



Week 6 - Running With The Ball (Level 2)

Category: Small-Sided Games
Difficulty: Beginner

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Individual-Adult Member

Description

Skill Introduction - Warm Up (5 mins)

Instructions:

Players in pairs each with a ball. One leader one follower.
Keep head up to avoid collisions. Keep close control of the ball.
Leader to change direction, speed up, slow down, feint turn then accelerate, feint stop then accelerate.
Follower to keep up with leader making sure that they do not collide.
Coach to swap leader and follower after 2 - 3 minutes.



Skill Introduction - Progression (5 mins)

Instructions:

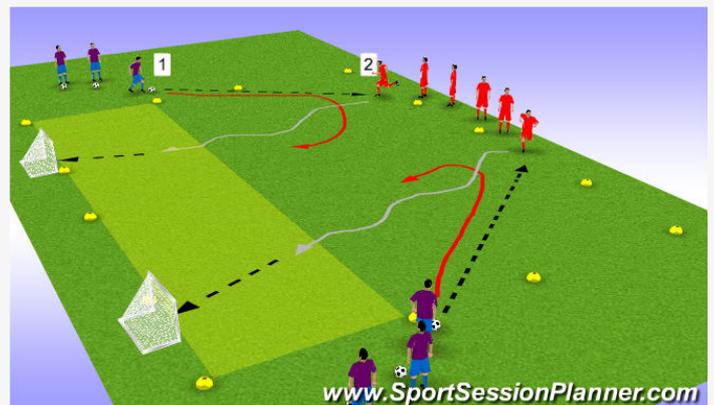
Players back to back 3 - 4 metres apart each with a ball (cones used to mark starting positions). One set of players in a line wearing bibs.
Coach calls a line colour and that line of players runs with the ball to the sideline putting their foot on the ball on or after the sideline. This encourages close ball control.
The other line of players must turn without the ball and chase down the runner to tag them before they put their foot on the ball.
Reset to the middle back to back and the coach calls another line - could be the same line.
Repeat for 4-5 minutes. Maybe count number of tags to see which team wins.



Skill Training (20 mins)

Instructions:

The exercise starts with the first player of group 1 (defender) passing the ball to the first player of group 2 (attacker).
Player 2 controls the ball and runs with it at speed toward the goal.
Player 1 follows their pass, overlaps behind player 2 and then chases player 2 who tries to score a goal (the shot can only be taken from inside the shooting zone).
After the action has ended, the attacker goes with the ball to the defender queue; the defender goes to the attacker queue.
If defender catches the attacker, attacker could:
- Feint to turn and accelerate again.
- Feint to stop and accelerate again.
- Cut off the defenders line by crossing in front.
- 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.

