

RUNNING WITH THE BALL SESSIONS

Session 65: Relay Races For Running With The Ball

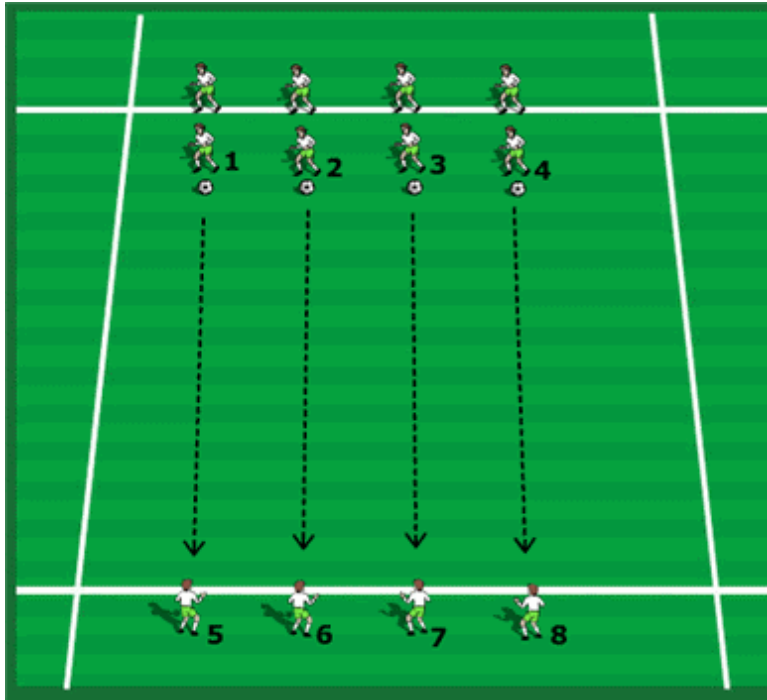
Session 66: Running With The Ball

Session 67: Running With The Ball Over Distance

Session 68: Wall Passing / Give And Go's

For small-sided game situations for Receiving and Turning see the SSG section.

Session 65: Relay Races For Running With The Ball



Emphasize few touches on the ball covering the distance more quickly. In three's means lots of work for each player, avoid too many in each group as they will not get enough chance to practice the theme of running with the ball.

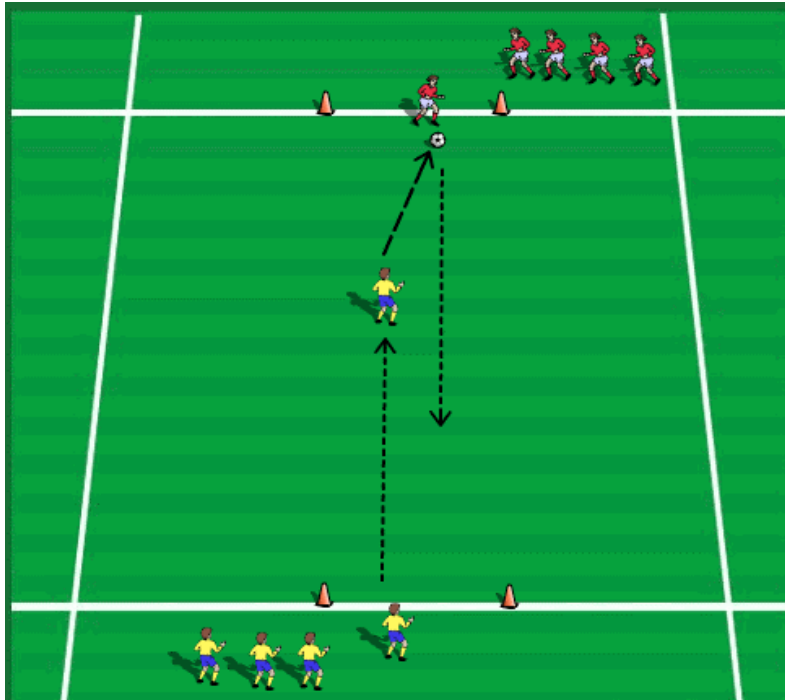
Begin with just running across the field to practice the technique under no pressure.

