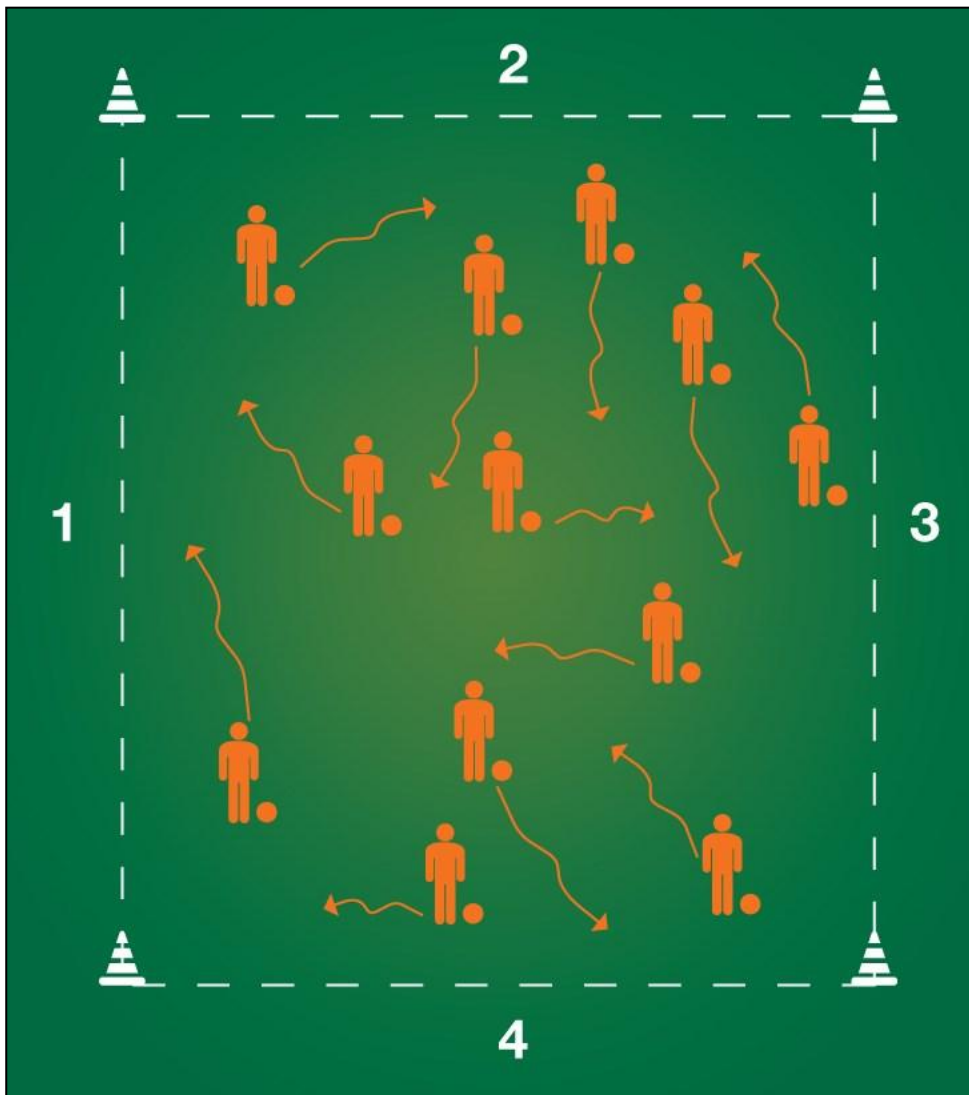


SAP: Running with the ball - Session 1

Skill Introduction (15 – 20 minutes total)

Introduction Part 1 (7 – 10 minutes)



All players running with a ball freely in a grid of approximately 30m x 30m to warm up.

First 2-3 minutes: “low speed/intensity” / “use both feet”.

Next 2-3 minutes: “accelerate when you see a free space in front of you / now only use your right/left foot”.

