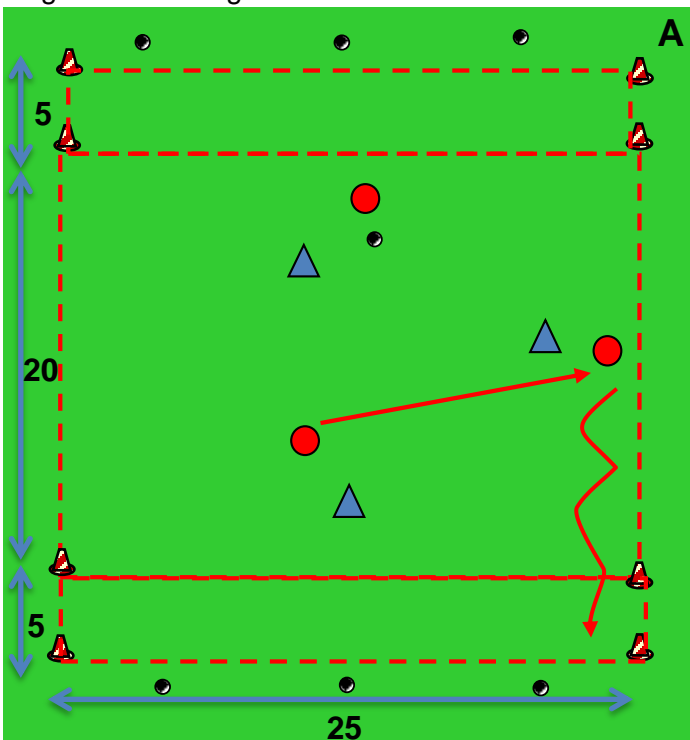


Core Skill: RUNNING WITH THE BALL – SKILL GAME

Session objective: *Improve players ability to attack space with speed*

Organisation Diagram



Organisation

- 3 v 3 line football game
- Grid size approximately 30m wide by 25m long (pitch shape is short but wide)
- To score a goal a player must run with the ball across the opponent's endline
- Cannot pass ball forward, forward pass is a free kick to the opposing team.
- Can also rotate teams every 5 minutes to provide opportunities to play against each team.

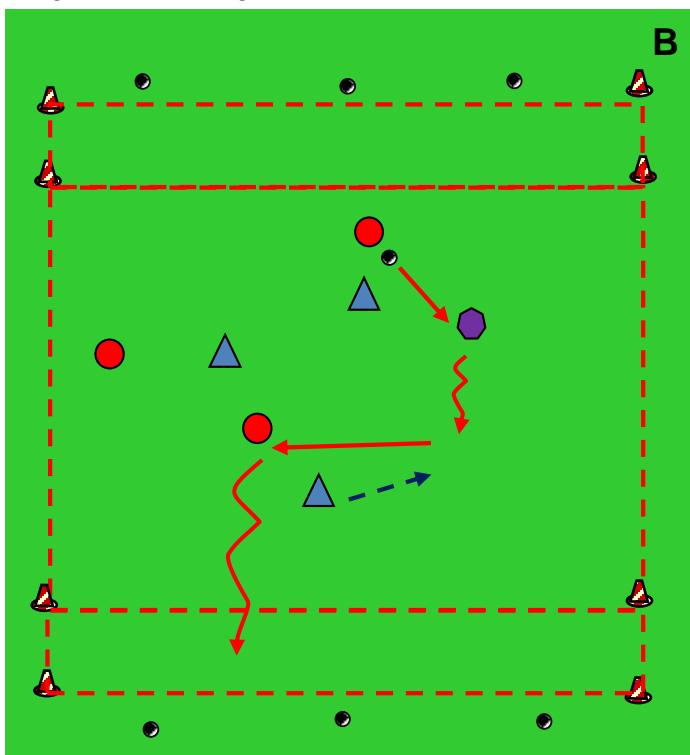
Secondary Coaching

- Can you make the field as big as possible
- See space = attack with speed
- Attack your opponent – use a move or brute speed

