

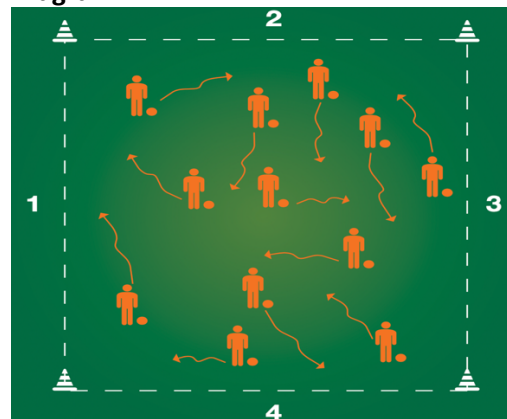
Session 7 – Running With the Ball

Skill Introduction – 15 Minutes

Organisation/ Explanation

- All players running with a ball freely in the playing area.
- Playing Area: 30m x 30m.
- First 3-4 minutes: Low speed/ intensity, use both feet.
- Next 5-8 minutes: accelerate when you see free space in front of you, use only left or right foot.
- **Progression:** Split players into 4 groups, number them 1-4 and have the line up on all four sides of the playing area. Coach calls a number and those number players run the ball across the playing area to the other side and back as quickly as possible.
- Coach calls 2-3 numbers to encourage players to get their heads up whilst running with the ball.

Diagram

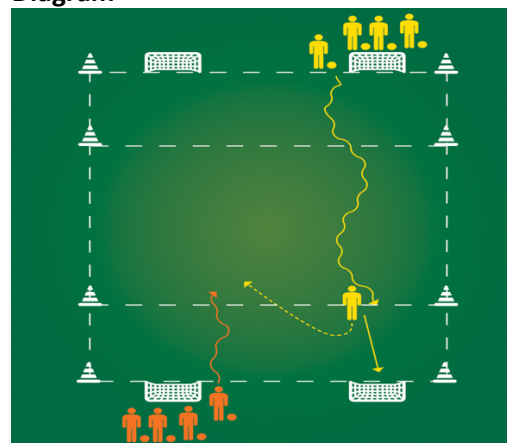


Skill Training – 25 Minutes

Organisation/ Explanation

- Playing Area: 30m x 20m. Field and players set up as illustrated.
- The exercise starts with the first player (yellow) running the ball into the 'end shooting' zone and having a shot at goal.
- As soon as yellow player has had their shot the orange player starts running their ball to their 'end shooting' zone.
- As soon the yellow player has shot, they chase the orange player to prevent them from scoring.
- Once the orange player has had a shot, they chase the next yellow player and so on and so on.
- **Step Up:** Narrow the distance between the two goals and the byline.
- **Step Down:** Make playing area bigger.

Diagram



Skill Game – 20 Minutes

Organisation/ Explanation

- 4v4 Line game.
- Playing Area: 30m x 20m.
- To score a player must run the ball over the end line.
- Encourage players to spread out and find space.
- Encourage players to run with the ball as often as possible.
- If team gets across the end line they then go back the other way and attack the other end line.

Diagram

