

UEFA B Running With The Ball - Squad Practice

Category: Attacking

Length: 00:35 Rec. Players: 18

Published: March 18, 2014 @ 16:53

Practice Theme/Topic

Running with the ball

Recognising opportunities to run with the ball

General Notes

UEFA B Running with the ball squad practice

Aims & Objectives

Recognise the opportunity to run with the ball

Organisation & Setup

50x44yard pitch

Football spread out around

8v8 plus goalkeepers

5v3 in each half of the pitch

The 5 in possession retain the ball until it is appropriate to break out and run with the ball into the opposition half

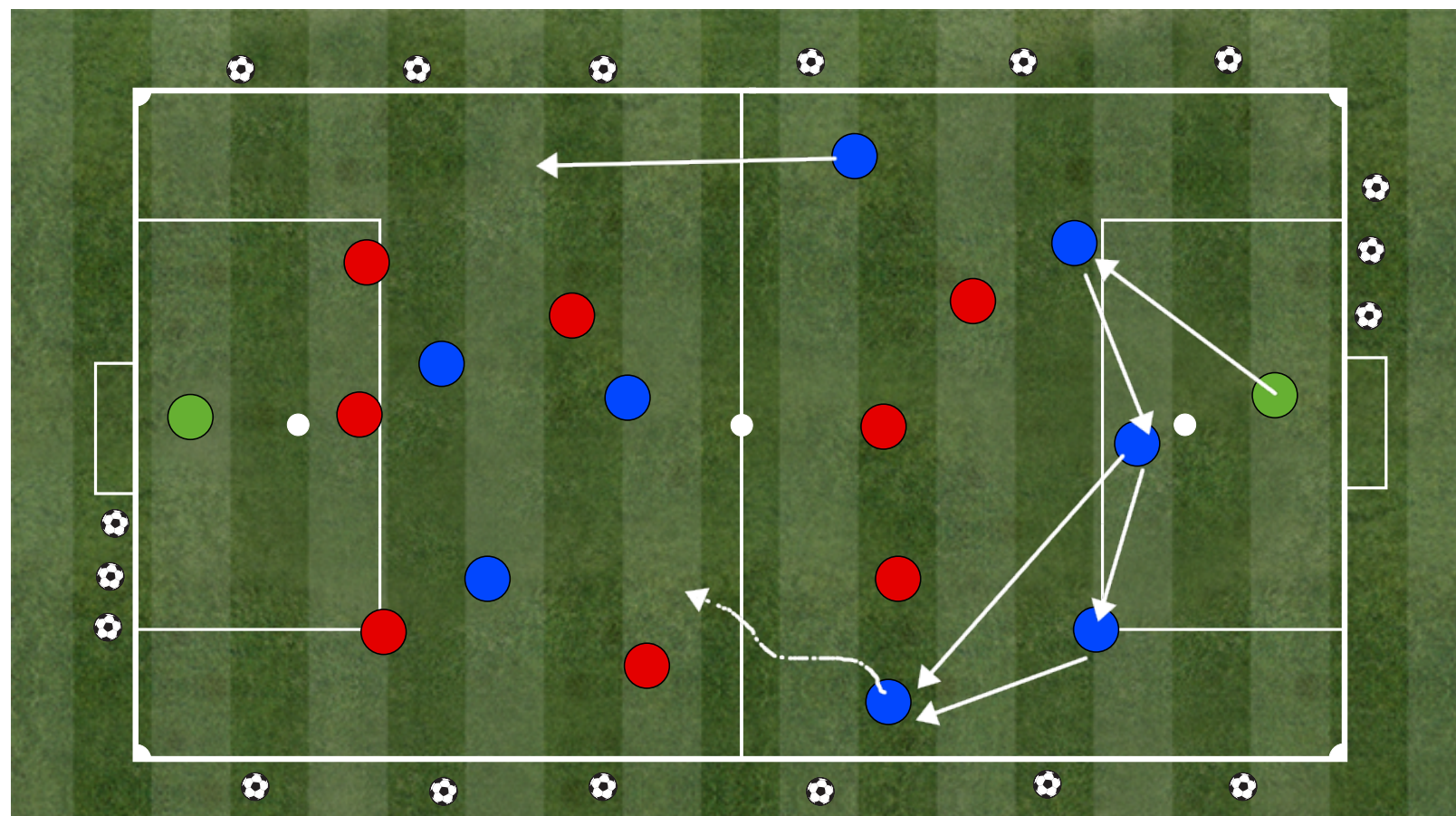
Defending team can counter attack on winning possession to make 3v3 or 4v3

Coaching Factors & Outcomes

See Coaching Points

Adaptation & Progression

Another attacker can cross halfway to make 5v5



Technical

N/A

Physical

N/A

Psychological

N/A

Social

N/A

Coaching Point #1

Quality of the first touch when moving onto the ball

Coaching Point #2

Quality of touch when running with the ball

Coaching Point #3

Observation of play when running with the ball

Coaching Point #4

Decision-making and quality of action when realising or striking the ball at goal