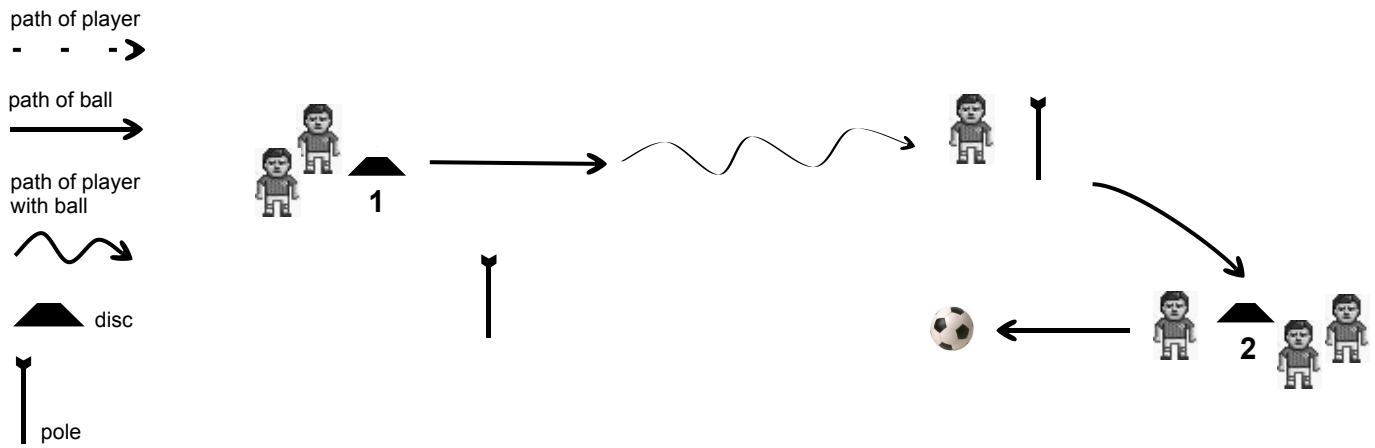


Age of Group		Numbers Expected		Length of Session	60 mins
Health and Safety					
Check pitch for hazards and make sure the goals are properly anchored. Do players have shin pads on and laces tied. All jewellery removed, no chewing gum Ask group if there are any injuries or illness, do you have emergency contact list and first aid kit available?					
Topic	Running with the Ball	Specific Objective	To improve players basic technique in running with the ball		
Activity	Drill	Main Coaching Points			Time
Warm-up	see warm-up resource page				10mins
Introduction Unopposed technical practice	No. 35 “Relay”	This basic unopposed practice gives players the chance to learn and improve. Observe the big first touch and ability to look up and observe as they run. This is a good topic to encourage football homework, invite players to demonstrate what they have achieved next week.			10 mins
Skills Practice	No. 70 “End Zone”	As long as you make the pitch wide enough plenty of opportunities will arise for running with the ball. Make sure teams are not too big so there is plenty of space. Observe whether players are alert to observe an attack space at speed. The emphasis of this session is basic technique so look at the ability to run with the ball in a straight line and play off their front foot. Are they also able to control the ball and stop the ball in the end zone?			15 mins
Small-Sided Game	Observe whether players take opportunities to run with the ball. Commend positive examples and encourage players who are reluctant to carry the ball and attack space.				20 mins
Cool Down		Some ball work in small groups. Static stretches. Review today’s coaching points with Q&A and encourage lots of practice before next session			5 mins
Review	On a scale of 1-5 was the session..		What would you want to change next time?		
	Safe?				
	Effective?				
	Fun?				

No. 35 "Relay"

□ Running With the Ball

U8 ✓
U10 ✓
U12 ✓
U14 ✓
U16 ✓



Grid Size
30-50x10yds

This is a simple rotational drill that allows players to practice running with the ball. Speed is becoming more of an important feature of the modern game and none of our players will likely go on to play at a higher level unless they can move with pace on and off the ball. A mid-fielder who can break away and launch a fast counter-attack is valuable. Don't let lines be too long but make sure they are getting rests and working at full speed.

Organisation

Set up the grid as shown with the poles acting as passive defenders
Short queues of players begin at cones 1 and 2 as in the diagram
The first player at cone 1 runs with the ball until he is just out of range of the pole
He then makes a diagonal pass to the front player at cone 2
He sprints with the ball as far as the other pole and passes to the front player at cone 1 and so on ...
Make it competitive - which more than one grid which group can make most runs in given time?

Coaching Points

- ♦ Big first touch out of feet - straight and accurate
- ♦ Look carefully at their running mechanics
- ♦ First few paces short, good arm movement
- ♦ Play the ball with the front of the foot
- ♦ Look up between each touch to observe picture
- ♦ Make sure ball continues to move straight
- ♦ Get close control approaching pole
- ♦ Accurate diagonal pass into feet of next player

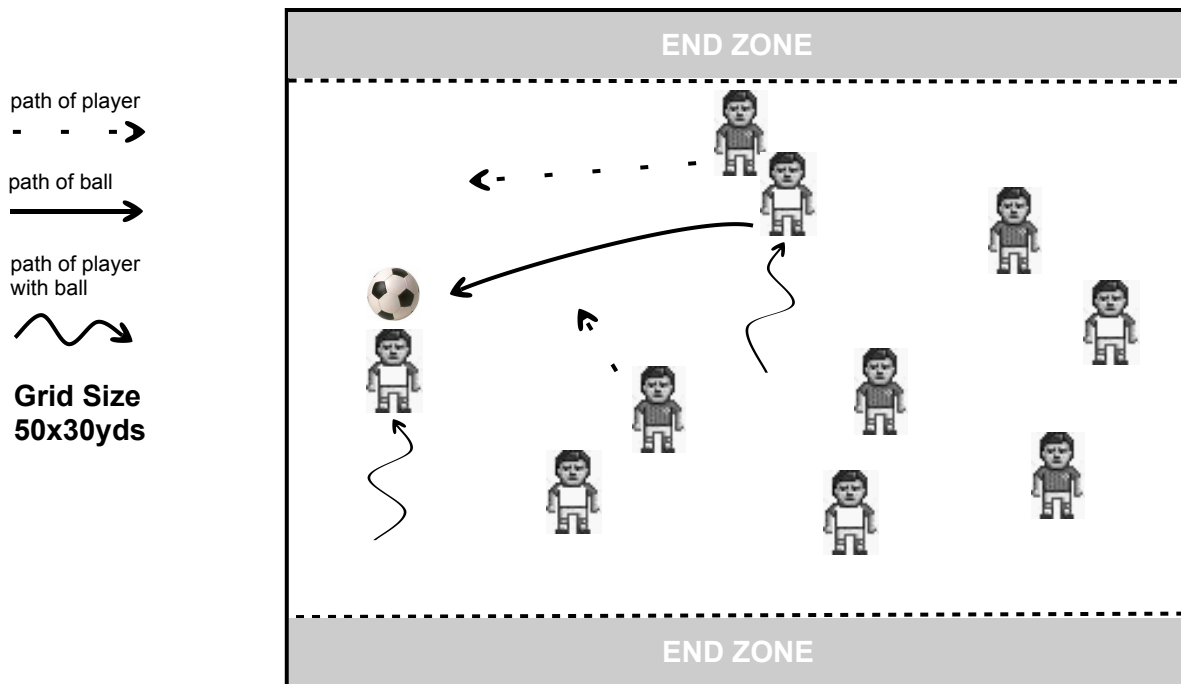
Development

- Adjust the length of the grid
- Require players to do a 360° turn around pole before making the pass
- Use defenders instead of poles, they can have the ball if runner fails to get control and pass at correct time

No. 70 “End Zone”

- ☐ Conditioned SSG
- ☐ Dribbling
- ☐ Running With the Ball
- ☐ Attacking Combinations

U8 ✓
U10 ✓
U12 ✓
U14 ✓
U16 ✓



Once players can dribble with the ball in an unopposed practice or a controlled drill, it is still a big leap to have the confidence to actually run at a defenders and challenge them 1v1 in a competitive game. This game gives players the chance to get experience at taking on opponents. It can also be used effectively to coach passing combinations such as wall passes, overlaps, cross-overs etc. but as always work on just one topic at a time.