Competitive: Make it a race between groups so there is now pressure to perform. Vary the distances the players cover; up to 40 yards.

Coaching Points:

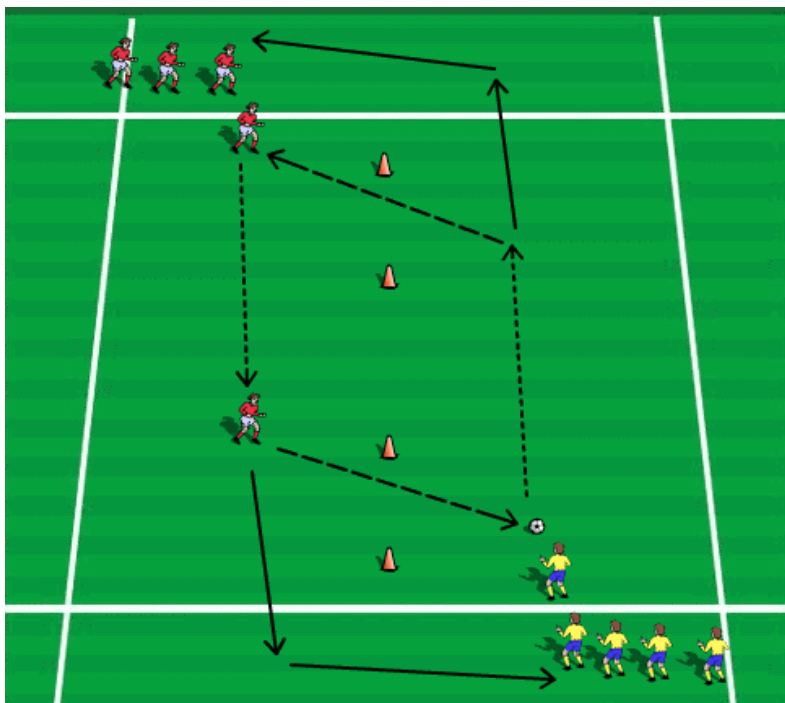
1. Head Up – look forward
2. Good first touch out of feet, 3-4 touches maximum, not dribbling.
3. Run in a straight line, the quickest route.
4. Running Style, use the front foot to control the ball using the laces.
5. The Quality of Pass.

Session 66: Running With The Ball

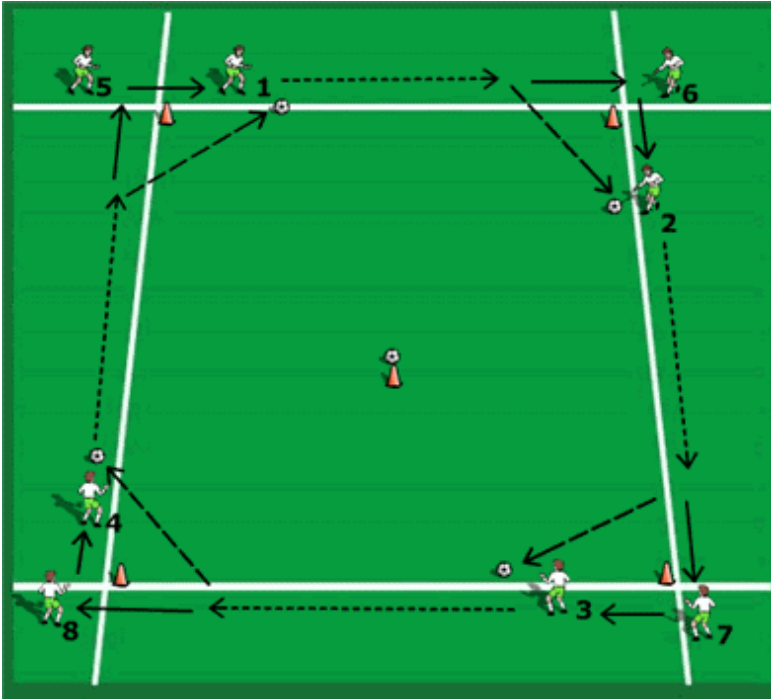


Key Points:

1. Good first touch out of feet
2. Less touches of the ball to cover ground quickly
3. Head up to observe pass or shoot



Running With The Ball In Fours



Double Touch: Running forward, bring the ball back with one touch then pass it forward to yourself with the second touch all the time keeping it in control at your feet. First touch back is to fake out the defender who is running alongside you (you can add a defender in this if necessary), so they think you are stopping the ball or changing direction and they will check their forward run to react to this, but you continue to run forward by making the second touch forward and then get away from them.

