

1. Material

Unlimited number of players - One ball per 2 players
8 hats

2. Setup

Place 8 hats evenly spaced on the center circle, with 2 players and 1 ball at each hat. Place a cone in the center of the circle.

3. Explanation exercise

Players walk 3 leisurely laps around the field to warm up the body. After running in, players perform some stretches

Exercise 1 - Still ball+ body exercises

Player 1 dribbles with the ball to the center of the field.

There he stops the ball and returns to his place, meanwhile performing body exercises (e.g., knee lifts, heels-buttons, arm swings).

Player 2 leaves as soon as player 1 starts the body exercises. He does the same and retrieves the ball afterwards.

Exercise 2 - Cutting+ pass

Same start as exercise 1. In the middle, player 1 cuts off the ball and plays it in to player 2. Player 2 then starts his turn.

Exercise 3 - Felling and returning with ball

Player dribbles to the middle, cuts the ball and returns with ball on foot.

Exercise 4 - Felling to the opposite side +

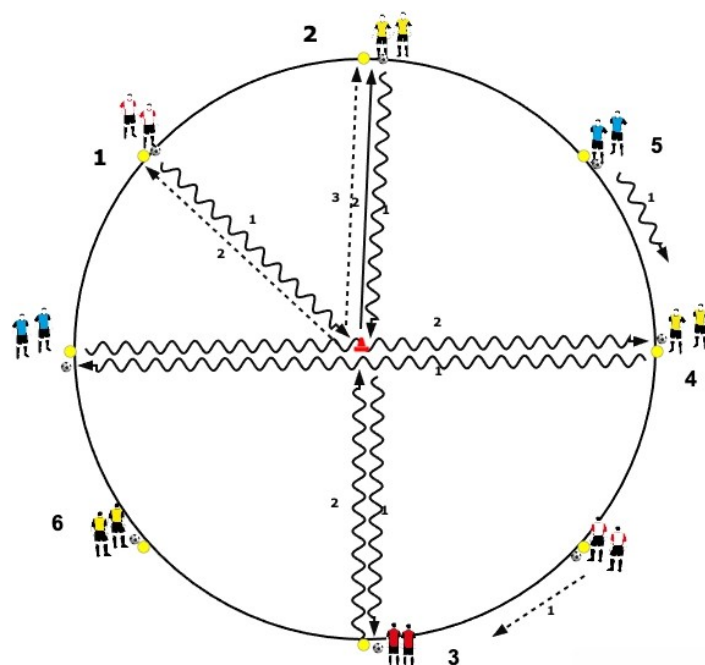
Like Exercise 3, but now the player dribbles to the opposite side of the circle (instead of the middle), cuts the ball and returns with ball control.

Exercise 5 - Dribbling along inside circle

Player 1 dribbles at high speed along the inside of the circle. Upon returning, he hands the ball to player 2, who immediately starts.

Exercise 6 - Running without a ball (activation)

Player 1 runs at high pace along the inside of the circle, without ball. Player 2 leaves as soon as player 1 returns to his starting point.



4. Coaching and Notes

Coaching:

Ensure correct execution of body exercises and ball control.

Pay attention to pace of ball handling and precision in cutting and playing the ball. Encourage communication between players and focus on technical refinement.

Notes:

Work in intervals of 3 minutes of exertion and 3 minutes of rest.

At halftime, players can stretch or perform simple ball exercises in pairs.

Adjust the pace and intensity of the exercise depending on the level of the players.