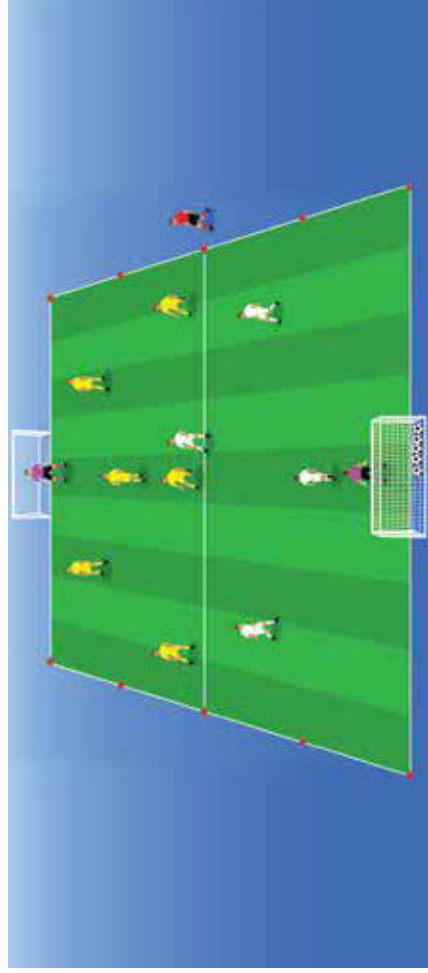


RUNNING WITH THE BALL

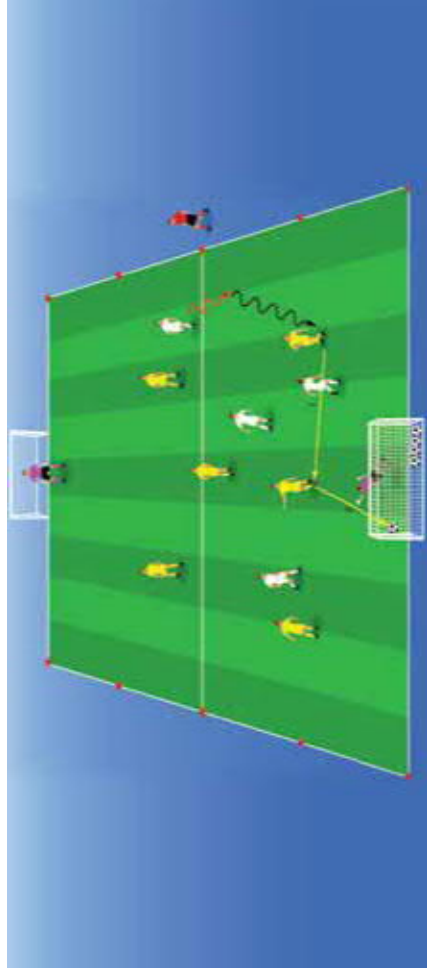
10
MINUTES

Recognition Phase: Game

Into Space | Challenge



Created using SoccerTutor.com Tactics Manager



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Suggested equipment list:

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

Grid size:

- Create a 30 x 40 metre game (guide only)

Explanation:

- Divide squad into 2 teams: 4 + GK versus 6 + GK for a squad of 12
- The white GK always starts/re-starts play (place balls nearby his/her goal)
- All players to start in their own half from re-starts

Scoring system:

- Regular rules for first five minutes; all goals worth 1 point
- After 5 minutes, reward 3 points for a goal scored by the yellow team after any player runs with the ball for at least 10 metres. This is an 'incentive'
- Any other goal scored by the yellow team is worth 1 point
- The white team get 2 points for scoring a goal

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

- Reduce/increase required distance to run with the ball for bonus points
- Create two games of 1 + GK versus 3 + GK

Rotation:

- Rotate roles of attacking and defending players (guide only)
- Rotate roles of the two goalkeepers after 5 minutes

Key Coaching Points:

- Encourage players to take heavier touches into open space
- Praise efforts to keep the ball within control
- Encourage players to scan their surroundings