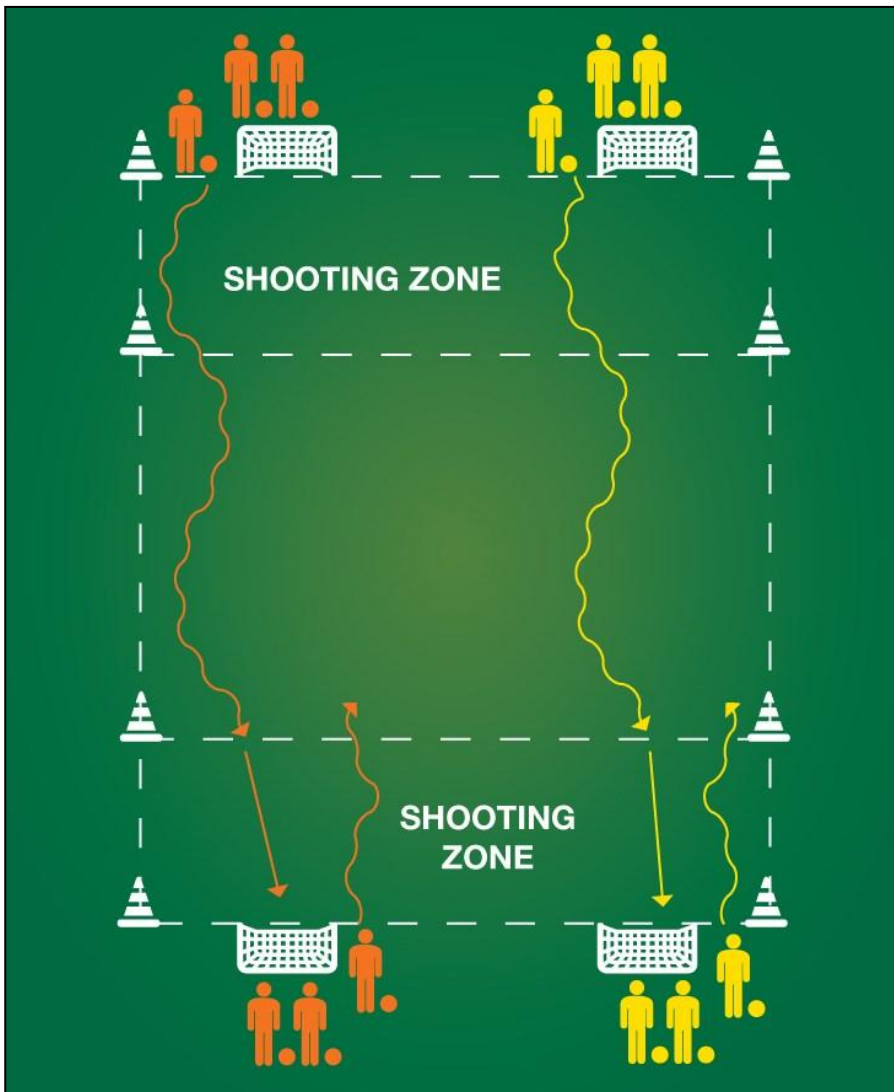
Now split the players into 4 groups and number them 1 to 4 placing them on all 4 sides. When the coach calls a number, these players run with the ball as quickly as they can across the area and back (opposite group will need to move back to give the others room to turn!).

Now 2 groups at the same time: “take care; vision; if necessary slow down and then accelerate again”.

Look out for collisions!

SAP: Running with the ball - Session 1

Introduction - Part 2 Concluding relay game (7 – 10 minutes)



30m x 20m Grid with 4 small goals and a 5m-7m shooting line at each end.

Two equal teams (use bibs) positioned as shown in a 30m x 20m grid; each player with a ball;

On the coach's signal the first player from each team start running with the ball to the opposite goal. When they enter the shooting zone they pass/shoot the ball into the empty goal. As soon as the ball passes the goal line the next player can start running with the ball in the opposite direction.

If no pop up goals available to capture the ball have a receiver in a 2 meter target zone (poles or cones) to receive the ball and then they run the ball (i.e. one ball per team only).

Which team can complete one full sequence first?

