

## Running with the ball Model Session 3

### 1. Skill introduction

A grid of approximately 30m x 30m has 4 small 5m x 5m grids in all 4 corners.

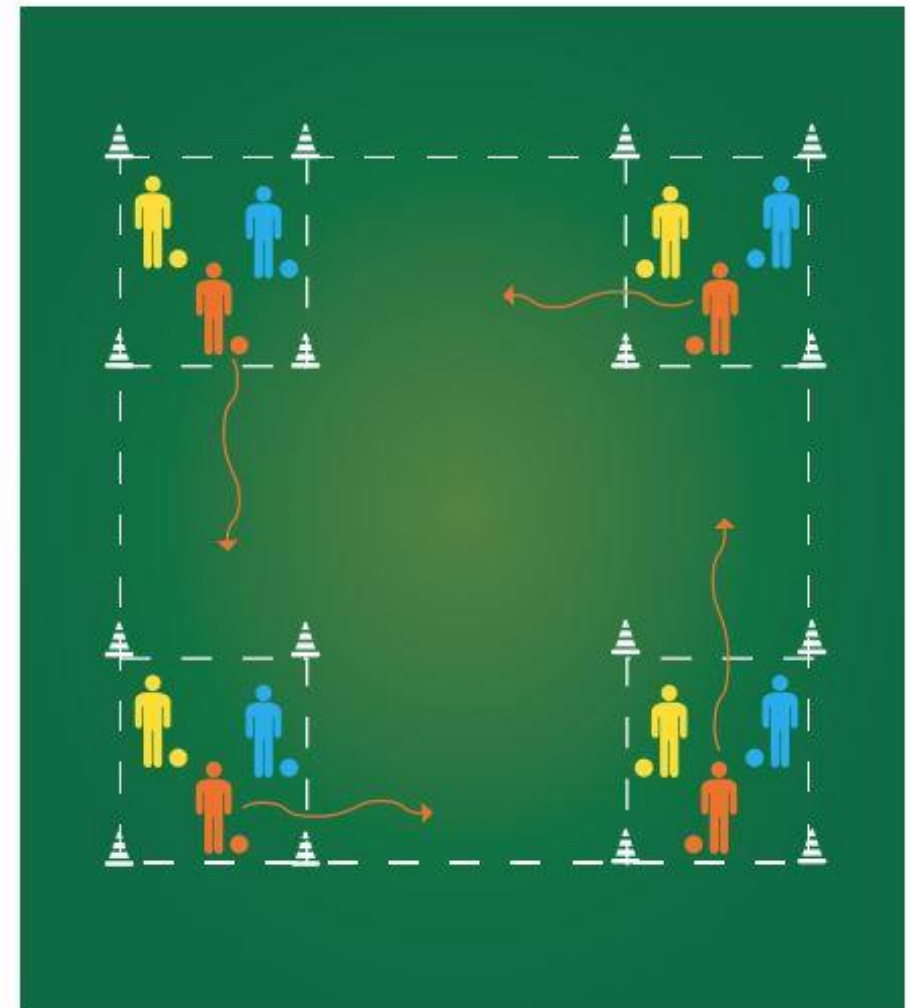
The players are divided into 4 groups of 3 players and positioned in the corner grids with a ball each as shown.

The 3 players in the corners wear different colour bibs or are numbered 1-3. On the coaches signal all players of the same group (all orange or #1's) 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 using the other foot only. In the beginning the speed is low and should be raised gradually.

Next we add the following variations (both with right as well as with left foot):

- Accelerations
- Stop-starts
- Feint stops followed by an acceleration
- Feint turns followed by an acceleration



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### Concluding tagging game

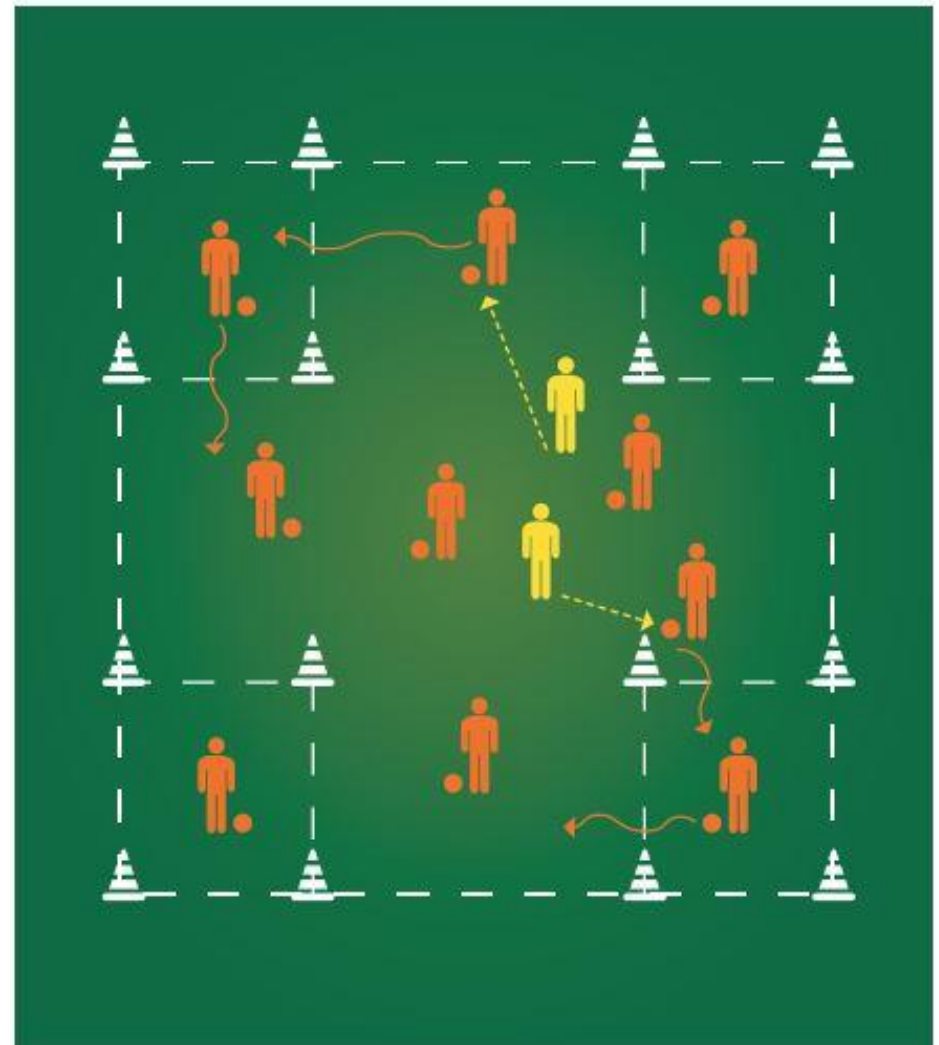
Use the set-up from the previous exercise.

