

SKILL ACQUISITION PHASE: RUNNING WITH THE BALL

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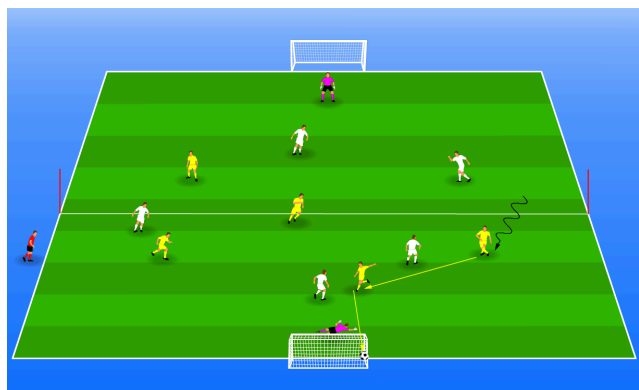
Suggested equipment list:

12 cones, 8 balls, 2 poles, 4 mini goals, 2 portable goals and 3 sets of bibs



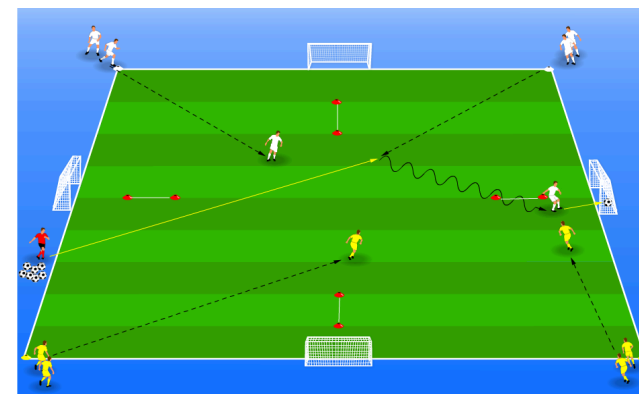
FUNCTIONAL Activity: 'Steal and score'

- Three teams
- White & Blue players have a ball each
- Yellow players have 30 seconds to dispossess and score as many goals as possible in any goal



Recognition Phase: Game

- Normal game, 1 point for a goal
- Teams are awarded 3 points if someone runs with the ball over the centre line and it leads to a goal
- Create one or two games



Intervention: Skill breakdown

- Two teams evenly on opposite sides
- Coach will roll a ball in and the first player from each cone will enter
- Players must run the ball through a gate before scoring in nearest goal



Evaluation Phase: Free Game

- Normal game, 1 point for a goal
- Coach is advised to 'coach on the run' by praising and encouraging desired actions without stopping the game