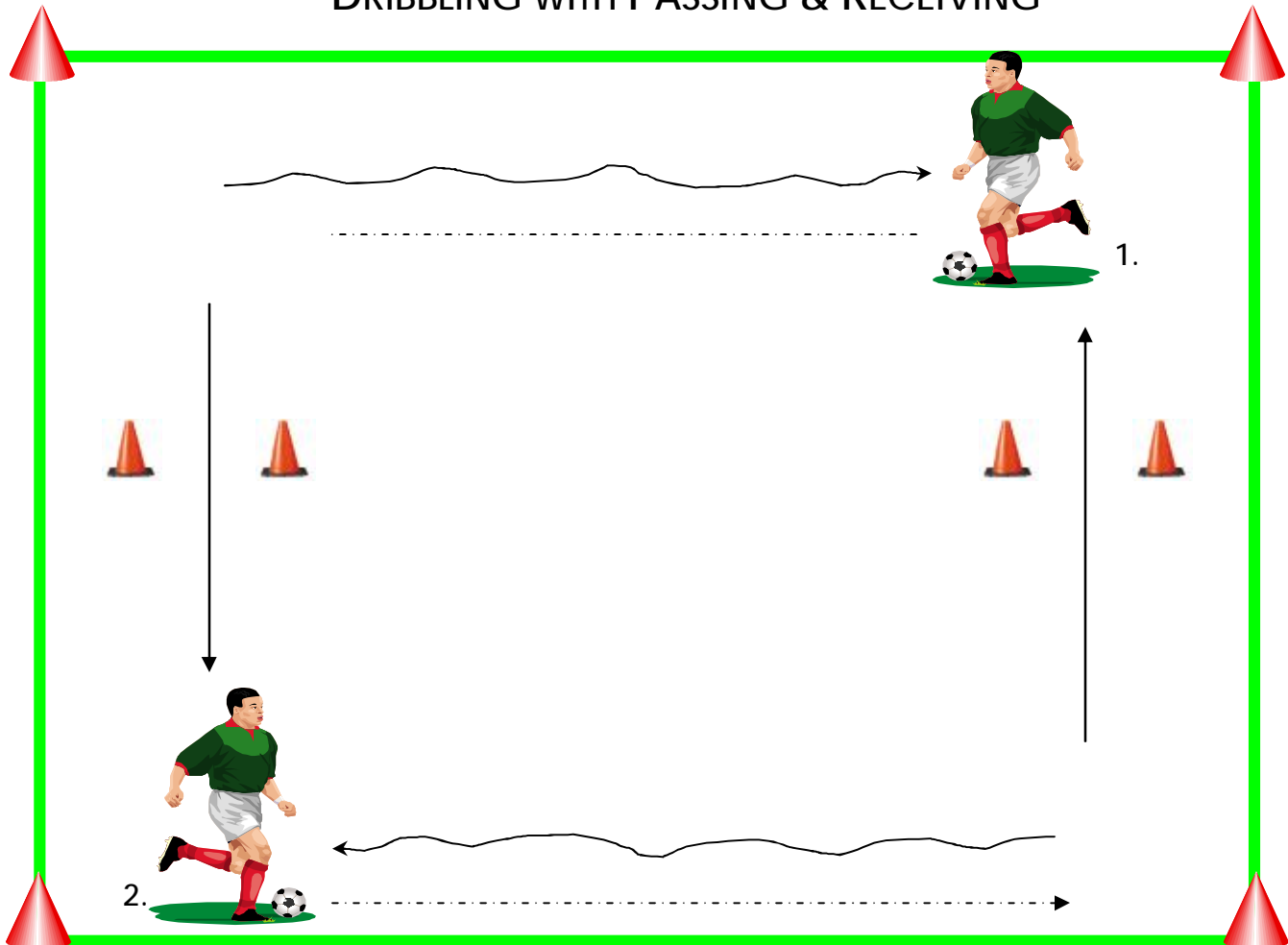


OPTUS SMALL SIDED FOOTBALL TRAINING EXERCISES

DRIBBLING WITH PASSING & RECEIVING



Using a playing area of approximately 10m x 10m (or according to players' ability), have two small goals placed close to the boundary lines approximately 1.5 meters apart. Coaches are to indicate to the players' different styles of dribbling, passing and receiving. Player 1 starts with the ball, dribbles across to be in line with the other goal/player. Once in line with the goal/player, Player 1 passes the ball through the goals to Player 2 who receives the pass. Player 1 then returns to their original starting position without the ball. Player 2 then repeats the process - dribbles across to the other goal, passes the ball to Player 1. Player 2 also returns to their original spot with out the ball. The cycle continues. A point is awarded every time the ball is passed cleanly through the goals. See who scores 10 points first. Work in both directions.

VARIATION 1: Place markers in the dribbling sections for player to dribble through

VARIATION 2: Using the same set up, use three players, whereby, after the pass, the player follows the ball and takes place of the last receiver.