

SAP: Running with the ball - Session 2

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



In a 30m x 30m grid the players are divided into pairs with a ball each (for safety reasons the grid should be rather too big than too small!).

One player dribbles in front, the other follows at short distance (change task of leader-follower regularly). In the beginning the speed is low and steady.

The coach asks the players to “scan” the field and be careful to not run into each other.

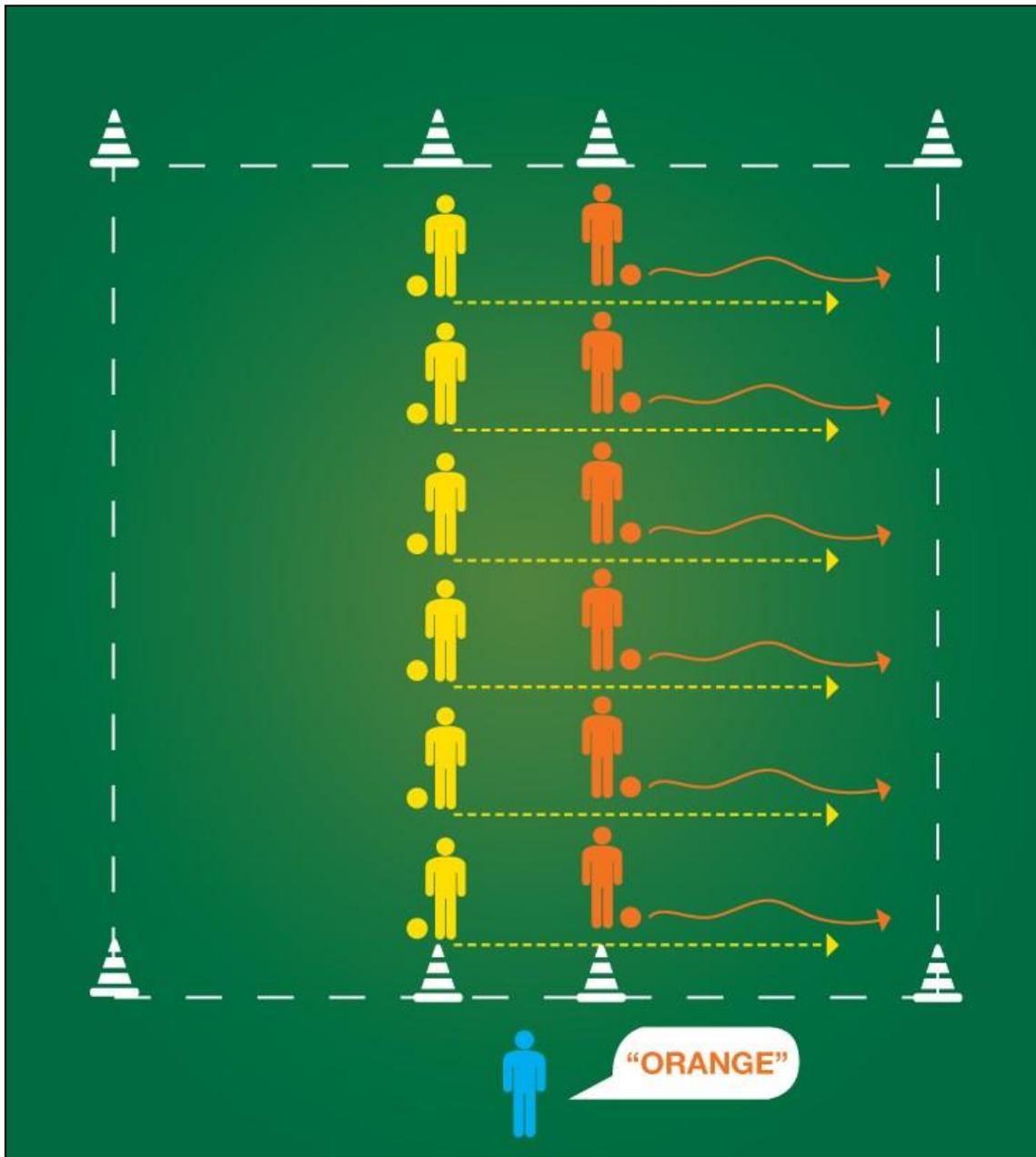
Next the coach instructs the players to gradually add the following variations:

Variations

- Accelerations (“when a space opens up in front of you”)
- Changes of direction and turns
- Stop-starts
- Feint stops followed by an acceleration
- Feint turns followed by an acceleration

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Concluding tagging game (using the same 30m x 30m grid)

The players line up with a ball each and facing the sideline (backs to each other). Distance between the players is 3m-4m and is marked out with cones.

