



## Week 11 - Running With The Ball (Level 3)

Category: Small-Sided Games  
Difficulty: Beginner

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### Description

#### Skill Introduction (10 mins)

##### Instructions:

Set up a large grid with different coloured cones in each corner.  
Divide players into 4 groups in each corner, number the players.  
On the coaches signal all players of the same number run with the ball to the next corner followed by the next group, again after the coaches signal.  
When everyone is back in the grid where they started; we start again but now in the other direction.  
In the beginning the running speed is low and should be raised gradually on each run so on run 4 back to the starting position the players should be sprinting with the ball.  
Add the following variations:  
Right foot or left foot.  
Accelerations.  
Stop-starts.  
Feint stops followed by an acceleration.  
Feint turns followed by an acceleration.



#### Skill Training (20 mins)

##### Instructions:

The players in pairs with one ball and positioned in grids A;B;C and D as shown.  
The pairs pass the ball back and forward to each other while waiting for their turn.  
The exercise starts with the pair in grid A when, at the coach's call, player 2 passes the ball past 1 in the direction of the goal. Player 1 turns and runs with the ball towards the goal and tries to score (inside the shooting zone).  
Player 2 gives chase and tries to stop 1 from finishing.  
As soon as the action ends, pair A return to their grid and pair B starts; etc. after every turn 1 and 2 change positions.  
Regularly change the composition of the pairs as well.  
**Possible Coach 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 him.  
Take on the defender 1 v 1 if they get in front.



#### Game Play (30 mins)

##### Instructions:

Standard match game 15 minutes each half/  
Promote the skill that has been taught during the training session.  
Look to see if the skill has been learnt/  
If required, also use the 30 minute match time to work on match day issues or ideas/

##### Possible Coach Remarks:

Head up, be aware of other players.  
Burst into space, keep good ball control.  
Feint to turn and accelerate, feint to stop then accelerate.  
Spread the ball wide and run down the wings.



