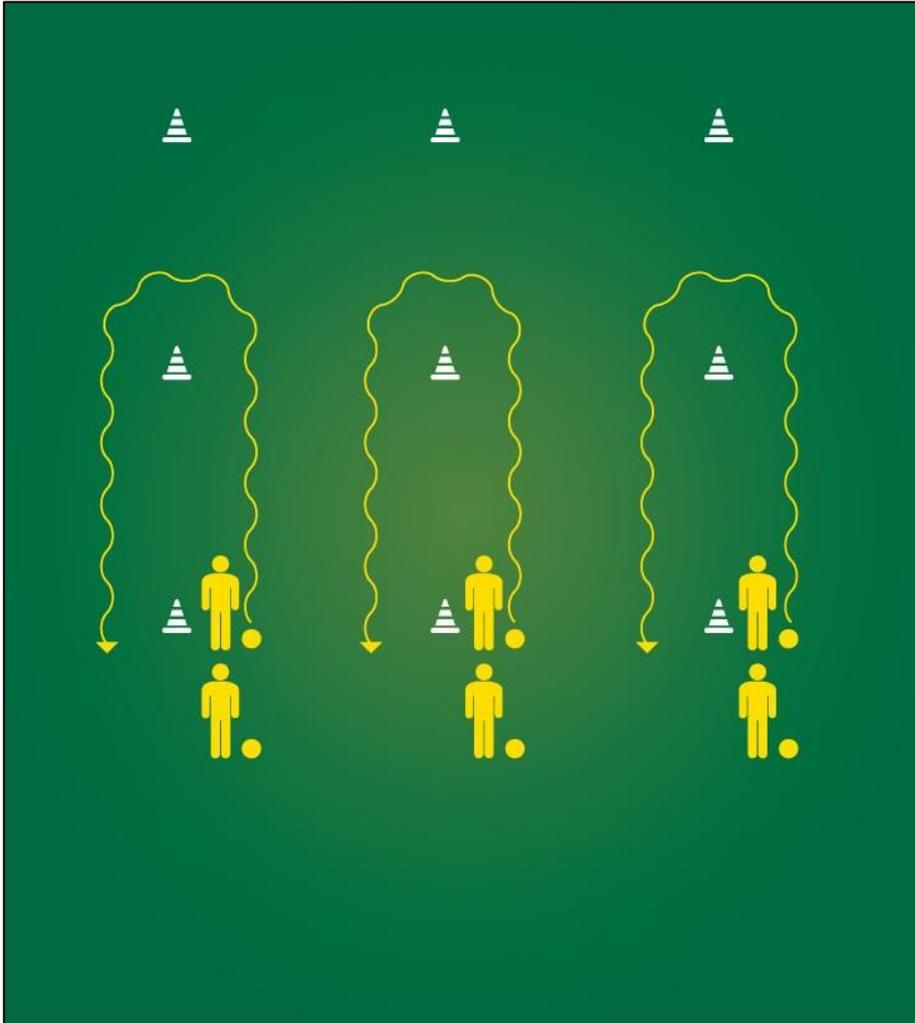


Discovery Phase Week 2 – Running with the Ball – Session 1

Beginning (10 – 15 minutes): Relays – Variation 1



Explanation for relays

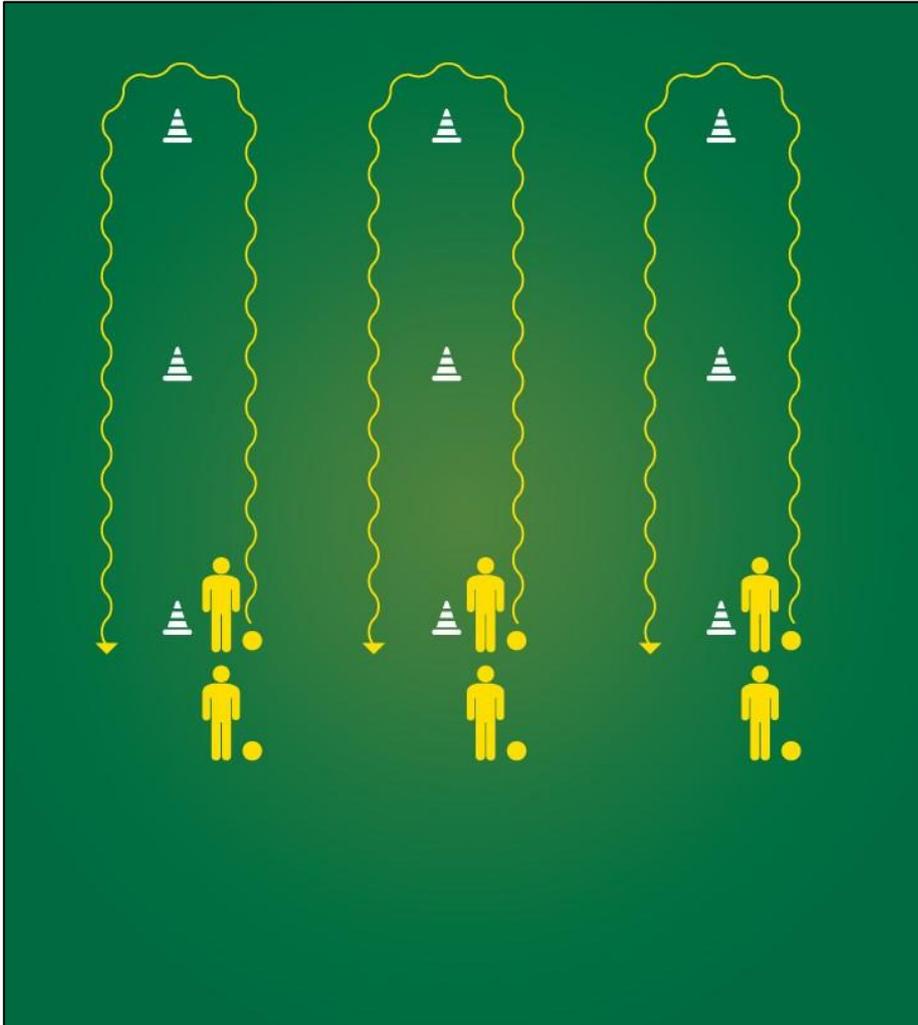
Each player starts with a ball, dribbles around the marker (as shown in diagrams 1 = variation 1 and diagram 2 = variation 2) and returns to the start.