Running with the ball around the square. A race between 4 players; first one back to the start position who then has to run inside and knock the ball off the cone in the middle to signify who has won the race. Relay race also where they have to pass it to their teammate and they continue the run and they have to pass the ball to knock the ball off the cone. Players can dribble around the stationary players on the outside or pass inside them and catch their own pass, working on the weight of the pass.

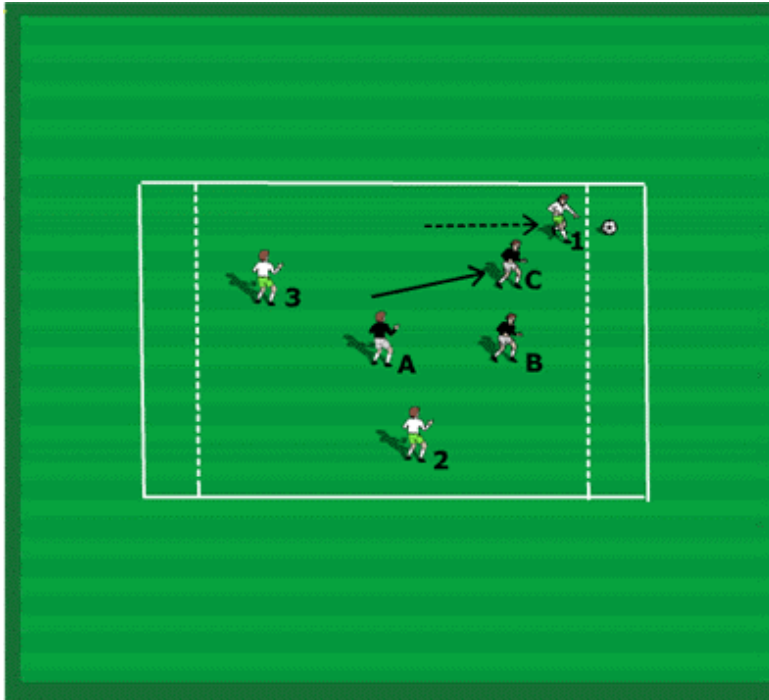
Progressions:

1. Full “twist Off” turn in the middle of each run, you can do two with the inside of the foot and two with the outside of the foot on each circuit around the square.
2. Twist off turn but using a different foot each time, inside of the left, inside of the right, outside of the left, outside of the right.

Coaching Points: Observation / Awareness:

1. Play with their heads up
2. Running with the ball technique
3. Quality of Turn
4. Quality of pass: to themselves (the pace of the pass especially) and the pass to score.

Running With The Ball In A Small-Sided Game



Small sided game with the emphasis on running with the ball.

To score the player on the ball has to run the ball into the marked area. Here (1) runs the ball in chased by (C) then must look to pass to another player and attack the opposite way.

