

RUNNING WITH THE BALL

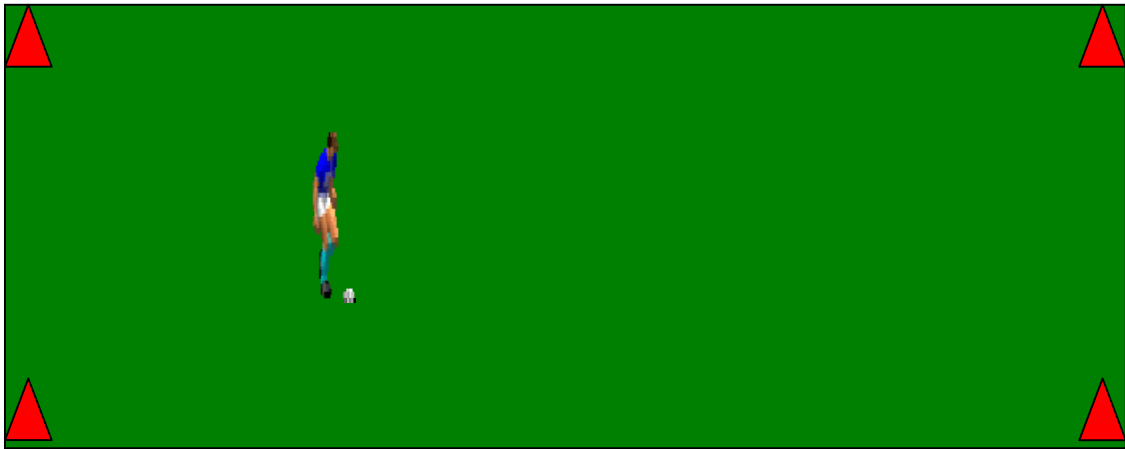


USING NATURAL
STRIDE

EXERCISE 1.

RUNNING IN A STRAIGHT LINE.

Players run with the ball making contact with the same foot using their natural stride. Contact should be made with the ball with the lower part of the leg in an upright position.



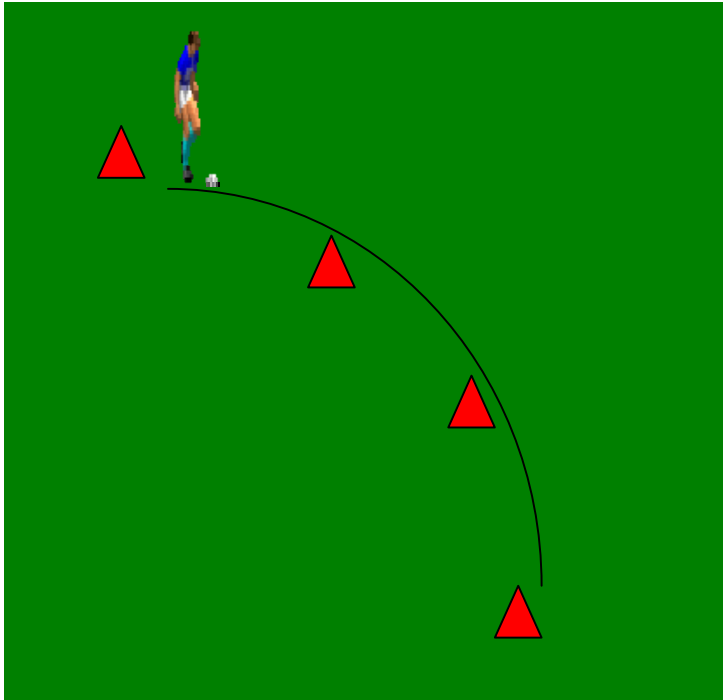
Players run with the ball using their favoured foot. Speed increases from slow to fast and the distance increases from 15m to 30m.

EXERCISE 2.

RUNNING IN AN ARC.

A...Players make an arced run using the outside of the foot to change the direction of the ball .

