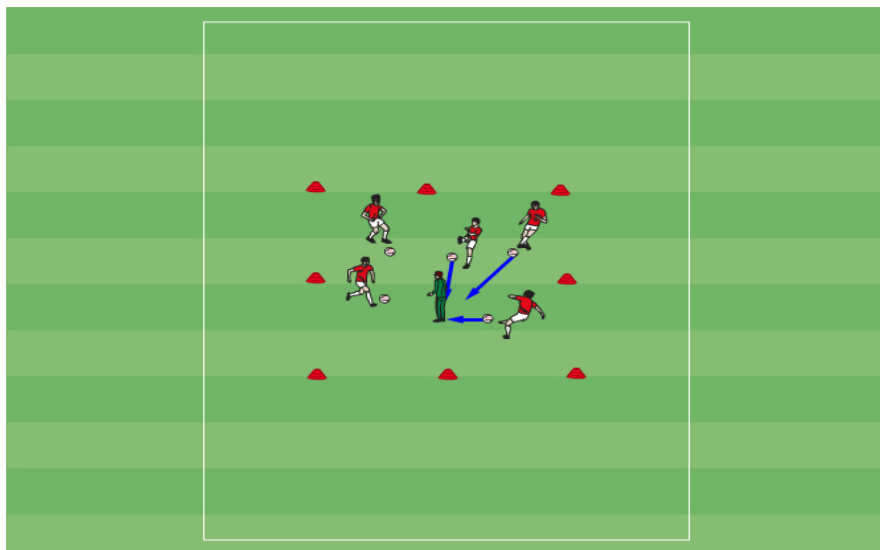





TRAINING EXERCISE

Ouch!



 **Shooting**
Running with the Ball
Dribbling
Perception & Awareness

 **U5 to U8**

 **4 to 12 Players**

 **Cones, balls for each player**

 **Intensity: Low**

 **08:00 min**
(4 x 01:00 min, 01:00 min rest)

Objective

To develop how to dribble and strike the ball. To develop dribbling with the head up.

Description

Create a playing area with cones. All players have a ball. The coach walks around the playing area. The players dribble and then try to strike/pass the ball and hit the coach below the knee. When a coach gets hit they yell "ouch!". Variations: A) Have one group at a time strike the ball at the coach while the others dribble. B) Have an assistant coach or two join along to also walk around.

Key Points

Dribbling with the head up. "Where should your eyes be"? Surface selection to strike the ball. "What is the biggest part of your foot"? (Inside)