Step Up

- Make the field narrower
- Add 3 small goals at either end to score
- Limit number of passes before a run can be made by attacker

Organisation Diagram



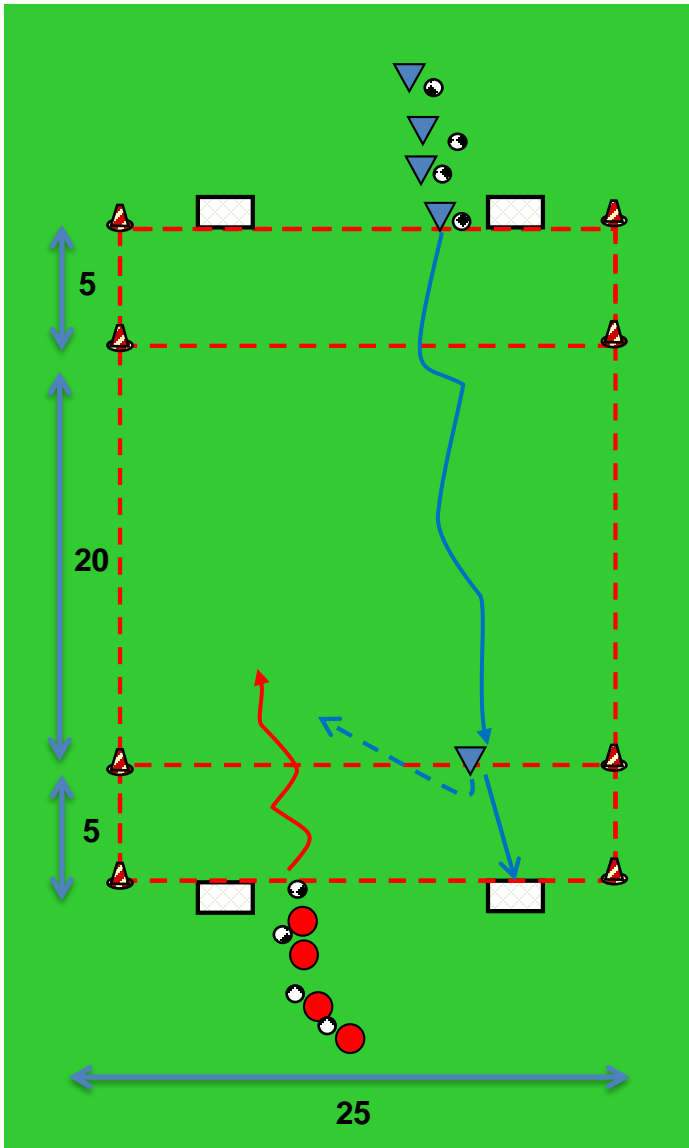
Step Down

- Make the pitch wider
- Add a joker/s who always plays with the team that has the ball (numerical advantage of 1 player; see diagram B)
- Can pass forward but not directly to someone positioned on the endline as ball was not run over endline meaning no score.

Core Skill: RUNNING WITH THE BALL – SKILL TRAINING

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Organisation Diagram



Exercise Task

Can you run the ball into the zone and score quickly

Player Actions

- If you see space ahead of you, attack it with speed
- If the defender is gaining on you, can you make a run to cut them off
- If the defender next to you, can you use a stop start move to beat them and accelerate again
- If the defender is ahead of you, can you use a 1v1 move to beat them
- If you are stopped, can you move the ball into another space to run into.

Organisation

- A grid of 25x30m; 4 small goals (or witches hats and cones) and a 5m shooting line at each end
- Evenly split teams positioned as shown
- 12 players per grid to allow for rest
- The exercise starts with the first player of the blue team running with the ball to the opposite shooting line and shooting the ball in the goal
- As soon as the blue player shoots at goal, the red player may start running with the ball to the opposite side.
- As soon as he has shot at goal, the blue player turns and chases the red player to try and catch up with him and prevent him from scoring
- If defending player wins the ball they can score in their teams goals in transition
- Ensure players alternate between using right foot only and left only when running
- Count the goals for each team.
- Alternate sides of the teams each game.

