

A GAME TO IMPROVE RUNNING WITH THE BALL

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



ORGANISATION

Mark out an area of 40 x 30 yards, with 2 x 10 yard zones at each end of the area. The area can be adjusted to suit the age and ability of the players. There are a total of 12 players in the game, play 4 v 4 inside the area, with 2 floating players – in yellow inside the area and 2 floating players in yellow who can move up and down the outside of the area. The team in possession can use the floating players, but the floating players are conditioned to a maximum of two touches and can't run with the ball. The start point of the game is from one of the floaters on the outside of the pitch, who passes from the halfway line.

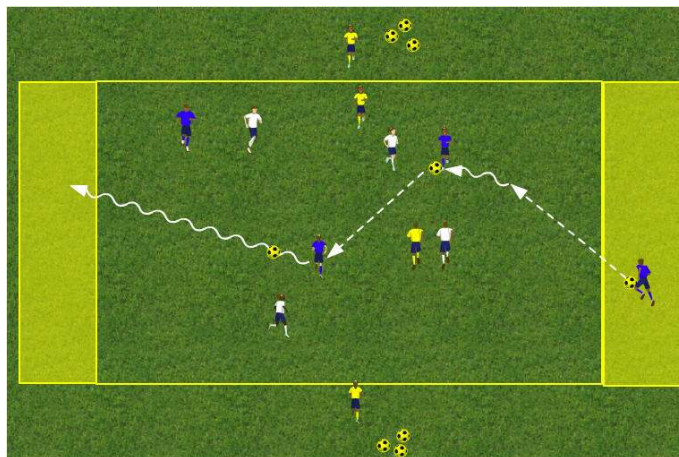
Objective of the game is for the team in possession to use the floating players if required and to attempt to run the ball into either of the end zones to score a goal

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

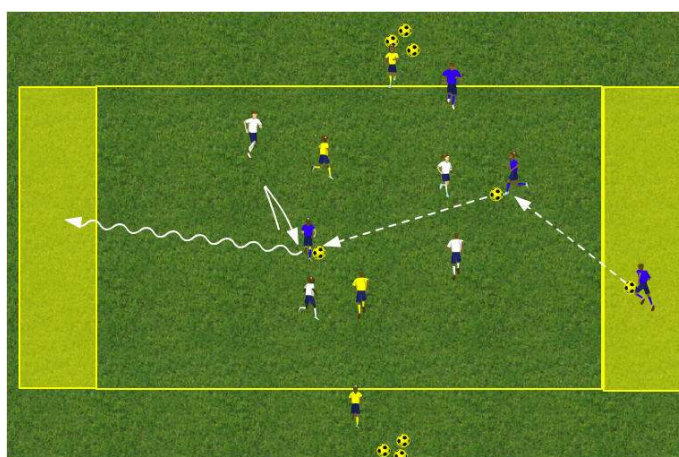
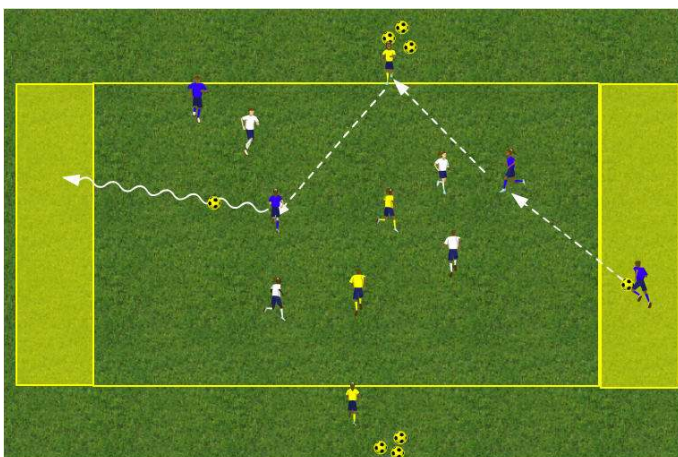
Progression # 1 – Once a goal has been scored by running the ball into the end zone, the team in possession attempt to run the ball to the opposite end zone. The game is directional, so if possession is gained by the opposition they try and run the ball over the opposite end zone.

Progression # 2 – Players should look to identify space and run with the ball where possible. But they also need to keep their head up to make decisions about when to run with the ball and when to pass to team mates or floating players. Floating players and supporting team mates should look to create space for themselves and for the player running with the ball



Progression # 3 – The team in possession can also use the floating players to create opportunities to pass to players who can then attack the space created and run with the ball

Progression # 4 – Players off the ball also need to be aware of the need for intelligent movement to create space for others to receive the ball or for them selves to receive the ball in the space created and then run with it.





PROGRESSIONS

Condition the floating players to a maximum of one touch *Reduce the number of floating players *Change the game so that once a goal has been scored by running the ball into the end zone, possession changes hands, this will create situations of transition for both teams.

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