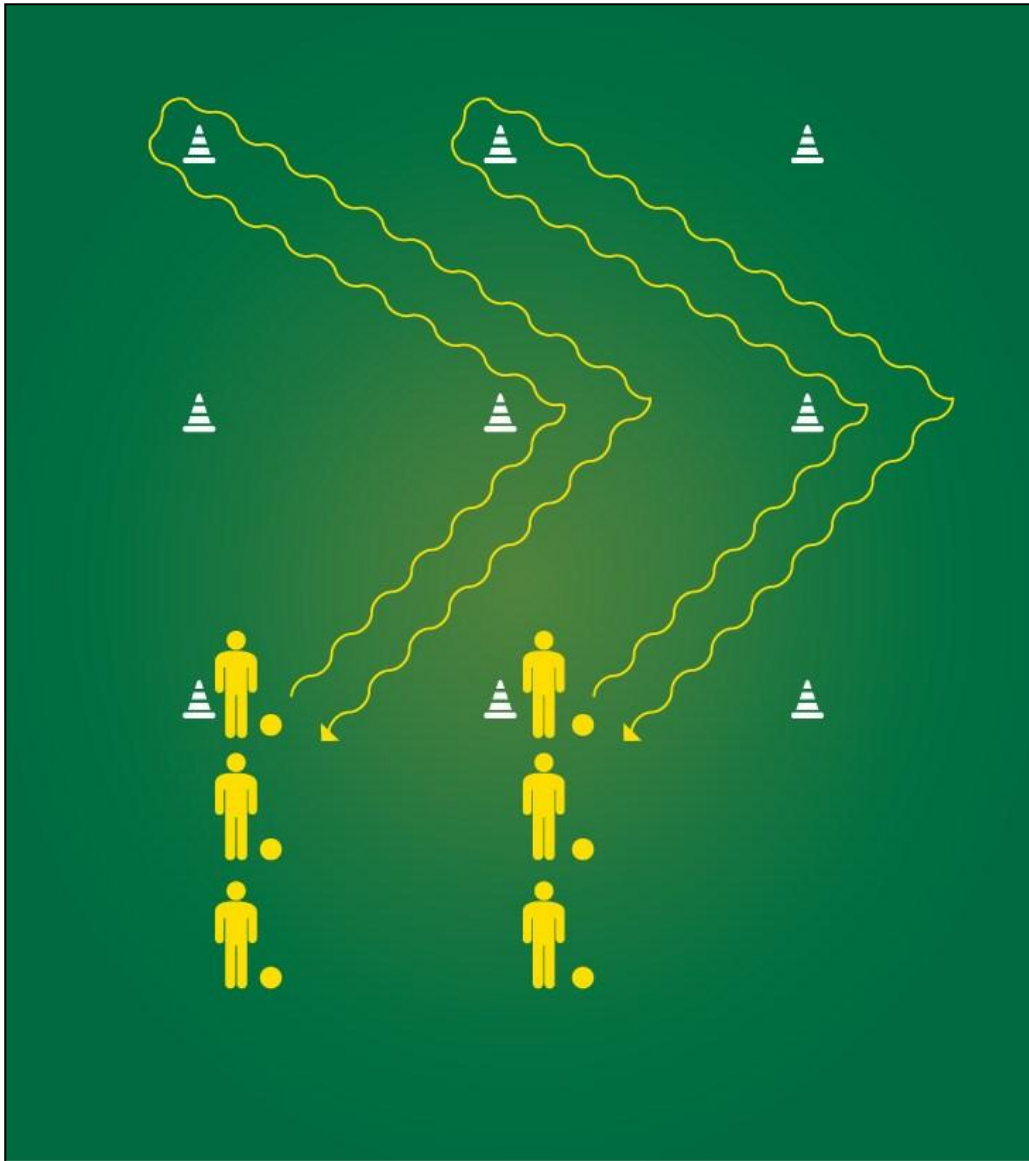


Discovery Phase – Running with the Ball – Session 2

Beginning (10 – 15 minutes):

Relays: Variation 1 (5 – 7 minutes)



