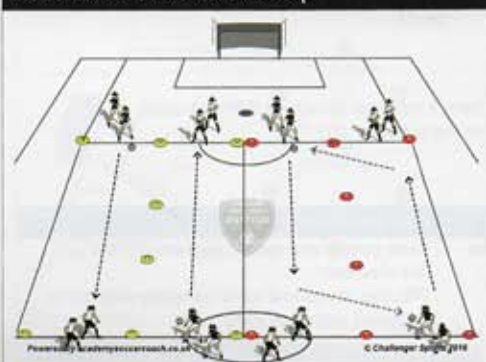


Topic: **Running with the ball**

Objective: **To develop technical proficiency in running with the ball and recognizing when and where this is a good option**

Session Part: Technical Warm-up



Organization	Time:
Area: 25x8 channels	15
Numbers: 16	
<p>In two channels players run with the ball and offload to next player in line. Start off slow enough to keep the ball under control and increase speed as improve. After 5 minutes offload the ball to the player in the line to the left, so now it is running with the ball ending in a diagonal pass. Two channels should go simultaneously and then change direction to end with a pass to the right instead.</p>	
Progressions	Coaching Points
<p>The first player in all lines go at once causing traffic in the channel they are running in, must avoid the oncoming player while keeping a good speed and control to end with a diagonal pass.</p>	<p>First touch to set up for a run Weight of touch - heavy but able to keep up Recognizing when to slow or make the pass</p>

Session Part: Small Sided Game



Organization	Time:
Area: 25x30 (5 yrd channels)	20
Numbers: 8	
<p>3v3+2 Players look to combine to release one of the two neutral wingers. Teams are playing in opposite directions while neutrals play in the direction of the team in possession. Once the attacking team get the ball into the wide player the defending team can send in one defender to retrieve the ball. The wide player looks to run with the ball through the gate at the side of the team in attack</p>	
Progressions	Coaching Points
<p>Wide players can rotate in play for example through an overlap or even dribbling into the zone if they find space to do so</p>	<p>Wide players keep up with play to be an option on the ball When can you penetrate with a run on the ball, either centrally or wide</p>

Session Part: Expanded Small Sided Game



Organization	Time:
Area: 40x30	25
Numbers: 8	
<p>3v3+2 Teams of 3 compete to score in goals. 2 neutral players attempt to keep width for the team in attack. If the black team can penetrate the goalie area by running with the ball only 1 defender can recover into this area. No players are allowed into the box until a run with the ball has been made into it.</p>	
Progressions	Coaching Points
<p>Goalkeeper can act as an additional defender in the box, staying high off the line for when an attacker breaks through</p>	<p>Look to get an early shot after a good penetrating run How early can the player cut inside to get a better angle on goal</p>

Session Part: Game



Organization	Time:
Area: Full Field	30
Numbers: 9v9	
<p>3-4-1 vs 2-3-2-1 Gives the attacking team width to unbalance defending team creating seems to play in and through</p>	
Progressions	Coaching Points
<p>3 points for a goal after running with the ball from outside the attacking third</p>	<p>Disable 1st defender by drawing in Touch around 1st defender into a positive space to run into Creating space to give team opportunity to run with the ball</p>