



Drill Name: Running with the Ball 3

Set up :

Possession Development: Running with the Ball SSG. 30 x 30 yard area divided into 3 zones. Middle zone is defending zone. End zones are attacking zone ("Staging Areas"). Players grouped into 3 teams of 5 & assigned a zone.

Instructions:

Team in possession plays 5v2 in their third to set up the opportunity to "Play Through" the middle third & deliver the ball safely to the final third. The team in possession can penetrate by playing long, or by running the ball &/or combining with midfield support in the middle third. Teams switch zones on loss of possession.

Coaching Points:

Possession mentality, When to pass/when to run the ball, When to penetrate/when to keep it. All passing, receiving, support, & running with the ball Key Factors apply. Watch for 'give & go' opportunities.