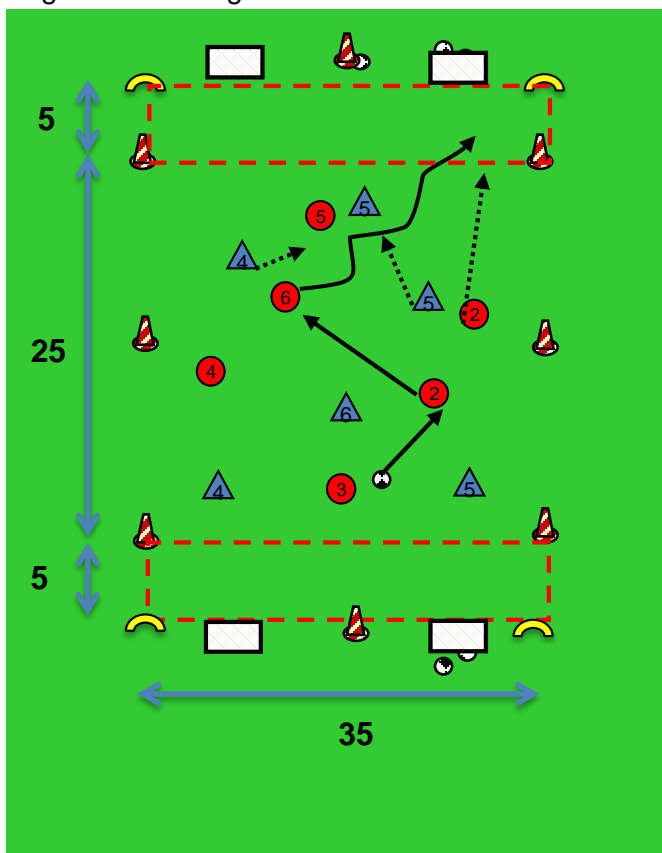# Core Skill: RUNNING WITH THE BALL – SKILL GAME

Session objective: *Improve players ability to identify space and accelerate into it*

Organisation Diagram

Organisation

- Two equal teams
- Add jokers if required
- Teams attempt to win possession and can score in either of the 4 small goals inside scoring zone.
- If team scores they keep possession and attack other small goals until other team win the ball back.
- Run the ball or pass in to restart game
- Keep score for each game
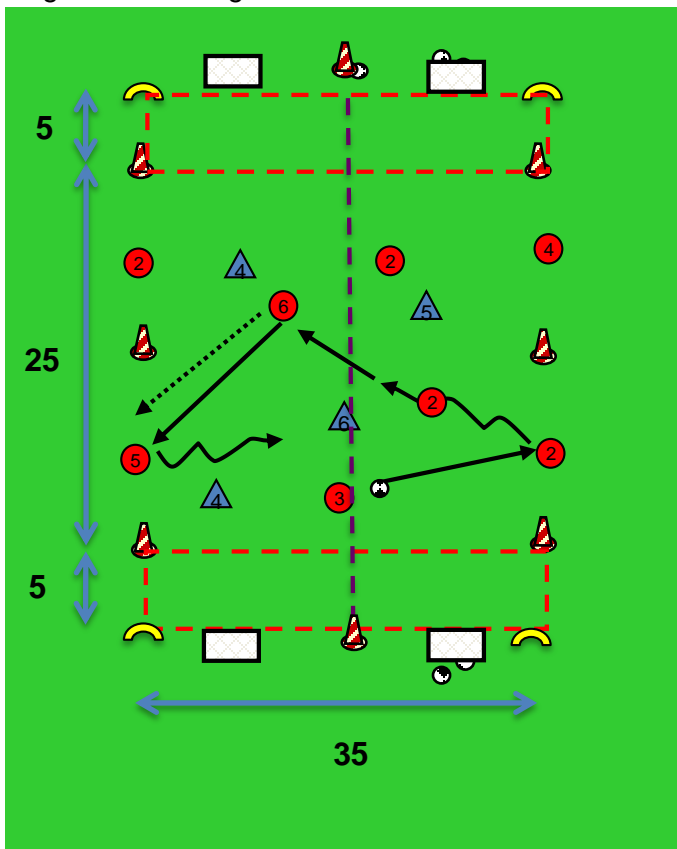
Step Up

- Make area shorter

Step Down

- Make area wider
- Add joker
- Blues don't keep possession after scoring a goal. Reds restart play after Blue team scores.

