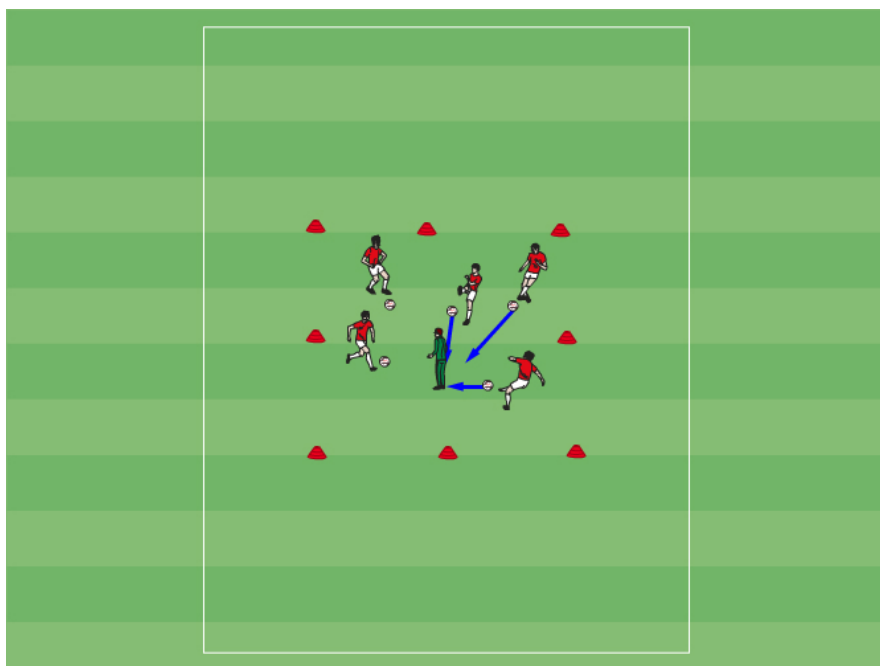





## TRAINING EXERCISE

### Ouch!



 **Shooting**  
**Running with the Ball**  
**Dribbling**  
**Perception & Awareness**

 **U5 to U8**

 **12 Players**

 **Cones, balls for each player**

 **Intensity: 3**

 **08:00 min**  
(4 x 01:00 min, 01:00 min rest)

### Objective

To develop how to dribble and strike the ball. To develop dribbling with the head up.

### Description

Create a playing area with cones. All players have a ball. The coach walks around the playing area. The players dribble and then try to strike/pass the ball and hit the coach below the knee. When a coach gets hit they yell "ouch!". Variations: A) Have one group at a time strike the ball at the coach while the others dribble. B) Have an assistant coach or two join along to also walk around.

### Coaching Points

Dribbling with the head up. "Where should your eyes be"? Surface selection to strike the ball. "What is the biggest part of your foot"? (Inside)