B...Change the direction of the run so that the inside of the foot is used. Practice using both feet.

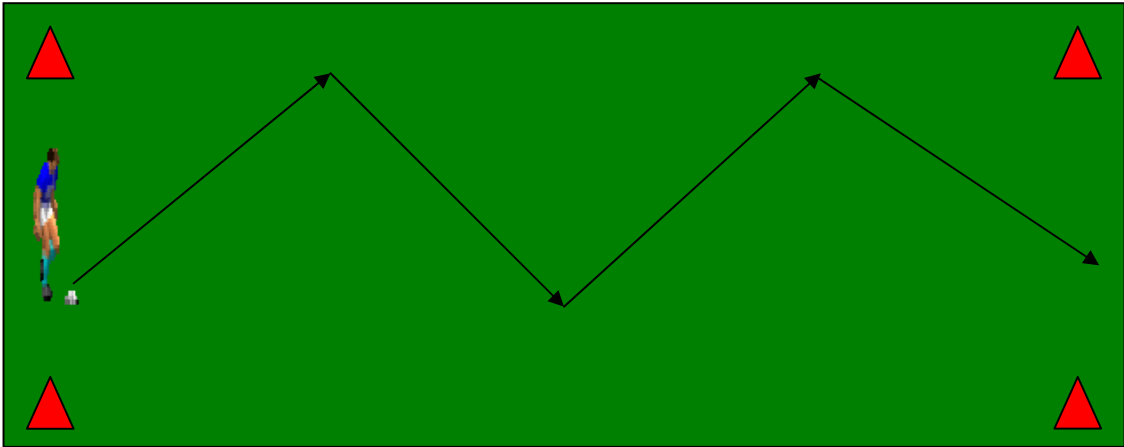


Arc should be 15m to 20m.

EXERCISE 3.

RUNNING IN A ZIG ZAG.

In a grid 2m by 15m players make a zig zag run using the inside and outside of the same foot to change direction .Tap the ball lightly using ankle movement to change direction and quickly take a second tap.



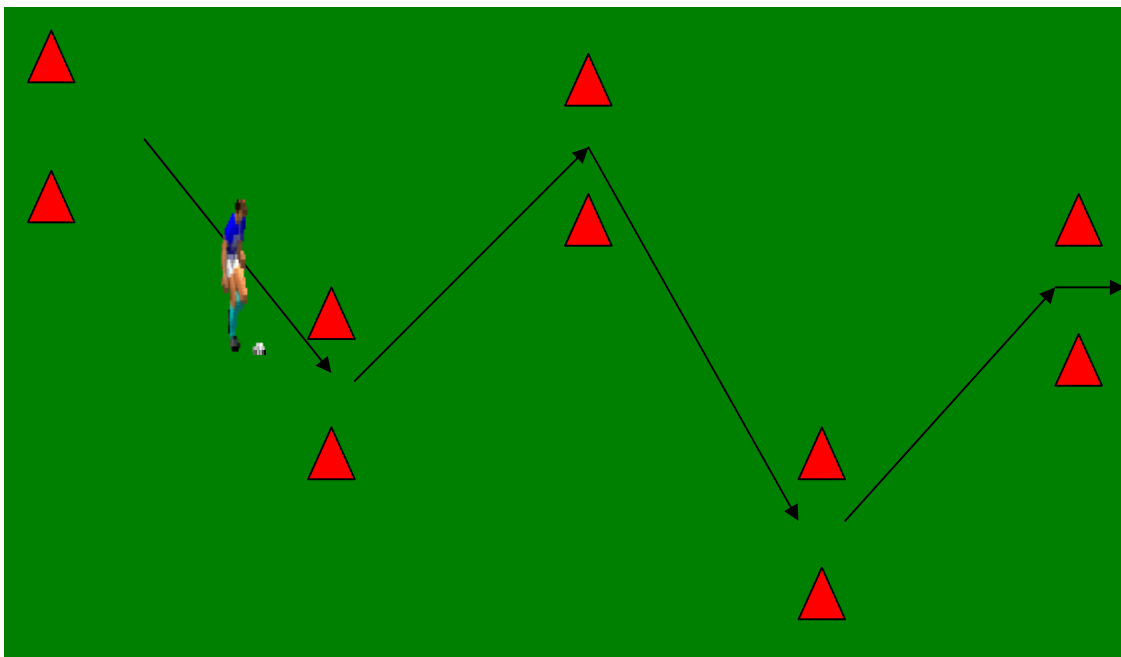
EXERCISE 4.

