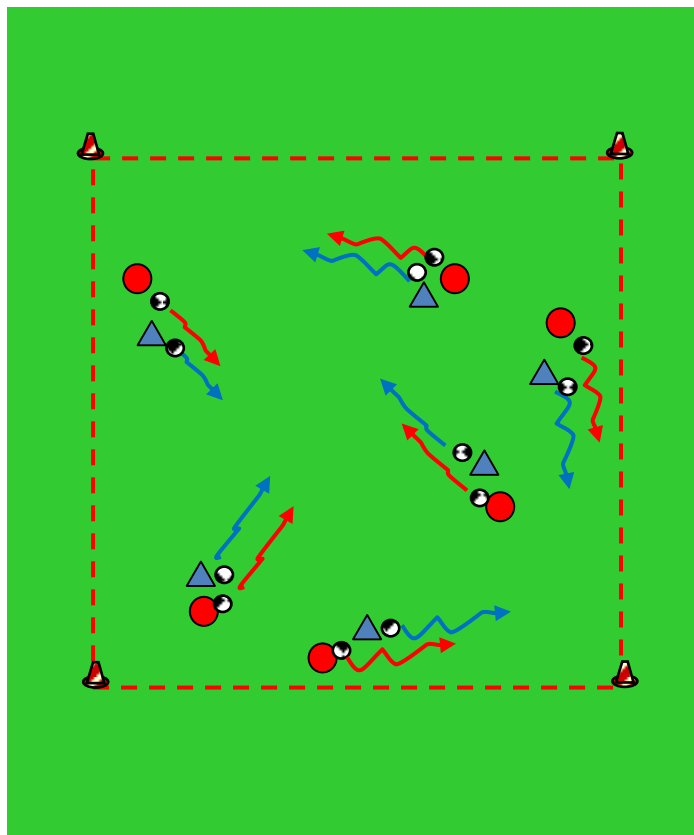


Running with the ball model session 2



1. Skill introduction

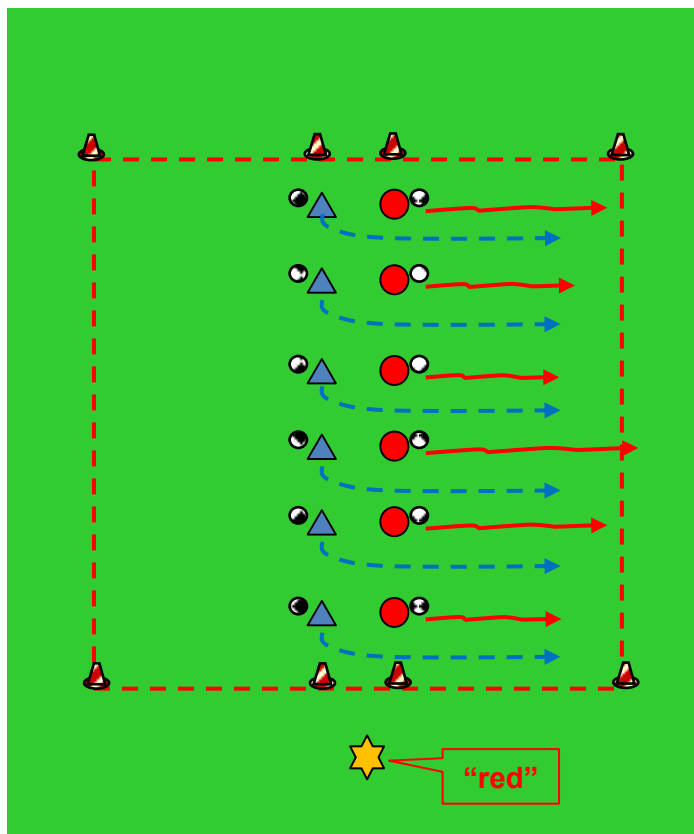
In a 30x30m area the players are divided in pairs with a ball each (for safety reasons the grid should rather be too big than too small!).

