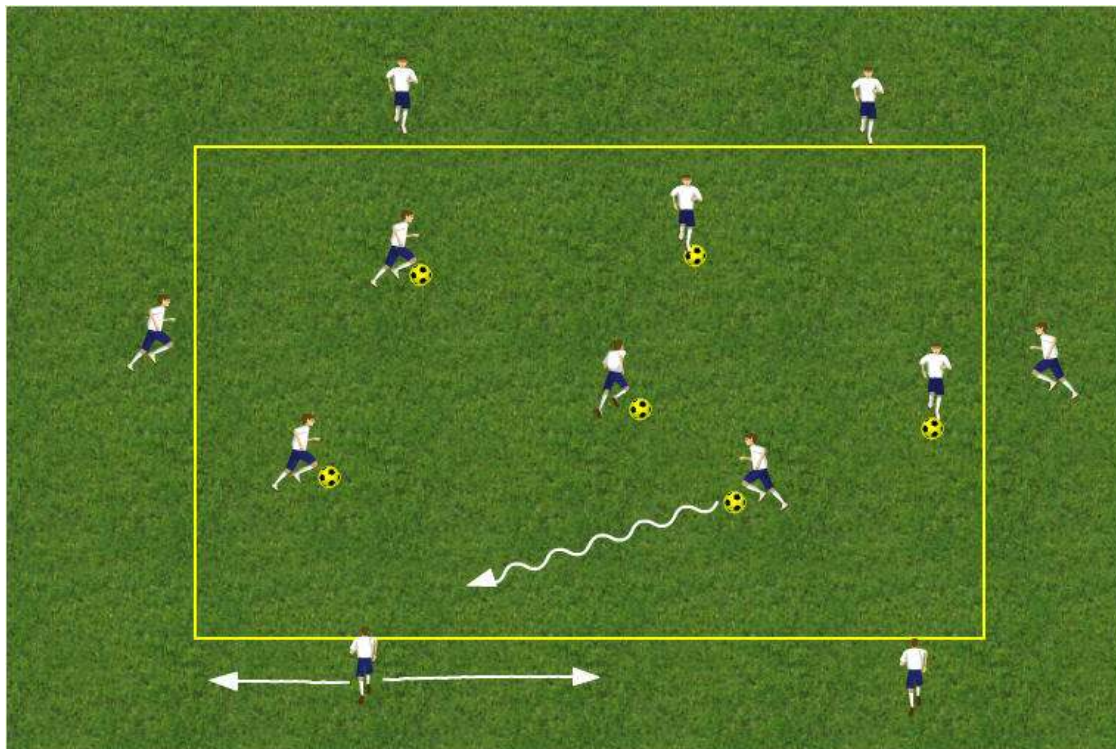


## A PRACTICE TO IMPROVE THE TECHNIQUE OF RUNNING WITH THE BALL

The following practice has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



### ORGANISATION

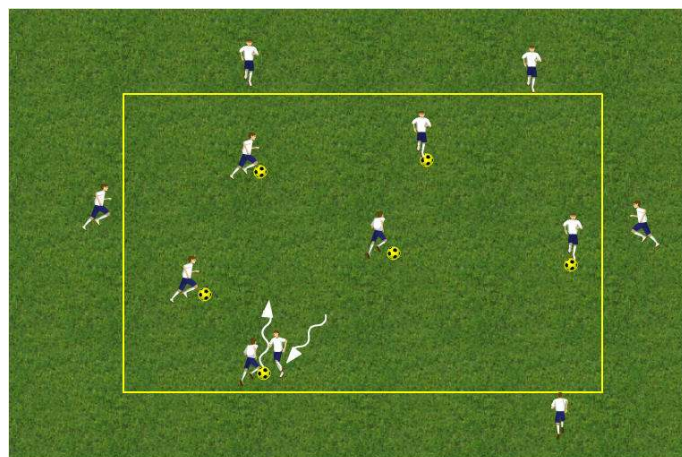
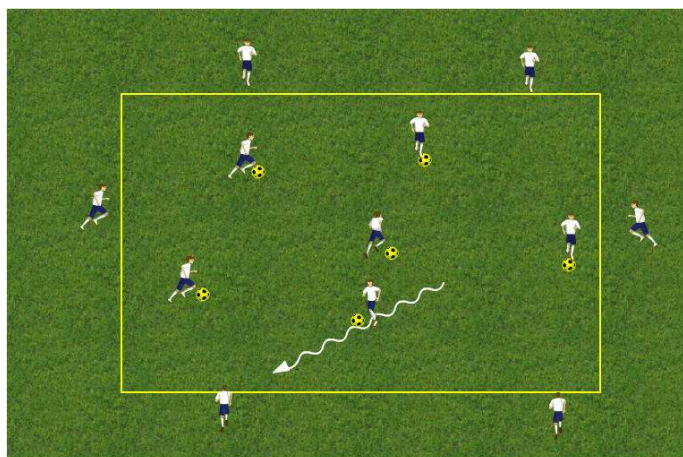
Mark out an area of 30 x 30 yards, the size and shape of the area can be adjusted to suit the age and ability of the players. There are a total of 12 players, 6 inside the area with footballs and 6 outside the area, without footballs. The players on the outside of the area can move around to provide different support options