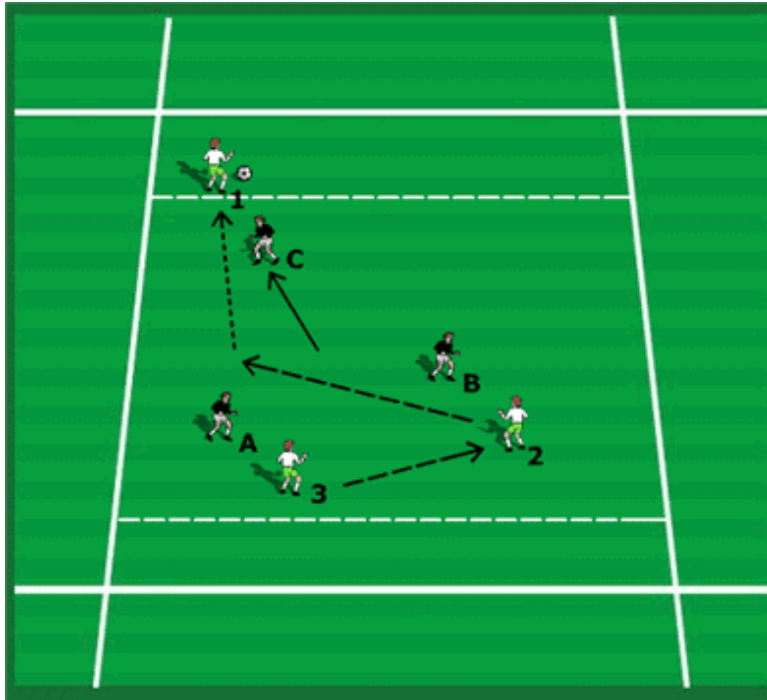
Once the team has scored they have to then keep possession and can attack the other end zone.

Coaching Points:

1. Run with the ball whenever possible
2. First touches to be forward.
3. Keep the ball moving
4. If you can't run with the ball look for a give and go and then run again
5. Have the positive attitude to run at them to score.

Build an overload into the game if necessary with an extra floating player if it is too difficult to get free with equal numbers making it a 4 v 3 in favor of the attacking team always.

Running With The Ball In A 3 V 3 Small-Sided Game



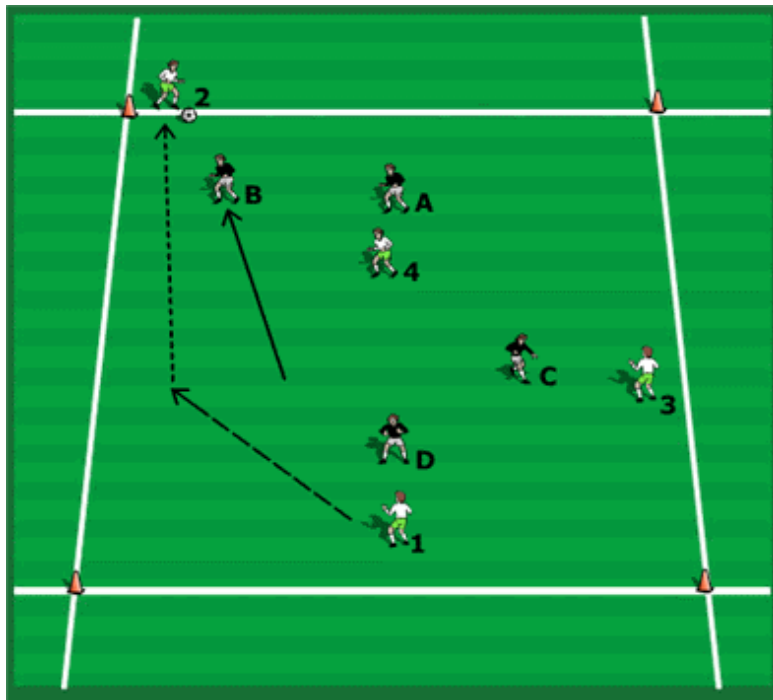
Small sided game with the emphasis on running with the ball.

To score the player on the ball has to run the ball into the marked area. Here (1) runs the ball in chased by (C) then must look to pass to another player and attack the opposite way.

Once the team has scored they then keep possession and can attack the other end zone.

Coaching Points:

1. Creating Space – Players breaking wide to receive the ball from the keeper.
2. Decision – Can I run with the ball or do I pass.
3. Technique – Key factors of running with the ball, head up, good first touch out of your feet, run in a straight line (the shortest route forward) with pace, using your front foot to control the ball.
4. Quality of Pass / Cross / Shot / Dribble at the end of the run.
5. Support Positions – support in front, fill in behind.



Small sided game with the emphasis on running with the ball.

