

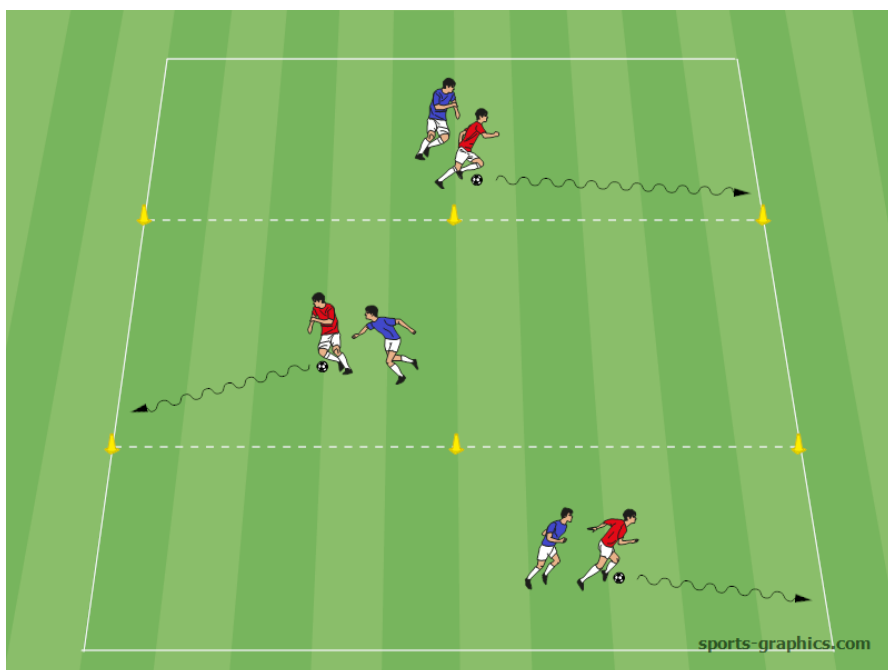
RACE TO THE CONES

Develop running with the ball in a technical practice

TECHNICAL

Running with the Ball

General Running with the Ball



Set up a line of three cones for each pair of players.

Cones to be spaced 10yds apart.

Each pair of players has one attacker and one defender with one ball.

The attacking player starts and runs with the ball trying to stop the ball on the end line before the defender.

The attacking player moves the ball backwards and forwards before choosing the time to accelerate to one of the cones (left or right).

The defender tries to mirror the attacker's movements.

The defender does not touch the ball.

The attacker scores one point every time they beat the defender to the cone. The defender scores a point if they arrive before or at the same time as the attacker. The

pairs alternate from defender to attacker after each attempt.
Players swap partners every few minutes.

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

- 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.
- 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
- 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.
- Where, when and why the space created needs to be exploited quickly.

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