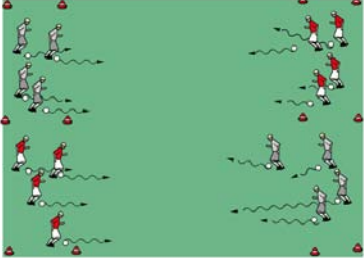




## Running with the ball

Age Groups: U12 and up

<p><b>Warm-up</b> Every player has a ball. Dribble from endzone to endzone:</p> <ol style="list-style-type: none"> <li>1) Half speed</li> <li>2) Zig Zag</li> <li>3) Full Speed</li> <li>4) One ball per group of four. After four passes in endzone dribble to opposite endzone. Introduce different ideas.</li> </ol>		<ul style="list-style-type: none"> <li>○ Mechanics of running with the ball</li> <li>○ Head up</li> <li>○ Ideas of when to run with the ball.</li> </ul>
<p><b>1<sup>st</sup> Activity</b> <b>3+1v1 endzone-endzone</b></p> <p>One endzone is 3v1. The other is a 2v1. There is a neutral player in the middle. The 3 players keep the ball away from the one defender. After 3-4 passes they find the neutral player who then plays the ball back into someone to dribble out of the endzone to the other. The sequence repeats.</p>		<ul style="list-style-type: none"> <li>● Shaping up (preparing body)</li> <li>● Big first touch to get out</li> <li>● Can you deceive the defender in the opposite endzone?</li> </ul>
<p><b>2<sup>nd</sup> Activity</b> <b>4v4-6v6 Direction/Line game</b></p> <p>Two teams of 4-6 players. Play even numbers against each other. There is an endzone on each end of the grid. A point is scored when a ball is dribbled into the endzone. <b>Score an extra point</b> if a player dribbles from the right side of the grid into the left part of the endzone.</p>		<p>Dribbling techniques:</p> <ol style="list-style-type: none"> <li>1) Running with the ball</li> <li>2) Turning</li> <li>3) Beating an opponent</li> <li>4) Shielding</li> </ol> <p>Thoughts to teach:</p> <ol style="list-style-type: none"> <li>1) Cues of when to dribble?</li> <li>2) Cues of when to turn?</li> <li>3) Cues to dribble across opponents (wrong footing the defenders)</li> </ol>
<p>Play 6v6-8v8 game</p>	