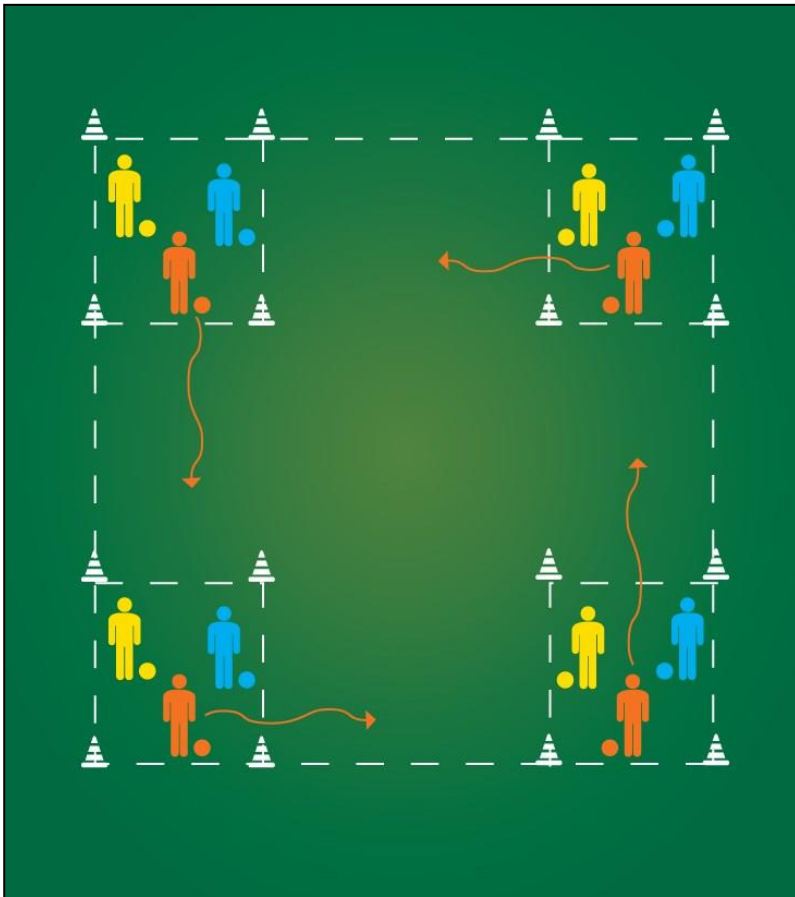


## SAP: Running with the ball - Session 3

**Skill Introduction (15 – 20 minutes total). Introduction Part 1 (7 – 10 minutes)**



A big grid of approximately 30m x 30m has 4 small 5m x 5m grids in all 4 corners. The players are divided into 4 groups of 3 players and positioned in the corner grids with a ball each as shown.

The 3 players in the corners wear different colour bibs or are numbered 1-3. On the coaches signal all players of the same group (all orange or #1's) run with the ball to the next corner followed by the next group, again after the coaches signal [position waiting players so that they do not interfere with the runner coming into the square -i.e. avoid collisions].

