

Topic - Technical Fitness Running with the Ball

Coach - Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Set two cones 15 yards apart * Both Players have a ball and run around the two cones * The aim is to try and catch up with your partner in the 45 seconds allocated * Players go through the activity 3 times, in between each run the players walk between the course for 2 minutes * Progression: On the coaches command the players turn direction. 	<ul style="list-style-type: none"> * Clear the ball out of your feet in between the cones * Push the ball forward using the laces of your feet * Keep tight to the cone * Bend the knees and lower body as you go around the cones
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Set up a 20 yard long channel with two gates at each end * One player starts running with the ball down the grid * Player 2 over laps the runner to the other gate * The waiting player, plays a one-two with the overlapping player and runs to the other end * The overlapping runner continues to make supporting run 	<ul style="list-style-type: none"> * Lead the player into their next pass * Overlapping player needs to lead the runner into their path * A positive first touch * After laying the ball off for the next player, move outside to create the space for the one-two
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Play 5 v5 with two 5 yard wide channels * Teams keep possession and attempt to set a player free in one of the channels * An opponent can enter the channel but only after he/she has taken a knee * Only one player from each team is allowed in the channel at any time 	<ul style="list-style-type: none"> * Posses the ball until you can set a player free * Attack with speed
<p>MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * 6 V 6 including Goalkeepers * Players must be past mid-field for a goal to be scored. 	<p align="center">KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> ○ = Ball → = Pass ⊙ ⊙ = Players ⋯→ = Run w/o ball ⋯→ = Run with ball 🚩 = Cone/Disk 🏟️ = Goal
<p>COOL DOWN</p>	<p>Players throw, roll and catch the ball in pairs. Stretch</p>	