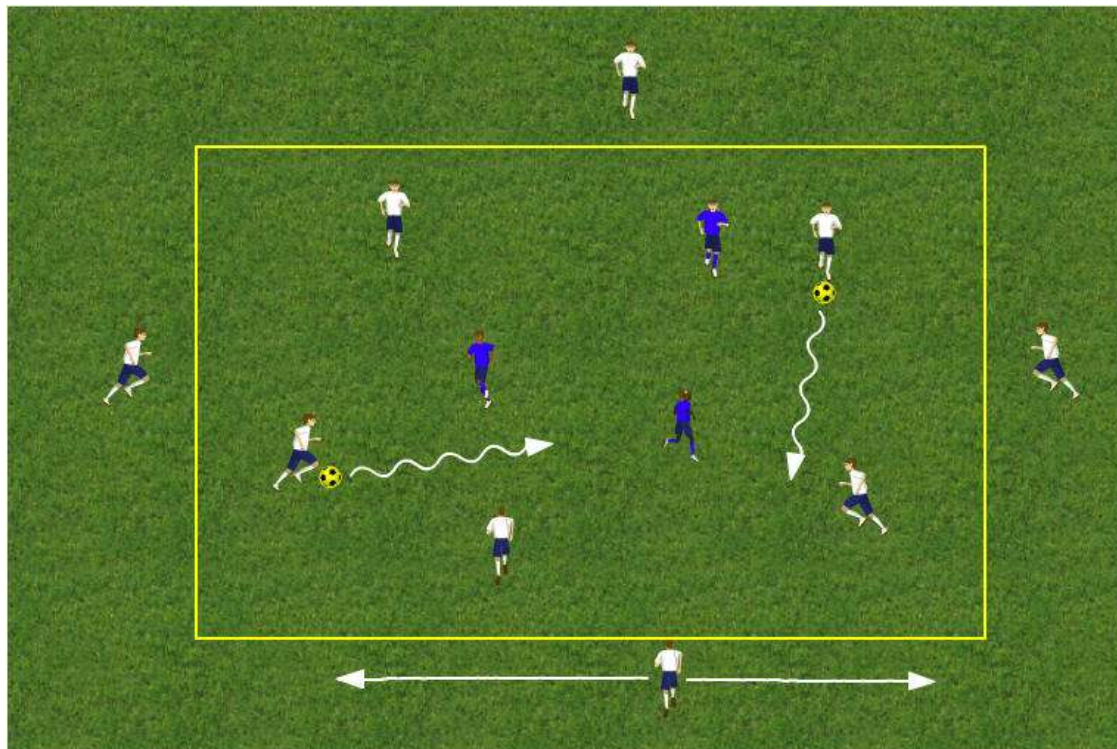


## A PRACTICE TO IMPROVE THE SKILL OF RUNNING WITH THE BALL

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



### ORGANISATION

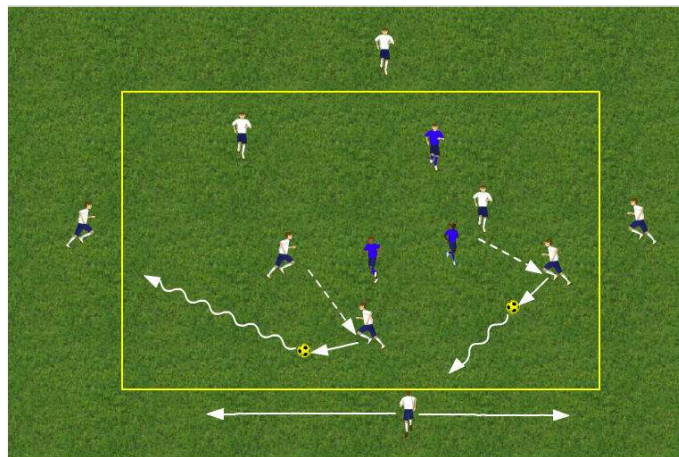
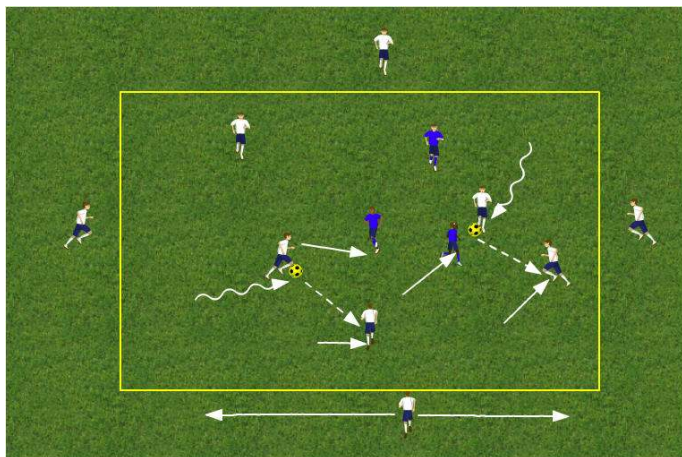
Mark out an area of 30 x 30 yards, the size and shape of the area can be adjusted to suit the age and ability of the players. There are a total of 12 players, play 5 attackers, with two footballs v 3 defenders inside the area and 4 players outside the area, positioned on the four sides of the box area. The defenders are initially conditioned not to tackle, but to pressure the players on the ball and they aren't allowed to challenge the free players on the outside of the area. The players on the outside of the area can move to support the players on the ball. The objective is for the players with the ball to run with the ball and if they can, pass or do a take with one of the free players on the outside of the area. The presence of the defenders will force them to make decisions on how far they run with the ball, decisions about changing direction to take them away from defenders and decisions on if they run with the ball or pass to a team mate inside of the area.

