

## SESSION THEME

## Running with the ball

Age All ages

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Position A Youth Coach at English Premiership Club

### Session Aims

- 1/ Encourage players to get their head up early to identify running opportunity
- 2/ Develop receiving and first touch
- 3/ Encourage players to be positive
- 4/ Coach players to use outside of foot when running with the ball so as not to break their stride
- 5/ Coach players to use the space quickly and effectively

### Description

The following session is very simple to organise and is great as part of a warm-up/introduction to running with the ball. It is essential that players first identify the opportunity to run with the ball by getting their head up and then it is important that they receive the ball correctly and that their first touch takes the ball out of their feet so that they can get in to their run as quickly as possible. Players should then be positive and 'attack' the space as soon as and as quick as possible.

Players have a ball each and run with that ball round the area avoiding other players. First coaching points are made. Players are then encouraged to run their ball through coloured gates in a sequence e.g yellow gate, then red gate, and so on.

This session can be altered to have a few balls only and players have to receive a ball, run it through a gate and then pass to another player.

### Progression

Make the area slightly bigger and make the activity competitive using less balls e.g introduce defenders. Defenders can only INTERCEPT to start with. If they win the ball it is just returned to the attackers. After 5 interceptions defenders change over. Attackers have to run ball through cones to score. This could be any cones or in a sequence.

If the younger or less gifted players find this difficult put in a 'Safety Zone' where players can take the ball and not be tackled or hindered.