Variations

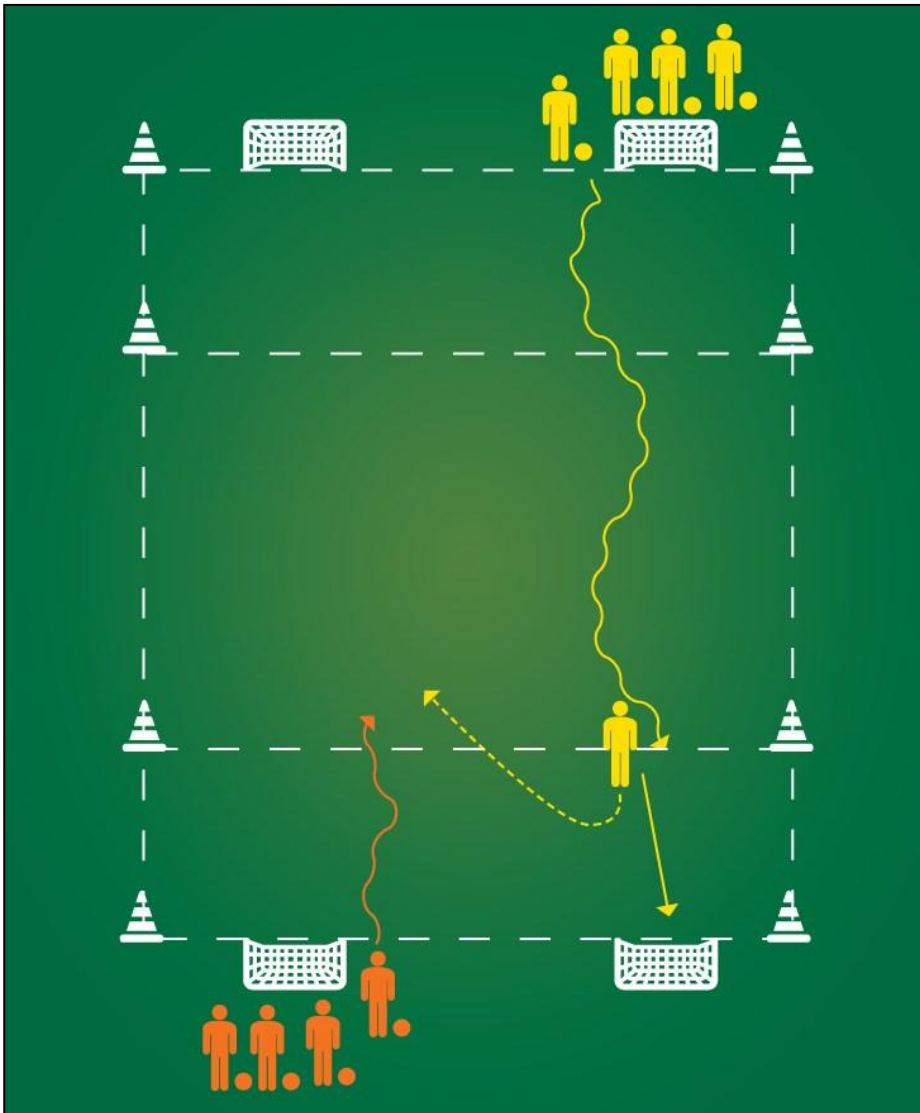
Use right foot only

Use left foot only

Each player runs twice (first time right foot, second time with left)

SAP: Running with the ball - Session 1

Skill Training (25 – 30 minutes)



A grid of 30m x 20m; 4 small goals and a 5m-7m shooting line at each end

Evenly split teams positioned as shown

Minimum 4, maximum 8 players per grid; if the group is bigger then make two grids

The exercise starts with the first player of the yellow team running with the ball to the opposite side and shooting the ball into the goal. They can only shoot once they have crossed the line into the shooting zone

As soon as the yellow player shoots at goal, the first orange player starts running with the ball to the opposite side

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

Count the goals! Which team scores the most goals?.

SAP: Running with the ball - Session 1

Step up

Narrow the distance between the two goals on the byline (when the runner shoots and becomes the chaser they are now more likely to catch up to new runner to actively prevent them from shooting).

