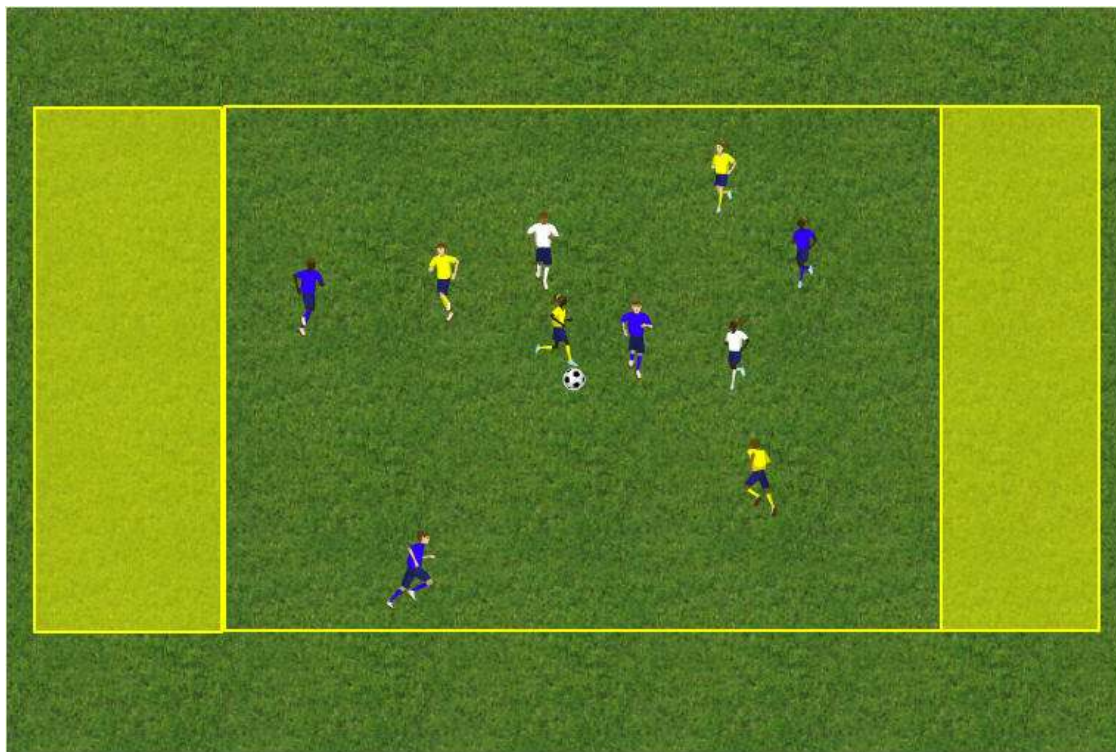


A GAME TO IMPROVE FORWARD RUNS

The following game has been designed using www.grassrootscoaching.com Coaches Chalkboard.



ORGANISATION

Mark out an area of 40 x 30 with two end zones of 30 x 10 yards. The area can be adjusted to suit the age and ability of players. Play 4 v 4 in the area, with two floating players who play for the team in possession.

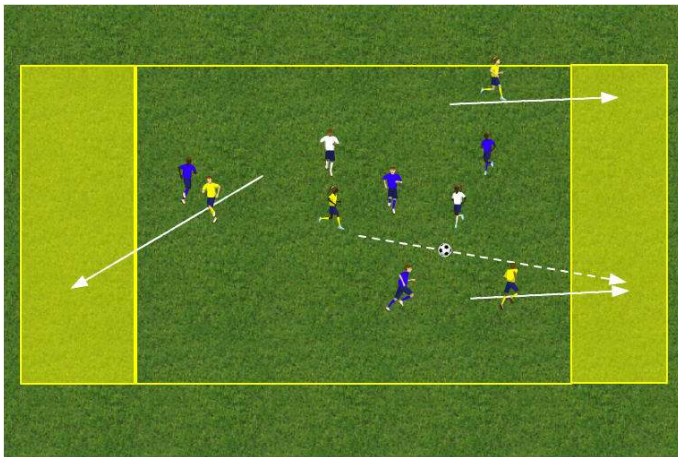
Objective of the game is for the team in possession to pass the ball into one of the end zones for a forward runner. To start with they can pass into either end zone.

