

Running with the ball with lateral change of direction

AGE: U9-U10 / 7v7 / 14 players

MOMENT:


John Saunders

GOAL: Improve scoring goals

PLAYER ACTIONS: Pass/dribble

KEY QUALITIES: Read game/make decisions

 14

 90 min

Running with the ball session 1, Activation

Running with the ball exercise 2

Running with the ball exercise 3

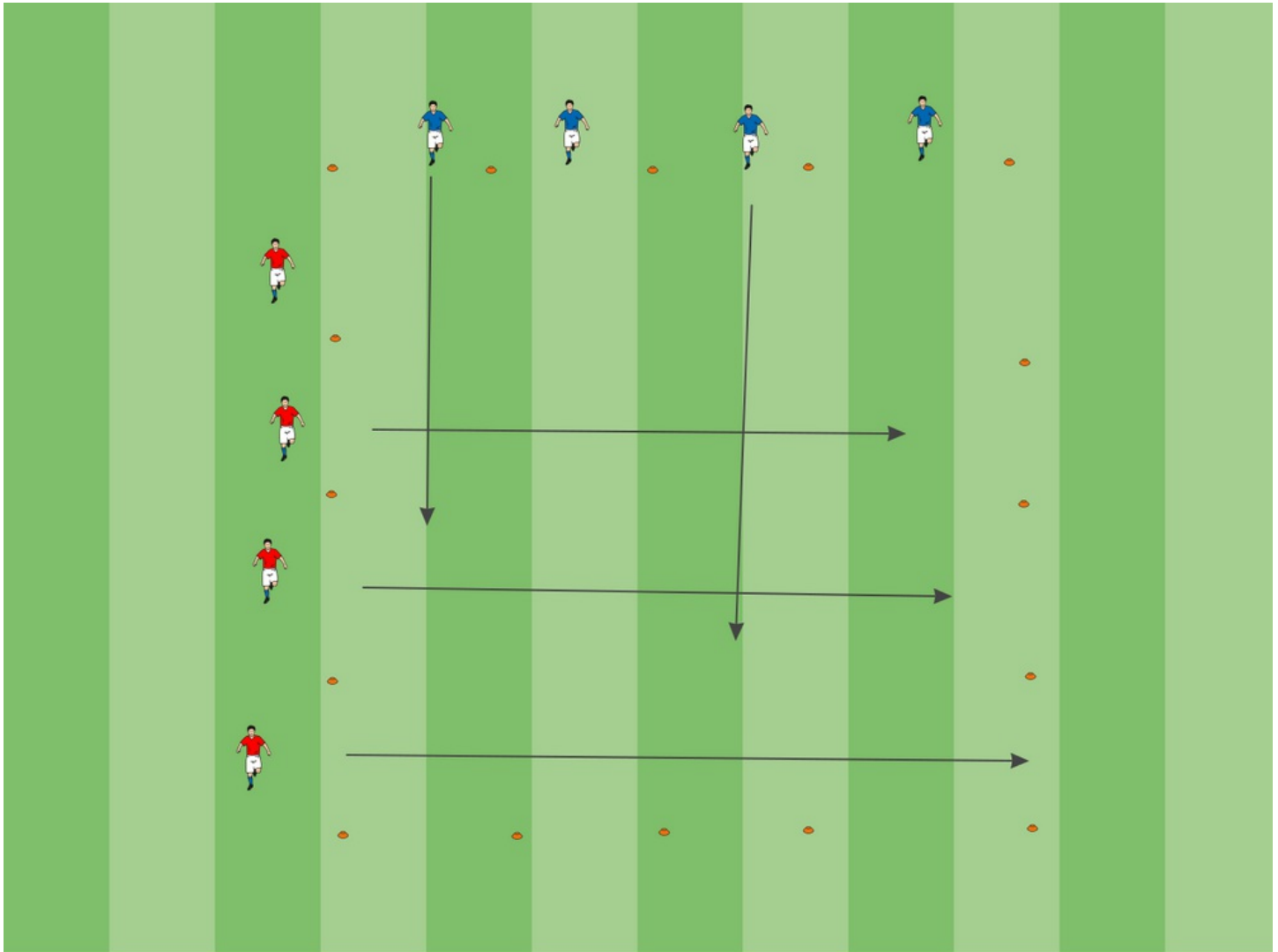
3v3, 4v4, 5v5,

Running with the ball session 1, Activation

OBJECTIVE: Improve running with the ball technique

PLAYER ACTIONS: Pass/dribble

KEY QUALITIES: Read game/make decisions



ORGANIZATION:

