

# SKILL ACQUISITION PHASE: RUNNING WITH THE BALL

## Suggested equipment list:

8 cones, 12 balls, 4 mini goals, 2 portable goals (age-specific) and 2 sets of bibs



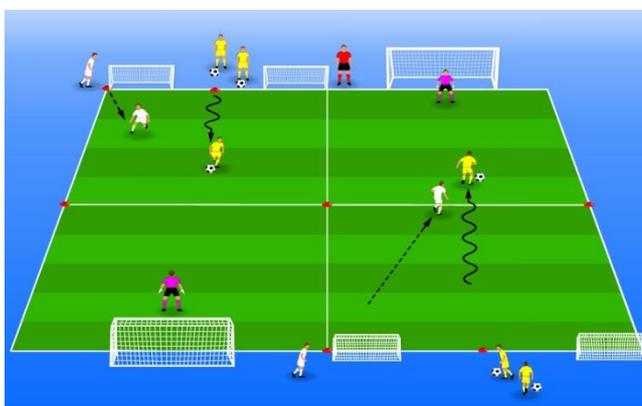
## FUNCTIONAL Activity: 'Football Rush'

- 🏆 Attackers have a ball each and will run away from and at defenders to reach the opposite end-zone
- 🏆 Defenders try to win the ball off attackers and score in goals at the end attackers have run from
- 🏆 If defenders score a goal, they switch with the attacker they won the ball off to become an attacker
- 🏆 Once all attackers have reached the opposite end-zone, defenders reset, and attackers run the other way



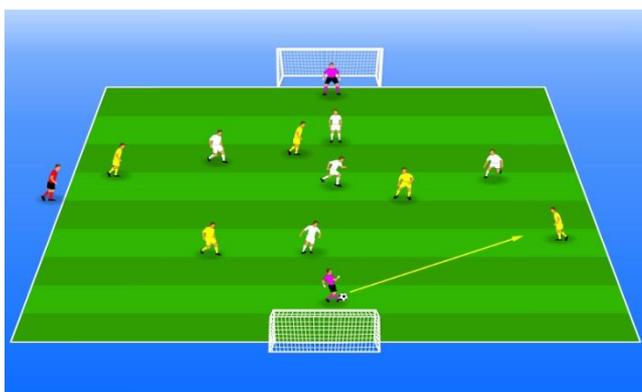
## Recognition Phase: Game

- 🏆 Normal game, 1 point for a goal
- 🏆 Teams awarded 3 points if a player scores a goal without a defender marking them
- 🏆 Create one or two games



## Intervention: Skill breakdown

- 🏆 Two groups of attackers and defenders
- 🏆 Attacker has a ball and will run with the ball towards goal
- 🏆 Defender will try to win the ball off attacker and score in goals at the end attacker has run from
- 🏆 Attacker may only shoot at goal once they have run with the ball past halfway
- 🏆 Swap defenders and attackers after each cycle



## Evaluation Phase: Free Game

- 🏆 Normal game, 1 point for a goal
- 🏆 All players involved including 2 goalkeepers
- 🏆 Coach is advised to 'coach on the run' by praising and encouraging desired actions without stopping the game