

CALL A NUMBER AND GO

Develop running with the ball in a skill related practice

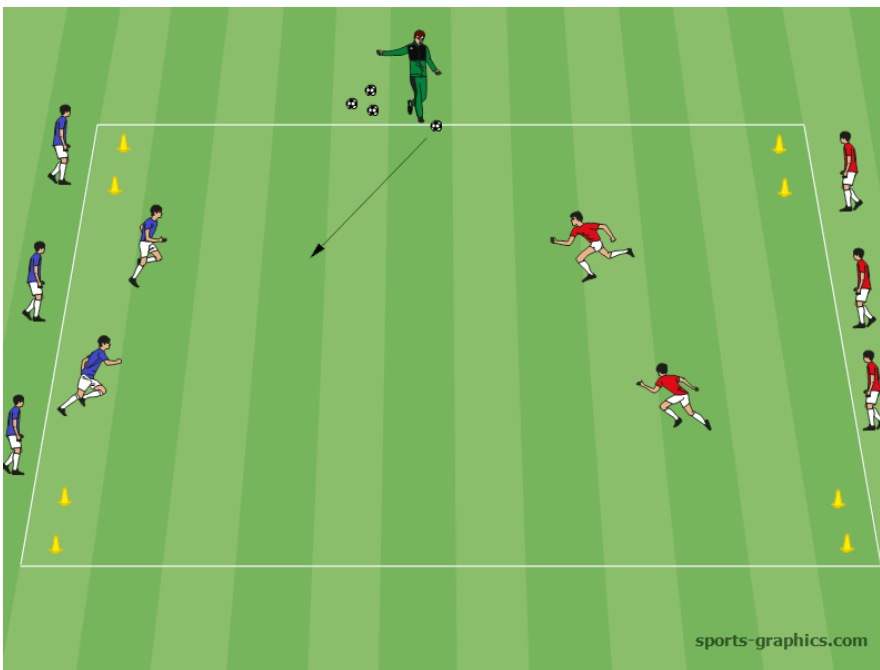
TECHNICAL

TACTICAL

PSYCHOLOGICAL

Running with the Ball

Exploiting Space



Arrange two teams at opposite ends of a 40x20 playing area. Set up two small cone goals at each end. Each player is given a number 1, 2, 3 etc. On the coach's shout of two numbers, the corresponding players from each team compete to score by running with the ball through either of the two small goals at their opposing end. The practice ends when a goal has been scored or the ball has gone out of play. Players go back to their starting positions and the practice continues. With plenty of space in the area, there should be many opportunities for players to run with the ball and attack the open space in front of them.

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.
- Good technique to move quickly while maintaining control.
- Improve spatial awareness.
- 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.
- 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.

CALL A NUMBER AND GO

Develop running with the ball in a skill related practice

