



Week 1 - Running With The Ball (Level 1)

Category: Small-Sided Games
Difficulty: Beginner

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Individual-Adult Member

Description

Skill Introduction - Warm Up (5 mins)

Instructions:

All players running freely with the ball within the cones.
Keep head up to avoid collisions. Keep close control of the ball.
Use inside and outside of foot.
First 2-3 minutes: Low speed and intensity, use both feet.
Next 2-3 minutes: When a gap opens up, player must burst into the space.
During session on coaches call, use right foot, left foot, drag back, roll over etc.



Skill Introduction - Progression (5 mins)

Instructions:

Split players up into 4 groups, number each group 1 - 4, place a group at each side of the training area. Players to stand back from the cones.
When the coach calls a number, that group runs with the ball as quickly as possible to the other end of the station and back again to their starting position.
After all groups have finished, coach calls 2 groups at the same time. Players to take care, heads up, be aware of surroundings, slow down or accelerate when needed, keep close control of the ball.



Skill Training (10 mins)

Instructions:

Split players into 2 teams. Mark out a shooting zone using different coloured cones. Players can only shoot from within the shooting zone.
On coaches signal, first player from each team runs with ball towards the opposite goal. When they enter the shooting zone they pass the ball into the goal. Shoot with inside of foot, we are looking for close ball control when running towards goal and accuracy of shot not power.
Play stops once all players have shot into the goal.
Start again with players now shooting at the other goal.

Competition:

Start again but this time team mates can only start running towards goal when the shooter scores a goal or if a miss, the shooter runs back and touches the team mate on the shoulder. See which team can finish first.



Skill Training - Progression (10 mins)

Instructions:

Keep players split into same 2 teams. Players can only shoot within the shooting zone.

On coaches signal, first player from team 1 runs with the ball towards the opposite goal. When they enter the shooting zone they shoot at goal.

When the player enters the shooting zone, the first player from team 2 can start running with the ball towards the opposite goal.

As soon as the team 1 player has had their shot at goal, they turn and chase the team 2 player to try and catch up with them and prevent them from scoring.

When the play has finished, start again with the next team 1 player running shooting and then chasing the next team 2 player.

Once all players have had a turn, start again but this time start with team 2 meaning that team 2 now run, shoot and turn and chase after team 1.

A more advanced continuous flow will be taught at a future Running With Ball training session.



Game Play (30 mins)

Instructions:

Standard match game 15 minutes each half.

Promote the skill that has been taught during the training session. Look to see if the skill has been learnt.

If required, also use the 30 minute match time to work on match day issues or ideas

Possible Coach Remarks:

Head up, be aware of other players

Burst into space, keep good ball control

Feint to turn and accelerate, feint to stop then accelerate

Spread the ball wide and run down the wings

