



Running with the ball #1

Category: Technical: Dribbling and RWB
Difficulty: Beginner

Continental Football Club, Coatesville, United States of America
Individual-Adult Member

Description

Running with the ball

Aim - to get the team used to making progress from defence to attack whilst under control of the ball, rather than just clearing the ball

Running with the ball technique (15 mins)

Set Up

As shown, 20 x 30 yard area with half-way line. Split players into two teams of 6.

Instruction

Team in Black starts on the outside with a ball each, yellow teams starts in middle, 3 players on each half

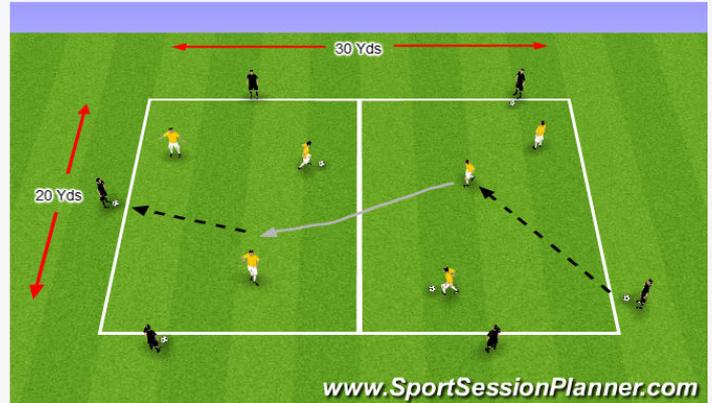
Yellow player receives the ball from a player in black and runs with the ball into the opposite half of the field,

plays pass to a player in Black on the outside who does not have a ball, receives the ball back and repeat until Players in Yellow have performed the task approx 6-8 times. Yellows with Black teams switch places

Coaching Points

Body shape open to receive so first touch can take you where you want to go

Emphasis on pushing the ball out in front using laces/outside of foot and attacking space at speed



Running with the ball/2 v 1 (15 mins)

Set Up

Set up as shown

Instruction

Wave practice - Black team serve into two players on field who seek to run with the ball into the opposite half and play through to players in black at the end of the pitch. Receiving players in black enter pitch and play 2v1 v yellow player coming back the other way. Activity repeats and is continuous.

If defender wins, they score by running the ball over nearest end line

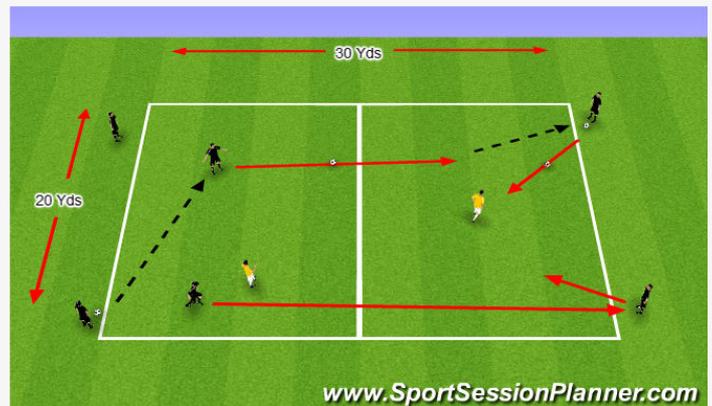
Swap defenders with an attacking pair every 4-5 minutes

Coaching Points

Body shape open to receive so first touch can take you where you want to go

Emphasis on pushing the ball out in front using laces/outside of foot and attacking space at speed

When playing 2 v 1 look to drive at defender, commit him and then play or attack space if passing option is taken away



End Zone Game (20 mins)

Set up

As shown, two end zones approx 8 x 20

Instruction

2 teams of 4

Directional - run ball into end zone and stop it to score

Opposition collect the ball and attack back in opposite direction or progression can be team that scores keeps it and attacks the opposite end zone

