

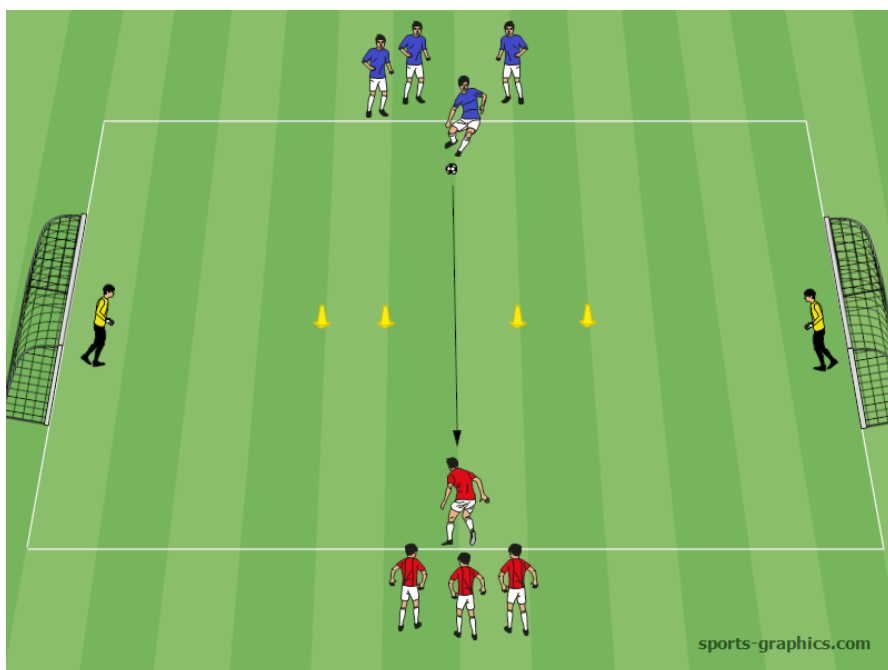
RECEIVE AND RUN WITH THE BALL

Develop running with the ball in a skill related practice

TECHNICAL

Running with the Ball

General Running with the Ball



Set up a 40x55 playing area with two marked out gates in front of an end goal with a goalkeeper. Arrange two groups of players facing each other across the middle of the area. The first blue player passes into the first red player and then closes them down, but must run through one of the gates before challenging the red player. The red player should attack either one of the goals making the decision of how far to run with the ball before attempting to score. Next blue player goes. Repeat with teams changing roles. Players should look to attack the space as quickly as possible, running with the ball at feet.

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

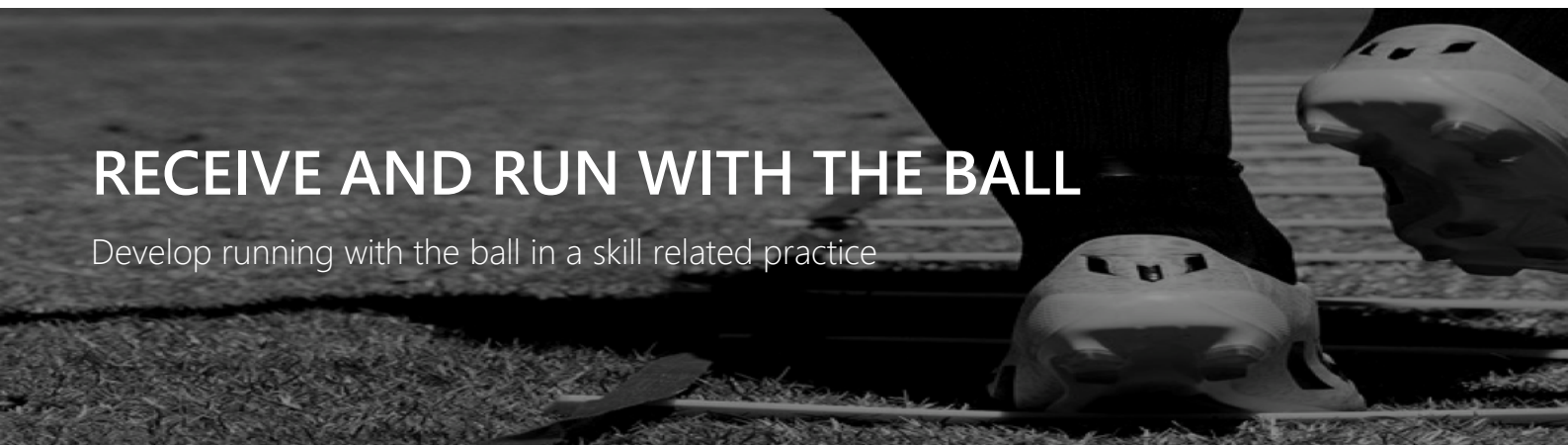
- Correct technique to receive to gain an advantage - good first touch.
- Designed to improve movement and runs with the ball to exploit space.
- Develop technical and tactical aspects of running with the ball.
- Good technique to move quickly while maintaining control.
- Improve receiving with the first touch.

KEY FACTORS

- Cover ground quickly to exploit space
- End product hit the target/score
- 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

- Coach and correct faults (key factors).
- Early scanning of opportunities to break forward (run with the ball) in relation to position of defenders.
- 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.
- 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.
- Receiving with a good body shape to run forward with the ball.



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