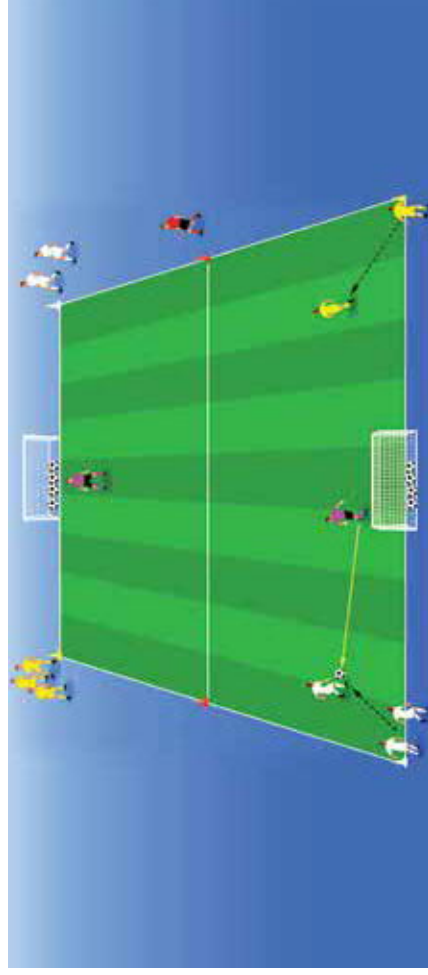


RUNNING WITH THE BALL

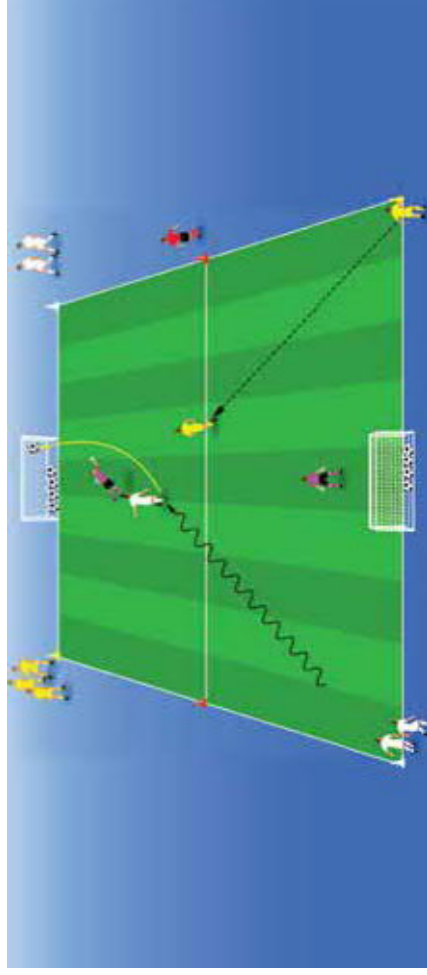
15-20
MINUTES

Application: Mini-Games

Into Space | Challenge



Created using SoccerTutor.com Tactics Manager



Created using SoccerTutor.com Tactics Manager

Suggested equipment list:

- 20 cones, 12 balls, 2 sets of bibs, 2-4 portable goals, 12 portable poles

Grid size:

- Create 15 x 20 metre grid with goals on each end (guide only)

Explanation:

- Split participants into 2 equal teams and 2 GKs
- Split teams evenly and position team-mates diagonally facing each other
- GK starts play by passing to their team-mate on the same end (top picture)
- Yellow defender to chase white attacker from the same end (see pictures)
- Attacker attempts to score against opposite GK
- Next ball is played from opposite GK after each attempt. Repeat sequence
- If defender wins the ball, he/she can attack the opposite goal to score

Scoring system:

- 1 point for a goal. 1 point for GK for every save made
- 2 points for goal scored before chaser reaches half-way line
- 3 points for defender to win the ball and score in the opposite goal

Variations/Progressions: C.H.A.N.G.E.I.T. (refer to page 56)

- 2v1 duels or 2v2 duels

Rotation:

- Swap role of attackers and defenders after each cycle

Key Coaching Points:

- See Key Coaching Questions & Key Coaching Words on pages 80 and 81