THE SLALOM.

A slalom course is set up 20m in length with the gates no more than 1m .

Players run the course using natural stride changing the direction of the ball using the inside and outside of the same foot.
Encourage the players to make another quick tap after the ball has changed direction.

When the ball passes through the a gate the player must go around in either direction.



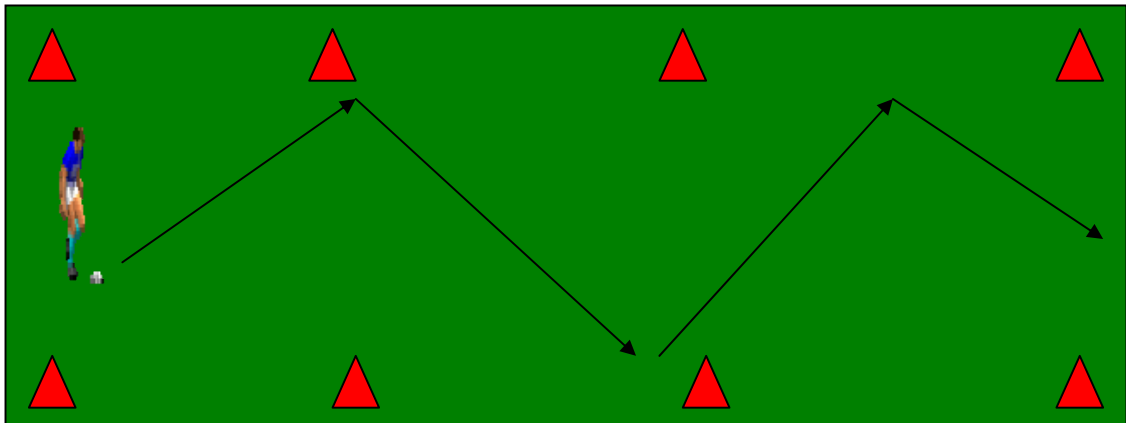
EXERCISE 5.

THE CORRIDOR.

In a corridor 15 to 20 metres in length and 2 metres wide, players run a zig zag course through the corridor changing direction every 3rd touch using the inside and outside of the same foot.

Narrow the corridor to 1m in width ,players change direction every 2nd touch.

Narrow the corridor to $\frac{1}{2}$ m in width ,players change direction with every touch.

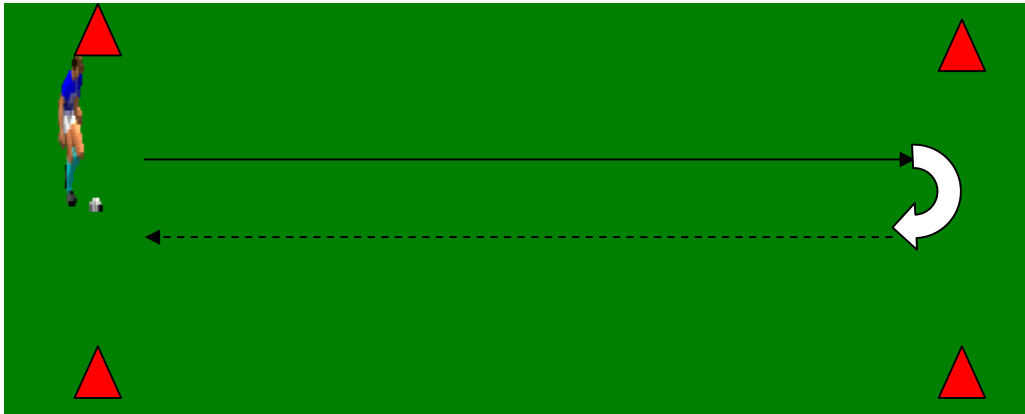


EXERCISE 6.

