

1. Equipment

Minimum of 12 players

Number of balls - 9 cones or hats

2. Organisation

Set up the cones or hats according to the drawing.

Distances can be adjusted according to the level and age of the players.

Make sure the exercise is performed both left and right for balance in training.

3. Description

Starting phase:

Player A dribbles the ball up to the 2 cones. Meanwhile, player B asks for the ball.

Player A plays the ball in to player B. Player B receives the ball and lays it wide for the incoming player A.

Middle phase:

Player A plays the ball deep to the asking player C.

Player C receives the ball and plays it back to the offering player B. Player B

crosses the ball deep to the inquiring player D (D').

Player D (D') plays the ball back to player C. Player C plays the ball into the run of player D (D').

Closing phase:

Player D (D') receives the ball and plays it in to player E (E').

Player E (E') receives the ball and puts it back for the incoming player D (D').

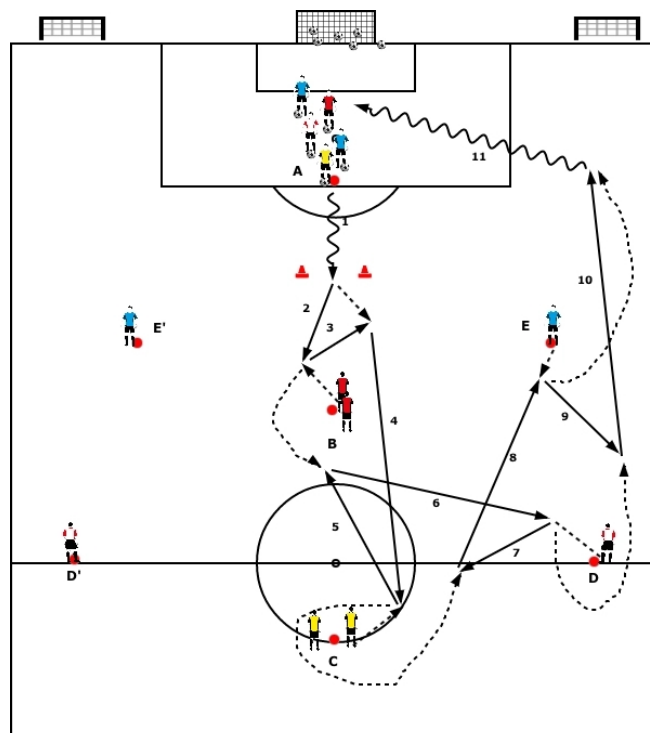
Player D (D') crosses the ball deep to the deep running player E (E').

Player E (E') takes the ball and dribbles back to the group.

Optional Finish:

Player D (D') does not stab the ball deep but dribbles towards goal and finishes.

Player E (E') retrieves the ball and joins the group.



A => B => C => D (D') => E (E') => A

4. Coaching and Points of

Attention Coaching:

Technique: Ensure correct approach, accurate passing of the ball, and effective use of the right foot. Pre-action: Players must actively ask for the ball and get to the ball.

Communication: Encourage clarity in asking for the ball and giving directions. Balance: Ensure players work both left and right.

Points of attention:

The dimensions of the exercise should be adapted to the level and age of the players. Ensure smooth execution and sufficient intensity to keep players active and engaged.

This exercise focuses on ball control, passing, depth play, and teamwork, with the possibility of adding a finishing form for extra challenge.