To score the player on the ball has to run the ball to the goal line or into the marked area to make it easier. Here (2) runs the ball in chased by (B) then must look to pass to another player and attack the opposite way.

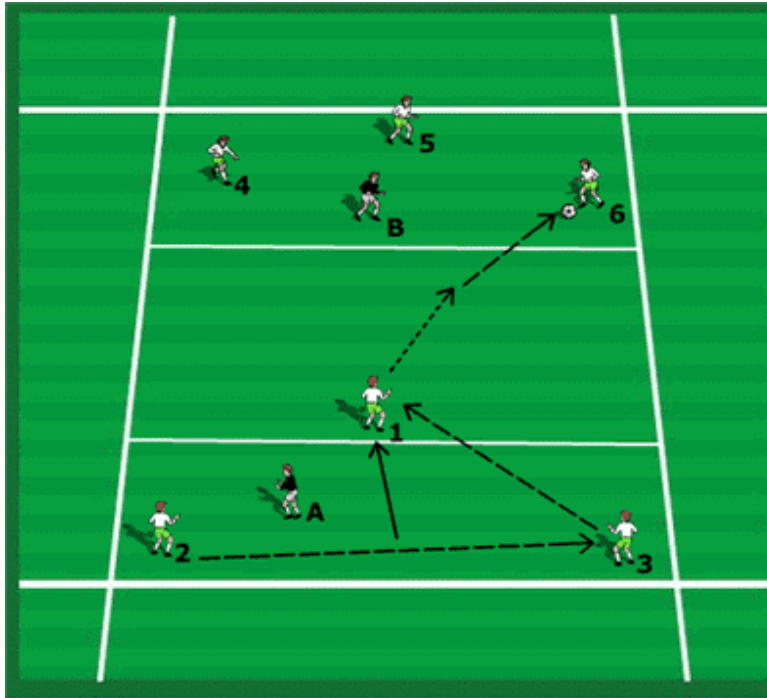
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Session 67: Running With The Ball Over Distance



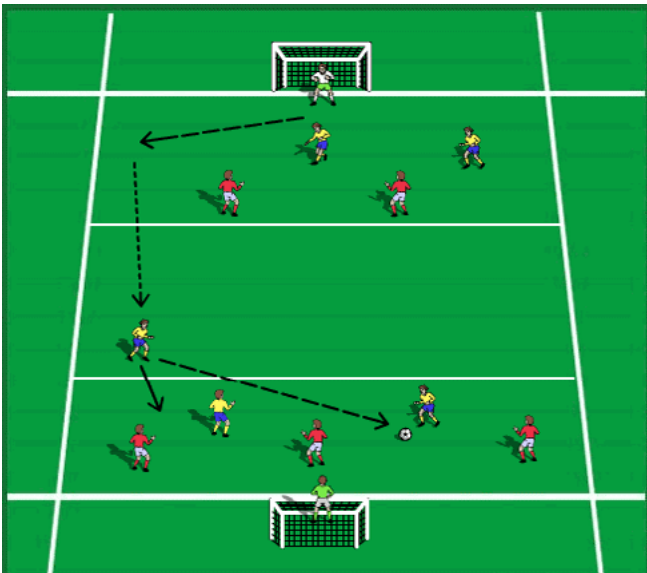
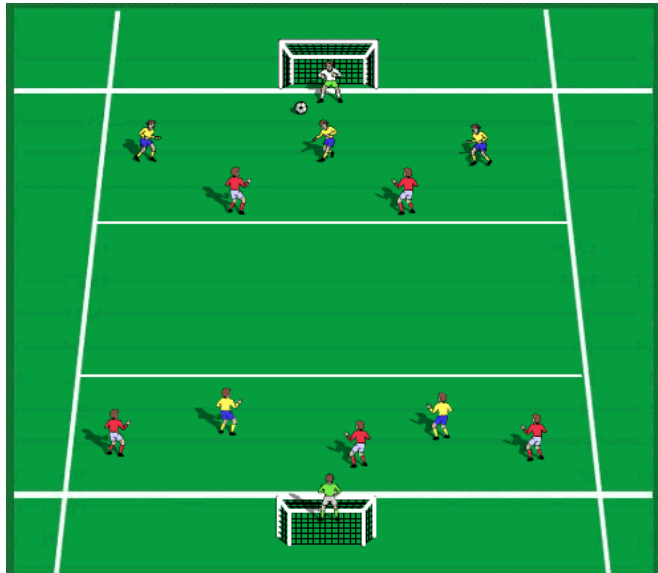
Develop: Running and cross passing through a gate for accuracy.