TURNING.

In a grid approximately 10m by 5m, players run with the ball using natural stride and make a sharp turn using the outside of the foot and return to their starting position. Encourage players to take another quick tap after making the turn.

Same as above but use the inside of the foot to make the turn.



EXERCISE 7.

CROWDING.

In a 5m by 15m grid, 10 to 12 players dribble around the area using natural stride with their favoured foot. The ball should not touch another ball or hit another players legs.

Increase speed.

EXERCISE 8.

TAG DRIBBLE.

In a 10m by 10m grid , players dribble the ball using natural stride. Player A is chased by player B until he is tagged. The roles are then reversed.

Increase the area and have 10 to 12 players playing Tag dribble.



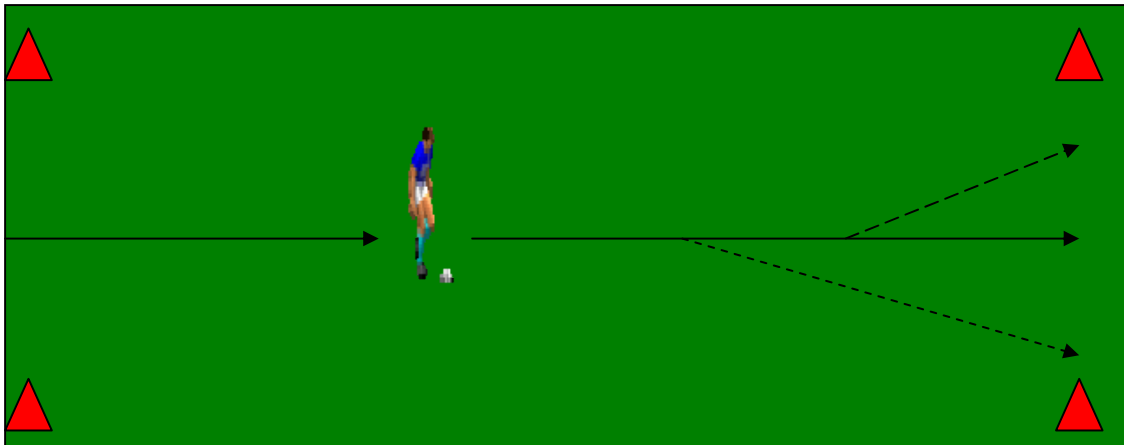
EXERCISE 9.

PICKING UP THE BALL

A..In an area 20m in length, players run and collect the ball in their natural stride half way down the grid. Players then continue to the end with natural stride without changing pace.

B..As above but take 3 touches after picking up the ball and then change direction.

C..As above but take 2 touches and change direction.



