

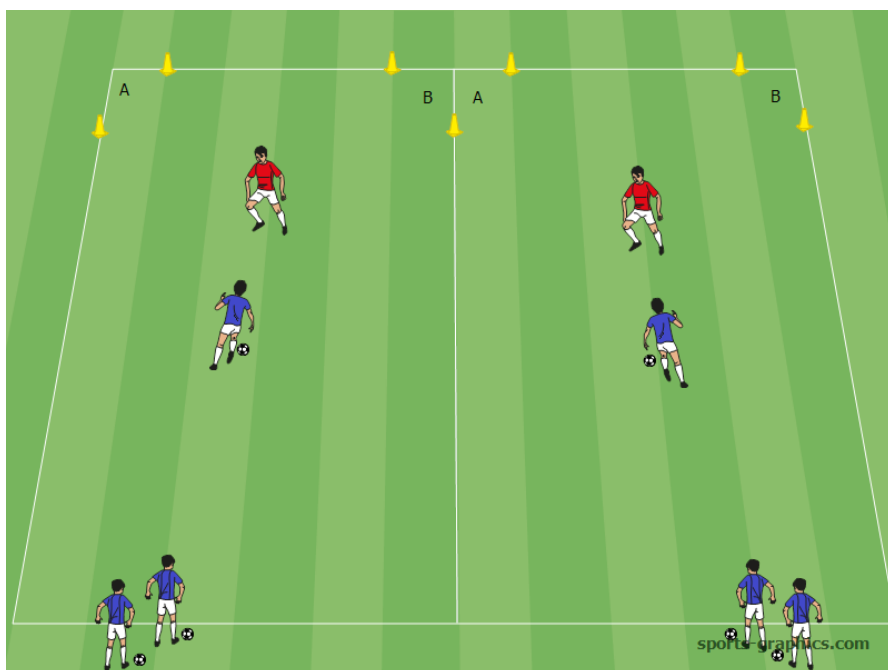
1v1 THROUGH THE GATES

Develop running with the ball in a skill related practice

TECHNICAL

Running with the Ball

General Running with the Ball



Set up a 40x20 playing area with two angled gates/goals per group of players. The playing area should be mirrored as per the diagram if there are a lot of players participating. This will help to reduce the waiting time of the players in the queue. Players line up with a ball each. Each line has a nominated defender. The attacking players run with the ball and look to go past the defender to score between either of the small gates (A and B). The ball must be stopped inside the small triangular area by the attacker to score a point. The aim of this practice is to be able to differentiate between dribbling to beat an opponent and when to run with the ball at speed to exploit the space behind the defender.

The defender can be replaced in rotation or can defend for a certain period before changing roles. Players are encouraged to run at speed with the ball and look to beat the defender with another turn of pace.

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.
- 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.

KEY FACTORS

- Cover ground quickly to exploit space
- 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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