### KEY TECHNICAL ASPECTS

Head up to identify the space to run the ball into and where other players are \*On receiving the ball, identify and have a positive first touch into the space \* Head up when running with the ball \*Use the laces of the front foot when running with the ball \*Cover the ground quickly, but be under control when passing or doing a take over \*Change of direction when needed \*Communication

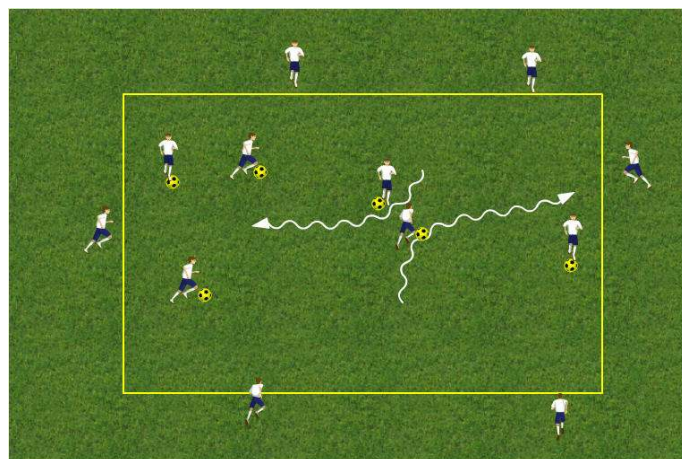
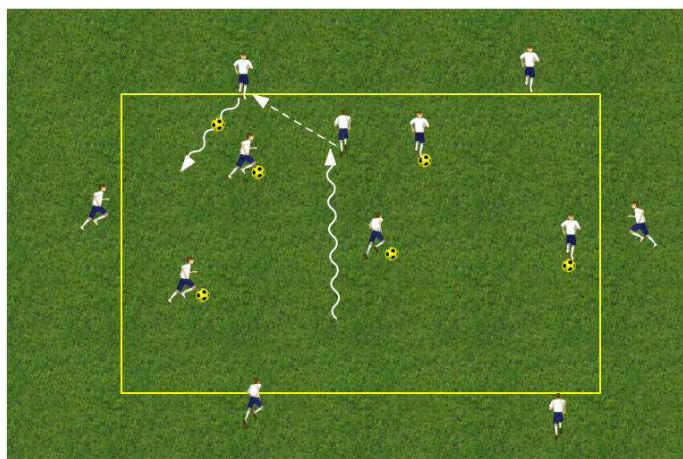
**Progression # 1** – The objective of the practice is for the players with the balls inside the area to run with the ball towards one of the free players on the outside of the area. The players running with the ball should be encouraged to get their head up, to vary the distance of the run, to cover the ground quickly and to use the laces of their front foot when running with the ball

**Progression # 2** – In this instance the player running with the ball does a take with a player on the outside of the area. The players will need to communicate and ensure they both cross shoulder to shoulder on the side the ball is being carried, i.e. carried right foot; the take should be right shoulder to right shoulder. The player taking the ball should identify and take a big first touch into space



**Progression # 3** – There will be other occasions when the ball will be passed into a player on the outside of the area. The player receiving the ball should identify the area to control the ball into and control the ball well out of their feet so they can run with the ball quickly straight away.

**Progression # 4** – The players should also ensure they have their head up so they can avoid other players in the area and if necessary change direction to avoid other players when running with the ball





## **PROGRESSIONS**

Make the area smaller so that the players have to change direction more often and be under greater control \*Progress the practice to a skill

[www.grassrootscoaching.com](http://www.grassrootscoaching.com) is a website dedicated to helping Football Coaches of all levels around the world to improve and advance their coaching skills. For more information and access to our library of 100's of 4D fully interactive coaching drills please visit the website.