When the coach calls "ORANGE" the orange players run with ball to the sideline chased (without ball) by the yellow players who try to tag them before they've reached the line. Depending on outcome the runner or chaser earns a point and we line up again.

When the coach calls "YELLOW" the reverse happens.

Since safety is extremely important, the players must only run in a straight line (stay in their own 'lane').

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Possible Coaches Remarks (for all running with the ball sessions)

“Push the ball forward every 3-4 steps”

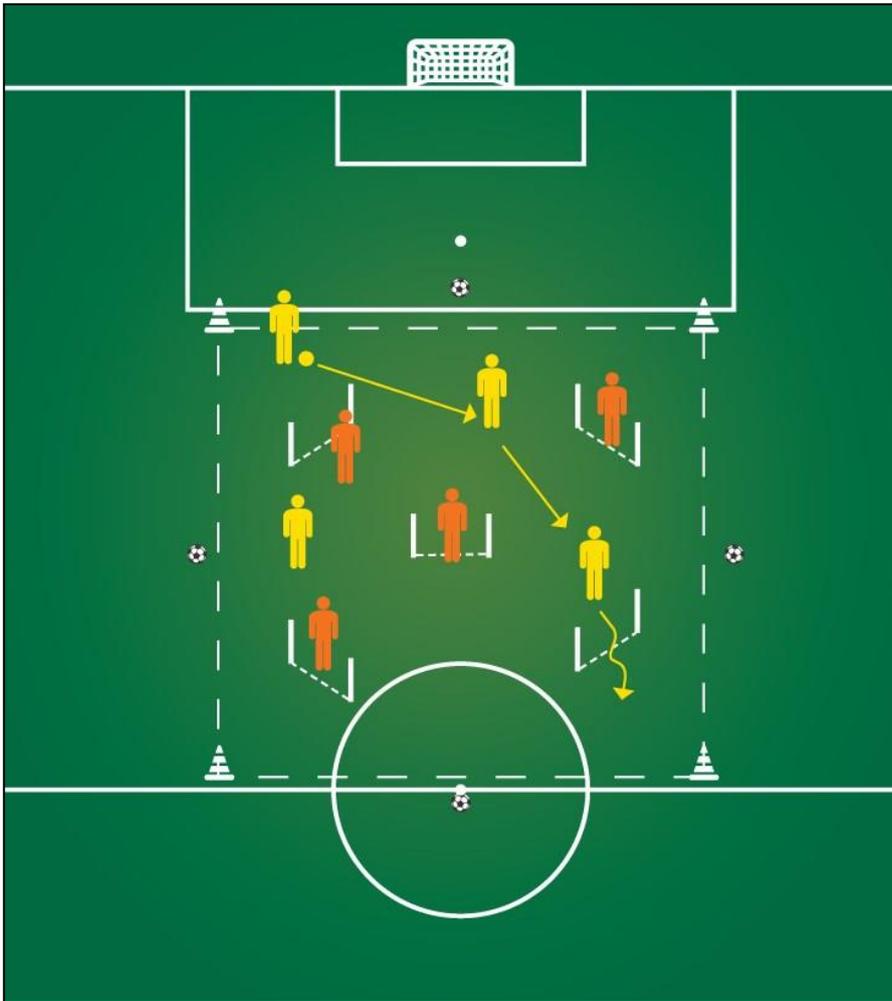
“Run as fast as you can but keep the ball under control”

“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 [chasing] defenders line by crossing in front of them
- Take on the defender 1 v 1 if they get in front

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Skill Game (20 – 25 minutes)



4 v 4 in a grid of approximately 35m x 35m. There are 5 x 3M gates (cones) positioned as shown (have 1 more gate than you have pairs of players). If 9 or more players, consider different colour bibs for 3 teams and play team v team (with on team on the side waiting / recovering) with winning team lives or just keep a rotation going [C.J.].

The team in possession scores a goal when one of their players runs with the ball through one of the gates. If the defending team wins the ball, the roles change without stopping the game. “Which teams scores most / which team lives ?”

Step up

- The attacking team must make an effort within 30 seconds, otherwise the possession goes to the opponent
- Decrease the gate size

Step Down

- Increase the gate size, or, add another gate, or introduce a ‘joker’ (neutral player supporting the team in possession).