



PLAYERS AGE: Youth academy (U13 – U16)

NUMBER OF PLAYERS: 6

MAIN OBJECTIVES

TECHNICAL:

Passing, Receiving, Oriented Control, Dribbling

SECONDARY OBJECTIVE

Rhythmicity and contemporaneity

EQUIPMENT:

cones and balls

SEQUENCE

The two players in possession on the lower cones of the square play wall passings (1-2) with the teammates on the upper cones. After an oriented control on the return pass, both pass the ball in diagonally (3) to the "third man" on the upper cones who must dribble the ball (4) and pass to the other teammate (5) to start the sequence again. The players who started the exercise run up to the cones in front of them.