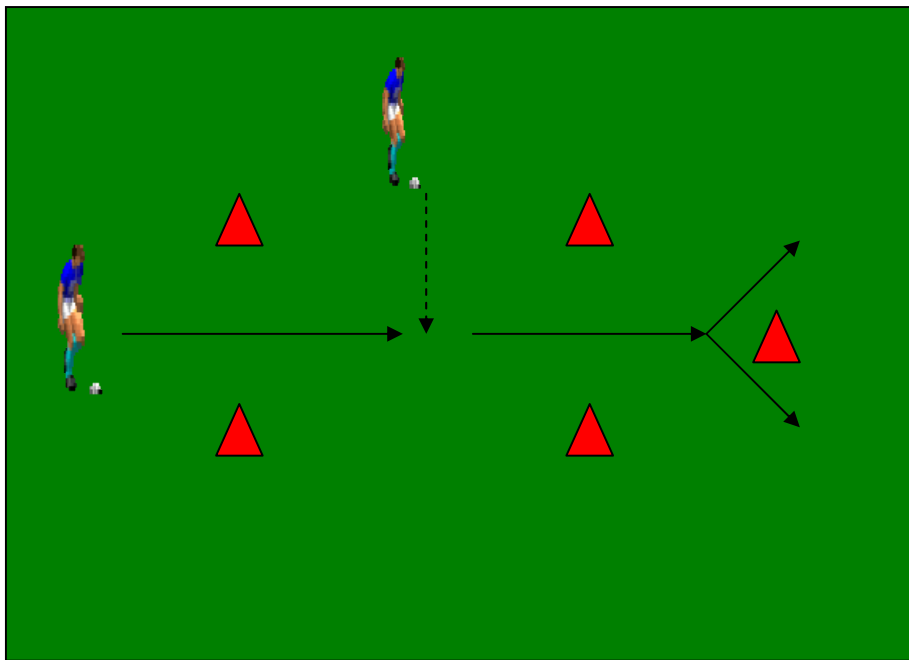
-----> Change direction after 3 touches.

-----> Change direction after 2 touches.

EXERCISE 10.

RECEIVE AND GO.

Ball is played in for player to pick up on the run , takes 3 touches and then changes direction.

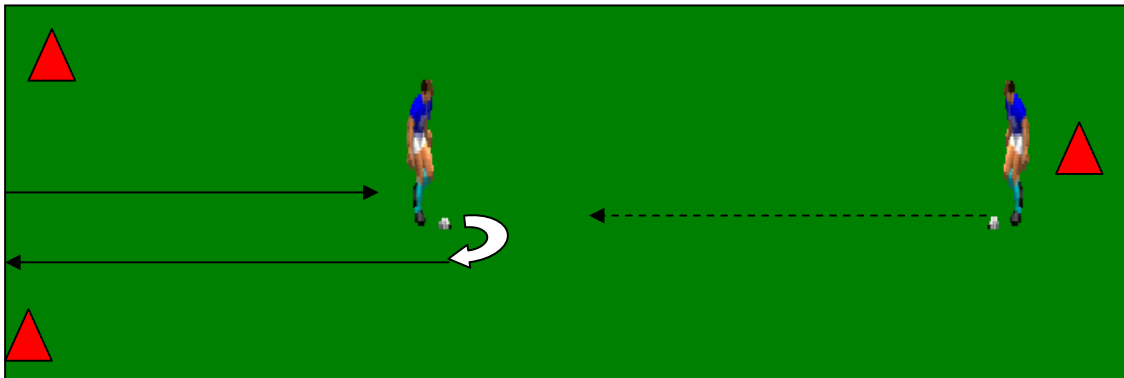


EXERCISE 11.

RECEIVING AND TURNING.

Player runs in and receives and controls the ball with one touch , second touch performs a 180 degree turn and dribbles back to starting position using natural stride.

Use inside and then outside of foot to make the turns.

