



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

20 x 30 square slit into two.

split team into 2 groups, Players will dribble there balls on one side of the field.

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

they must touch the far line before dribbling again

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)

Organization

Create a funnel shape, the top two cones should create the opportunity for two players to collide, shoulder to shoulder.Coaches feed a ball into the middle, the player who pokes it back to the coach receives a point.

Team with the most points win.



Running with the ball (15 mins)

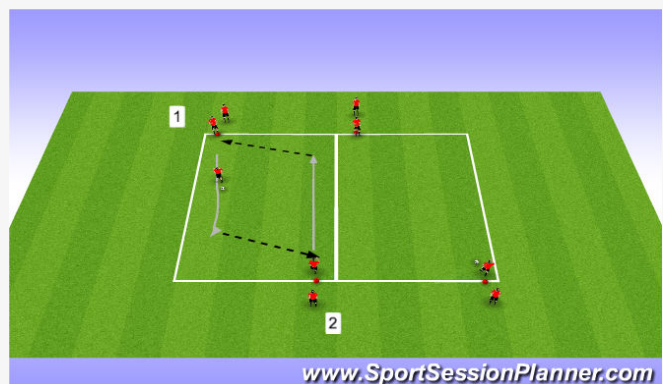
Organization

20 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.Positive first touch - Using the inside of our foot, can we take a larger touch to cover more ground.
- 2.Can we take bigger touches, cover the ground quicker 3 touches max.Use the laces to push the ball forward
3. At all times we need to keep control of the ball,if we feel that we are chasing, then the ball is too far away from us.
- 4.Speed of play - How quick, but under control can we complete the drill.



RWB to Goal (15 mins)

Organization

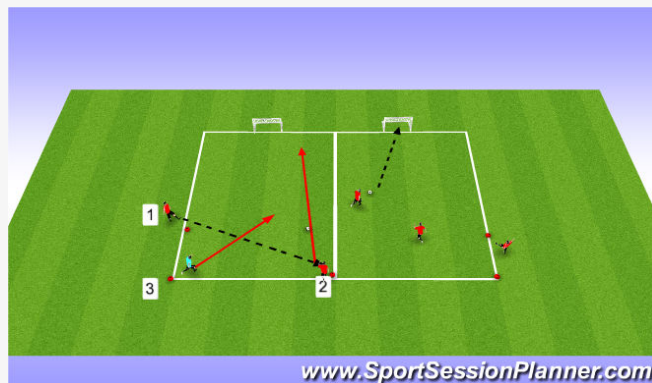
20 x 30 square split into 2, with a goal at the top end.

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

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

Coaching Points

1. Positive first touch with the inside of our foot, Can we get it out of our feet, and cover some ground
2. Can we keep control of the ball even though we are moving fast.
3. Can we keep our head up find the net 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.