One player dribbles in front, the other follows at short distance (change task of leader-follower regularly).

In the beginning the speed is low and steady. The coach asks the players to “scan” the field and be careful to not run into each other.

Next the coach instructs the player to gradually add the following variations:

- accelerations (“when a space opens up in front of you”)
- changes of direction and turns
- stop-starts
- feint stops followed by an acceleration
- feint turns followed by an acceleration
- etc.



Concluding tag game

The players line up with a ball each and facing the side line (backs to each other).

Distance between the players is 3-4m and is marked out with cones.

When the coach calls “RED” the red players run with ball to the side line chased (without ball) by the blue players who try to tag them before they’ve reached the line. Depending on outcome the runner or chaser earns a point and we line up again.

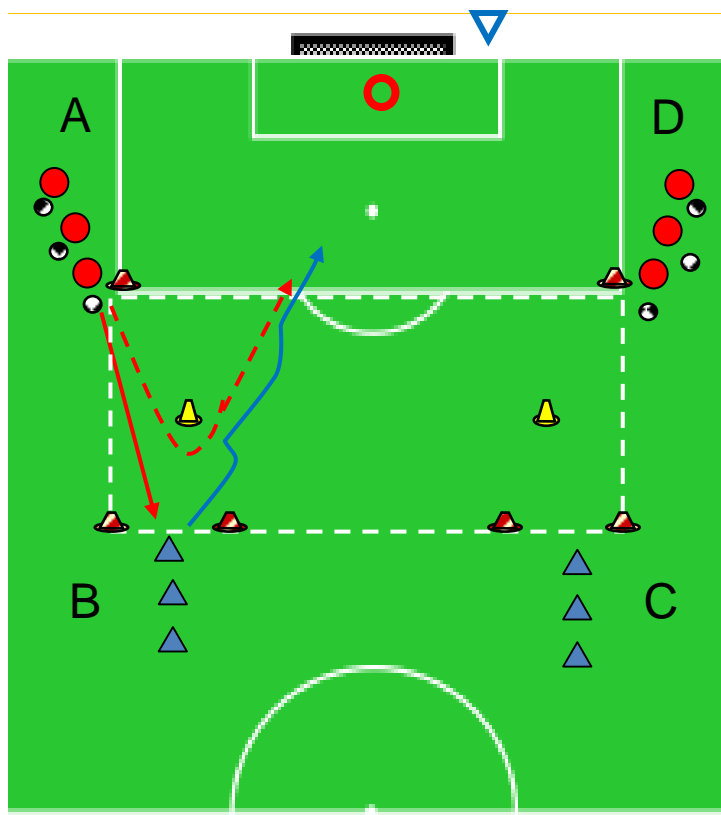
Since safety is extremely important, the players must only run in a **straight line** (stay in their own ‘lane’).

Variation: other commands than ‘red’ or ‘blue’ i.e. odd or even numbers; names of cities etc.

But: give clear instructions to avoid **collisions!**

Running with the ball model session 2

2. Skill training component



Organization:

Outside the penalty box another area the size of the 18 yards box has been marked out with cones on the corners. A second cone is placed on the back line of this grid 7-8 m from the corner. Two other cones are placed inside the grid 7-8m from the back line, forming a triangle with the other two.

Two teams (red and blue) are divided in 2 groups of equal numbers and positioned as shown. Groups red A and D have a ball each.

The exercise starts with the first player of group A passing the ball to the first player of group B (pass between the cones and with speed). Player B receives and runs with the ball through the 'gate' toward the goal.

Player A follows their pass and runs around the yellow cone before chasing B who tries to finish.

After the action has ended, the blue player goes with the ball to position A; the red player goes to position B.

Now it's group D and C's turn.

Groups change sides regularly (use of other foot!)

"who scores most ?"