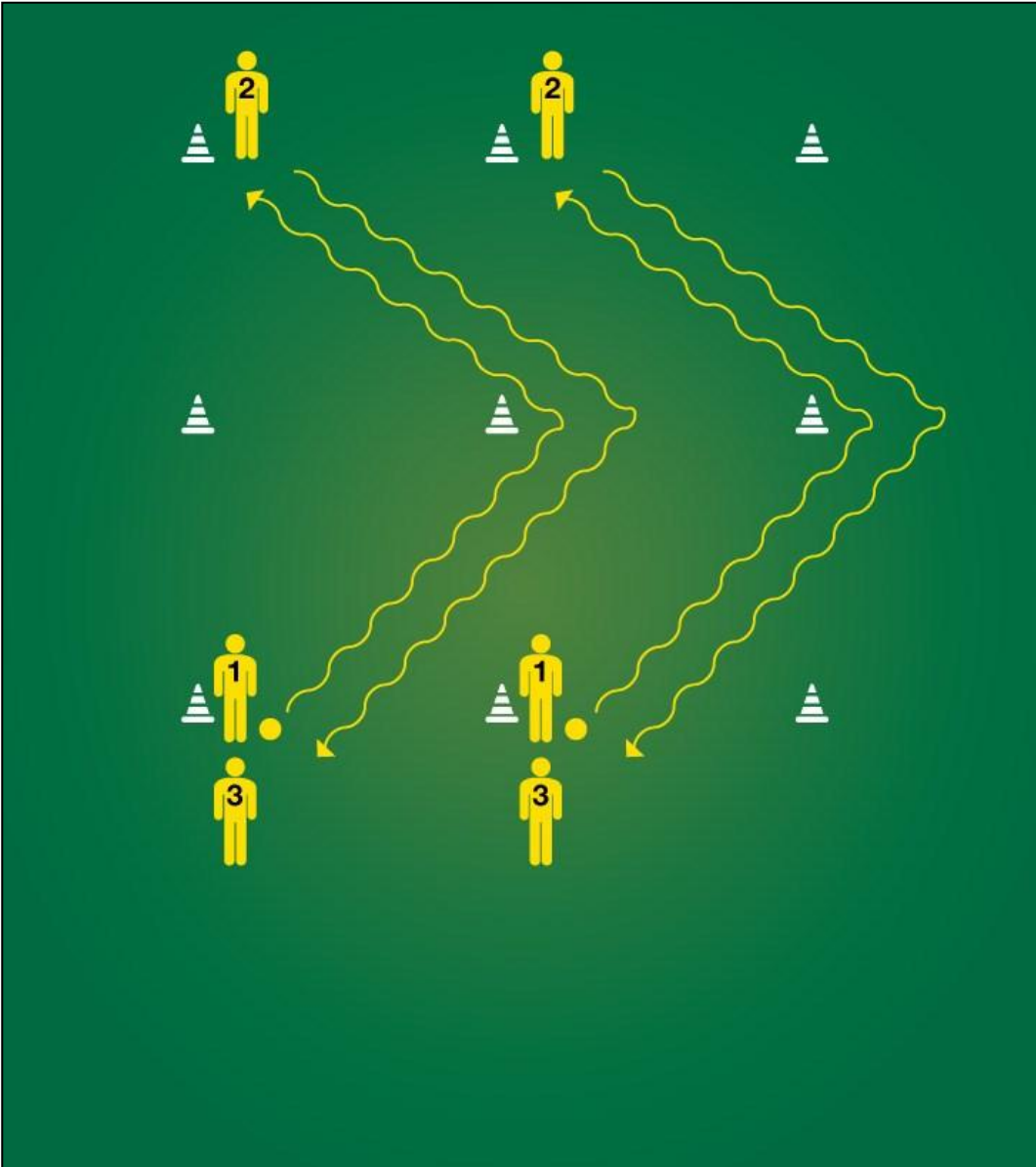
Each player starts with a ball, and dribbles around the first marker and then cuts the ball, changing direction to the left (as shown in diagram 1). Then dribbles around the second marker, and repeats the same pattern (but cuts right this time) on the way back.

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

Have best of x races between the teams. Vary team composition as necessary to make the races as even as possible.

