

Learning to Train: Warm up

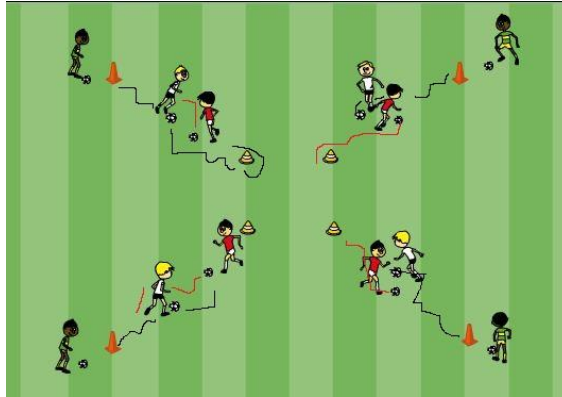
Warm up:

Dribbling and finishing in 1v1 situations

15 minutes

Organization:

- Players are divided in 4 groups.
- 1 player start at the central cone.
- All other players from the group on the outside corner.
- 2 balls per group = 8 balls all together



Coaching Points:

- Small steps and touches on the ball
- Fake before changing direction
- Accelerate after dribbling the player
- Come back into the line of play.

Description:

1. The action begins with two players positioned at the different cones – one outside corner, the other one on the inside corner.
2. The two players from each group start dribbling towards each other at the same time.
3. The players fake and change direction
 - a. First to the right
 - b. Then to the left

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