



Running with the ball

Category: Technical: Dribbling and RWB
Difficulty: Beginner

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Individual-Adult Member

Description

RWB

Warm up (10 mins)

Organization

30 x 30 square slit into two.

split team into 2 groups, with players dribbling the ball.

when the coach says go. players dribble as quick as possible to opposite square.

they must touch the far line before dribbling again

Add Dynamic stretches High Knees, heel

flicks, skipping, windmills, open the gate and kick through

Coaching Points

1. can we get to the far line as quick as possible

2. can we only use our laces when running to the far line.

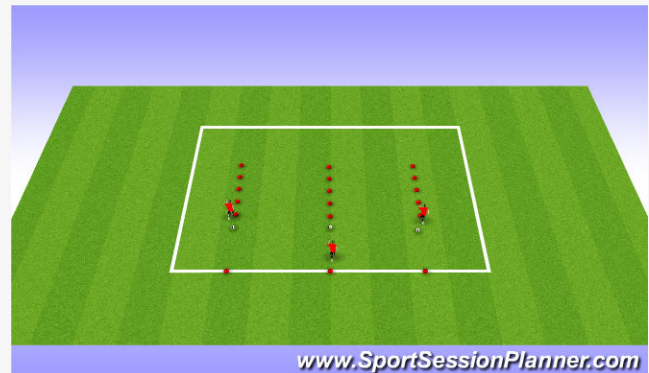


SAQ (10 mins)

Line 1 right foot only

Line 2 left foot only

Line 3 inside only



Running with the ball (15 mins)

organization 30 x 30 square split into 2.

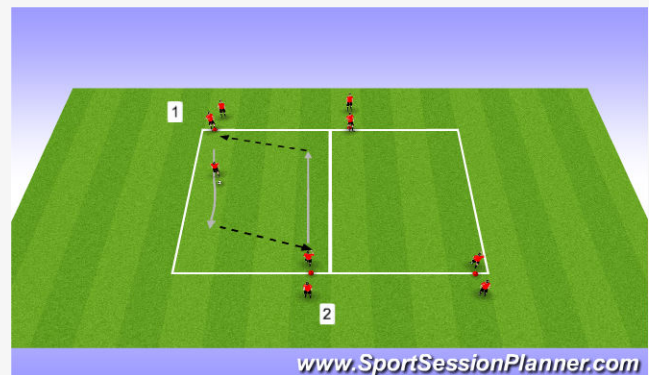
Player 1 is running with the ball, he passes into player 2 who repeats the process.

Coaching Points

1. can we take bigger touches, cover the ground quicker

2. positive first touch - can we cover ground with it.

3. at all times we need to keep control of the ball



RWB to Goal (15 mins)

Organization

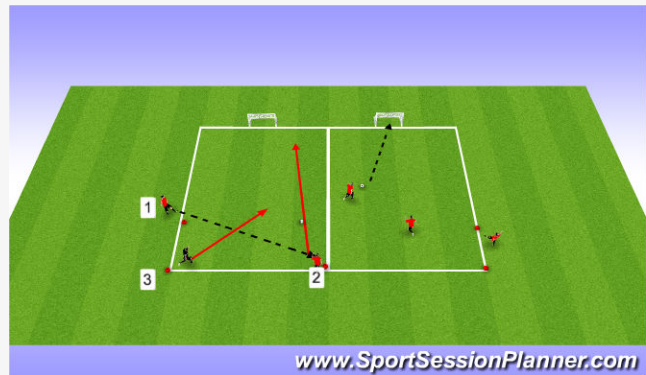
30 x 30 square split into 2 with a goal at the top end.

Player 1 passes the ball into player 2, who must try and cover the ground and score

player 3 is a defender who can leave once player 2 takes his first touch

Coaching Points

1. positive first touch can we get it out of our feet, and cover some ground
2. can we keep control of the ball even thou we are moving fast.
3. can we keep our head up and score a goal



Game (15 mins)

Organization

30 x 30 square with two goals

Coaching points

1. encourage attacking play
2. when to keep the ball close, and when to push it out of our feet.