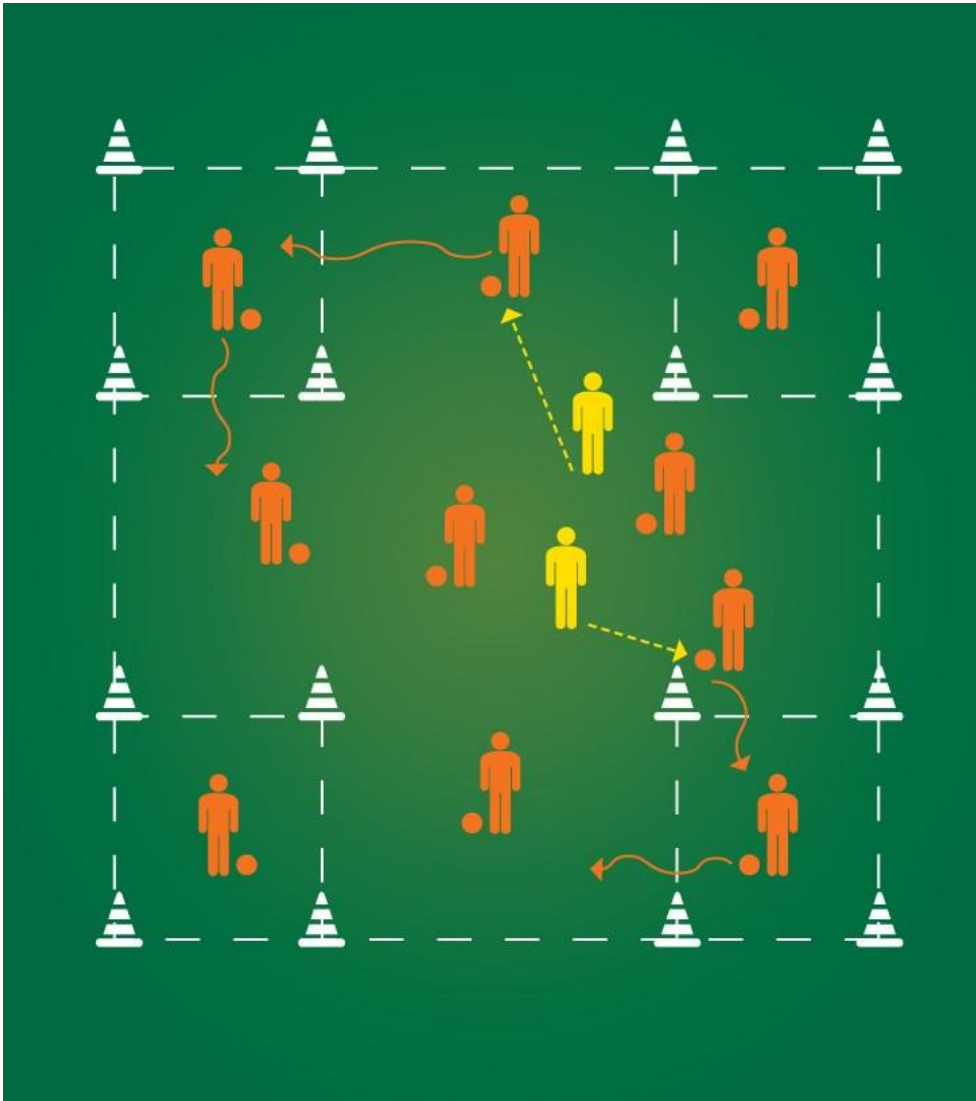
When everyone is back in the grid where they started; we start again but now in the other direction using the other foot only. Right foot carry when going anti-clockwise and left foot carry when going clockwise [C.J.]. In the beginning the speed is low and should be raised gradually.

Next we add the following variations (both with right as well as with left foot) to introduce some of the skills of deception to retain possession whilst running with the ball:

- Accelerations
- Stop-starts
- Feint stops followed by an acceleration
- Feint turns followed by an acceleration

## SAP: Running with the ball - Session 3

### Introduction Part 2 (7 – 10 minutes)



Use the set-up from the previous exercise.

One player with a ball in every corner grid; the rest of the players with a ball in the centre grid. There are one or two ‘taggers’ without a ball (carry / wear a bib) who try to tag the players with the ball. The players that get tagged, leave the 30 x 30 grid and wait outside. A player can ‘escape’ the tagger by running with the ball into a corner grid but then the player that stands there must immediately leave the grid.