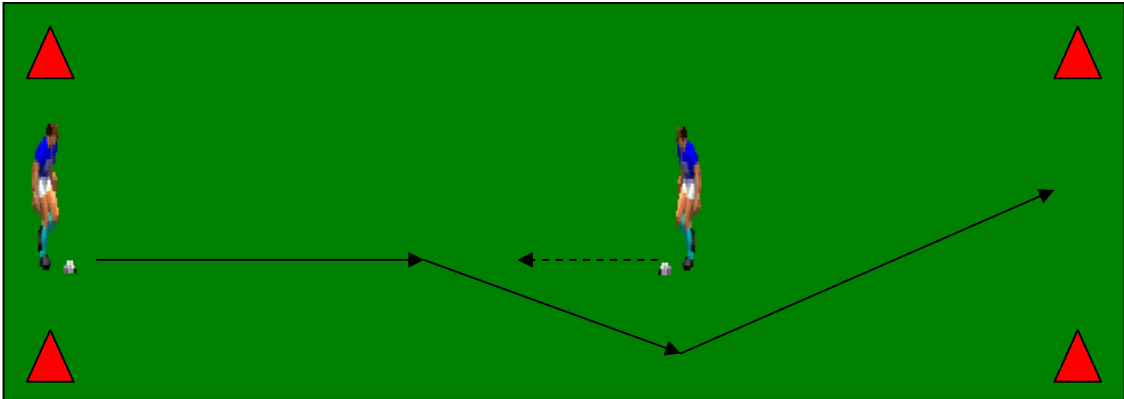


EXERCISE 12.

DRIBBLING PAST A STATIC DEFENDER.

Player taps the ball towards a defender who takes 1 step forward, player then changes direction quickly and goes past defender using same foot.

Increase distance between player and defender from 2.5m to 10m and increase grid from 10m to 20m.

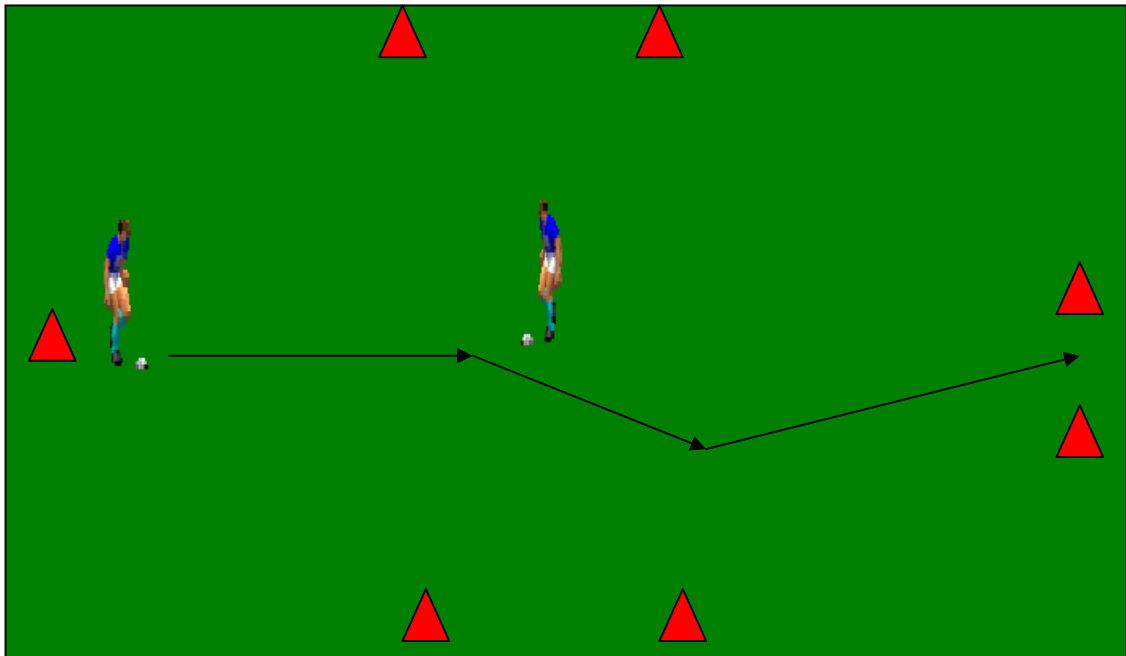


EXERCISE 13.

DRIBBLING PAST AN ACTIVE DEFENDER.

Player runs at a defender who defends in a 10m by 2m grid , player uses natural stride to go past the defender and dribble through a goal.

Replace defender with a goalkeeper.



Use two 10m by 2m grids three metres apart with a defender in each grid. Player must dribble the ball using natural stride to beat each defender in turn and dribble the ball through the goal.

Replace defender in second grid with a goalkeeper.

