

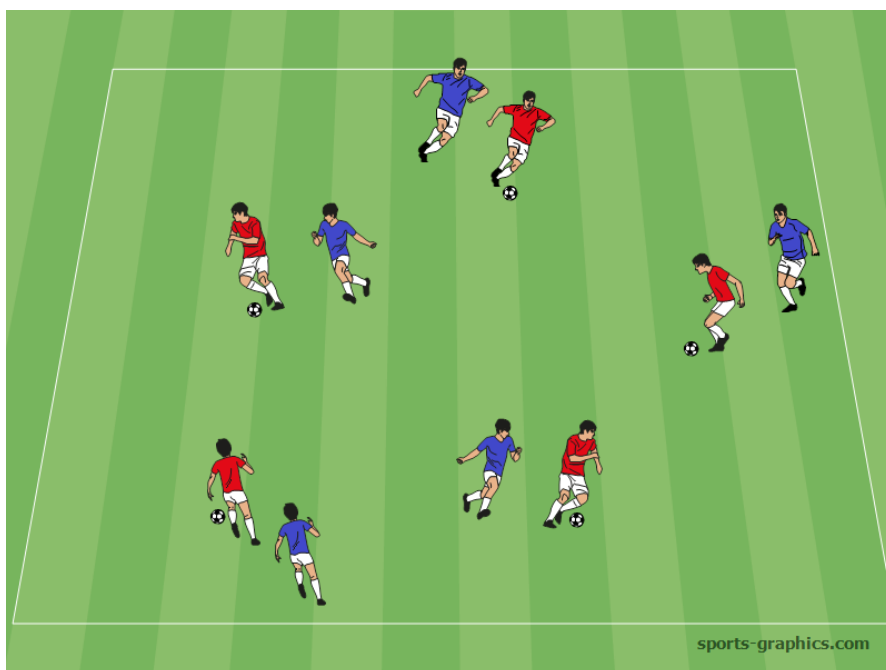
# ON THEIR HEELS

Develop running with the ball in a skill related practice

TECHNICAL

## Running with the Ball

## General Running with the Ball



Set up an area 40x30. Modify the size depending on the number of players. Split the players into pairs, each player has a ball.

One player in each pair starts by running with the ball at their feet followed by their partner who attempts to stay as close as possible with their ball under control at their feet.

Coach calls stop and the players freeze to check how close they are together compared to the other players.

The practice encourages both players to move as quickly as possible with the ball at their feet.

Change roles after a period of time.

## VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.

## LEARNING OUTCOMES

- Designed to improve movement and runs with the ball to exploit space.
- Develop technical and tactical aspects of running with the ball.
- Good technique to move quickly while maintaining control.
- Improve spatial awareness.

## KEY FACTORS

- Cover ground quickly to exploit space
- Few touches and don't break the stride
- Good first touch out of feet
- Head up
- Quality technique (laces to move the ball, few touches and don't break the stride)
- Use laces to move the ball

## FOCUS AREAS

- Early scanning of opportunities to break forward (run with the ball) in relation to position of defenders.
- Ensure players have a positive attitude to exploit the space in front as it develops.
- Good choice of techniques and skills.
- Less touches to advance further quickly.
- Observe the technical and tactical aspects of running with the ball.
- Where, when and why the space created needs to be exploited quickly.

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