Discovery Phase – Running with the Ball – Session 2

Relays: Variation 2 (5 – 7 minutes)

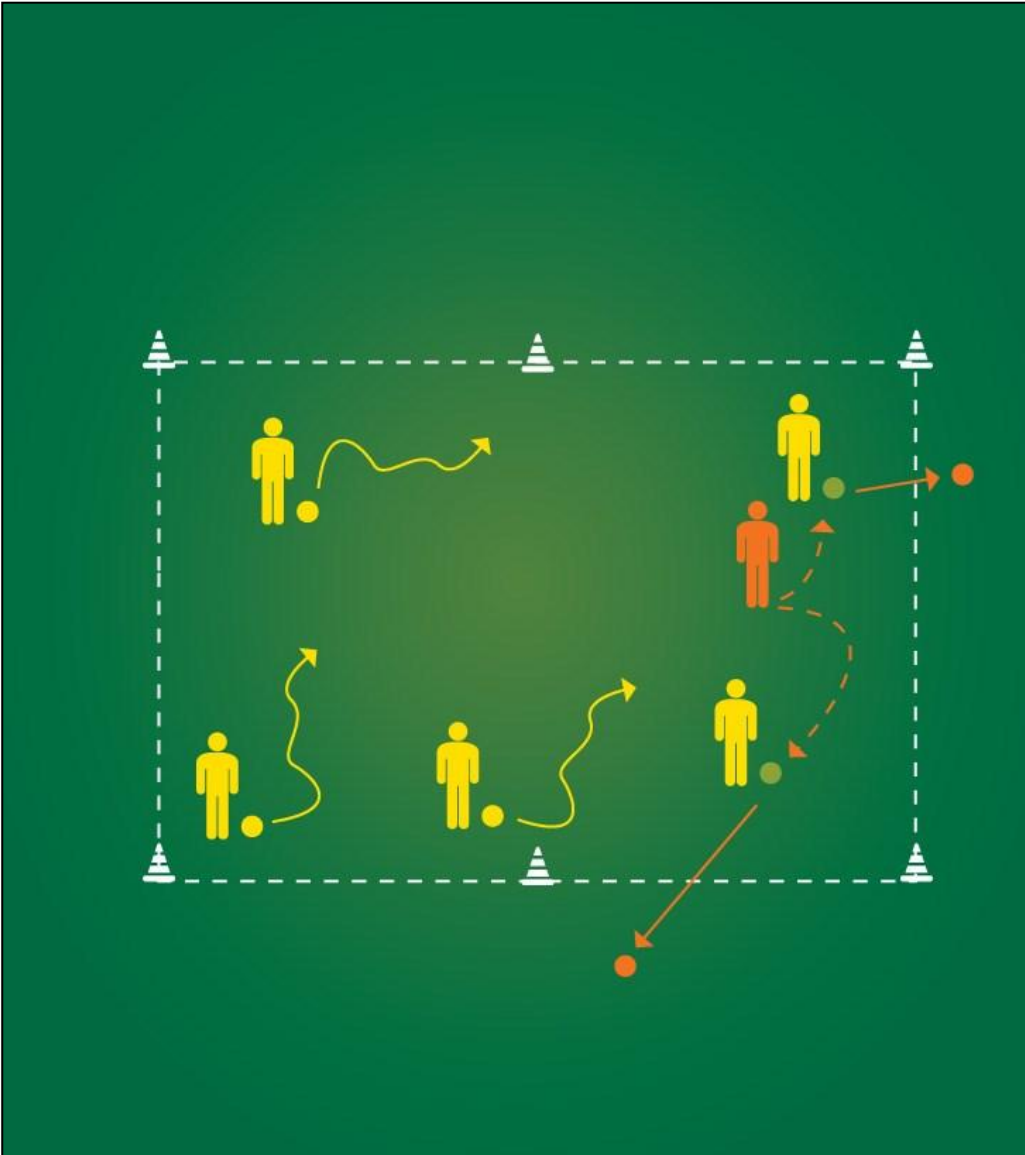


To Vary this exercise, instead of having all players beginning at the one point, they could be split up at either end.

Player 1 now dribbles around the first marker and then passes the ball to player 2 (as shown in the diagram), who repeats the same movement and passes to player 3

Discovery Phase – Running with the Ball – Session 2

Middle (10 – 15 minutes): Round 'em up



Five players dribble their balls inside a 10m × 14m area (adjust size as necessary i.e. C.H.A.N.G.E.I.T). On your call 'round 'em up!' the sixth player tries to 'round up' all five balls, by kicking them out of the square.

