

Core Skill: RUNNING WITH THE BALL – SKILL GAME

Session objective: *Improve players understanding of when and where to run with the ball*

Organisation Diagram



Organisation

- 3v3 - 2 grids as per diagram
- Add jokers if required
- 1 player in each end zone
- Can only score from running into end zone
- Players need to enter end zone and score with a finish into either of two goals
- Only end zone player can defend goals
- During build up play, teams can utilise end zone player who enters playing area. Swap positions with passer.
- When ball is passed to end zone player inside end zone, defender cannot pressure until entering the central area.

Step Up

- Make area narrower
- Make area shorter
- Must finish with opposite foot
- 2nd attacker and defender can enter end zone
- 2 points for attacker scoring after using a stop start move/overlap/takeover
- Set touch limit to score in end zone

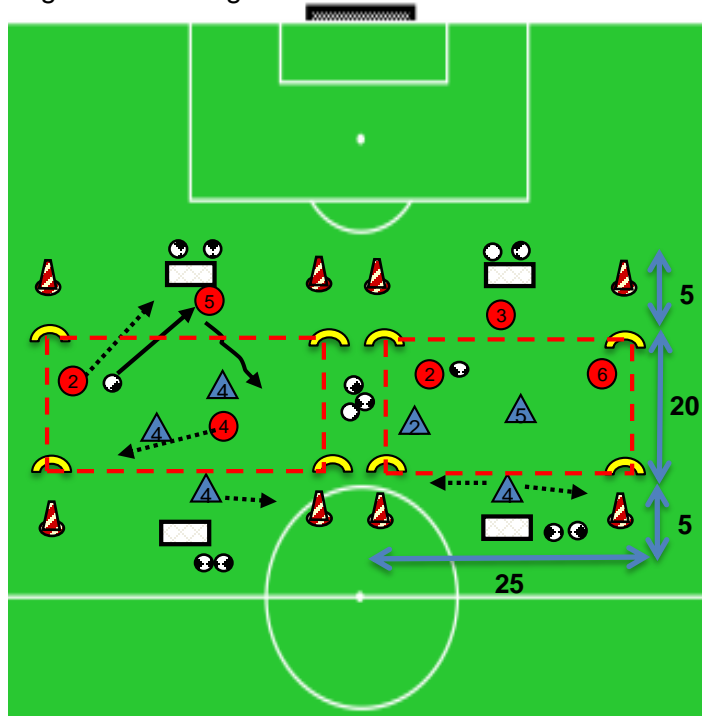
Step Down

- Make area wider
- Passive defending from end zone player
- 2 points for scoring in a goal and 1 point for running into end zone.

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Exercise Task:

Get a player with the ball over the end zone to score quickly.

Player Actions:

If you see space ahead of you, attack it with speed
If you can't travel forward, can you pass to someone who has space to run with the ball
If the space is blocked, can you create space for a team mate to run into

Cues:

As the ball is travelling toward you, can you scan for space to run
If you see space, take your first touch forward
If there is no space in front of you, can you play it back to the end zone player to attack space
When the ball is passed back, can the end zone player get into a position to attack space in front of him
As the ball is travelling back into the end zone, can you make a run that drags you opponent away from your teammate with the ball
If a teammate is running towards you, can you perform a takeover or high wave to move the defenders ahead of you

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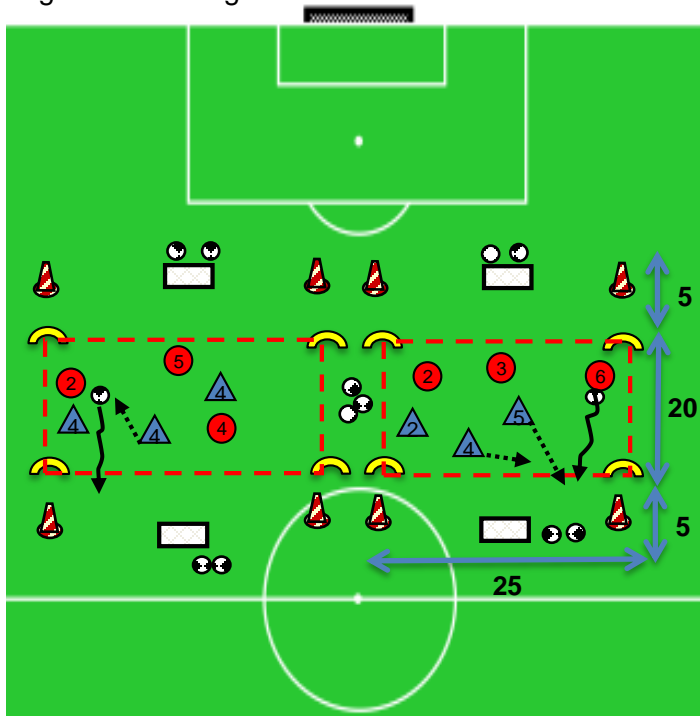
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