Upon returning to the starting point, the next player starts the same pattern with their own ball

See **Guidelines for all relays** on the next page

Discovery Phase Week 2 – Running with the Ball – Session 1

Beginning (continued): Relays – Variation 2

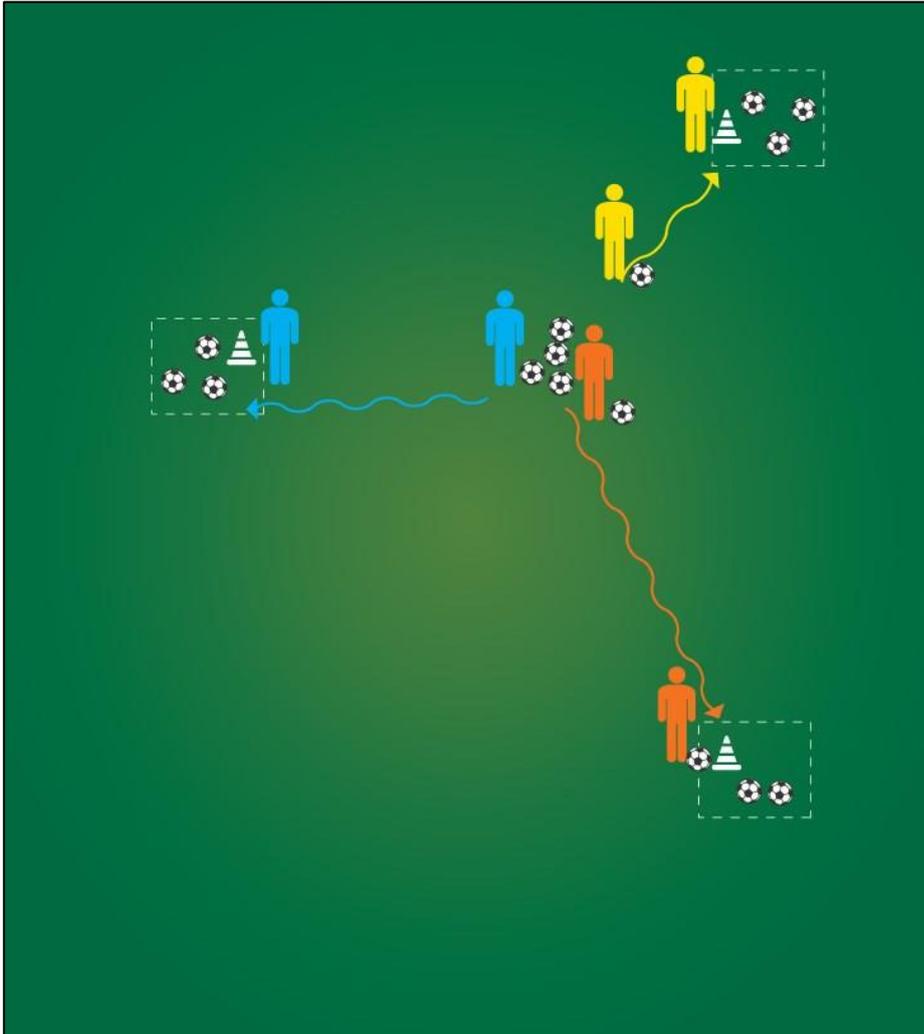


Guidelines for all relays

- If there are more than six players, make another lane of cones and keep it to only 2 - 3 players in a line (this avoids long queues).
- Keep players as active as possible (don't keep them waiting in line for too long).
- Give the group a quick break for a drink when necessary.
- All relays in this section can be performed with and without the ball - the preference is to always use the ball, but it is fine to take the ball out of the relays early in the session (especially with the u6s).
- The more skill your players acquire, the more the ball should be used and the greater the challenges can be e.g. start with relay race amongst teams or against the clock – by the time you are at u9s definitely begin to add conditions such as “using inside of both feet” or “only using the outside of the feet”.