The floating players can only pass to one of the team in possession; they can't pass directly into the end zone themselves

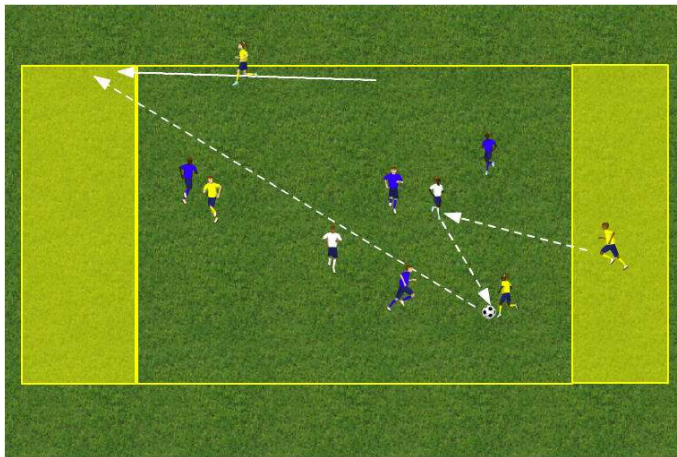
KEY TECHNICAL ASPECTS

Players play with their head up *Timing and angle of forward run *Runs not only to receive the ball, but to create space for others *Technique, accuracy, timing and weight of pass *Be aware of defenders and change the point of attack if necessary *Third man running opportunities *Overlapping opportunities *Follow the pass *Communication between players

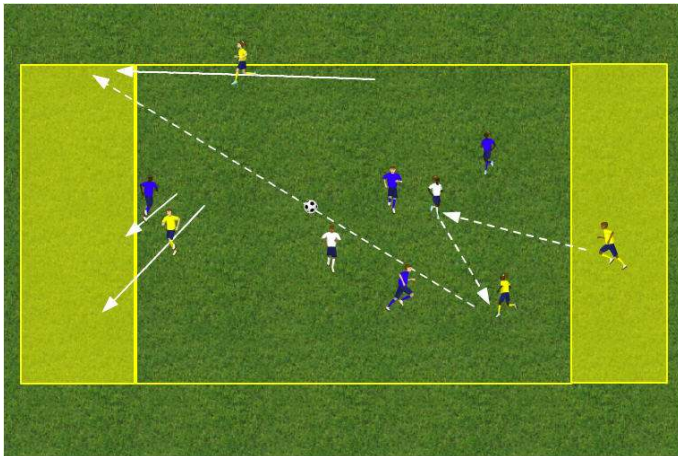
Progression # 1 – To start with the team in possession can pass to either end zone and the player in possession will need players to make well timed forward runs for passing options. Players will need to play with their heads up, be aware of the defenders positions and select the right kind of pass. Communication between players is very important.



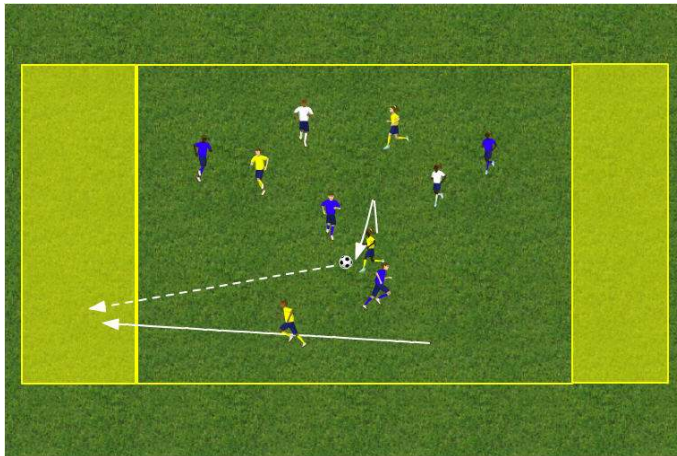
Progression # 2 – Once the ball has been successfully passed into the end zone, the team in possession now attempt to get the ball into the opposite end zone. There may be opportunities to use the floating players to create third man running opportunities.



Progression # 3 – Players will also need to be aware of making runs not only to receive the ball, but to drag defenders out of space that can be exploited by other players with forward runs.



Progression # 4 – There may be other times, when the player on the ball will need to change the point and direction of the attack, either by turning with the ball or passing sideways or backwards to a colleague to create a different forward running opportunity.



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