Core Skill: RUNNING WITH THE BALL – SKILL TRAINING

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Organisation Diagram

Organisation

- 8v4. 12 players or 9v5 14 players
- Set up as per diagram with midline down field
- Red team can only score once they have run with the ball and crossed the midline of the grid and swapped positions with side player.
- Blue attempt to win possession and can score in either of the 4 small goals inside scoring zone.
- If Blue score they keep possession and attack other small goals until Red win the ball back.
- During build up play, red team can not enter scoring zone.
- Swap players on the Blue team every 8 minutes
- Keep score for each game

Step Up

- Make area shorter
- Side teammate can initiate an overlap or takeover with another player inside area
- Remove midline and players have to run all the way across the field.

Step Down

- Make area wider
- Add joker
- Blues don't keep possession after scoring a goal. Reds restart play after Blue team scores.

Exercise Task

Can you run the ball to a teammate on the opposite side without risking possession

Player Actions

Find space in a passing lane to receive the ball from a teammate

Accelerate into space with ball between defenders or past defenders

Can you identify a 2v1 situation in your favour and move into a position to attack it

Can you create space for your team mates

If you cant run forward, can you find a teammate who can

Cues

As the ball is travelling towards you, can you sneak a look at where the space and opponents are

As the ball is travelling to a team mate, can you position yourself in space

If there is space in front of you, can you put your first touch forward and attack with speed

IWhen running into space, can you touch the ball as little as possible and eyes up after each touch
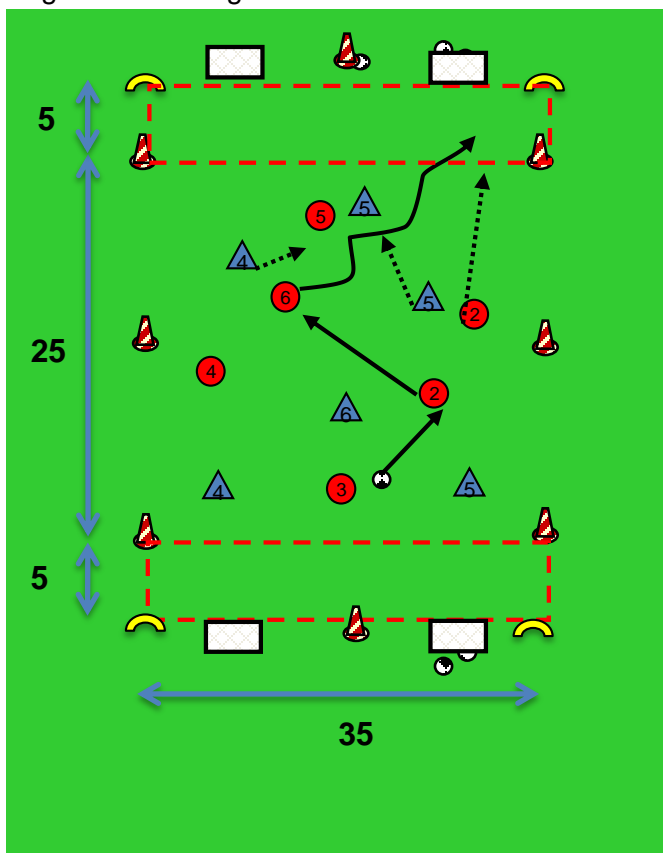
if there is no space in front of you, can you get the ball to a teammate who is in space to run

If a teammate is dribbling towards you, try an overlap/takeover to move to beat the opponent

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