Discovery Phase Week 2 – Running with the Ball – Session 1

Middle (15 – 20 minutes): Feather the nest



Mark out a triangle with sides 10m–12m long. Three teams of 2-3 players are positioned at each corner with a cluster of balls in the middle of the triangle.

The object of the game is to gather as many balls as possible for the corner or 'nest' within a set time period.

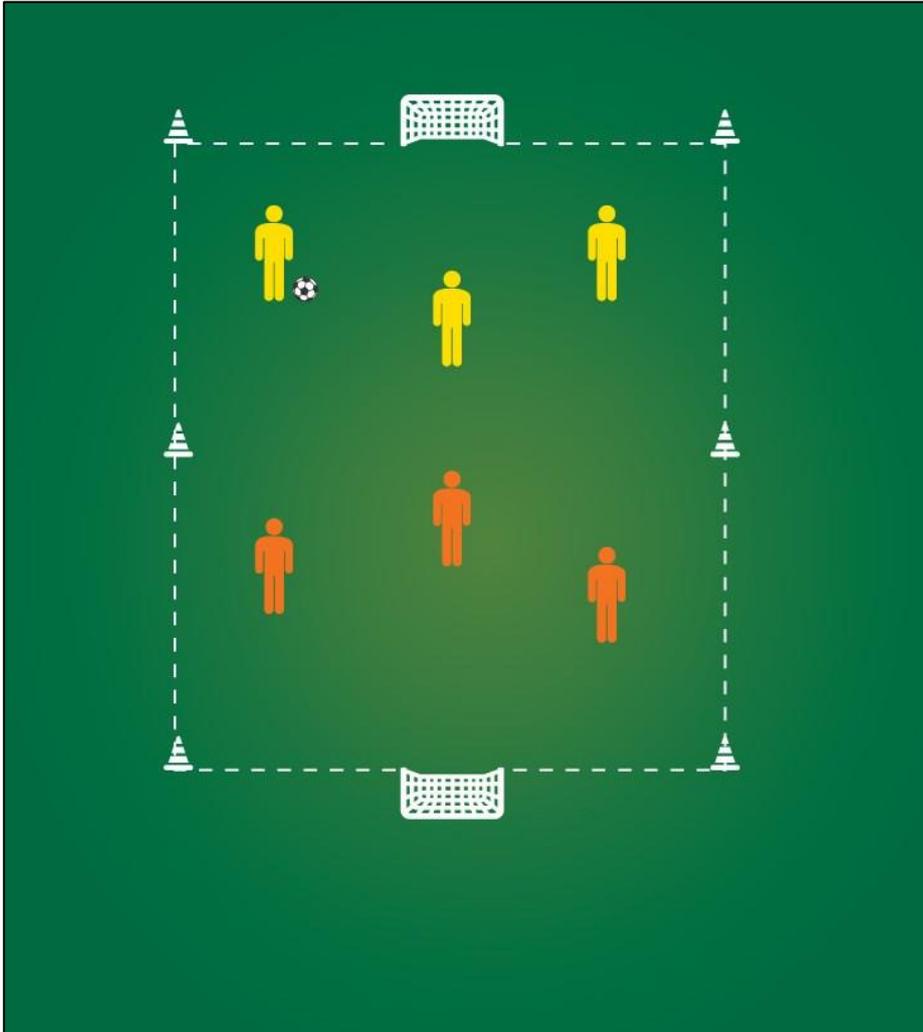
One player from each team runs to the middle of the triangle to get a ball and dribbles it to their corner (or nest) and leaves it there [I normally make the player stop the ball in their nest e.g. can't still be rolling then high five the next player before the next player moves]. Their team-mate / next team mate then does the same. When all the balls in the middle of the triangle are gone, players can take them from someone else's nest.

Notes on this exercise

Players are NOT allowed to stop others from taking balls from their nest i.e. no blocking, defending, tackling etc. No hands! Feet only.

Discovery Phase Week 2 – Running with the Ball – Session 1

End (20 minutes): 2v2/3v3/4v4 Training Game



Length: 20m–25m

Width: 14m–18m

Goal: 2m–3m

Notes on this exercise

“Just let them play”. You can play with or without goalkeepers.

Use the rules relevant for your age group e.g. u8s &9s throw-in from the side lines. I typically do not have corner kicks with small sided games – defenders restart play from the goal line regardless of which team touched the ball last.

As always coach “on the go” rather than stop play and praise effort rather than skills.

Short games - 3 to 5 mins in length (with regular drink breaks). Use the breaks as the opportunity to talk to the whole team if you need.