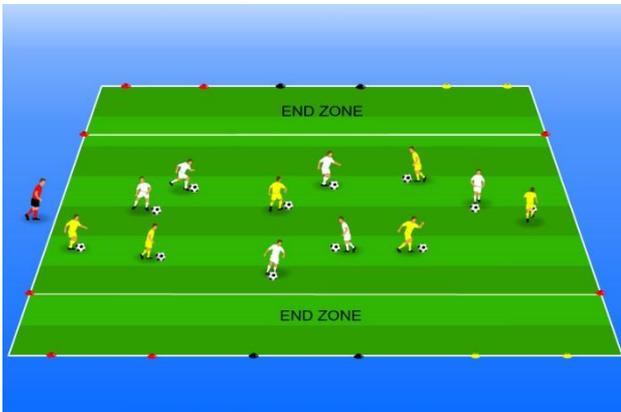


# SKILL ACQUISITION PHASE: RUNNING WITH THE BALL

## Suggested equipment list:

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



## FUNctional Activity: 'Breakaway'

- Split players into two teams
- Each player has a ball and will run with the ball in the centre zone
- The coach will call out either "YELLOW" or "WHITE" which signals the players of that respective team to breakaway into the end zones to run through any of the three gates on either side
- The team not called will leave their balls and attempt to stop players of the other team scoring
- Once sequence has finished, game repeats



## Recognition Phase: Game

- Split players into two teams
- Normal game, 1 point for a goal
- Teams awarded 3 points when a player runs from the defensive zone to the attacking zone and scores
- No goalkeepers to encourage more running with the ball
- Create one or two games



## Intervention: Skill breakdown

- Attackers start on cones in front of goals and will run with the ball and attempt to score in any goal except the one on the side they are starting from
- If they score in the goal on the opposite side, they receive 2 points. A goal scored in either side goal is worth 1 point
- Defenders try to win the ball off the attacker who is running from the same side. If successful, they must score a goal to switch roles with the attacker who lost the ball
- Delay start of defenders (age-specific)
- Rotate role of players frequently



## 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 linked to the session topic without stopping the game