One player with a ball in every corner grid; the rest of the players with a ball in the centre grid. There are one or two 'taggers' without a ball who try to tag the players with the ball. The players that get tagged, leave the grid and wait outside. A player can 'escape' the tagger by running with the ball into a corner grid but then the player that stands there must immediately leave the grid.

"How long does it take the taggers to tag all the players?"

After everyone has had a turn as taggers:

"Who are the winners?" (i.e. fastest time)



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### 2. Skill training component

**Organisation:** 15m outside the penalty box, two lines of cones are placed as shown in the diagram.

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.

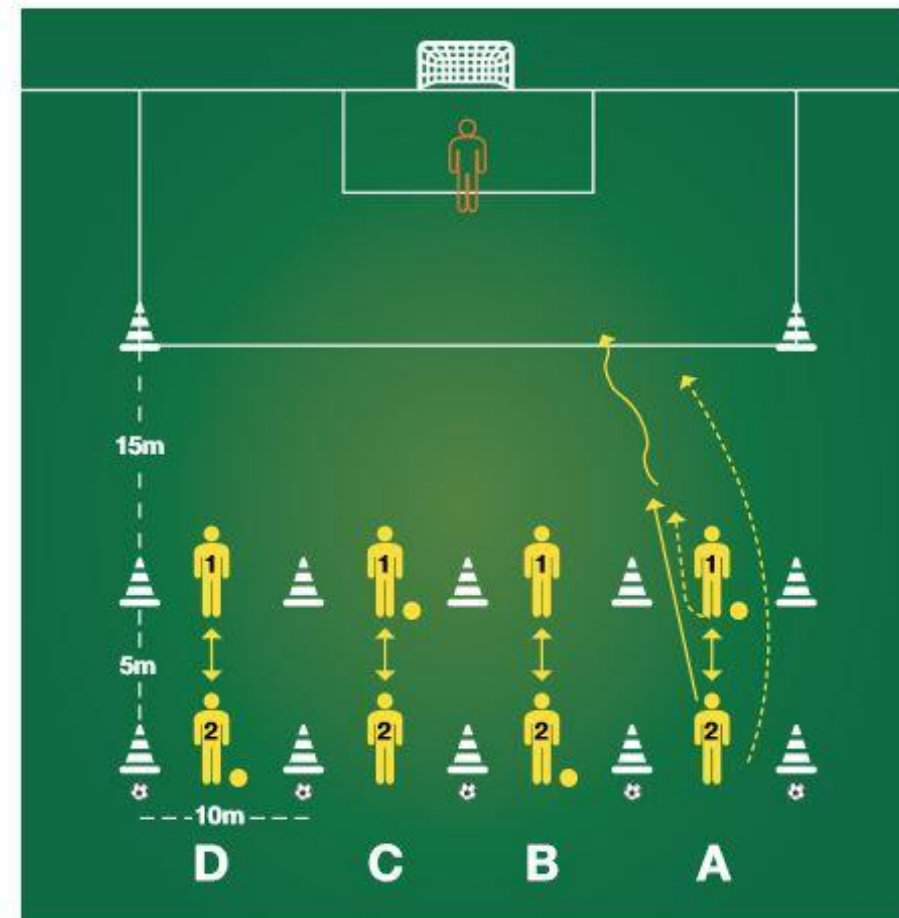
The exercise starts with the pair in grid A when, at the coach's whistle, player #2 passes the ball past #1 in the direction of the goal. Player #1 turns and runs with the ball towards the goal and tries to score (inside the box). Player #2 gives chase and tries to stop #1 from finishing.

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 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 him
  - Take on the defender 1 v 1 if they get in front



#### Step up:

- Reduce the distance between the two lines of cones (4m-3m-2m)

#### Step down:

- Increase the distance between the two lines of cones (6m-7m-8m)

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### 3. Skill game

4 v 4 + 4 'walls' (8 v 4) on a long and narrow pitch with big goals and goalkeepers (as shown).

All players choose (or get assigned) a **direct opponent** and can only take the ball from that opponent.

The team in possession can use the wall players to combine with (walls: 1 or 2 touches only).

The offside rule applies.

Change of teams when a goal is scored or after 2-3 minutes.

#### Variations:

- 1 or 2 small goals without goalkeepers
- No goals but 'line-football'

#### Step up:

- Teams can only use the walls in their own half
- Narrow the pitch

#### Step down:

- Widen the pitch

