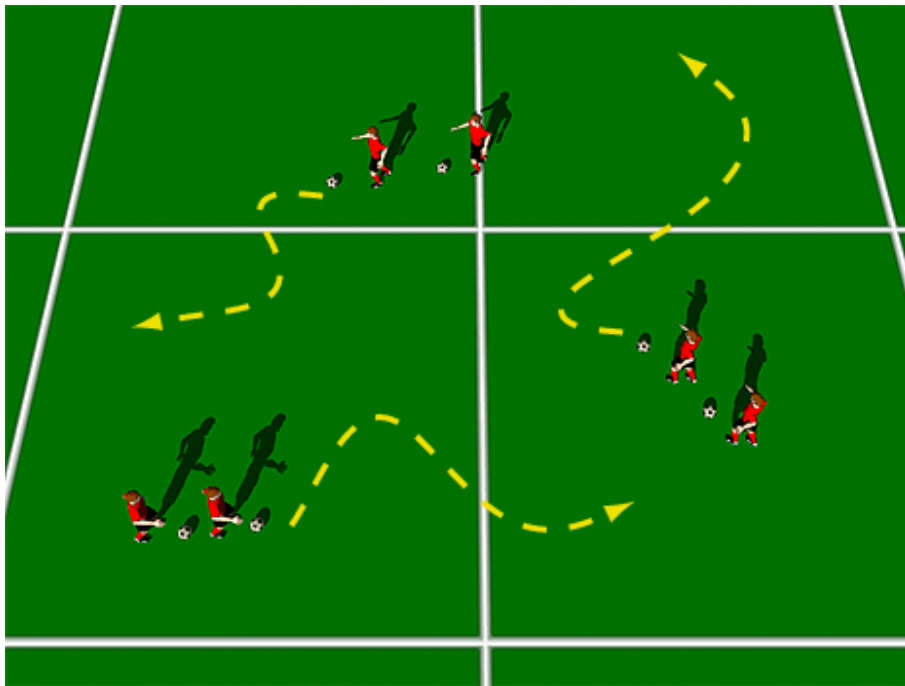


# Truck and Trailer



## Set Up

- ▣ Small group of players
- ▣ 4 Cones
- ▣ 1 Ball per player



- ▣ Grids 20 x 20 yards  
or 18 x 18 metres

## Coaching Points

This practice is designed to improve the player's technical ability when dribbling and running with the ball.

Divide the group into pairs with each player having a ball. The group is positioned in a grid 20 yards x 20 yards. First player is the "truck" the second player the "trailer". On the coach's command the "trailer" must follow the "truck" as closely as possible around the grid. The "truck" must change speed and direction as much as possible. Players reverse roles when the coach shouts 'change'. Players must avoid colliding with other teams within the grid.

**The coach should emphasize the following coaching points:**

- Maintain control over the ball at all times.
- Use a change of speed and direction.
- Keep your head up and scan the field.