



## 08 / U10G - Running with the Ball

**Category:** Technical: Dribbling and RWB

**Difficulty:** Beginner | **Start Time:** 27-Sep-2017 16:30h

Am-Club: Rio Rapids Soccer Club  
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### Description

Running with the Ball

Phase: Open Up the Opponent to Penetrate

Principle: Penetrate the Opponents Back Line

### 4v4+2 to End Zones (WHOLE) (20 mins)

#### DESCRIPTION/ORGANIZATION:

\*25 yd wide x 30 yd long field with 5 yd end zones

\*4v4+2 (6v4) to end zones.

\*Team in possession scores by dribbling or passing into end zone.

\*Score 3 points for running with ball into end zone, 1 point for passing into player in end zone.

#### COACHING POINTS:

\*Can you find space away from defenders where your teammate can pass you the ball and you can attack the goal on the dribble?

\*Can you have an open/surfer body shape to see the player with the ball, the end zone that you score to and the defenders between you and the end zone?

\*Is space available to run with the ball and get to the end zone or to attack a lone defender?

\*If you have the ball and too many defenders between you and the goal - should you continue to dribble or pass? If so to where?



### RWB/Dribble Relay (PART) (15 mins)

#### DESCRIPTION/ORGANIZATION:

Grid approx 20x20 with an 8x8 diamond grid in the middle. Two teams divided equally as shown, ball at the front of each line.

Teams RWB to the middle, dribble through the middle box, then RWB to other end. No passing, must RWB all the way to the next player. Team that returns to their starting positions first wins. Switch feet after each race. As players advance, can extend the race to require them to go through more repetitions before they can win.

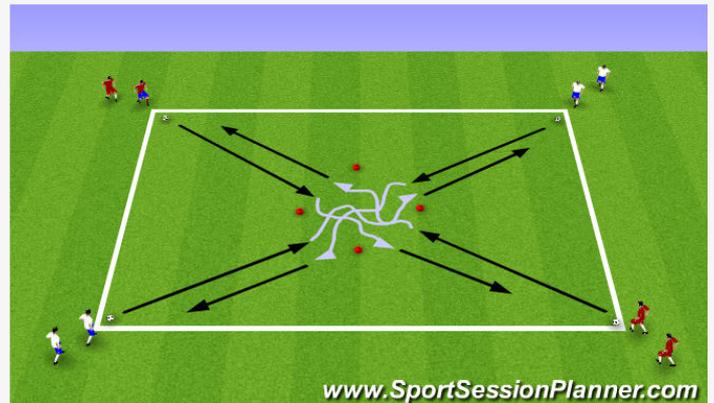
#### COACHING POINTS:

\* RWB: Foot position, surface used, vision, longer touches to "push" the ball forward within their natural running stride. Do Not "Kick & Chase".

\*Dribbling: Smaller, quicker touches in tight areas to keep the ball close and change direction/speed quickly.

\* Explode into open spaces: If middle box is open, can you accelerate through it before it gets crowded? If middle box is crowded, can you keep the ball close then explode out once there is an opening?

\* Vision: be aware of where other players are, and see/find open spaces to attack.



### 4 Box RWB Game (PART) (20 mins)

#### ORGANIZATION/DESCRIPTION:

\*25 yd wide x 30 yd long field with 5 yd boxes in each corner

\*7 attacking players each with a ball

\*3 defenders without a ball

\*attacking players score by dribbling from any one box to another - 3 points if dribbling between boxes on the diagonal, 2 points for dribbling between boxes on the long side and 1 point for dribbling between boxes on the short side

\*1:1 work to rest ratio, play for a minute and then provide feedback/ideas

\*top 3 scorers replace defenders for next round

#### COACHING POINTS:

•Awareness of defensive pressure and space to run into – when to run with the ball and when to dribble

•Head up between touches to continue to evaluate defensive pressure and playing options



- Positive and explosive 1st touch that gets ball out away from feet and attacks open space
- Toe down using natural running motion to run with the ball – use of instep/pinky toe
- Extend stride with large touches
- Big touches to small touches as you approach defender or box (slow and control)
- Using both feet

## FUNino (WHOLE) (20 mins)

### DESCRIPTION/ORGANIZATION:

FUNino - Official Rules:

\*Game starts with coach throwing ball into middle of field,

\*Goal can only be scored from inside the scoring zone (6-yard line),

\*When a goal is scored, one player from each team must be substituted on the fly,

\*After goal restart game with a pass or dribbling in from 6-yard line,

\*Infringements: staying inside a goal for more than a second, hand ball, violent play-free pass \*Penalty attack for fouls inside shooting zone

\*No corner kicks \*No offsides \*Pass or dribble in when ball goes out on the sidelines

### COACHING POINTS:

\*Which of the two goals is less defended - how can you best attack it?

\*When and how can you attack open space or a goal by running with the ball?

