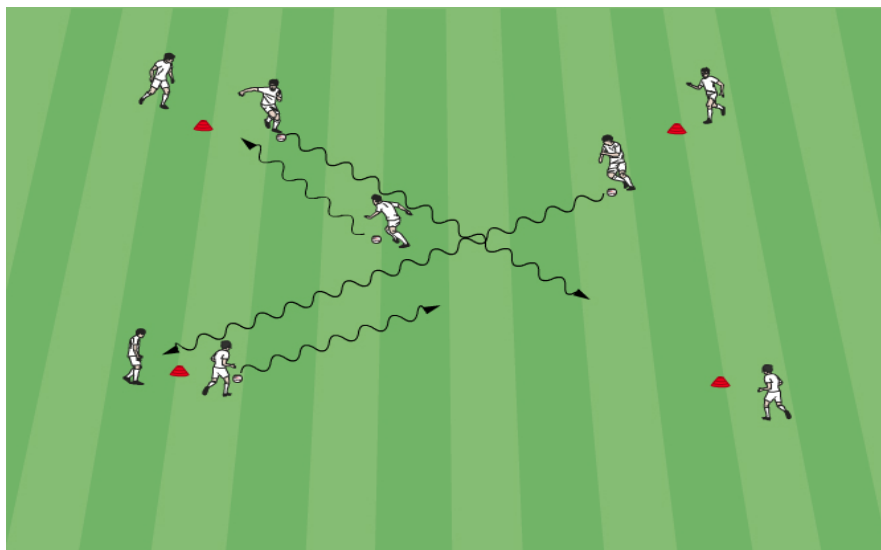




TRAINING EXERCISE

Dribbling Warm-Up (Recognition of Space)



 **Attacking Principles**
Running with the Ball
Individual attacking

 **U9 to U12**

 **8 to 14 Players**

 **Cones (4), Balls (4)**

 **Intensity: Medium**

 **15:00 min**
(5 x 02:00 min, 01:00 min rest)

Objective

-Prepare the players for the technical and mental demands of the session.
-Improve players ability to recognize and attack open space.

Description

-4 lines of players with 2-3 players in each line (May add more lines to increase repetition).
-The first player in each line will dribble their ball through the center of the grid to the line across from them.
-Once they get to the next line the next player in line goes and repeats the activity.
Progression:-Passing Patterns

Key Points

-First touch into open space.
-Attack the space with pace.
-Make a decision while the ball is moving.
-Head on a swivel to see opponents.