



## 09 / U9 - Running with the Ball

**Category:** Technical: Dribbling and RWB  
**Difficulty:** Moderate

Am-Club: Rio Rapids Soccer Club  
Sebhat Browne, Albuquerque, United States of America

### Description

Phase: Create Scoring Chance

Principle: Change Speed with the Ball to Create Scoring Chances

### Coerver skills (10 mins)

#### DESCRIPTION/ORGANIZATION

Even though this is not a passing a receiving warm up, the boys need the ball familiarity and the agility that comes with Coerver warm ups, so we are using them consistently right now to be sure that the boys get competency with the ball and also that they get some individualized physical literacy work. Player with ball dribbles to gate 45 degrees off to the right or left, performs a 180 move (Cruyff, squash and turn, squash and hop, peanut butter twist, etc.), and then returns to start, leaves ball for next player. Switch to the opposite gate. 7-9 yards from start cone to gate. 2 yards between cones in triangle.

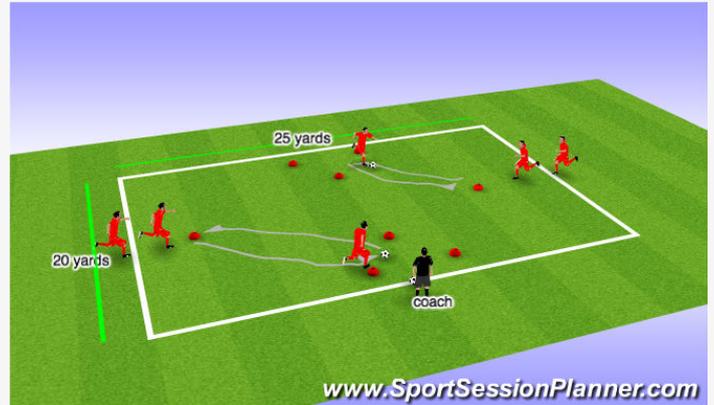
#### COACHING POINTS:

Perform move and explode out. Make sure to face forward while doing the move. That way when going to the right and going to the left you are performing the mirrored version of the same move (working on both right and left sides of your body).

*Litbarski (squash and hop):* Dribble forward, stop ball with bottom of foot. Once dribbling foot stops ball, step past ball turning half way to the inside, take the ball in opposite direction with outside of other foot.

*Peanut butter Twist:* Dribbling back towards own end of field, step across ball as if to play back pass to gker or teammate, turn 180 in opposite direction, take ball up field with outside of same foot that stepped across the ball, explode away or pass on next touch.

*Cruyff:*



### 3v1 Funino w/second defender from side (15 mins)

#### DESCRIPTION/ORGANIZATION:

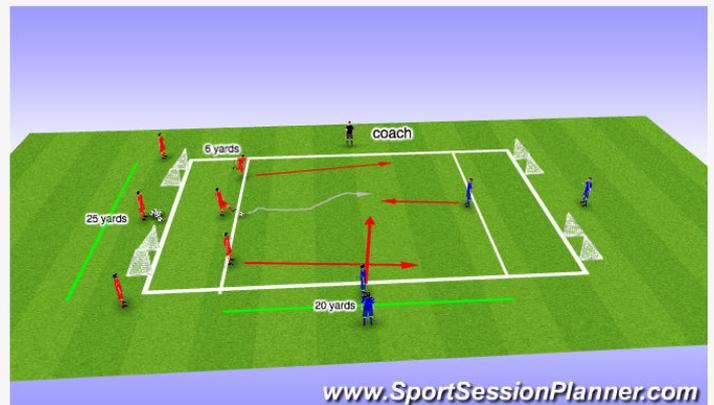
3 players go against 1 defender. They must enter the 6 yard end zone before they can score on either goal. If defender wins ball he can score on other two goals from **anywhere** on the field. Ball starts at central player. Do 15-20 reps, then rotate out defenders. The three start at top of 6-yard zone. The defender starts at top of his 6 yard zone. An extra defender is placed on the side of the field to chase from next to the play. He is released after 2 seconds. If attacking team still succeeds, 1 second and so on till chasing player is released on the first touch of the ball.

**Variation:** chasing defender can be place on either side and directly behind the play.

**Variation:** third blue player can join the game once blue has won the ball from burgundy

#### COACHING POINTS:

- \*make contact with the ball with pinky toe
- \*touch ball each time strong foot comes forward
- \*Head up as central player approaches defender
- \*slow down as approaching defender
- \*long a stride as possible with ball
- \*control body, maintain balance to be able to make a quality pass



## Michael Owen drill (15 mins)

### DESCRIPTION/ORGANIZATION:

Player dribbles with strong foot. Gets a touch on the ball every time that foot comes forward. Score goal once across 6 yard line. Get ball, reform line heading the opposite way. Quality is most important factor. Increase pace once quality is good.

### COACHING POINTS:

- \* Touch the ball every time foot comes forward.
- \* Natural running motion while running with ball
- \* Head up between touches
- \* Lengthen stride and increase pace as you go
- \* Use pinky toe of foot to contact middle of ball



## 3v3 Funino - whole (20 mins)

**DESCRIPTION/ORGANIZATION:** Ball must enter endzone before you can score. Sub every 2-5 minutes. "C" is the coach.

### COACHING POINTS:

Same points on dribbling into space with head up. Decision on when to pass after drawing defenders. Can you get to goal on dribble before defender arrives?

