



Running with the Ball

Category: Technical: Dribbling and RWB
Difficulty: Moderate

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Individual-Adult Member

Description

U8 RWB

Warm Up - British Ball Dog (5 mins)

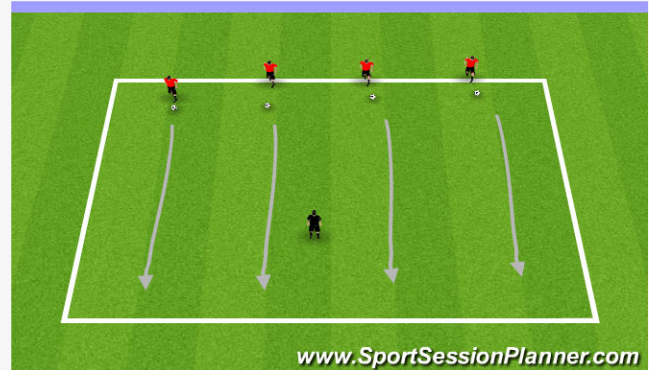
Organization

30 x 15 rectangle

Players must first race from one side of the rectangle to the other, without the ball x2.

Add a soccer ball to each player and race.

Add defender into the center of the field so players must try and keep their head up, and the ball under control

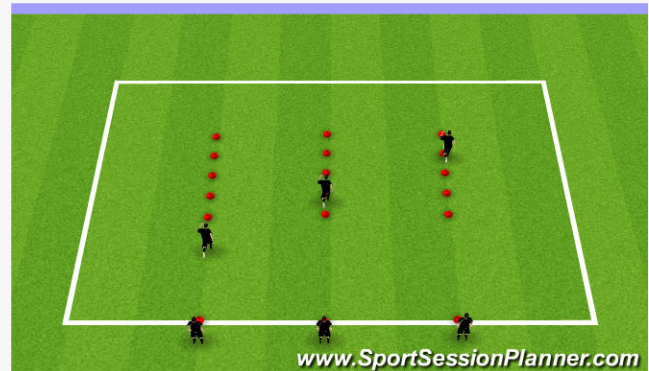


SAQ (5 mins)

Line 1 bunny hops

Line 2 Side to Side

Line 3 Hopscotch



Running with the ball (5 mins)

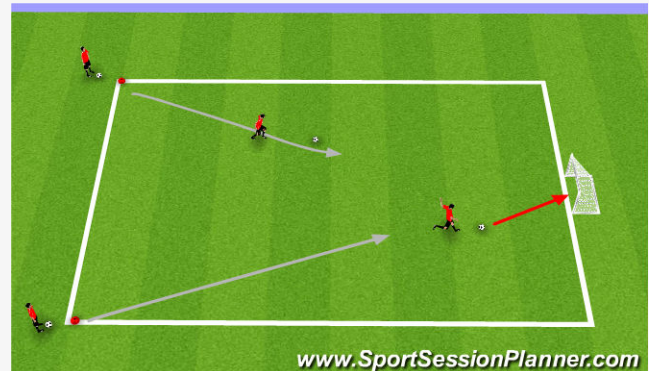
Organization

30 x 15 with a goal at one end.

Players must run with the ball down the field and shot in the goal at the end.

Coaching Points

1. Big touches - can we cover the ground quicker by taking bigger touches.
2. Still keep ball under control - touches cant be so big that we cant catch up to the ball.
3. Technique - Toe down ankle stiff - can we use the laces to push the ball forward?
4. head up - can we see where we are going? find the goal.



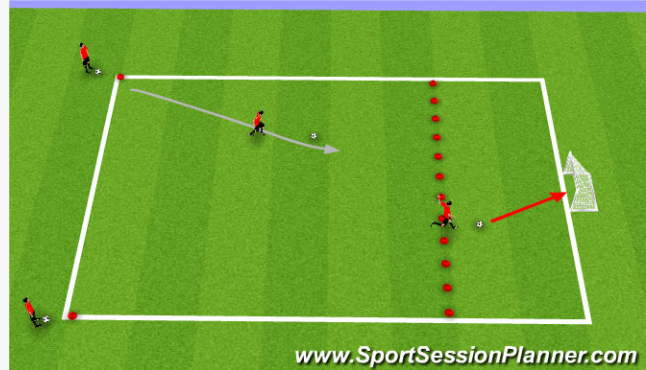
Prog 1 (10 mins)

Add a line 10 yards away from the goal
Players can now only score a goal inside the zone.

1. can players keep the ball under control, can we restrict our touches to only 4, including the shot?

Coaching Points -

1. Head up, where is the zone and goal?
2. Decision making - shoot or touch?
3. Are we going towards the direction we want?
4. Can we finish with a good strike?



Prog 2. (10 mins)

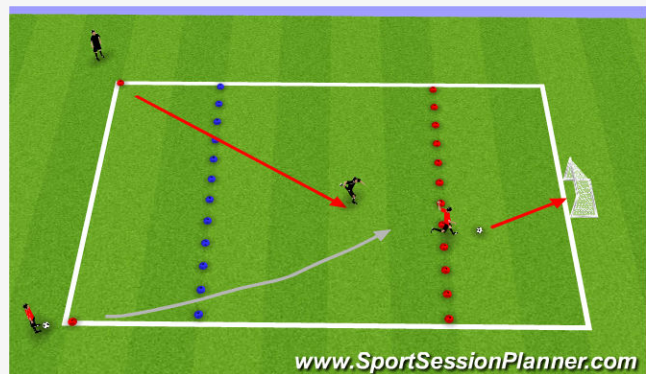
Organization

30 x 15.

Add a second line - once the player with the ball crosses this line - the second player is a defender who chases them down. player is now under pressure.

Coaching points

1. Can we keep calm under pressure? - focus on technique.
2. use our body to shield from defender if they catch up
3. direction - straight line- so that defender has more ground to cover.



Game

Organization

30 x 20 with a goal at each end.

Players are setup in a 1-2-1 formation.

coaching points

1. can we cover more ground when running with the ball
2. when our team has the ball can we spread out?