### KEY TECHNICAL ASPECTS

Decision making, run with ball or pass to support player \*Movement to provide support and find space \*Players to communicate and do a take or receive a pass \* Identify the space to run the ball into \* First touch into the space, away from defenders \*Get the head up to identify defenders positions \*Use the laces – front of the foot when running with the ball \*Get the ball out of the feet and in front \*Change of direction \*Communication

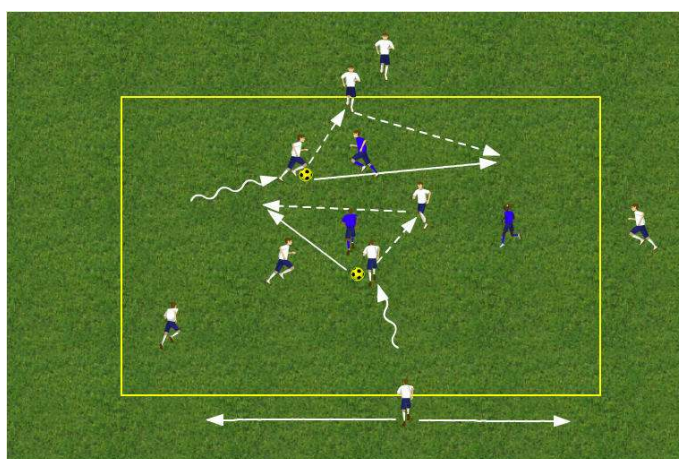
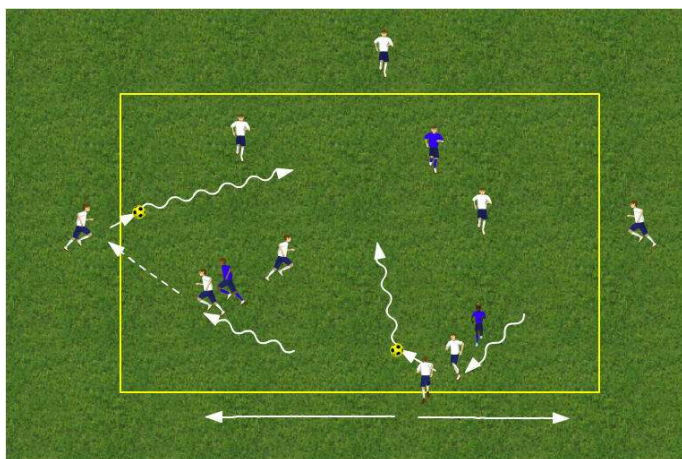
**Progression # 1** – Objective of the practice is for the 5 attacking players to create as many running with the ball opportunities as possible. The 3 defenders try and win the ball, but to also create decision making situations as to when and how to run with the ball.

**Progression # 2** – If, because of a defenders position, the ball is passed at the end of a run, then the player supporting and receiving the ball should look to control the ball into space, away from defenders and then run with the ball themselves



**Progression # 3** – When combining with the outside players, the players can either pass the ball into them or run at them and do a take over. The player receiving the ball should look to identify the space to control the ball into

**Progression # 4** – Players should also be encouraged to run at defenders, to commit them and play a give and go round them and then to continue to run with the ball. To play a give and go round a defender will also require good support movement





## **PROGRESSIONS**

Make the area smaller \*Progress the practice to a game

[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.