



Drill Name: Running with the Ball 1

Set up :

Running with the ball. 3 players with 1 ball in 10 x 10 yard areas about 40 yards apart. Small gate positioned 10 yards away from Box 1.

Instructions:

Players in both areas pass & support. On the signal, players in box 1 dribble out & through the gate & then pass & follow into box 2. Players in box 2 run the ball to box 1. The cue to run the ball is the dribbling movement from box 1. Progression - players juggle/pass the ball in the air (1 bounce between touches) forcing a different touch out of feet.

Coaching Points:

Message in pass, Awareness (check shoulders), Big touch, Head up, Change of pace