Progressions

- Set amount of touches to score eg 3/4/5
- Must finish with opposite foot
- Must include a stop start move eg high wave

Step Up

- Place the goals closer to each other
- Make the area shorter - less time/more speed
- 2v2 with delayed entry of the 2nd attacker/defender to ensure space to attack
- Set time limit that player must score within

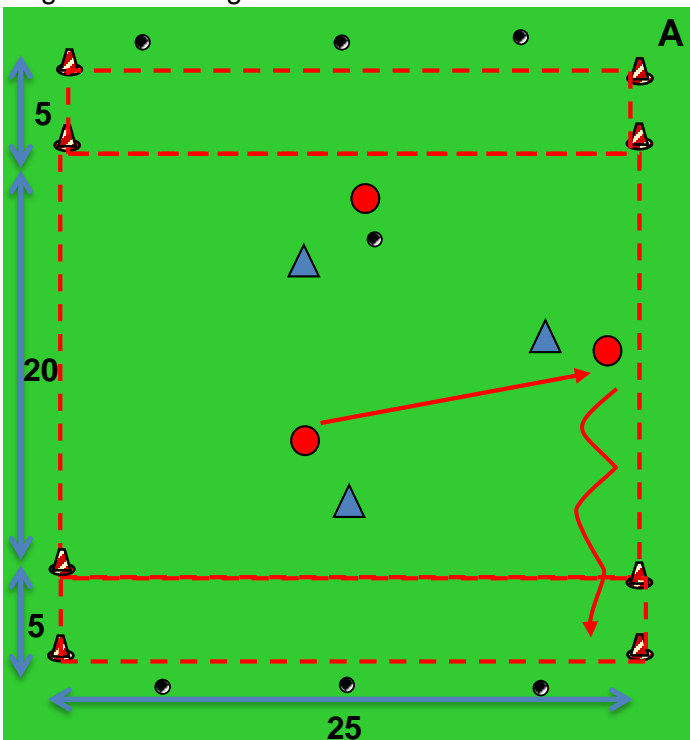
Step Down

- Make area wider
- The defender just races against the attacker to beat him to the shooting line. If the defender reaches the shooting line first, the attacker cannot shoot and score anymore.
- 2 attackers v 1 defender – 2nd attacker to act as a wall passer to create space for attacker to run with the ball within more time

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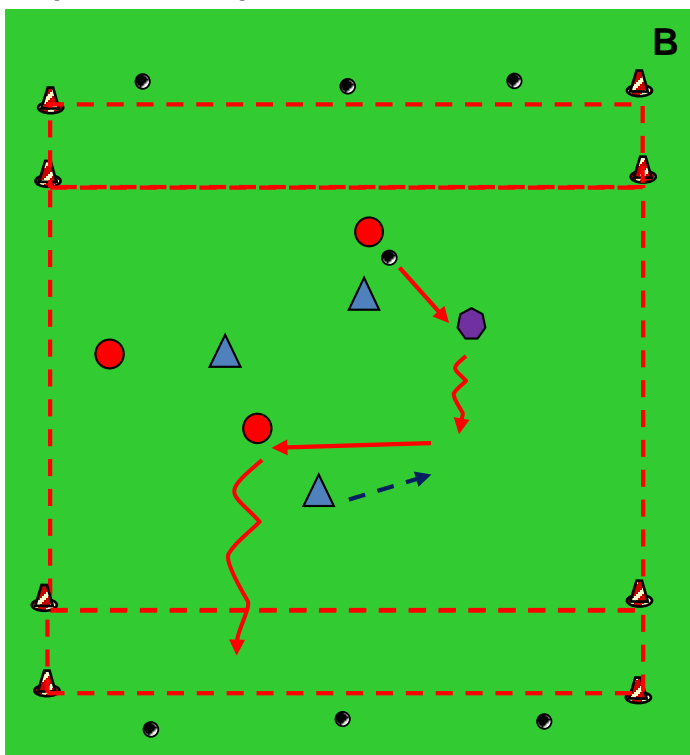
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