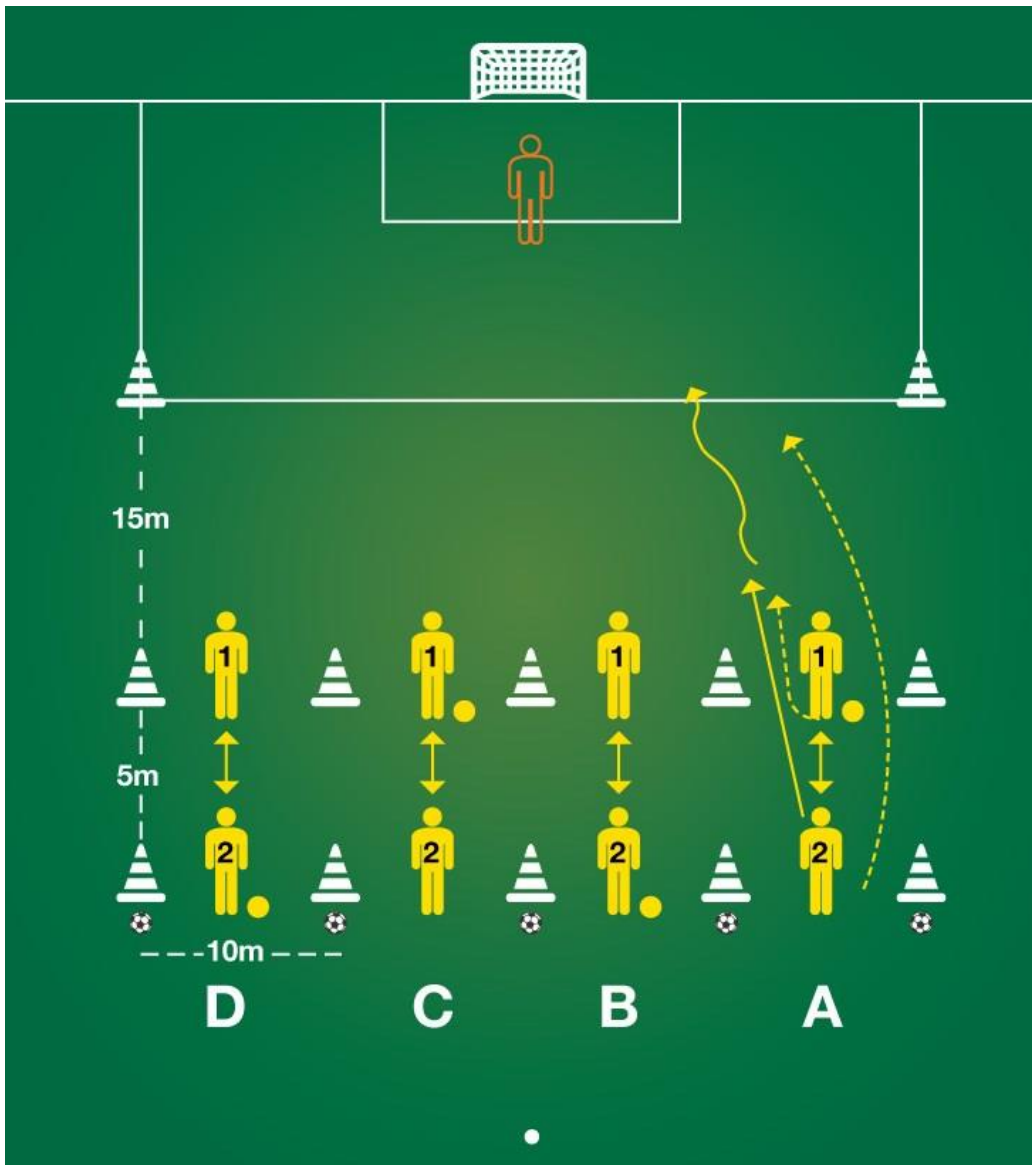
“How long does it take the taggers to tag all the players free in the centre grid?”

After everyone has had a turn as taggers:

“Who are the winners?” (i.e. fastest time).

# SAP: Running with the ball - Session 3

Skill Training (25 – 30 minutes)



**Organisation:** 15m outside the penalty box, two lines of cones are placed as shown in the diagram.

The players in pairs with one ball and positioned in grids A;B;C and D as shown.

The pairs pass the ball back and forward to each other while waiting for their turn.

The exercise starts with the pair in grid A when, at the coach's whistle, player #2 passes the ball past #1 in the direction of the goal. Player #1 turns and runs with the ball towards the goal and tries to score (inside the box). Player #2 gives chase and tries to stop #1 from finishing.

As soon as the action ends, pair A clears the drill and return to their grid (swapping setup roles - between being # 1 or # 2) and pair B starts. Regularly change the composition of the pairs as well.

# **SAP: Running with the ball - Session 3**

## **Step up**

Reduce the distance between the two lines of cones (4m-3m-2m)

## **Step down**

Increase the distance between the two lines of cones (6m-7m-8m)

## **Possible Coaches Remarks**

“Push the ball forward every 3-4 steps”

