

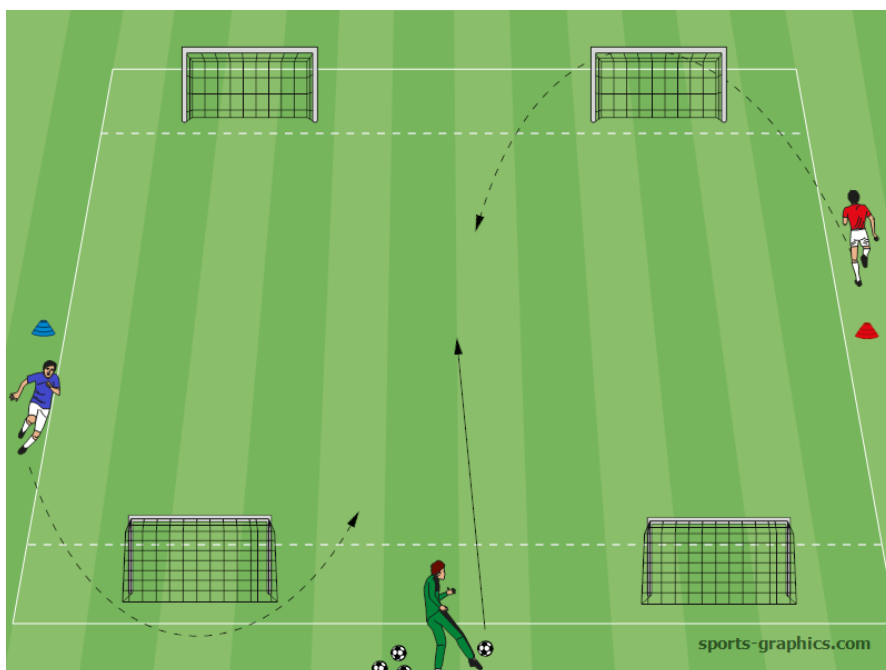
AROUND THE GOAL 1v1

Develop running with the ball in a skill related practice

TECHNICAL

Running with the Ball

General Running with the Ball



Set up a playing area 35x30 or adjust if necessary.

Arrange two small goals at each end with players ready on each side.

On coach signal, the first player from each group sprints around a goal into the playing area.

The coach supplies a ball into the area for the attacking player (red in this practice).

It is then for the red player to get past the defender and score in either one of the two goals.

If the defender wins the ball, they can attack into the two opposite goals.

Encourage players to run with the ball, attacking the space in front.

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.
- Good technique to move quickly while maintaining control.

KEY FACTORS

- 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

- 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.
- Observe the technical and tactical aspects of running with the ball.
- Positive attitude to step in with the ball as the opportunity arises.

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