

Running with the ball

Individual player circumstances

- Beyond opponents (some or most)
- Alongside opponent



Why Run with ball?

Running with ball to:

- To exploit space
- To Create space
- Cover ground quickly

How might players run with the ball?

Principles of Play

- Create Space (Individual/team)
- Penetration
- Support
- Movement
- Creativity



Technical coaching points

- Recognise opportunity
- Adjust body to receive ball
- Good first touch
- Head up
- Travel quickly and effectively
- Head up when possible
- End product