Step down

The chaser just races against the runner to beat him to the shooting line. If the chaser reaches the shooting line first, the runner cannot shoot and score anymore (therefore not actively trying to prevent the runner from shooting i.e. 1 v 1)

Possible Coaches Remarks

“Push the ball forward every 3-4 steps”

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

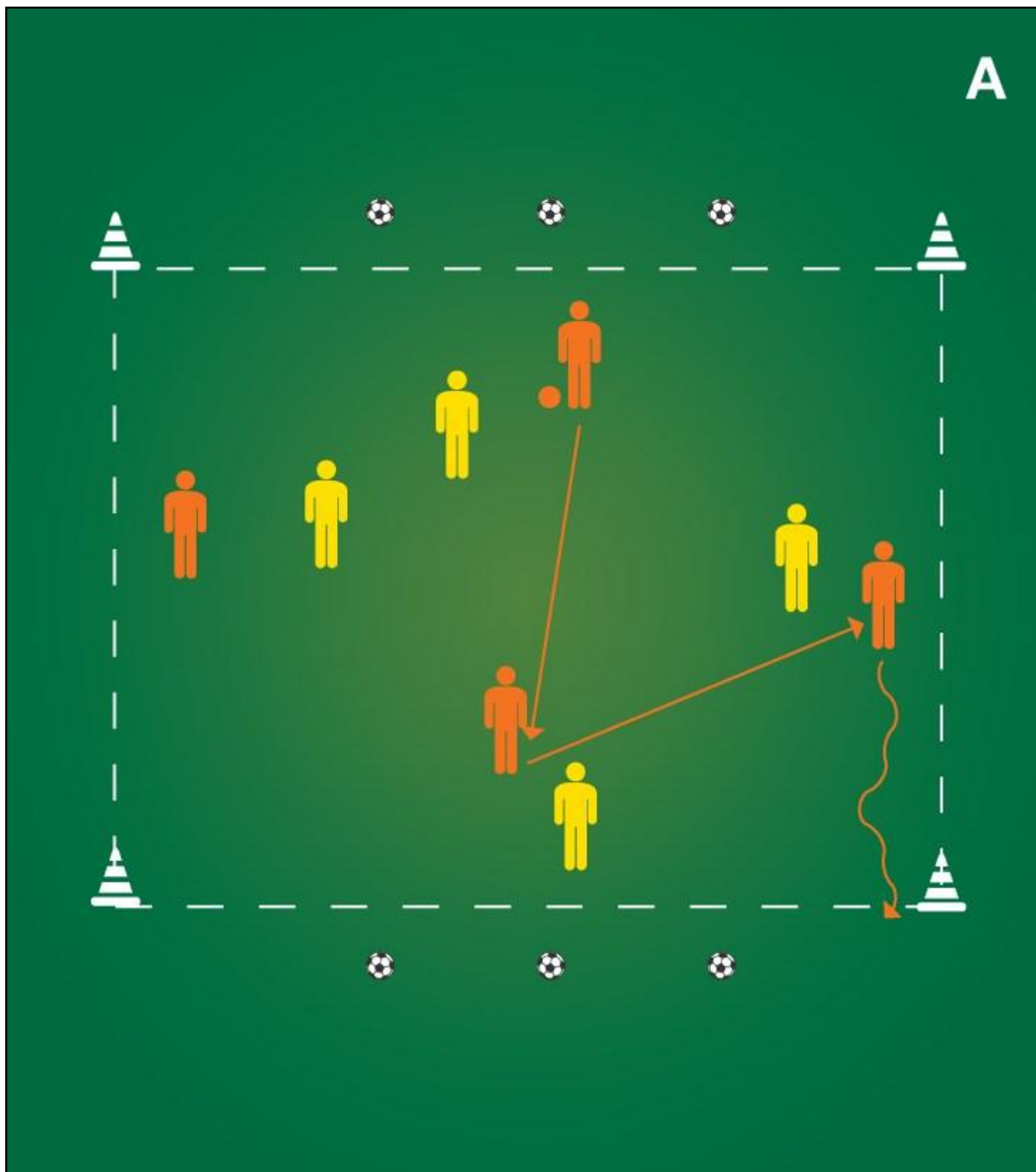
“If the defender catches up with you, this is what you can do” (**demonstrate:**)

- Feint to turn and accelerate again
- Feint to stop and accelerate again
- Cut off the defenders line by crossing in front of them
- Take on the defender 1 v 1 if they manage to get in front of you (scoring in both goals is allowed!)

