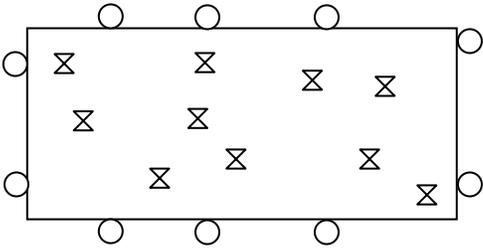
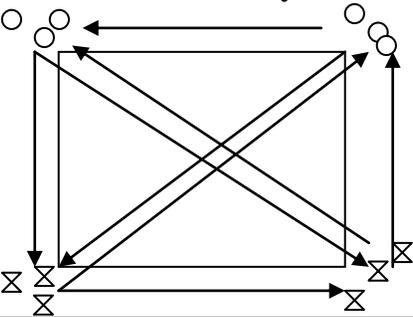
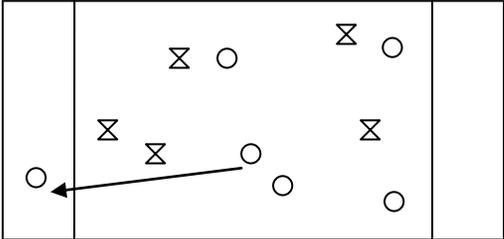
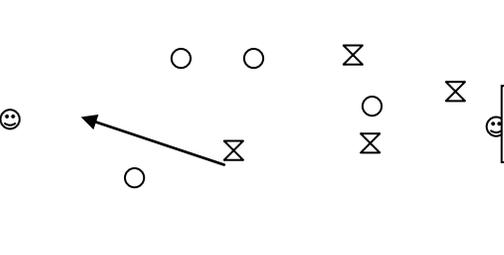




# Running with the ball.



<p><b>Warn up / first activity</b></p> 	<p><b><u>Organization</u></b></p> <p>O Players on the outside pass to X players on the inside.          Inside players use one touch out of feet to run with the ball and pass out to the players on the outside.          Players on the outside of the field change places with the players as they come out of the grid</p>	<p><b><u>Coaching Points</u></b></p> <p>Relaxed movement with the ball, good body shape.          Observe the position and steadiness of the head.          First touch controlling out of feet to get into running style.          Good smooth running technique. Good balance and coordination          The ability to take the eye off the ball and be aware of players around the field of play.</p>
<p><b>Second/Activity</b></p> 	<p>Grid area 20yrd square U9/10. 25yrd U11&amp; up 3 players each corner one ball each corner.          The first player in each corner runs the ball down the side of the grid from corner to corner          The next player takes over going counter clockwise until he/she gets back their starting position Repeat in opposite direction          Repeat diagonal running the ball</p>	<p>Getting the ball out of the feet into running          Awareness of players and ball from other groups          Smooth running technique good balance          Using the laces of the shoe to get the ball forward into space          Open stance to allow for one touch out of feet          Smooth take over of the ball at each corner          Concentration and good first touch</p>
	<p>Area of field: 30 x 40 yds          5 v 5 in the playing area, 2 x 5 yds end lines.          Players attempt to run the ball across the end line to score a goal or touch down.          O player runs ball into corner away from defender          Player must stop the ball over the end line to get the goal.</p>	<p>Awareness of defender , space in front space behind          Head up looking for opportunities to get past defenders.          Change of angle and change of pace.          Good ball control and coordination of movement          Balance and good first touch control of ball</p>
	<p>Area 40 x 25 field is narrow but long this will reward players who wish to run at defenders          4 v 4 plus keepers free play          X players see's space between two defenders open up and runs the ball forward to shoot at goal</p>	<p>Awareness of space behind defenders          Change of pace and angle of the ball.          Ball out of feet get into fast running technique          Recognizing space to play the ball into between and behind the last defender</p> 