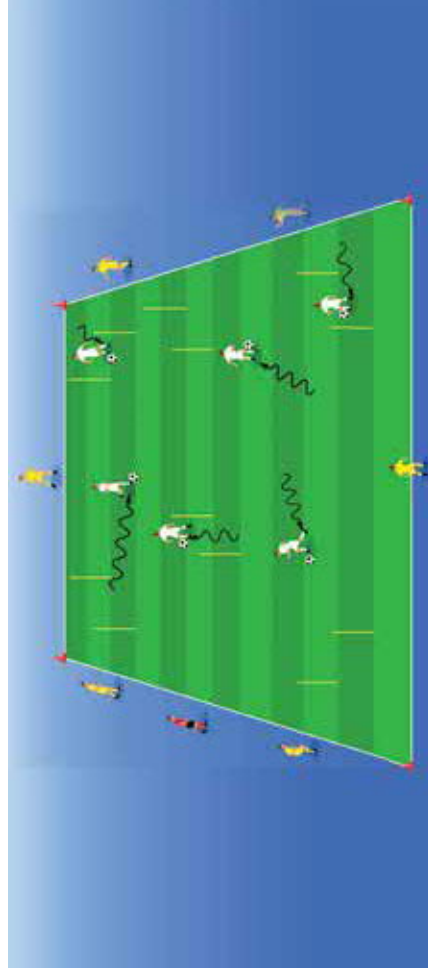


RUNNING WITH THE BALL

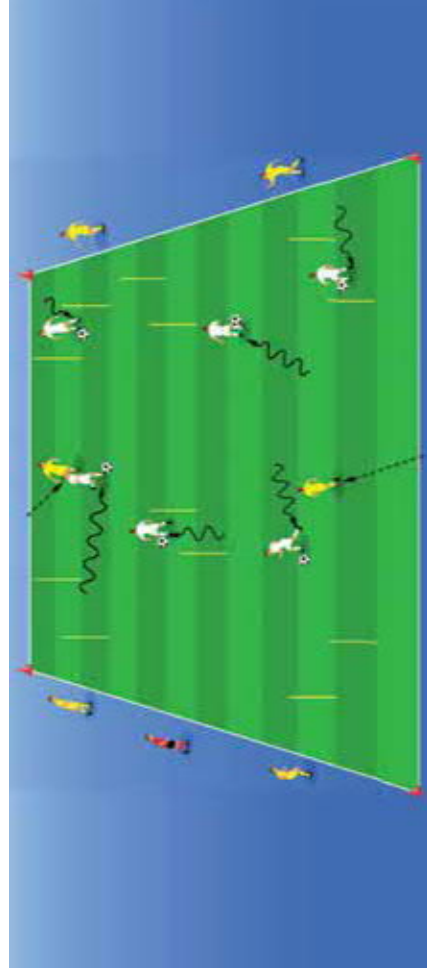
**5-10
MINUTES**

FUNCTIONAL Activity: 'Beat my record!'

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:

- 25 x 25 metre grid with 6 gates inside the grid

Explanation:

- Divide players into two equal teams
- One team has a ball each (white) inside the grid and the other (yellow) team waits outside the grid without a ball
- On the coach's command (e.g. "GO" or whistle), the white players try to collect as many points as possible in 30 seconds by running with the ball through any of the 6 gates
- Players cannot pass through the same gate twice in a row
- Yellow team repeat sequence
- Organise for each player to have a direct opponent

Scoring system:

- Collect more points in 30 seconds than your direct opponent

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

- Add one or two 'taggers' to apply pressure on players (bottom picture)

Rotation:

- Swap direct opponent after every cycle

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