

RUNNING WITH THE BALL TO GO FORWARD

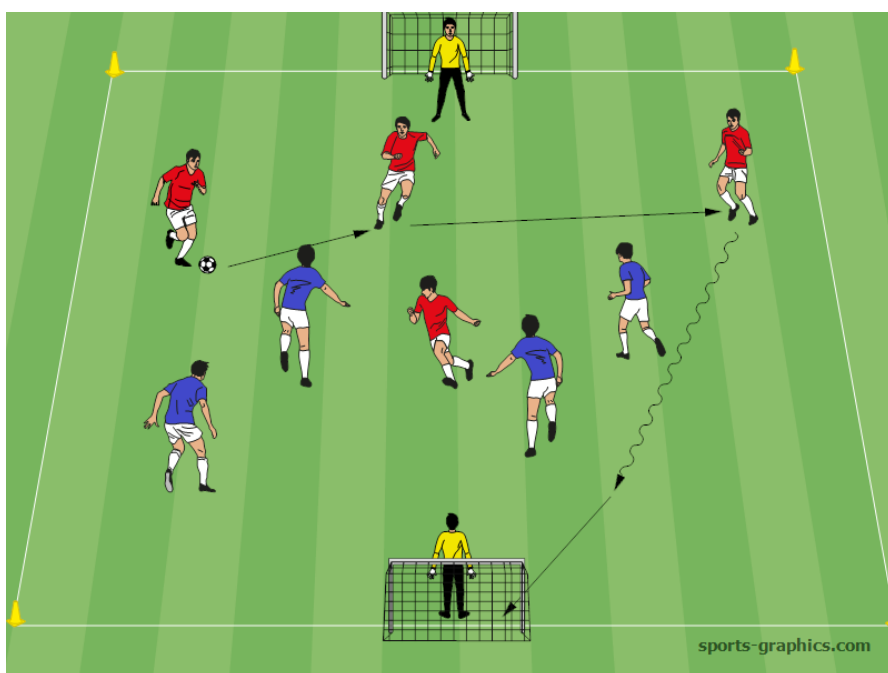
Develop running with the ball in a modified small sided game

TECHNICAL

TACTICAL

Running with the Ball

Team Attacking



Set up a 70x45 playing area with a goal and goalkeeper at each end.

Size of the playing area can be adjusted if necessary.

Arrange players into even teams.

Players can go anywhere and shoot from anywhere. However, they are not allowed to pass the ball forward.

The only time the ball can move forward is if a player is running with the ball or has taken a shot - ensures players run with the ball into space.

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 technical and tactical aspects of running with the ball.
- 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.
- When to exploit space in front.
- When to pass and when to run with the ball.

KEY FACTORS

- Communication
- Cover ground quickly to exploit space
- End product - quality of pass/shot
- 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)

FOCUS AREAS

- Encourage good communication between players.
- Ensure players have a positive attitude to exploit the space in front as it develops.
- How to open up space on the first touch so that the player can run forward with the ball.
- Less touches to advance further quickly.
- Observe from different vantage points and be prepared to freeze play to demonstrate coaching points.
- 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.
- Positive attitude to step in with the ball as the opportunity arises.
- Receiving with a good body shape to run forward with the ball.



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