

Open Master Coach and Licensing Course

3 rd Module

Belgrade, Dec. 2012

Coordination training with ball ***Practical demonstration***

- Individual warm up exercises with ball,
- Leg coordination with ball,
- Dribbling exercises with one ball,
- Dribbling exercises with two balls,
- Technique exercises between two players,
- Dribbling exercises as preparation for dribbling finta,
- Dribbling finta without and with pivot player,
- Two – three passes between two back players and dribbling finta with pivot.

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