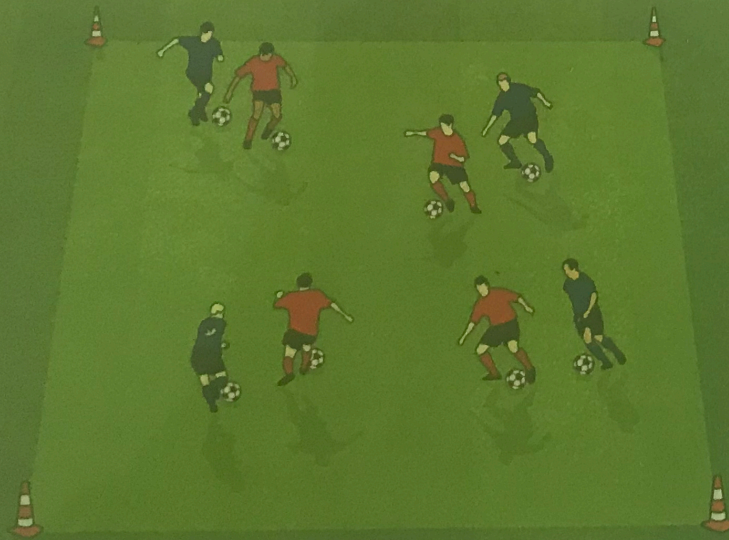


TRUCK & TRAILERS (FOOTBALL TECHNIQUE)

SETUP

1. Using four cones create an area up to 30m x 20m. Modify the size depending on the number of players
2. Split the players into pairs, each pair starts without a ball



HOW TO PLAY

1. One player in each pair starts as the 'truck', the other starts as the 'trailer'
2. On your signal the game starts with the 'truck' moving around the area, leading the trailer who must follow the movements of the 'truck'
3. When you call 'stop' the players freeze and check how close they are together compared to the other players

PROGRESSION

- BASIC:** Add one ball between each pair
- INTERMEDIATE:** Each player has a ball
- ADVANCED:** Trucks have more than one trailer

OUTCOMES

- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Change of pace with the ball