SAP: Running with the ball - Session 1

Skill Game (20 – 25 minutes)

Variation 1



4 v 4 line football

Grid size approximately 30m wide by 20m long (pitch shape is short but wide)

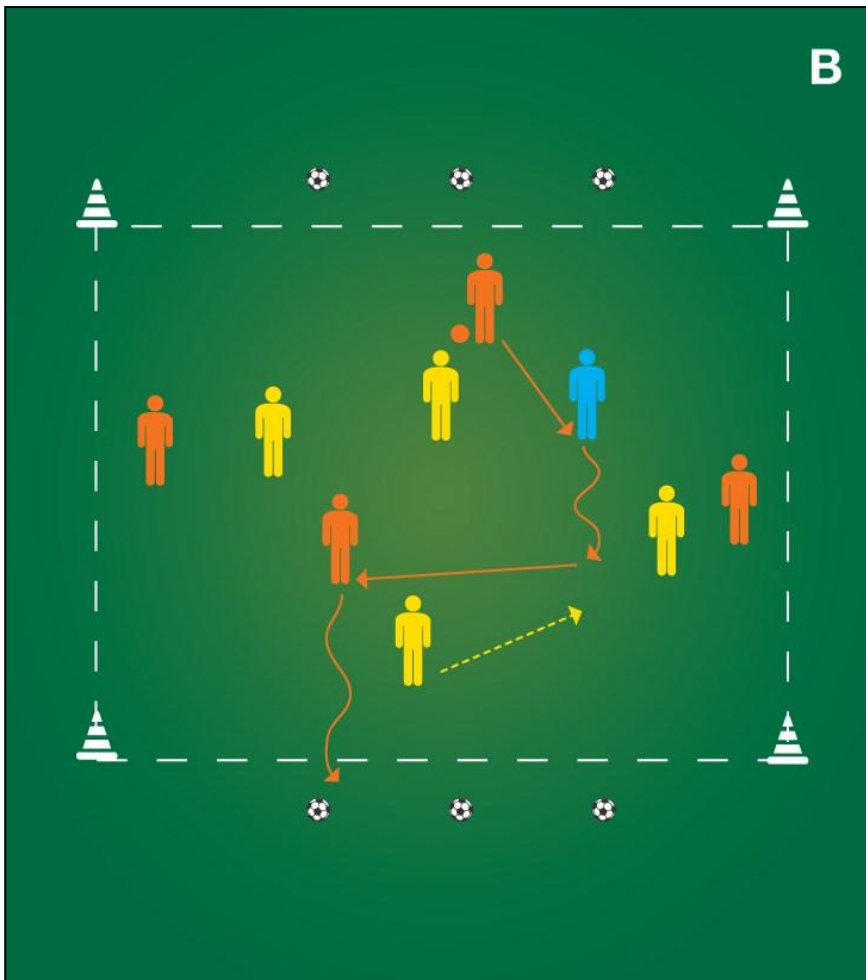
Explanation of the game

4 v 4 small sided game; to score a goal a player must run with the ball across the opponent's by-line (see diagram A). To ensure that the ball is taken over the line with some control, but still speed, I insist that the runner gets the next touch on the ball when running over the line before awarding it as a goal.

To promote the skill of this day "running with the ball" I often make the rule "no passing forward" – this prevents "through balls".

SAP: Running with the ball - Session 1

Skill Game Variation 2



Assess how the game goes: do all players run with the ball regularly and are goals being scored? If the answer is no, make it easier:

Make the pitch wider still.

Add a neutral player (“joker”) who always plays with the team that has the ball (numerical advantage of 1 player; see diagram B)

Step Up

Make the field more narrow.

Scoring zones rather than the whole line

Step Down

Bigger numerical advantage for attackers (2 jokers).