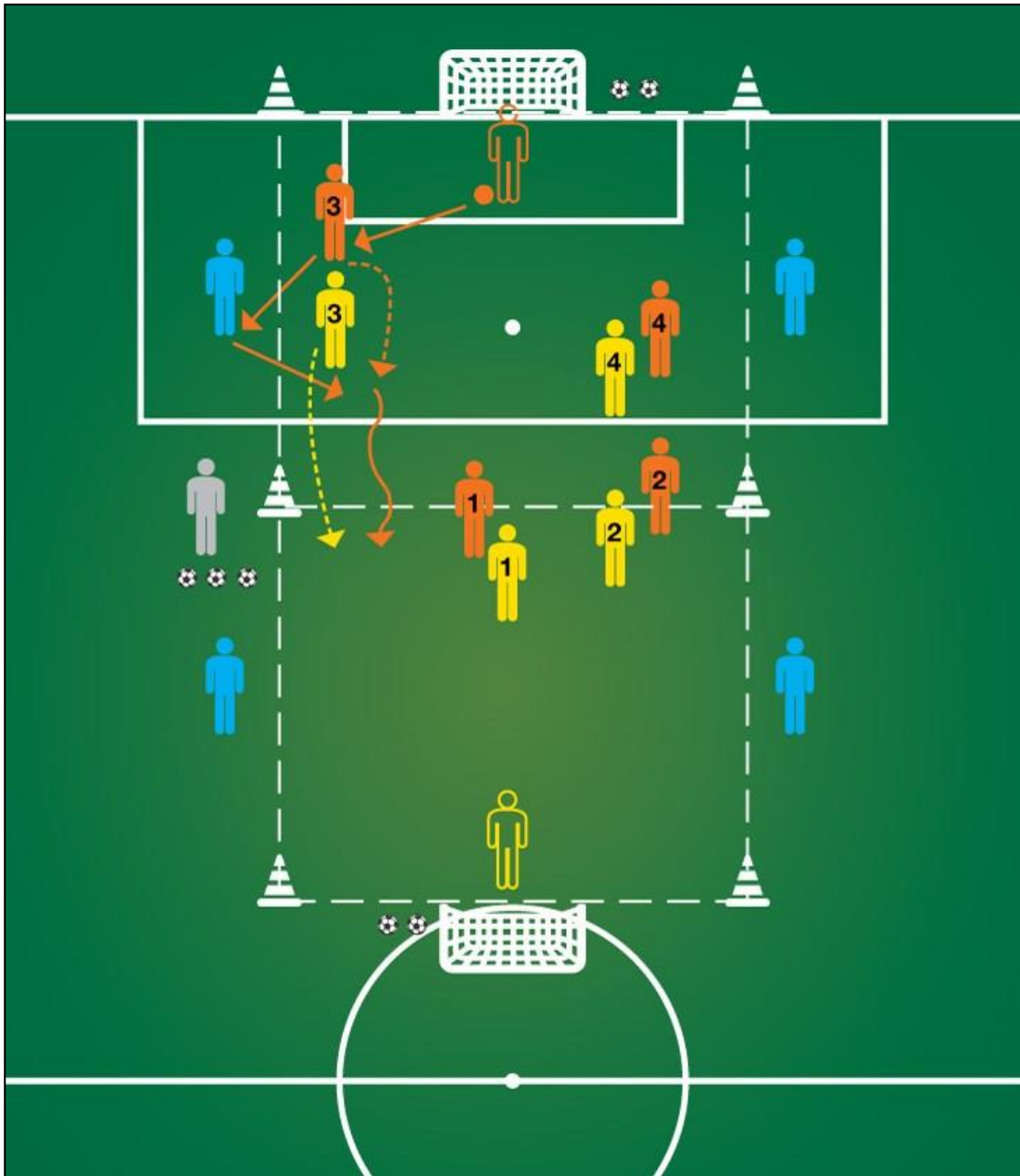
“Run as fast as you can but keep the ball under control”

“If the defender catches up with you, this is what you can do:” (demonstrate!)

- Feint to turn and accelerate again
- Feint to stop and accelerate again
- Cut off the defenders line by crossing in front of him
- Take on the defender 1 v 1 if they get in front

## SAP: Running with the ball - Session 3

### 4 v 4 Skill Game (20 – 25 minutes)



4 v 4 + 4 ‘walls’ on a long and narrow pitch (e.g. 40 x 20) with 2 x 5 M goals and goalkeepers (as shown).

All players choose (or get assigned) a direct opponent and can only take the ball from that opponent (man marking). Introduces BP and BPO positioning concepts i.e. marking your mirror during PBO and supporting the ball carrier during BP.

The team in possession can use the wall players to combine with (walls: 1 or 2 touches only).

Change of teams when a goal is scored or after 2-3 minutes (one field team rotates out to become the wall players).

Note: BP = our team having ball possession, BPO = ball possession by opposition.

# **SAP: Running with the ball - Session 3**

## **Variations**

1 or 2 small goals without goalkeepers

No goals but 'line-football'

## **Step up**

Teams can only use the walls in their own half

Narrow the pitch

## **Step down**

Widen the pitch