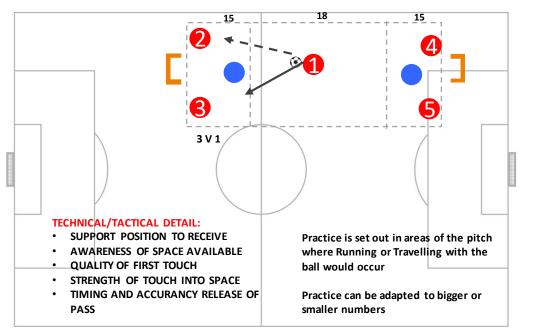
RUNNING AND TRAVELLING WITH THE BALL (SKILL PRACTICE)



Key/toolkit Attacker/team 1 Defender/team 2 Team 3 Team 4 Goalkeeper 1 Goalkeeper 2 **③** Server Ball Goal Mini goal Cone Manneguin Player movement → Ball movement Zoned area Zone line Highlighted Zone Pitch notes

RUNNING AND TRAVELLING WITH THE BALL (SKILL PRACTICE)

Organisation:

- Red#1 looks to play the ball into Red#2 (making a 3 v 1)
- Red #1 or # 2 look to break out of box and Run and Travel with the ball
- Red #4 and Red #5 look to receive (making a 3 v 1)
- If Blue defenders win the ball they look to score in the mini goals as set out in diagram one.
- Rotate players and workin 8 minute blocks

Coaching Considerations:

- When entering the end zone try and play to a player who is free in the box
- Try to move the ball quickly in the box to get back out
- Try and take your first touch away from the defending pressure
- Try to run and travel with the ball as quickly as possible through the middle channel
- Try to disguise the pass going into the end zone