



## TRAINING EXERCISE 3



© sportsessionplanner.com

### TOPIC

#### **Stopping the ball, controlling, passing.**

We always play with 2–3 contacts. Players from outside shout how first contact should be - “head”, “breast”, “right foot”, “left foot” etc. Players catch the ball, control it and play pass back to the player who threw the ball. It is very important that coaches pay attention that all body parts necessary in football are used (hands not allowed).

### VARIATION

Short turn of player when he controls the balls and plays pass to next free player (not player who threw the ball).