

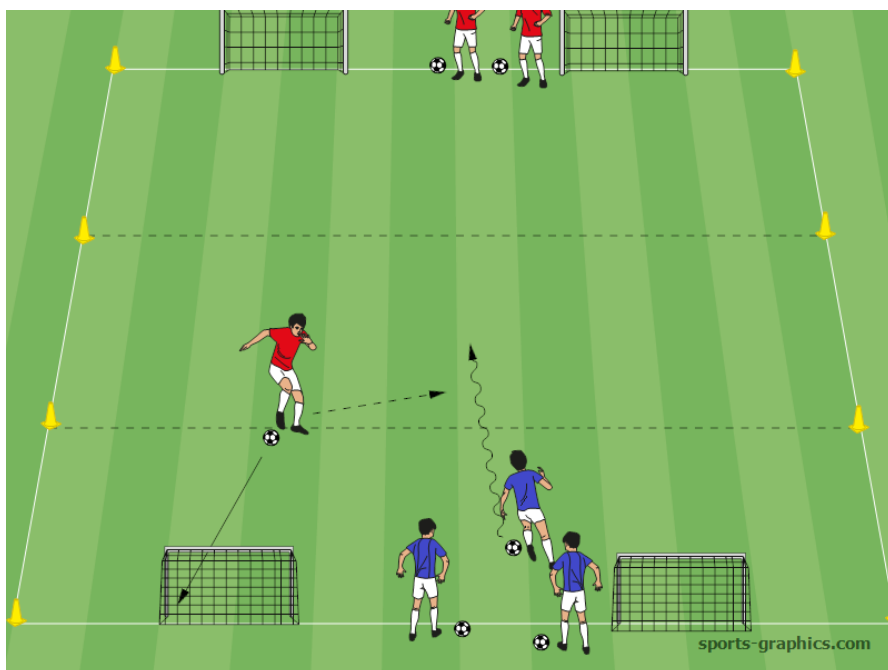
RUNNING WITH THE BALL 1v1

Develop running with the ball in a skill related practice

TECHNICAL

Running with the Ball

General Running with the Ball



Set up a 60x30 area marked into thirds with two goals at each end.

Arrange players into two teams with a ball each starting in between the goals.

Red player begins by running with the ball and scoring in one of the two goals opposite.

As soon as the player scores, they become the defender.

The blue player will then attack and attempt to score.

This pattern continues, most goals win.

Players must be in the final third to score.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Correct technique to receive to gain an advantage - good first touch.
- Designed to improve movement and runs with the ball to exploit space.
- Good technique to move quickly while maintaining control.
- Improve spatial awareness.
- When to exploit space in front.

KEY FACTORS

- Communication
- Cover ground quickly to exploit space
- Few touches and don't break the stride
- Good first touch out of feet
- Head up
- Quality technique (laces to move the ball, few touches and don't break the stride)
- Use laces to move the ball

FOCUS AREAS

- Early scanning of opportunities to break forward (run with the ball) in relation to position of defenders.
- Encourage players to receive with furthest foot, change angle on the first touch to set up the pass to the next player. This will help to gain advantageous space.
- Ensure players have a positive attitude to exploit the space in front as it develops.
- Good choice of techniques and skills.
- Observe the technical and tactical aspects of running with the ball.
- Positive attitude to step in with the ball as the opportunity arises.
- Where, when and why the space created needs to be exploited quickly.

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