

Running with the ball model session 3

1. Skill introduction

A grid of approximately 30x30m has 4 small 5x5m grids in all 4 corners.

The players are divided in 4 groups of 3 players and position themselves in the corner grids with a ball each

The 3 players in the corners wear different color bibs or are numbered 1-3

On the coach's signal all players of the same group (all reds or # 1's) run with the ball to the next corner followed by the next group etc.

When everyone is back in the grid where they started; we start again but now in the other direction using our other foot only.

In the beginning the speed is low and should be raised **gradually**.

Next we add the following variations

(both with right as well as with left foot):

- accelerations
- stop-starts
- feint stops followed by an acceleration
- feint turns followed by an acceleration

Concluding tag game:

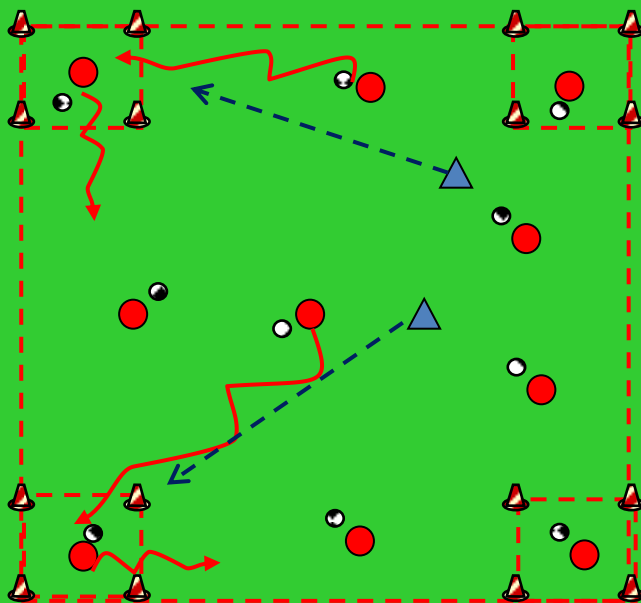
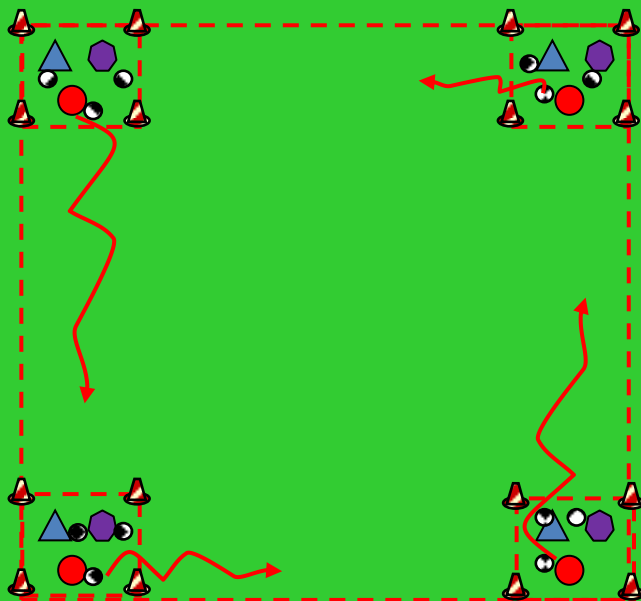
Use the set-up from the previous exercise.

One player with a ball in every corner grid; the rest of the players with a ball in the centre grid. There are one or two 'taggers' without ball who try to tag the players with ball. The players that get tagged, leave the grid and wait outside. A player can 'escape' the tagger by running with the ball into a corner grid but then the player that stands there must immediately leave the grid

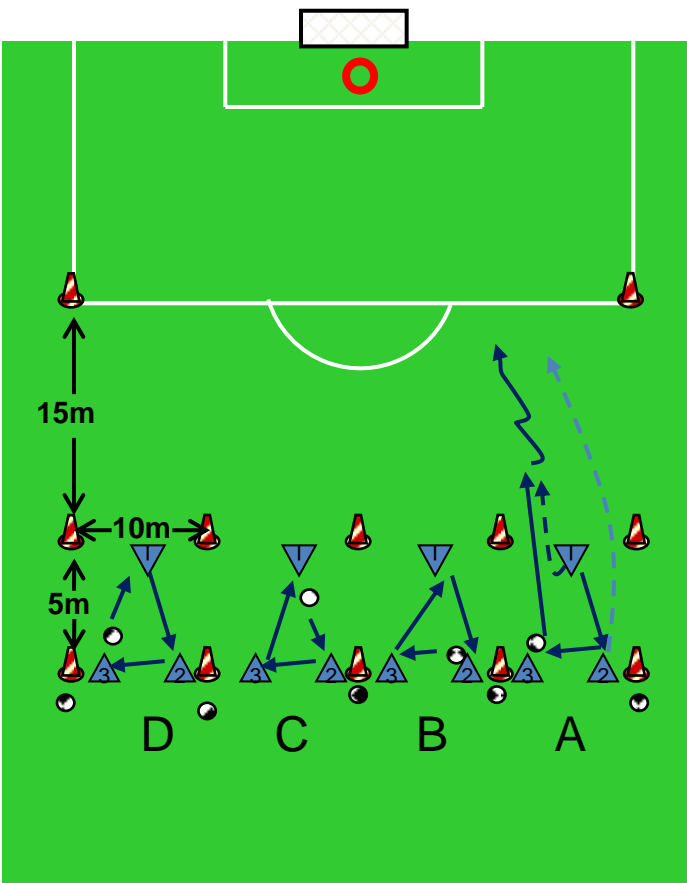
"how long does it take the taggers to tag all the players?"

After everyone took a turn as taggers:

"who are the winners" (i.e. fastest time)



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2. Skill training component

Organization:

15 m outside the penalty box, two lines of cones are placed as shown in diagram on the left.

The players are divided in groups of 3 with one ball and positioned in a 'triangle' in grids A;B;C and D (see diagram).

All trios pass the ball amongst themselves, free choice of direction and sequence.

The exercise starts with the trio in grid A when player # 2 or 3 decides to pass the ball past #1 in the direction of the goal. Player 1 turns and runs with the ball towards the goal to score.

The player that did **not** give the pass (# 2 in the diagram) now gives chase and tries to stop #1 from finishing.

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:

reduce the distance between the two line of cones (4-3-2m)

Step down:

increase the distance between the two lines of cones (6-7-8m)

As soon as the action ends, group A returns ASAP to their grid and group B starts; etc.

- after every turn: change the positions in the triangle
- regularly change positions of the groups as well i.e. group A moves to grid B; B to C; C to D; D to A; etc.

