

BUILDING FROM THE BACK – (BUILDING & PROGRESSING)

RF

Running With The Ball



Session Set-Up

Phase of Play – 2/3rds in length	Supply of Footballs	9 Red Bibs 9 Blue Bibs 2 Green Bibs	Offside Flags/Poles
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Session Detail

GK1 rolls the ball out to Blue no.5, the Blue no.5 passes to Blue no.11. Blue No.11 has a choice to drop as shown to run with the ball to create a decoy pass for the overlapping no.3 or to stay wide and receive and then to run with the ball to commit defenders into leaving key dangerous space to open up for others. If Reds win the ball they look to play into wide players locked into boxes. No.9 can play in any box that player chooses.

Progressions

GK Works both sides
No.6/8 drops to develop space between the lines so WBs no.7/11 can play in
GK plays into midfield or strikers

Key Questions

What can the other players do for to be effective for no.11?
How can the no.11 receive before running with the ball?
When does the no.11 run with the ball?

Coaching Points

1. RWTB technique – aggressive, powerful
2. Passing quality – selection, weight, accuracy
3. Movements to receive – go then show – in/out – out/in
4. Support play from others
5. Awareness of space/defenders
6. Use of key space to RWTB

4 Corners

RWTB
Passing & Receiving
Movements

Decision making
Confidence

Power
Strength
Aggressive running

Communication