

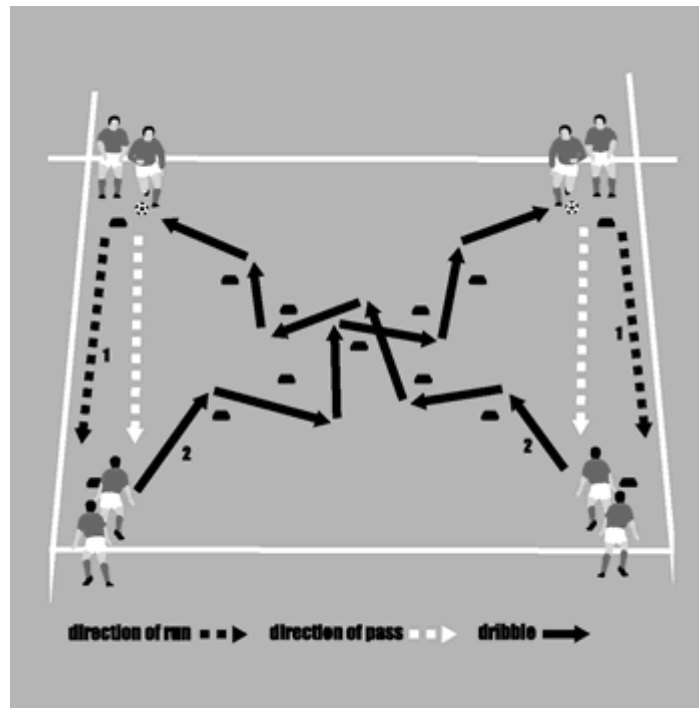
Pass down the sides, dribble across the middle

By Michael Beale

When you get to your matches this week, try this warm-up so your players can remember the ball control exercises you have been doing in training.

This exercise is easy to set up as long as you remember to take your cones with you to away games!

Set up the circuit in the diagram – mark out a square with four cones then set out five cones across each diagonal. Both ends of the square start at the same time, so there will always be two balls in play.



Start with the player in possession passing down the side of the square and following the pass.

The receiving player dribbles through the cones diagonally across the square.

Keep repeating for five to 10 minutes depending on how many players you have.