

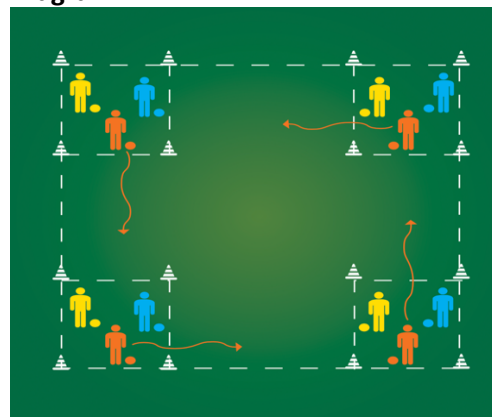
## Session 9 – Running With The Ball

### Skill Introduction – 15 Minutes

#### Organisation/ Explanation

- Playing Area: 30m x 30m with four small grids of 5m x 5m in each corner.
- Session set up as illustrated.
- 3 players in each corner are numbered 1-3.
- Coach calls a number and those players in each corner run the ball to the next grid as fast as possible.
- Encourage players to run the ball as fast as possible whilst maintaining possession and getting their head up.
- Competition: Get players from same grid to run the ball to the next grid and see how gets there first.
- Get players to run the ball with both left and right foot.

#### Diagram

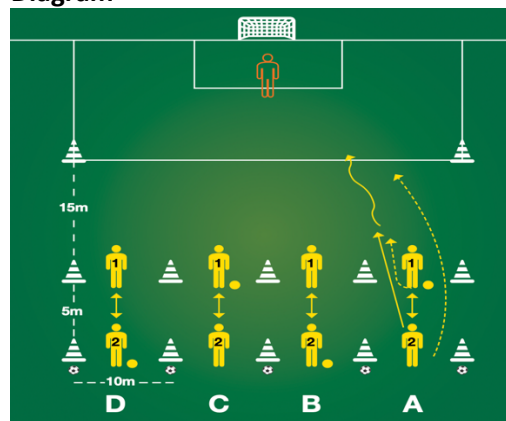


### Skill Training – 25 Minutes

#### Organisation/ Explanation

- Session Set up as illustrated.
- Players put in pairs and placed in grids A-D.
- Practice starts with players passing to each other in their grids.
- Coach calls A, B, C or D and the player 2 within that particular grid plays a ball in behind player one who runs onto the ball and tries to score. Player 2 who played the pass chases player 1 down and tries to stop him/her shooting.
- Players then swap positions at the conclusion of their turn.
- Swap the pairings also once everyone has had a turn at defending and attacking.

#### Diagram



### Skill Game – 20 Minutes

#### Organisation/ Explanation

- 4v4 game + 4 "wall" players, creating an 8v4.
- Session set up as illustrated.
- All players assigned and direct opponent and can only take the ball from that player.
- Outside players used to create combinations.
- Change teams every 2-3 minutes or when a goal is scored.
- Usual game rules apply.
- **Step Up:** Teams can only use wall players in their own half and or narrow the pitch.
- **Step Down:** Widen the pitch.

#### Diagram