20x15 Area group 1 dribbles up and down group 2 sided to side Both groups turn at opposite line

KEY WORDS:

group 1 dribbles up and down group 2 sided to side Both groups turn at opposite line

GUIDED QUESTIONS:

How do players avoid obstacles when running with the ball. How do you change direction

ANSWERS:

Keep your head up Using inside or outside of the foot

 **MOMENT:**
Attacking

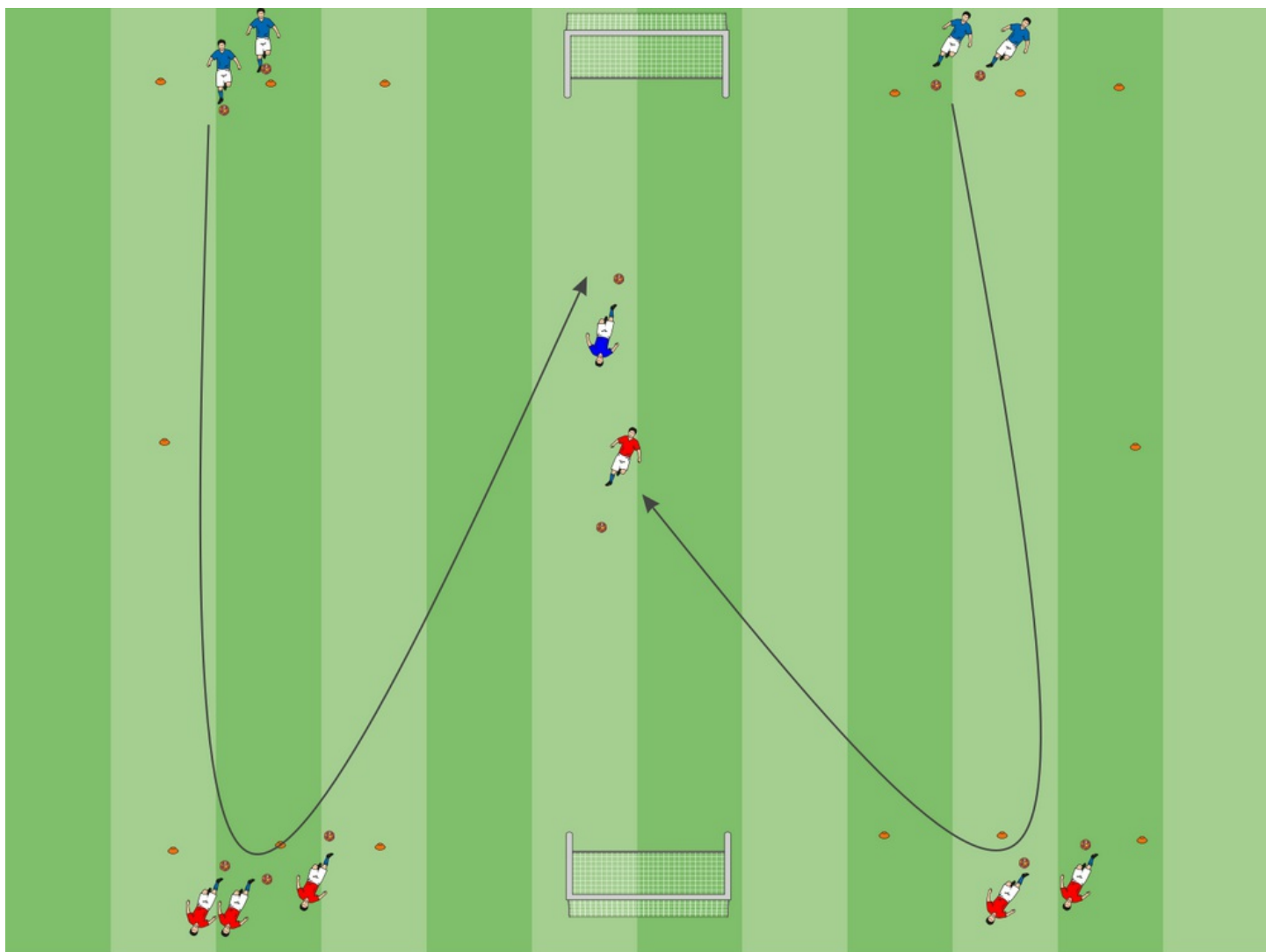
 **AGE:**
U9-U10 / 7v7

Running with the ball exercise 2

OBJECTIVE: Improve running with the ball with change of direction and finish

PLAYER ACTIONS: Pass/dribble

KEY QUALITIES: Optimal technical



ORGANIZATION:

