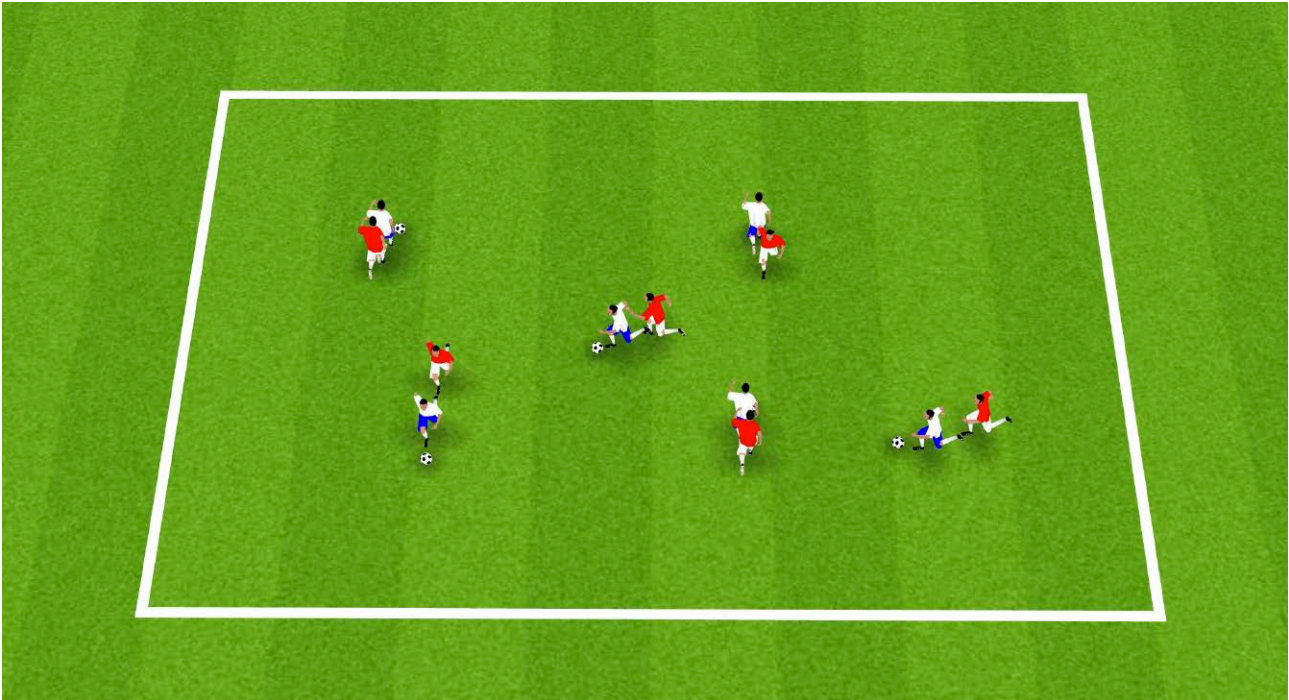




## TRAINING EXERCISE 4



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### TOPIC

#### **Dribbling in various directions and speed.**

We form pairs of players. Red chasing white (or white chasing red). Red gives instruction how and where white player should move (right, left, straight, zic-zac, slow, fast, stop etc.). Red and whites change role after some minutes.

### VARIATION

If players are talented, both players may get a ball and follow each other.