Keeping Possession And Running With The Ball

Passing, Support and Running with the Ball. Get three passes in keeping the ball away from the defender then release someone to run and create a 4 v 1 in the other side. Pass the ball into their path as they run. Keep it transitioning quickly.

Develop: Have the defender chase the runner down until half way and try and win the ball, puts the runner under pressure and tests their composure when they run. Rotate the players; ensure everyone make runs with the ball.

Now Add Goals



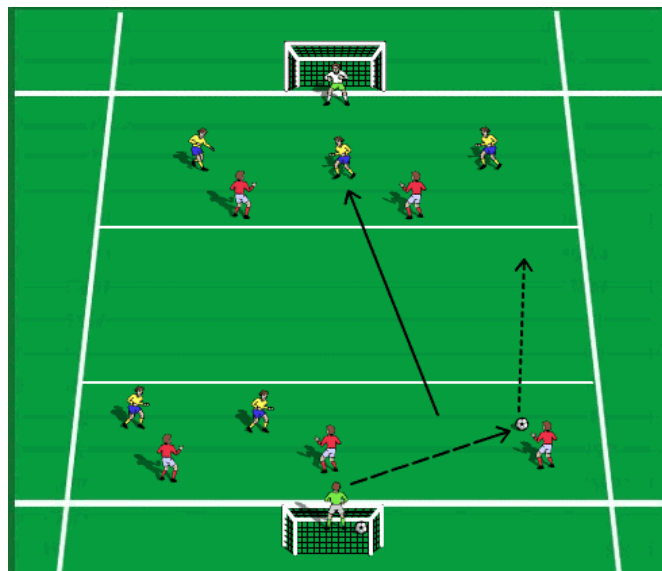
3 v 2 and 2 v 3

Player attacks and makes a 3 v 3.

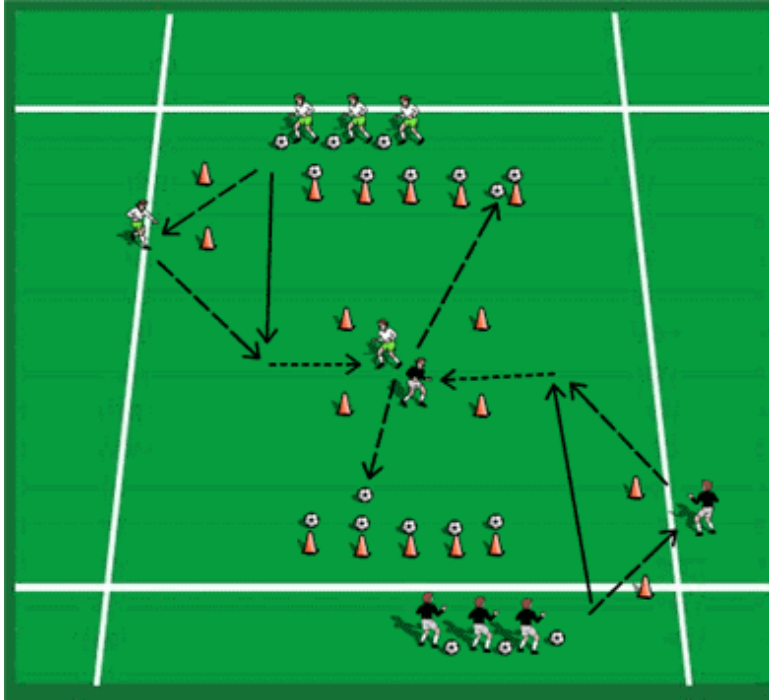
After a result a player drops back to make a 3 v 3 on the other side.