30x20 2x goals 2 teams red and blue

KEY WORDS:

Close control Use laces Keep head up

 **MOMENT:**
Attacking

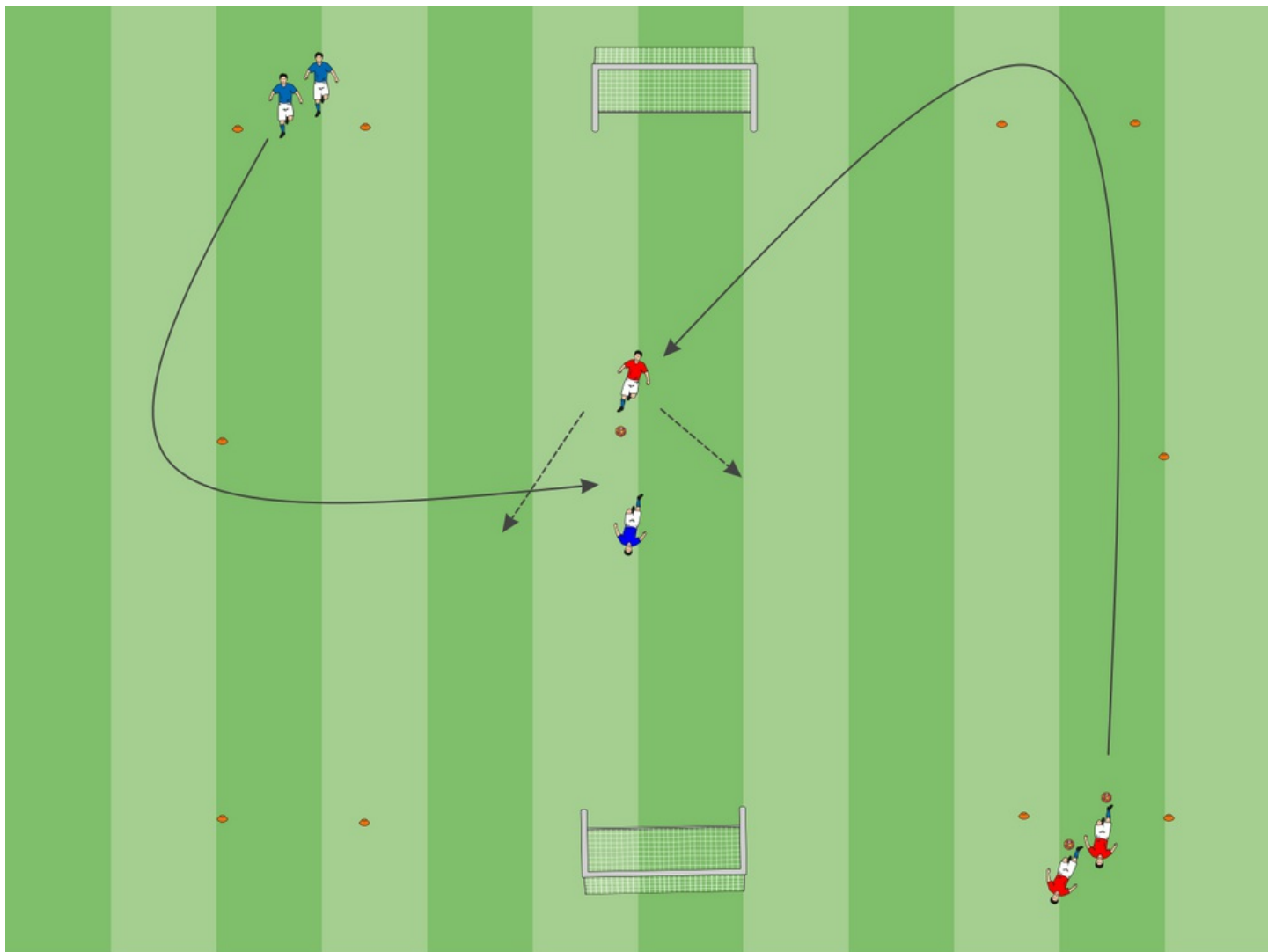
 **AGE:**
U9-U10 / 7v7

Running with the ball exercise 3

OBJECTIVE: Improve running with the ball into 1v1

PLAYER ACTIONS: Pass/dribble

KEY QUALITIES: Read game/make decisions



 **MOMENT:**
Attacking

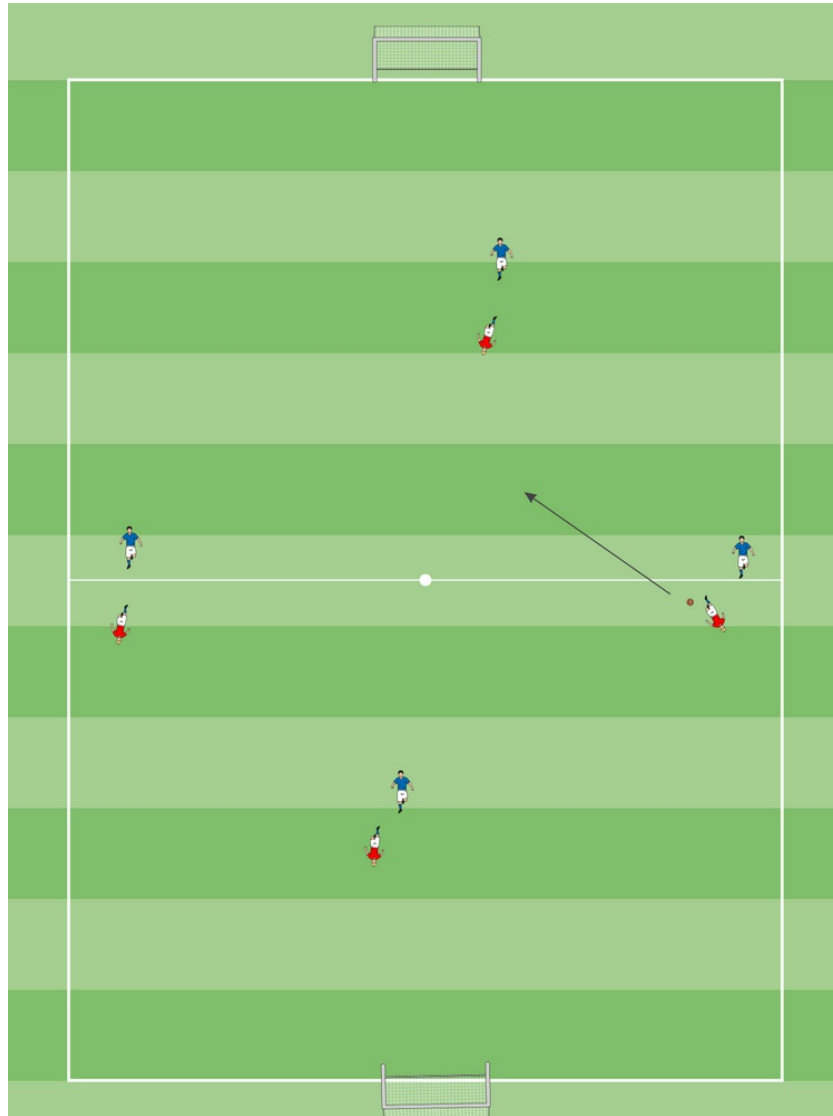
 **AGE:**
U9-U10 / 7v7

3v3, 4v4, 5v5,

OBJECTIVE: Improve dribbling in SSG

PLAYER ACTIONS: Pass/dribble

KEY QUALITIES: Optimal technical



 **MOMENT:**
Attacking

 **AGE:**
U9-U10 / 7v7

Running with the ball with lateral change of direction

GOAL: Improve scoring goals

PLAYER ACTIONS: Pass/dribble

KEY QUALITIES: Read game/make decisions

John Saunders

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Attacking

DURATION: 90 min

Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise game-like?
3. Repetition: Is there repetition, when looking at the overall goal of the session?
4. Challenging: Are the players being challenged?(Is there the right balance between being successful and unsuccessful?)
5. Coaching: Is there proper coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES: