



## Practical 5

### “Running with the ball (a)”

Drill 1	
Topic	Running with the ball
Exercise Purpose	Improve running speed with the ball

**Set Up:**

- 2 goals either end.
- 2 teams facing, each player with a ball.

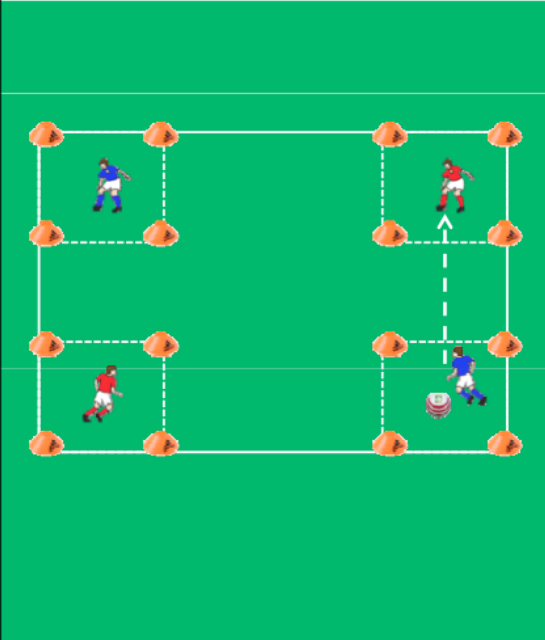
**Action:**

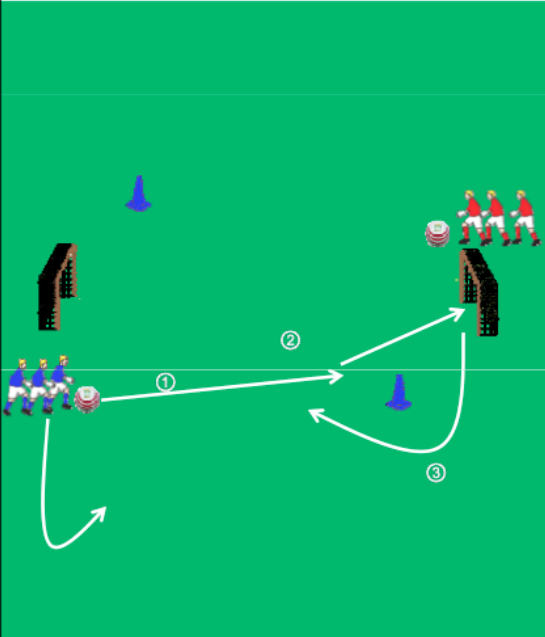
- Red runs ball and scores in Red's goal then Red becomes defender, Blue attacker sequence continue

**Variations:**

- 1v1, 2v2, 3v3
- 2v2, 3v3 Shooter runs around goal then enters game

**Coaches Tip**  
**Players Tip**  
**Make Harder**  
**Make Easier**

Drill 2	
Topic	Running with the ball
Exercise Purpose	Improving speed with and without the ball
	
<p><b>Set Up:</b>  4-5 yard squares in the corner.  1 group of players in each corner.</p> <p><b>Variations:</b>  •V1: Sprint and tag.  •V2: Race with the tagger  •V3: Step on  •V4: Race  •V5: Stop and start in the middle</p> <p><b>Coaches Tip</b>  <b>Players Tip</b>  <b>Make Harder</b>  <b>Make Easier</b></p>	

Drill 3	
Topic	Running with the ball
Exercise Purpose	Deciding the option
	
<p><b>Set Up:</b>  2 goals opposite  2 teams facing  Players in pairs  Each pair has a ball</p> <p><b>Actions:</b>  2v2. Start from an overlap.  Shooter to go around the cone before defending.  Next pair start after the shot.</p> <p><b>Coaches Tip</b>  <b>Players Tip</b>  <b>Make Harder</b>  <b>Make Easier</b></p>	




## Practical 6

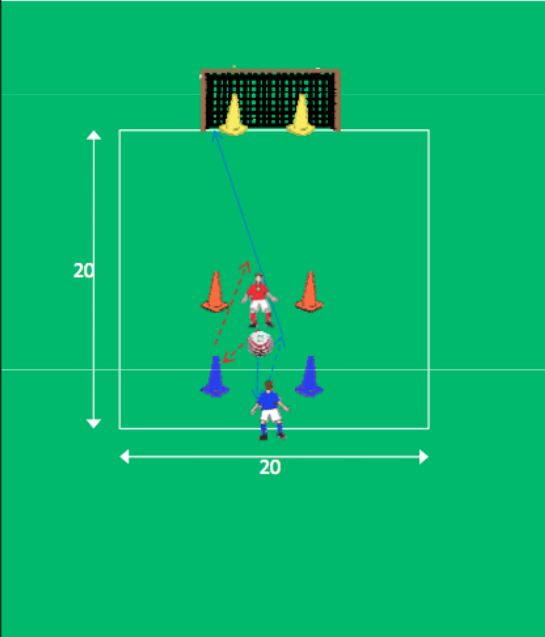
### “Running the Ball (b)”

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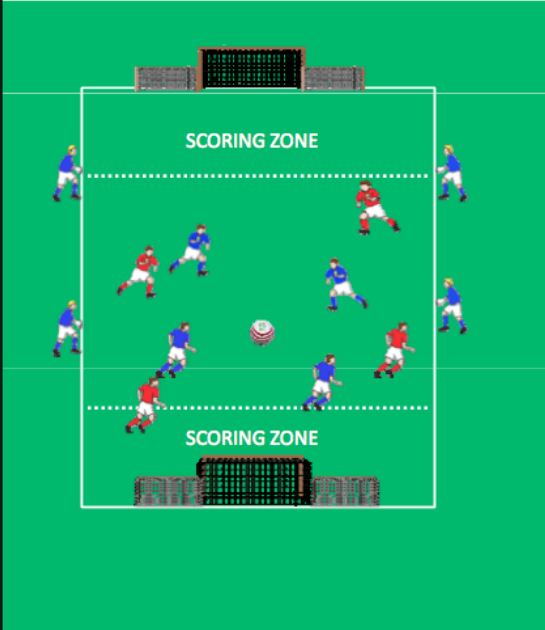
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Drill 1	
Topic	Running with the ball
Exercise Purpose	When to use speed and 1v1
	<p><b>Set Up:</b> 2 teams facing 2 goals. Each player with the ball.</p> <p><b>Actions:</b></p> <ul style="list-style-type: none"> <li>• Red1 defends 1v1 against Blue2</li> <li>• As soon as Blue 1 shoots, misses the target or is tackled Shooter defends and Red 2 attacks.</li> <li>• So on</li> </ul> <p><b>Coaches Tip</b> <b>Players Tip</b> <b>Make Harder</b> <b>Make Easier</b></p>

Drill 2	
Topic	Running with the ball
Exercise Purpose	Option of stops and starts
 <p><b>Set Up:</b> 1 group on each corner. First player of red and first player of blue opposite start with the ball.</p> <p><b>Actions:</b></p> <ul style="list-style-type: none"> <li>• Red runs across blue and steps on the ball.</li> <li>• Blue passes to the opposite blue.</li> <li>• Red sprints around to the back of the opposite red line.</li> <li>• Blue player goes to the opposite blue line.</li> </ul> <p><b>Variation:</b> V1: Player with the ball use a stop and start.</p> <p><b>Coaches Tip</b> <b>Players Tip</b> <b>Make Harder</b> <b>Make Easier</b></p>	

Drill 3	
Topic	Running with the ball
Exercise Purpose	Accelerating with the ball
 <p><b>Set Up:</b> Red defenders blue attackers.</p> <p><b>Actions:</b></p> <ul style="list-style-type: none"> <li>• Red and blue pass together.</li> <li>• After a minimum of 3 touches, red has to touch one of the red cones.</li> <li>• At that time blue has to sprint past red with the ball and score in the side goals.</li> </ul> <p><b>Coaches Tip</b> <b>Players Tip</b> <b>Make Harder</b> <b>Make Easier</b></p>	

Drill 4	
Topic	Running with the ball
Exercise Purpose	Exploiting space to run with the ball



**Set Up:**  
4v4 in the middle.  
1 blue player on each half of both sides.

**Actions:**  
4v4 +4 on the outside  
Blue are the defenders trying to pass and keep the ball.  
Red tries to get the ball and score on either side goals.  
If blues passes to the players on the line, they have to swap place.

**Coaches Tip**  
**Players Tip**  
**Make Harder**  
**Make Easier**