Organisation

Select two evenly matched teams
Use discs to mark end zones at either end of grid
To score a point the ball must be dribbled into and stopped in end zone - foot on ball
Restart with kick-ins from end zone with opposition team withdrawn
Make it competitive - play for an agreed time and keep the score

Coaching Points

- ♦ Play with head up to see space
- ♦ Attack space with speed
- ♦ Dribble - take on defenders if 1v1
- ♦ Creative movement off the ball
- ♦ Be brave in possession “*see it, do it*”
- ♦ Angles and distance of support in attack
- ♦ Reactions to changes of possession
- ♦ 1v1 defending technique
- ♦ Retreat “*Keep the ball in front - buy time*”
- ♦ Recovery runs by defenders

Development

- i Narrower grid reduces space for attackers
- ii Add neutral player who always plays with team in possession
- iii Don't allow forward passes to force players to dribble and attack space with the ball

No. 36 “Half Way”

- ☐ Conditioned SSG
- ☐ Long passing
- ☐ Running with the Ball

U8 ✗
U10 ?
U12 ✓
U14 ✓
U16 ✓

path of player



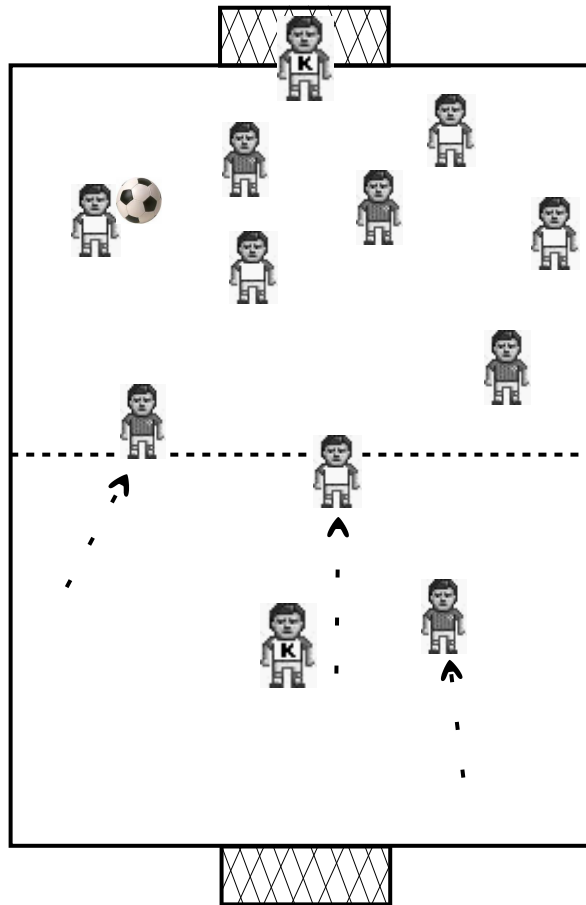
path of ball



path of player
with ball



Grid Size
40x60yds



This simple practice forces players to concentrate and support their team in attack in defence, it rewards teams who counter quickly and recover with a sense of urgency. The ability to react quickly to the changing phases of a match (we have the ball, they have the ball, possession is changing) is a hallmark of good footballers. The best players can read the game and stay ahead of play. This drill also finds out who the lazy players are.

Organisation

Useful game to improve fitness, play for uninterrupted 20 minute session

Select two evenly matched teams

Use discs to mark half-way line

Normal football rules apply with the following additions;

- a A goal only counts if every player in the attacking team is over the half-way when the shot is taken
 - b If it is a valid goal an extra goal will be awarded if all of defending team were not in their own half
- Make it competitive - play for an agreed time and keep the score

Coaching Points

- ♦ Reacting promptly to changes of possession
- ♦ Move the ball quickly on counter-attack
- ♦ Supporting runs in attack - concentrate
- ♦ Keep the team short in attack, defenders push up
- ♦ Strikers hold ball up when necessary
- ♦ Recovery runs by defending team
- ♦ Keeper ready to sweep behind defence
- ♦ Who are the lazy players?

Development

- i Increase length of pitch
- ii Restricting to 2 or 3 touch increases pace of play
- iii Add one additional goal for every member of defending team who don't get back in time