

Session 8 – Running With the Ball

Skill Introduction – 15 Minutes

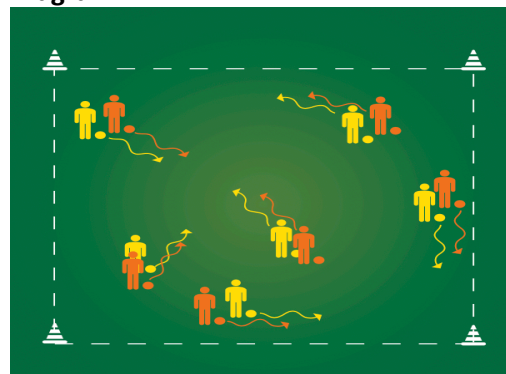
Organisation/ Explanation

- Playing Area: 30m.x 30m.
- Players in pairs as illustrated.
- One player dribble's in front as 'leader' with the other player following their every move.
- Rotate the players role regularly.

On the coach's instruction players perform the following:

- Accelerate
- Change direction
- Stop – Start
- Feint turn followed by accelerate.

Diagram

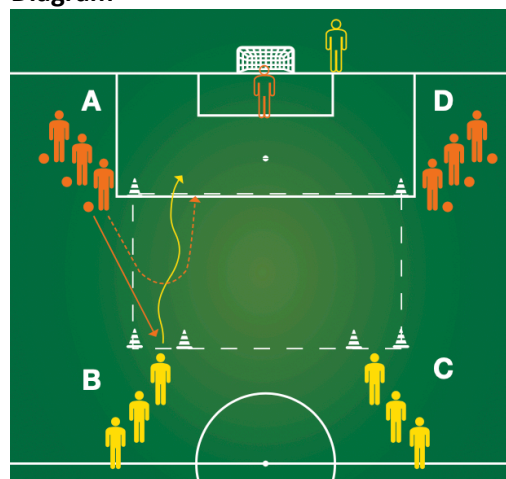


Skill Training – 25 Minutes

Organisation/ Explanation

- Set up players as illustrated.
- Exercise starts with first player of group A passing the ball to the first player of group B. Player B controls the ball and runs at goal at speed.
- Player A follows their pass, overlaps and chases player B who tries to score inside the penalty area.
- Yellow player then goes to group A and orange player goes to group B.
- Repeat with group C and D.
- Encourage players to run the ball at speed keeping their head up.
- If the defender catches up with attacker, encourage attacker to feint, change direction and accelerate away.

Diagram



Skill Game – 20 Minutes

Organisation/ Explanation

- 4v4 game.
- Playing Area: 35m x 35m
- Five gates of 3m positioned in playing area.
- Team in possession scores by one of their players running the ball through one of the gates.
- Step Up: Team has 30 seconds to attempt to score and or decrease the gate size.
- Step Down: Increase the gate size, add another gate and or introduce a 'joker' who plays for both teams when in possession to create an overload.

Diagram

