

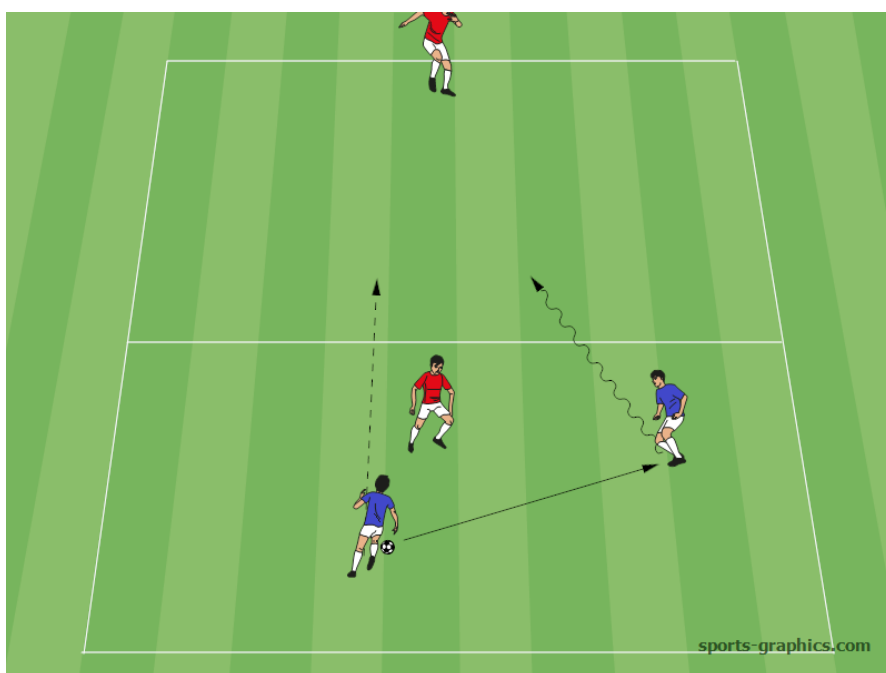
RUNNING WITH THE BALL 2v2

Develop running with the ball in a skill related practice

TECHNICAL

Running with the Ball

Team Attacking



Divide a 30x15 playing area into two. Arrange two attackers in possession, with one defender on the middle line and other on the end line of the opposite half. Practice starts with the attackers who play 2v1 and attempt to get past the first defender who must stay in the starting half of the area. Attackers move towards opposite end line and stop ball dead to score. If either defender is successful in gaining possession, both join in to counter attack to get the ball quickly to opponents' end line. Both attackers then attempt to recover on loss of possession. If defending pair is successful they become attackers in initial 2v1 situation. If the first defender gains possession, the second defender on back line quickly gets

forward to support the starting defender to create a 2v2.

The second defender gaining possession may choose to run with ball or play a direct and accurate pass out of defence to their partner.

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.
- Develop teamwork in small groups.
- Good technique to move quickly while maintaining control.
- Improve spatial awareness.
- Learning to develop more fluent and quicker passing.
- 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

- Communication.
- 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.
- How to open up space on the first touch so that the player can run forward with the ball.
- 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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