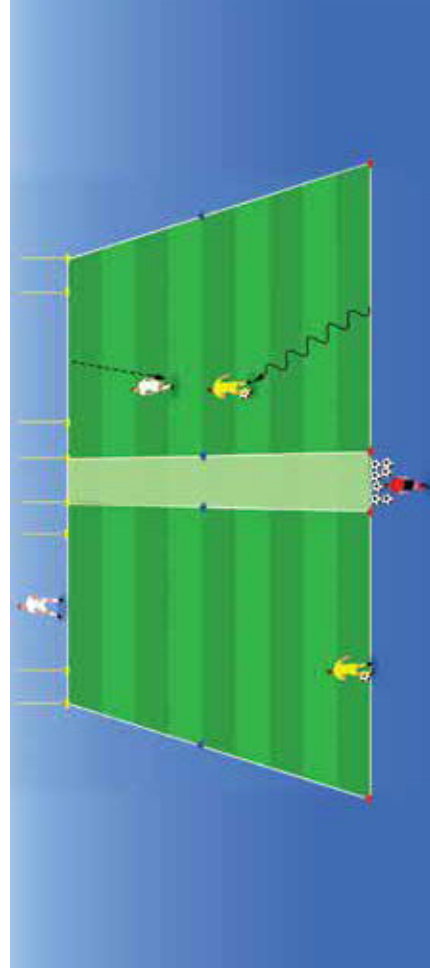


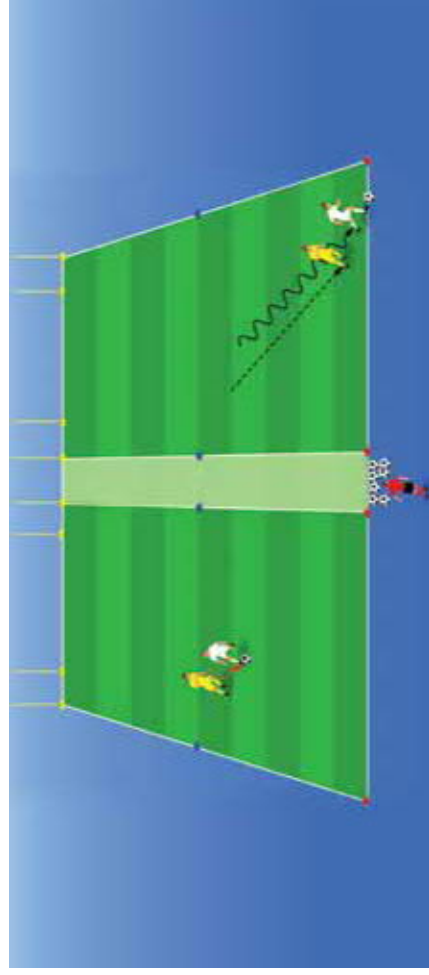
RUNNING WITH THE BALL

5-10
MINUTES
Recommended

Intervention: Skill Breakdown (Defending) Challenge



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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 15 x 7 metre grids with two side goals as shown (guide only)

Explanation:

- Position 2 players per grid: 1 attacker versus 1 defender (top picture)
- Game starts when yellow player (attacker) runs with the ball inside the grid
- As the yellow player runs with the ball, the white defender from the opposite end is allowed to enter the grid to defend in a 1v1 duel

Scoring system for the defender:

- 2 points for winning the ball and running with it to the attacker's starting line

Scoring system for attacker:

- 1 point for running with the ball into any of the 2 side goals

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

- Swap roles of attacker and defender regularly
- Defender to start from different angles/distances (Inc. side or behind attacker)

Key Coaching Questions:

- **Pre-action:** Can you apply immediate pressure on the ball carrier?
- **Action:** Can you win the ball when a heavy touch is taken?
- **Post-action:** Are you able to counter-attack with speed?

Key Coaching Words:

- **Press** - encourage defender to apply immediate pressure on the ball carrier
- **Challenge** - encourage a challenge for the ball when a heavy touch is taken
- **Fast-break** - encourage counter-attack with speed