

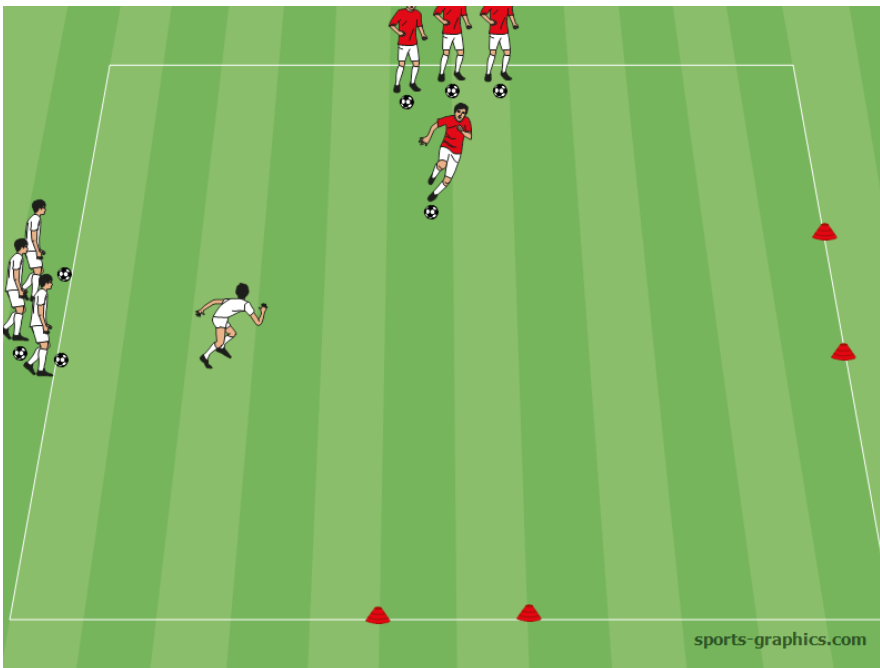
CROSSWAYS 1v1

Develop running with the ball in a skill related practice

TECHNICAL

Running with the Ball

General Running with the Ball



Set up a playing area 30x30 with a gate on two adjacent sides. The length of the area is important to be able to encourage running with the ball and exploiting the space in front. Modify to suit the players.

Arrange players into two teams.

One player from each team continually attack and defend in a 1v1 attempting to run the ball through their gate (opposite).

Once a player has attacked, the same player then defends.

After defending, the player leaves the pitch and rejoins their group.

The process is continual.

Encourage players to quickly attack the space in front of them, running with the ball and looking to beat the opponent 1v1 as quickly as possible.

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.
- Good technique to move quickly while maintaining control.
- Improve spatial awareness.
- When to exploit space in front.

KEY FACTORS

- 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

- 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.
- Good choice of techniques and skills.
- Less touches to advance further quickly.
- Observe the technical and tactical aspects of running with the ball.
- Positive attitude to step in with the ball as the opportunity arises.

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