Running With The Ball At Speed

Category: Technical: Attacking skills
Difficulty: Beginner

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Individual-Adult Member

Warm-up (10 mins)

Set up
Two 20 X 35 fields with mini-goals/pugs as shown

Organization
As players arrive for practice get them moving into small sided games early. Build up to two 3v3 games alongside each each other. Players are encouraged to have free play with no one touch soccer. Try to keep teams even for competitive games and rotate opponents every 3-4 minutes.

Progressions
Rotate opponents every 3-4 minutes

Coaching Points
Free play warm up with limited coaching. Enforce no one touch rule

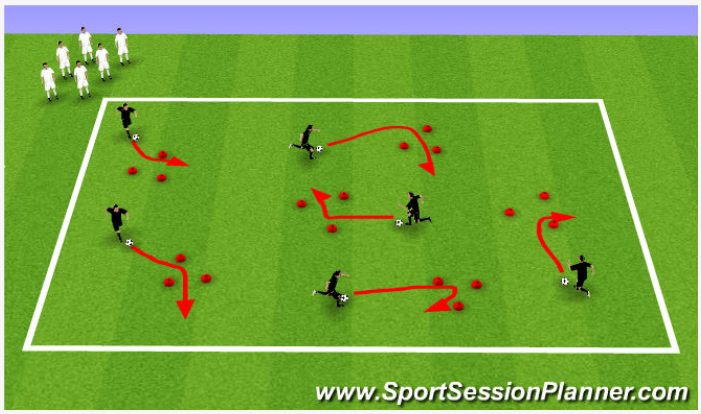
Dribbling - Triangles (20 mins)

Set up
Place numerous 2 X 2 X 2 triangles in a 30 X 30 yard grid as shown

Organization
Each player has a ball. Players must dribble around the area and get through as many triangles as they can in 60 seconds. Start with simple dribbling with emphasis on going in one side and exited through a different side of the triangle. Progress to change of direction and change of speed. Add in turns - scissors, drag back, Cryuff etc.

Progressions
- Split group into two teams: who can get through most gates - make competitive
- Have one team dribbling, other team defending them. Turn away from pressure and dribble to open gates without defenders winning the ball.

Coaching Points
Speed of dribble, recognition of space, change of direction, change of speed, quality of turn/technique



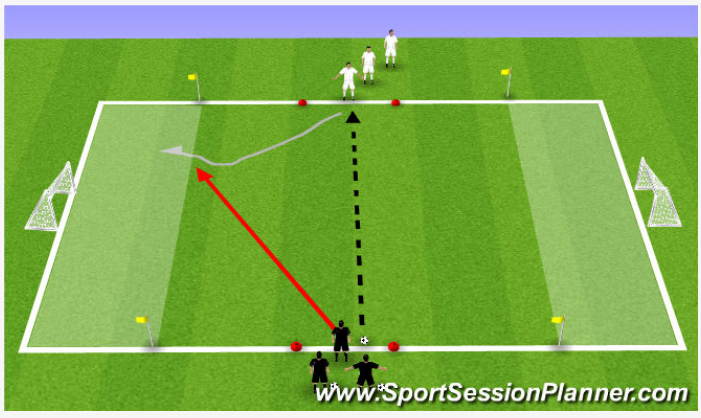
1v1 to Two Mini-Goals (20 mins)

Set Up
Grid size of 25 X 15 with the shaded area being 5 X 15 yards on either side as shown. Mini goals at either side.

Organization
Split team into two groups. Players will play 1v1. Ball starts with black player who plays a pass to first white player. White player must dribble to try and score in either of the mini goals. Player must dribble into shaded area before goal can be scored. If defender wins the ball next two players are up. Work for 2-3 minutes before switching roles. Emphasis in 1v1 stage should be on speed of dribble, turning away from pressure and acceleration into space.

Progressions
- Allow defenders to score if they win the ball.
- If player gets faced up by defender they can turn and play pass to next player in line who must then dribble quickly to score.

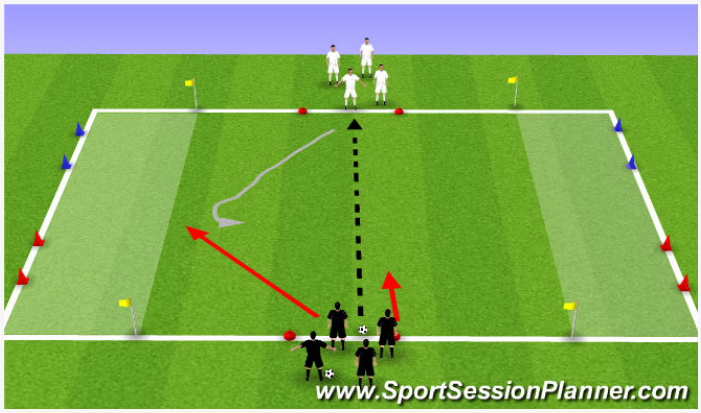
Coaching Points
Positive first touch into space, speed of dribble, control under speed, quick turns away from pressure, change of direction and speed with turns



2v2 Dribbling to 4 Goals (20 mins)

Set Up

Grid size of 25 X 15 with the shaded area being 5 X 15 yards on either side as shown. 4 gates now as shown are used as goals. Two different colors two for each team.



Organization

Split team into two groups. Players will now play 2v2. Ball starts with black pair who plays a pass to first white player. White player must dribble out with team mate playing 2v2 against blacks to try and score in either of the two red gates. Players must still dribble into grey area before scoring. Defenders can't enter into the shaded area until the attacker crosses the line. If defenders win the ball they are trying to score in counter blue gates. Once ball goes out of bounds next pairs work. Switch roles every 3-4 minutes. Make competitive - consequences for the losing team.

Progressions

- Progress to 3v3 depending of success at 2v2
- Give players a 30 second time limit to score to ensure quick dribbling

Coaching Points

Speed of dribble, recognition of space, knowledge of when to dribble and when to turn and release team mate

5v5 + GKs (20 mins)

Set up

Field 40 X 30 with regular goals as shown.

Organization

Teams will play 6 v 6 including Goalkeepers. Regular scrimmage game with emphasis on running with the ball at speed. Allow game to be free play but encourage running with the ball with all previous coaching points being enforced. If players are not doing bringing out the topic put in rules/stipulations. Passes can only go backwards etc to encourage positive dribbling.

Coaching Points

All of points portrayed throughout the session should be enforced in a game situation. Open up grid to allow more space to dribble if necessary.