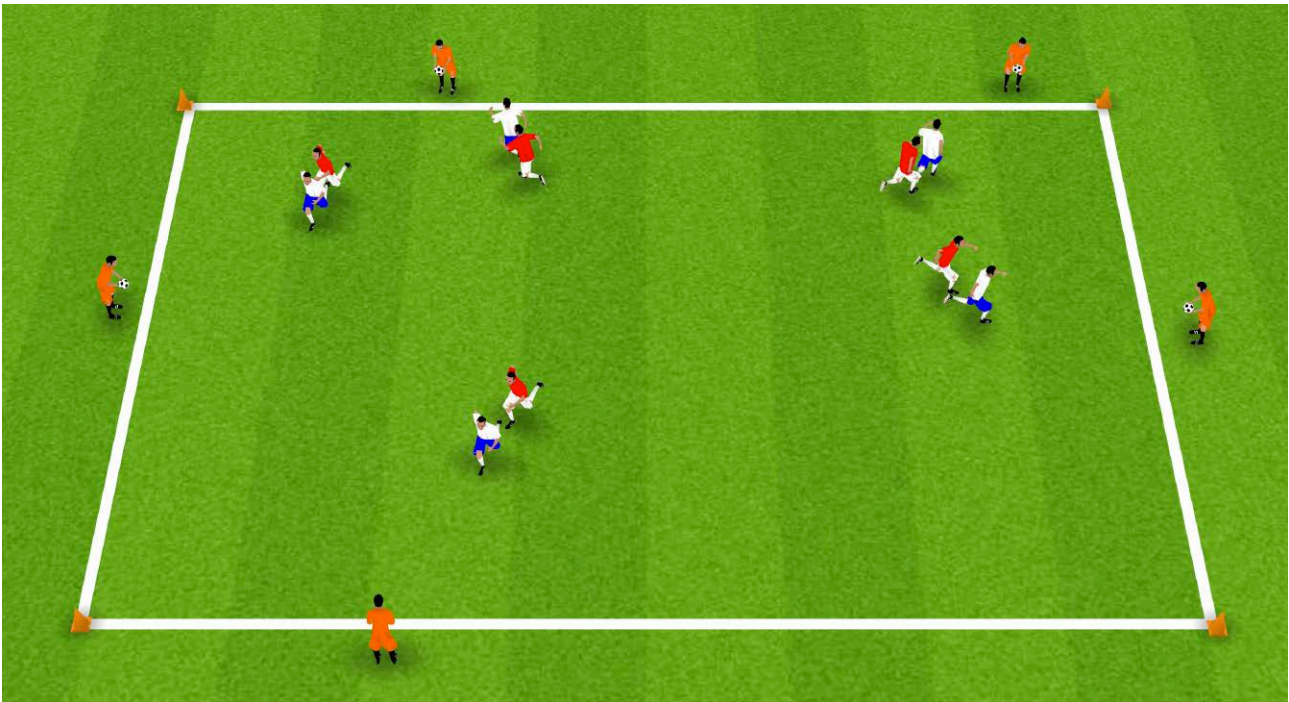




TRAINING EXERCISE 2



© sportsessionplanner.com

TOPIC

We create 3 teams – red, white and orange. In the orange team (off the pitch) each player has one ball. The orange players try to throw the ball to a white player who would need to pass the ball back. The red player needs to interfere into this action and catch the ball with his hands. Important will be that we rotate the teams (first orange are off the pitch, then white, then red).

VARIATION

The players throwing the ball can shout the body part how the ball needs to be returned (“head”, “foot”, “knee”, “left foot”, “right foot” etc.).