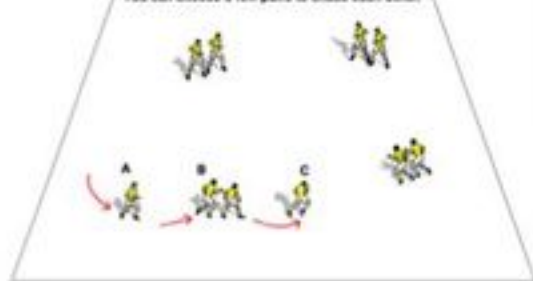


Topic: Dribble / Run with the ball

(Understand the difference)



- 1** Area: 30 x 30 (Depending on how many players you have) Players are placed in pairs and either stand or lie next to each other.
The coach nominates one runner and one chaser from a pair.
You can choose a few pairs to chase each other.



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1. Shown – Player A is attempting to tag player B.
2. If player B runs and stands next to a pair, the opposite player, C, from that line continues to be chased by player A.
3. If player A tags player B then player B needs to attempt to tag player A.

Variations:

Each player has a ball – dribble

If you have lots of players the static line can have three players instead of two.

Coaching points: Fun. Players scan the field so they do not bump into each other.

- 2** The area depends on how many players you have. 20 x 20 is shown. Designate 2 players to be a "Tagger" and separate them with colored cones. All players have a ball



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Greens dribble around the playing area. The yellows run around inside the area and attempt to tag the players.

1. If a player gets tagged, they sit on their soccer ball.
3. To free these players they must be tagged on the shoulder by a dribbling player.
4. See if the yellows can get every player sitting down?

Coaching points: Use inside, outside and sole of the foot. Close ball control. Scanning the field. Change of speed. Use both feet.

Dribbling players look for players sitting down and the taggers. The coach can tag players on the shoulder if it gets too easy for the taggers

- 3** Area: 20 x 20 with two goals. Three defenders. All other players have a ball each and are spread out equally on opposite corners.



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1. One defender is on the middle cone while the other two rest by the coach.
2. Coach calls goal Two outside players go towards the goal they are facing, as shown.
3. The defender chooses which attacker they want to tackle.
4. One attacker has to dribble round the defender while the other player can run with the ball to goal.
5. When the exercise is over the coach puts in a new defender and shouts GO!

Coaching points: Opposed you will dribble (more touches) Unopposed you will run with the ball (less touches)



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Area: 25 x 20, 2 goals with no GK's. (you can have GK's if you wish) Teams are placed at opposite ends as shown with a cone facing each team 25 yards away.

1. When the coach calls "THREE", 3 players from each team run around the opposite cone as fast as they can. The first player around the cone goes in goal as the GK.
2. The coach serves in the ball. A 2 v 2 is played.
3. Play until a goal is scored or until the ball goes out of bounds.
4. Players return back to their group and the coach calls out another number.

Coaching points: When to take the 1v1 or pass?

Play a small sided game at the end!