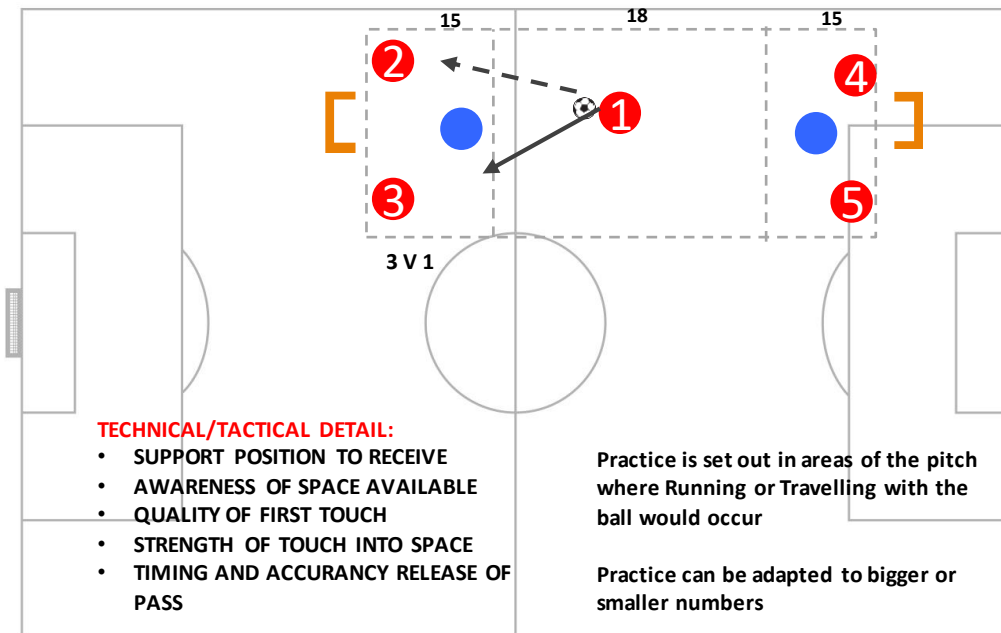
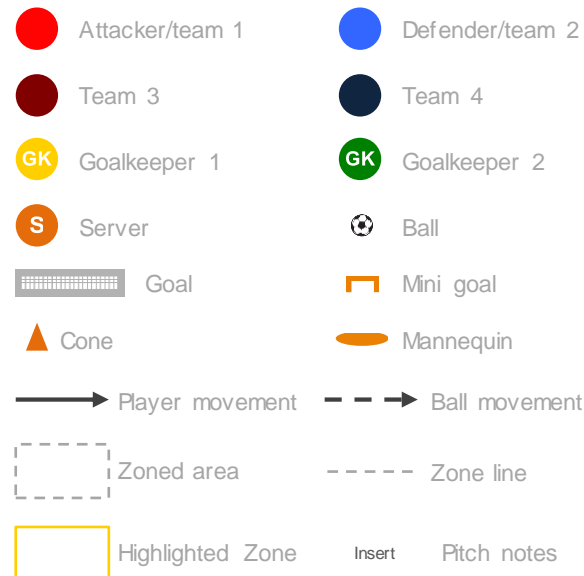


# RUNNING AND TRAVELLING WITH THE BALL ( SKILL PRACTICE)



## Key/toolkit



# 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 work in 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