

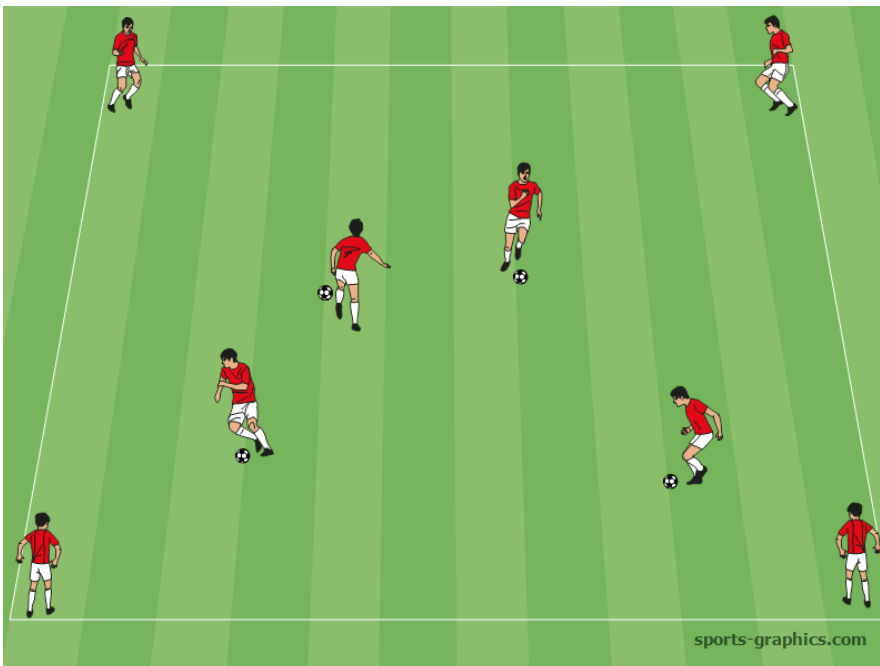
GIVE AND GO BALL EXCHANGE

Develop running with the ball in a technical practice

TECHNICAL

Running with the Ball

General Running with the Ball



Set up a 30x30 playing area with plenty of balls around the outside of the area for a quick restart. Have four players stand in the corners and have the rest of the players dribbling with a ball each within the area.

On the coaches instruction the players quickly explode into space with the ball (running with the ball technique and having a big touch into space), before playing a quick give and go with a corner player, and continuing to run with the ball into new open space. The players then resume to a slow dribble awaiting the next instruction from the coach.

Players work for only a short period of time (no longer than two minutes) before swapping roles.

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

- Develop technical and tactical aspects of running with the ball.
- Good technique to move quickly while maintaining control.
- 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.

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