

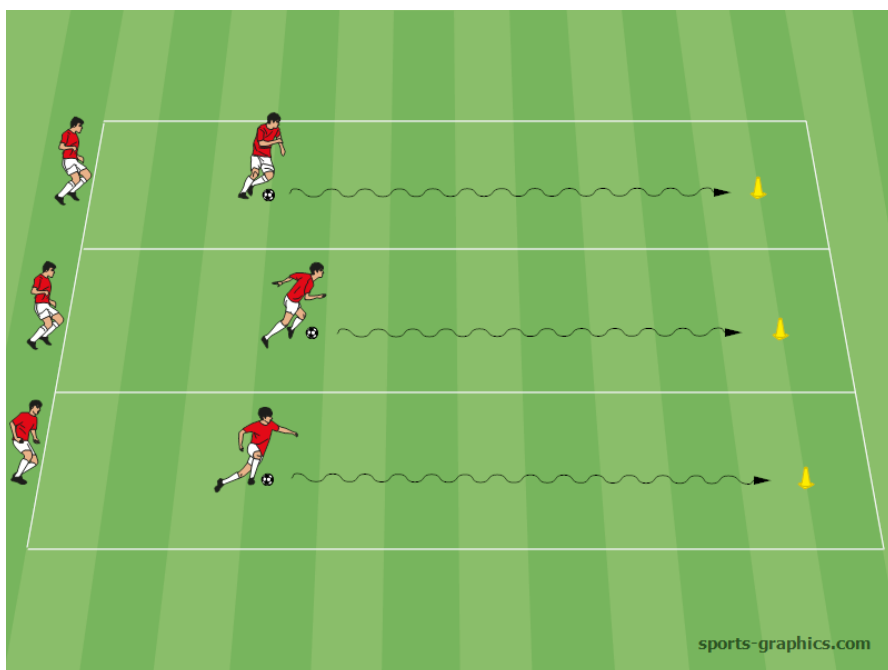
RUNNING WITH THE BALL AT SPEED

Develop running with the ball in a technical practice

TECHNICAL

Running with the Ball

General Running with the Ball



Set up a practice area with a cone roughly 20-yards away from each pair of players. A player from each pair run with the ball towards the cone.

The player runs around the cone (without the ball) and then runs back with the ball at feet.

On approaching their partner, they slow down and pass. They play a one-two for the partner to control and begin their run to the cone.

Repeat for a set time, before progressing. Ensure the combination play is quick and the practice is done at game speed.

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

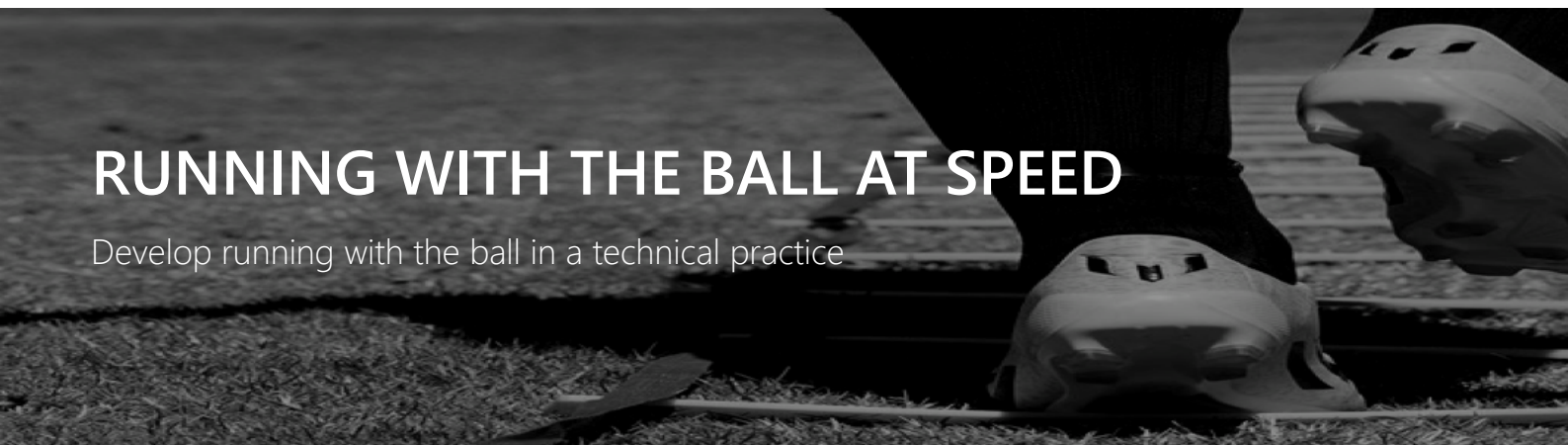
- Designed to improve movement and runs with the ball to exploit space.
- Develop technical and tactical aspects of running with the ball.
- Good technique to move quickly while maintaining control.
- How to open up space to run forward with the ball.
- Improve spatial awareness.
- To recognise different strengths of the contact touch on the ball according to availability of space.

KEY FACTORS

- Cover ground quickly to exploit space
- Few touches and don't break the stride
- Get into 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

- Coach and correct faults (key factors).
- Ensure players have a positive attitude to exploit the space in front as it develops.
- Ensure that all players are affected in the session.
- Good choice of techniques and skills.
- Less touches to advance further quickly.
- Observe the technical and tactical aspects of running with the ball.
- Players to understand the difference between running with the ball and dribbling it - maximising space in front when no opponent is present.
- Technique - ensure players use laces to keep a good running style with each touch.
- Where, when and why the space created needs to be exploited quickly.



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