



Running With the Ball

Category: Technical: Dribbling and RWB
Difficulty: Moderate

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Individual-Adult Member

Description

RWB, technical session with a small tactical aspect towards playing out of defence.

Warm UP (10 mins)

Organization

40x40 square with a 7x7 square in each corner

Split group into 4 groups and number players from 1-3.

When you call out a number that player must run to another square.

There can't be more than the 3 players in each square.repeat several times.

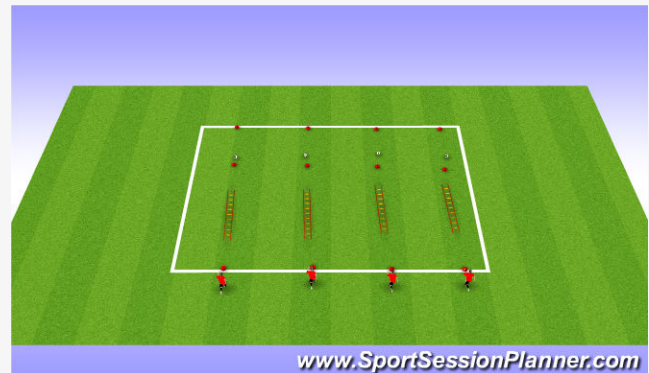
Add dynamic stretches high knees, heel flicks,open the gate, kick through skipping and windmills



SAQ (10 mins)

Player complete fast feet - designated by the coach.

When they arrive at the ball they have to try and get to the other cone in less than 3 touches turn and repeat, always keeping control of the ball. 6x per player.



RWB Technical (10 mins)

Organization

40 x40 square

endzone should be 7 yards deep

Each gate is 5 yards apart

Player 1 is running with the ball, taking big touches out of his feet, to cover the ground quicker.

He must cover the ground as quick as possible, while keeping the ball under control.

Player 1 passes the ball into player 2 once they have crossed the line.

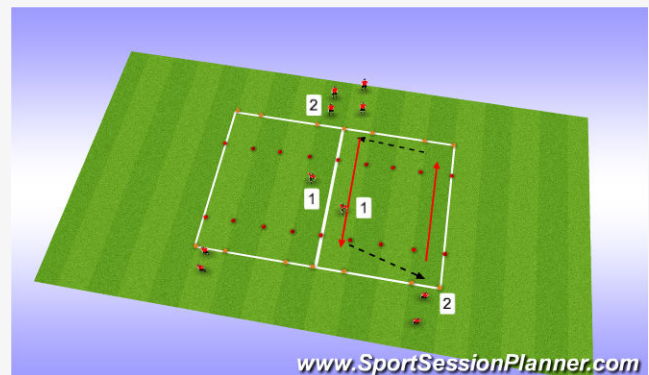
player 2 receives the ball and repeats action.

Coaching points

Big Touches- using the laces ankle locked, toe pointing down.

Head up to see where you are going.

Big first touch, can we cover more space by taking a big first touch?

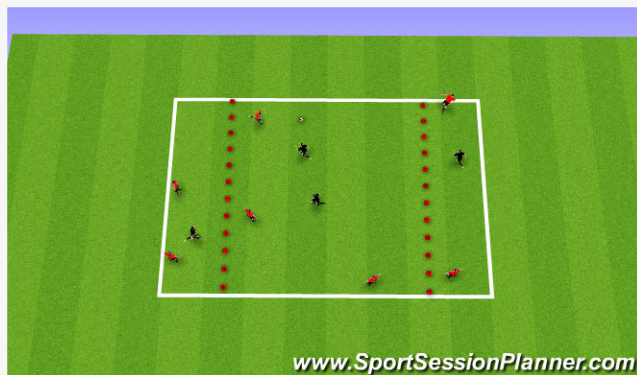


RWB Expanded (15 mins)

In this drill players are trying to create an overload situation. In the two endzones, its a 2v1, when the ball is played into the area the player who passed must follow it in creating a 3v1. In the middle area it creates a 3v2. no pass restriction in the middle zone. players must make at least 3 passes then they can break out and try and get to the otherside.

Coaching Points

Big first touch can we cover some ground with it.
Ankle locked, toe to the ground, big touches.
Head up, when to run with the ball when to pass.
Supporting Angles and patient wait for the correct time to go.



Playing out of defence RWB (15 mins)

Playing out of Defence- running with the ball.

We can use RWB when playing out of defence in this SSG. only the two outside defenders can go in the lanes created, giving them the opportunity to get forward quick and to create an overload. once they cross the halfway line they can be engaged by defenders of the opposite team.

As you can see the two outside defenders are very wide, creating space in the middle for the central player to receive the ball, only two players from the opposite team can be over the halfway line if they don't have the ball, otherwise as many people can get forward as they want.

Coaching Points

Can defenders get as wide as possible.
Can the center Midfield drop deep to receive the ball. if so can defenders get forward also. Supporting angles. can the GK also receive the ball back also, try and keep possession, no long balls.
Correct RWB technique?
Speed of Play.



Playing out of defence P1 (10 mins)

Remove channels, defending team can mark anyone, but still has to be only 3v2.

finally regular game.

Encourage players to get forward quick.

