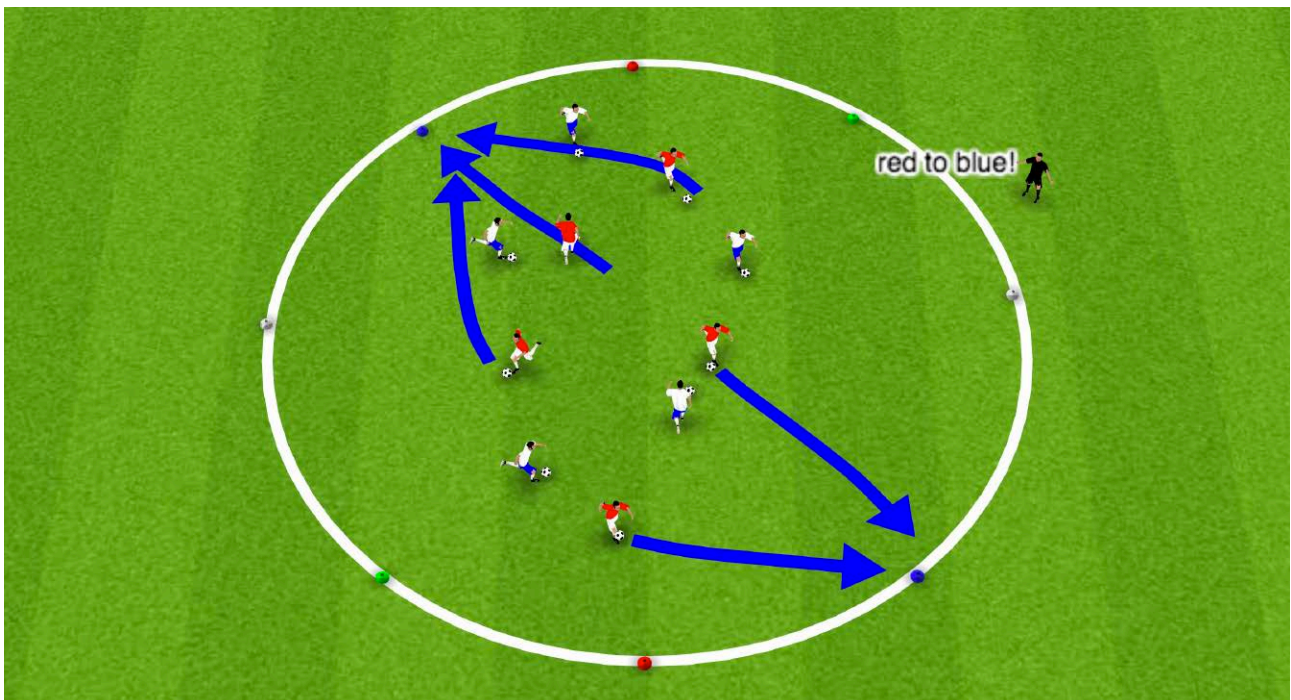


TRAINING EXERCISE 8



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TOPIC

Dribbling, swiftness of reaction, orientation.

We set up a limited area with cones in different colours on the edge. We form 2 teams, each player gets one ball and all are dribbling. The coach gives instruction to which cone which team should dribble. Example: coach shouts “red to blue” and all red players dribble to blue cones.

VARIATION

Variation of area (can be circle, square, smaller area, bigger area). Variation of cones (can be shirts with numbers, objects in the environment (goals, trees, gates, stones, rubbish bins etc.)). Variation of tasks: example: dribble, juggle the ball twice, dribble to the cones.