Player Tasks / Actions / Cues:

"push the ball forward every 3-4 steps"

"run as fast as you can but keep the ball under control"

"If the defender catches up with you, this is what you can do:" **(demonstrate!)**

- Feint to turn and accelerate again
- Feint to stop and accelerate again
- Cut off the defender's line by crossing in front of him
- Take on the defender 1 v 1 if they get in front

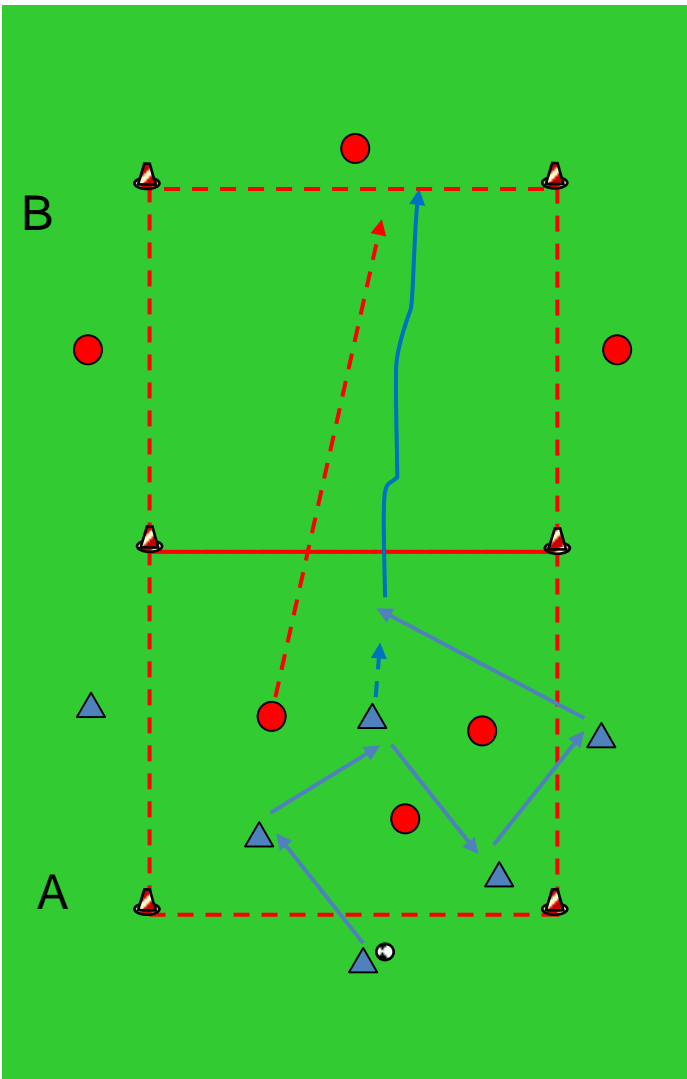
Step Up:

- Place the yellow cones closer to the edge of the penalty box.

Step Down:

- Place the yellow cones further from the edge of the penalty box.

Running with the ball model session 2



Skill game: 3 v 3 + 3

In a grid of approximately 30x15m two teams of 6 players are divided in 2 groups of 3 and positioned as shown in diagram.

A 3 v 3 game starts in grid A with possession for the blue team. Blue has 3 wall players they can use (6 v 3).

The blue team tries to keep possession until they can release one player with the ball into grid B where this player must run with the ball across the end line to score.

One red defender can chase the breaking player and try to get the ball off them before they can score.

If the blue player scores, the game starts again in grid A with possession for the blue team.

If the red defender conquers the ball in grid B, the game restarts in grid B with possession for the red team.

If red wins the ball in grid A, they must try to pass it to one of their wall players in grid B. If they succeed the game then restarts in grid B with possession for red.

Swop the groups every 2-3 minutes or after a certain number of goals has been scored

Variations:

- Scoring in 2 small goals placed at each backline
- With big goals and goal keepers (GK becomes wall player)