Running with the Ball Session 1

|	
Team/group	Skill Acquisition Phase, 9-12yo
Total duration	Players: 80 min

WARM UP   **Duration: players - 25 min, goalkeepers - 0 min**

12[**Show all**]
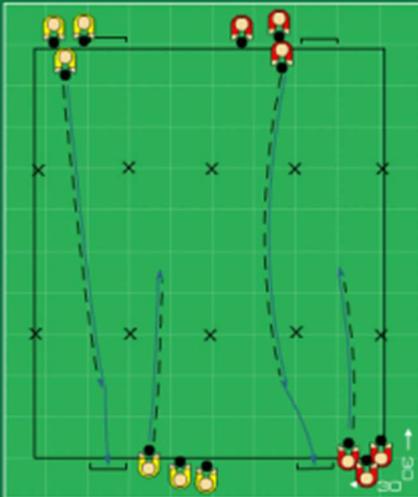
Individual technique
Running with the ball
Skill Acquisition, Session 1 Skill Introduction (Running With The Ball),
(For field players only)
Duration: 25 min

Organisation:
- All players running with a ball freely in a grid of approximately 30m x 30m to warm up.

- First 2-3 minutes: "low speed/intensity", "use both feet".

- Next 2-3 minutes: "accelerate when you see a free space in front of you; now only use your right/left foot".

- Now split the players into 4 groups and number them 1 to 4 placing them on all 4 sides.

- When the coach calls a number, these players run with the ball as quickly as they can across the area and back (opposite group will need to move back to give the others room to turn!).

- Now 2 groups at the same time: "take care; vision; if necessary slow down and then accelerate again". look out for collisions!

Running with the Ball Session 1

Duration: players - 25 min, goalkeepers - 0 min
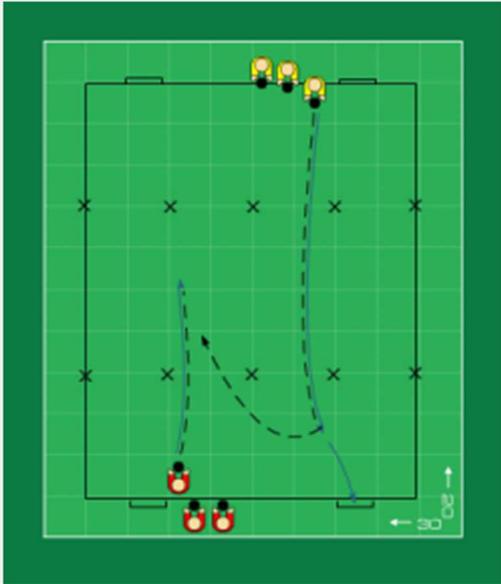
Individual technique
Running with the ball
Skill Acquisition, Session 1 Skill Training (Running With The Ball)
(For field players only)
Duration: 25 min

Organisation:
- A grid of 30m x 20m; 4 small goals and a 5m-7m shooting line at each end

- Evenly split teams positioned as shown

- Minimum 4, maximum 8 players per grid; if the group is bigger then make two grids

- The exercise starts with the first player of the yellow team running with the ball to the opposite side and shooting the ball into the goal.

- They can only shoot once they have crossed the line into the shooting zone

- As soon as the yellow player shoots at goal, the first orange player starts running with the ball to the opposite side

- As soon as the yellow player has had their shot at goal, they turn and chase the orange player to try and catch up with them and prevent them from scoring

- Count the goals! Which team scores the most goals?.

Instruction points:
Possible coaches remarks:

- "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 defenders line by crossing in front of them

- Take on the defender 1 v 1 if they manage to get in front of you (scoring in both goals is allowed!

Variations:
Step up:

- Narrow the distance between the two goals on the byline

Step down:

- The chaser just races against the runner to beat him to the shooting line. If the chaser reaches the shooting line first, the runner cannot shoot and score anymore

Running with the Ball Session 1
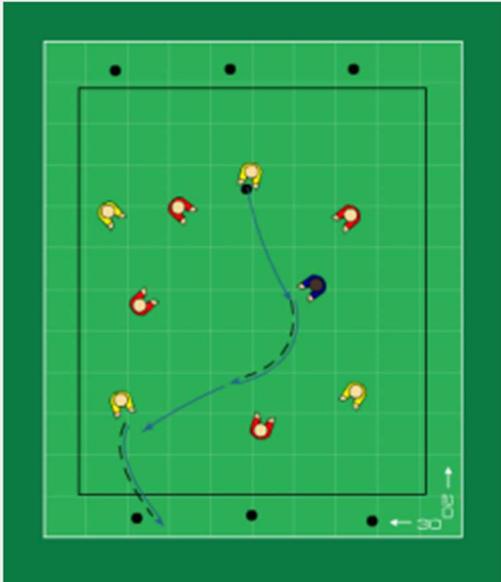
1[**2**]Show all

Individual technique
Running with the ball
Skill Acquisition, Session 1 Skill Game (Running With The Ball)
(For field players only)
Duration: 30 min

Organisation:
- 4 v 4 line football Grid size approximately 30m wide by 20m long (pitch shape is short but wide)

- Explanation of the game: 4 v 4 small sided game; to score a goal a player must run with the ball across the opponent's by-line (see diagram 1).

- Assess how the game goes: do all players run with the ball regularly and are goals being scored? If the answer is no, make it easier:

- Make the pitch wider

- Add a neutral player ("joker") who always plays with the team that has the ball (numerical advantage of 1 player; see diagram 2)

- If still too difficult: bigger numerical advantage (2 jokers) if too easy:

- Make the field more narrow

- Scoring zones rather than the whole line

Instruction points:
Possible coaches remarks:

- "Spread out; use the width of the grid"

- "We must have a centre forward and 2 wingers"

- "run with the ball whenever you see space in front of you"

- "don't be afraid to take on opponents"

- "when a defender is chasing you use the feints you learned earlier"