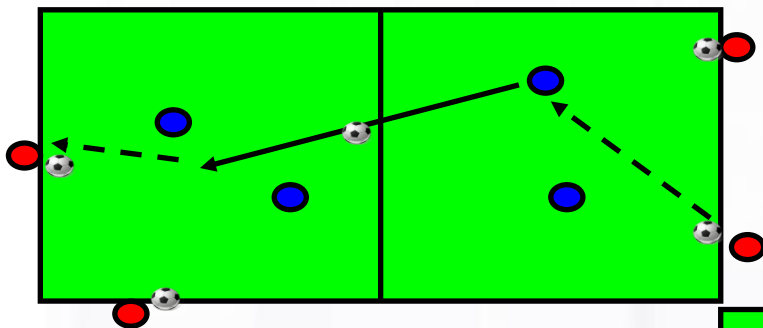




Dave Stevens
FA (County Coach Developer)

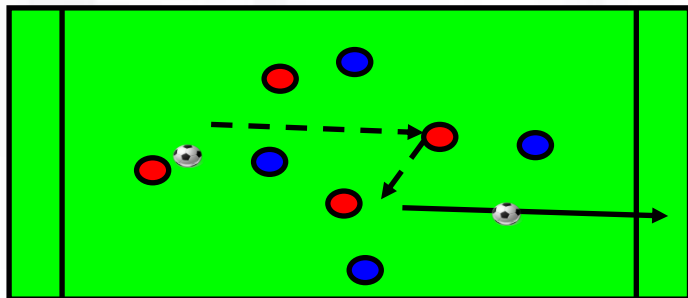


Running and Travelling With The Ball



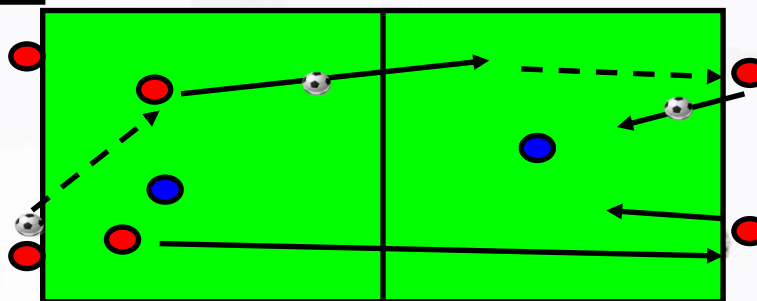
Skill Practice

1. Waves practice. Reds serve into two on field players who seek to run ball into other half and play through to reds at far end. Receiving reds enter pitch and play 2 vs. 1 coming back the other way - repeat
2. If def^r wins they score by running ball over nearest end line



Technique Practice

1. 2 teams of 4 – one inside area, other on perimeter – 4 balls
2. Receive ball from outside and run with it into other half of the pitch before passing to available player on the outside - receive back and repeat four times.
3. Swap roles with a red.



Small Sided Game

1. 2 teams of 4.
2. Di rectional – run ball into end zone and stop it to score. Opposition collect ball and attack back opposite di rection.



Running and Travelling With The Ball

Simple Attacking Principles

Create....
Maintain.....
Exploit.....
Space

Coaching Considerations

Running With The Ball

- Recognise space/opportunity/defenders
- Adjust body to receive
- First touch
- Travel quickly/effectively
- Head up where possible
- Leading foot
- Execute outcome: pass, shot, dribble