Notes on this exercise

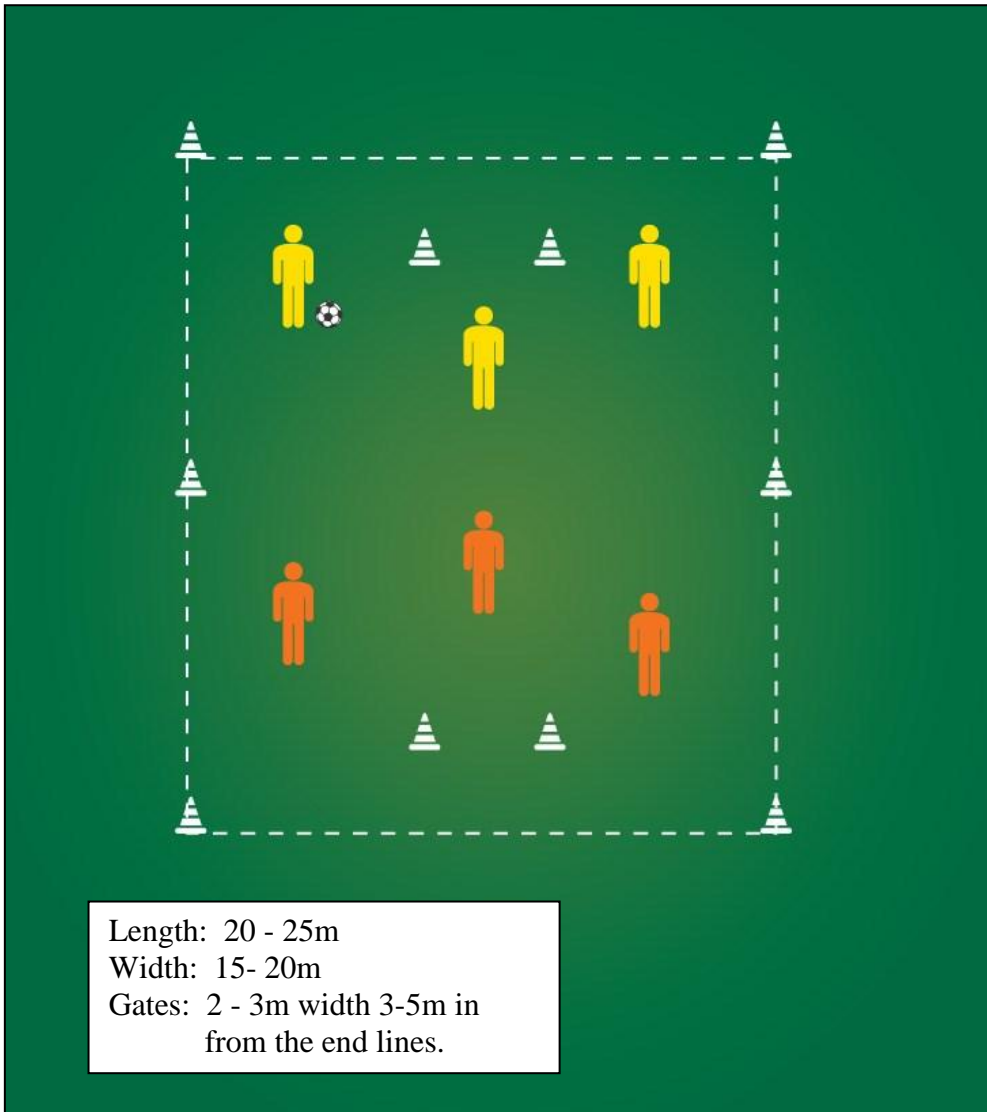
Allow 30 seconds for players to 'round up' as many balls as possible.

Take turns so each player has a go at rounding up the balls.

<http://www.ffacoachingresource.com.au/about-the-curriculum/change-it/>

Discovery Phase – Running with the Ball – Session 2

End (20 minutes): 3v3/4v4/5v5 Training Game



In this game players can score by passing the ball (i.e. ball remains on the ground or close to) **or** running the ball (dribbling) through either side of the gate (from in front or behind).

Notes on this exercise

No goalies. Use bibs / training vests to help distinguish teams. If odd number of players use a neutral vest and play a “joker” who assists the team in possession.

Usual rules (e.g. throw ins from the side). Short games - 3 to 5 mins in length (with regular drink breaks). “Just let them play” i.e. coach only when necessary and “on the go” where possible rather than pulling up play (use breaks between games to provide feedback). Praise effort (not talent).

For u8s and u9s only: set differing positions for players between games (left, centre and right). If numbers allow, also set a defending line of 1 -2 players.