Pass and then a shot

Player drops back, other team attack and continues the sequence.



Session 68: Wall Passing / Give And Go's

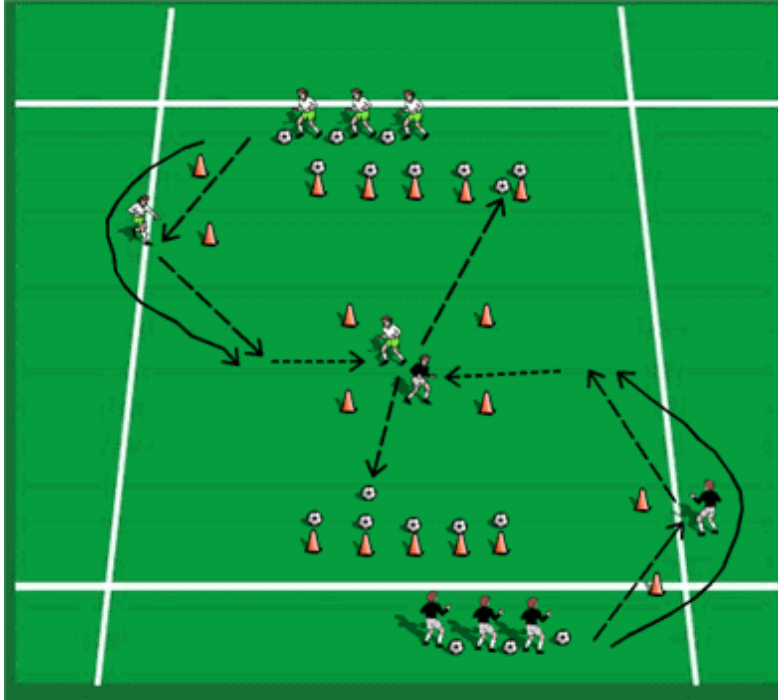


Develop: To improve players technique, accuracy and weight of passing.

Organization:

- Area 15 x 10
- 2 Teams of 4-6 Players
- Each Team has 5 small discs with 5 soccer balls on top of them.
- A box in the middle marked out by 4 cones 5 x 5
- A cone is placed 10 yards at the side of each Team.
- Players start by passing between cones into Coach / Player.
- Player then runs forward and receives a pass back from Coach / Player.
- (Wall Pass)
- Player then takes the ball into box and tries to knock balls off cones
- First team that knocks all the balls of the cones is the winning team.
- Start with 2 touches, Control and Pass
- Communication

Overlapping Runs



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- Players start by passing into Coach / Player.
- Player then runs forward around the coach (on a Overlap)
- Player then takes the ball into box and tries to knock balls off cones
- First team that knocks all the balls of the cones is the winning team.
- Start with 2 touches, Control and Pass
- Communication and Timing of Run

AWARENESS TRAINING SESSIONS

Session 69: Improving Awareness With A Ball Each

Session 70: Identifying Levels Of Awareness

Session 71: Awareness Training Emphasizing Quick Decision Making (The Skill Factor) And Peripheral Vision Development - This Is Essentially Training The Mind For Fast Decision Making

Session 72: A Non Competitive Awareness Numbers Game: Passing In Sequence

Session 73: A Competitive Non - Directional Three Team Awareness Possession Game (4 V 4 V 4)

Session 74: Practicing Basic Passing Awareness In Three's

Session 75: Specific Peripheral Vision Coaching Session

Session 76: Creating Movement Off The Ball Between The Units

Session 77: Improving Awareness Of Spacing And Movement "Off" The Ball

Session 78: Developing Awareness, Passing And Dribbling Skills

Session 79: Receiving, Turning And Angled Passing Developing Awareness On And Off The Ball

Session 80: A Transition Clinic Developing The Players Ability To Recognize The Immediate Changes From Defence To Attack And Attack To Defence And To Act On It Quickly

Session 81: Switching Play As A Team

Session 82: Creating Movement Off The Ball Between The Units