

# PELE TRAINING

OBJECTIVE: develops two touch ball handling techniques while in forward motion

EQUIPMENT NEEDED: one ball per pair of players

SCALE: half field -- full field

NUMBER OF PLAYERS: multiples of two

SET-UP: establish start and finish lines

## PROCEDURE:

1. The player moving forward executes the following techniques and passes the ball back to partner:
  - a. one touch on the ground
  - b. two touch on the ground
  - c. two touch in the air
  - d. two touch in the air
  - e. thigh trap/volley
  - f. chest trap/volley
  - g. head trap/volley
  - h. header to feet
2. Worker becomes server at end of first length.
3. Each player should complete one to two repetitions of each technique.