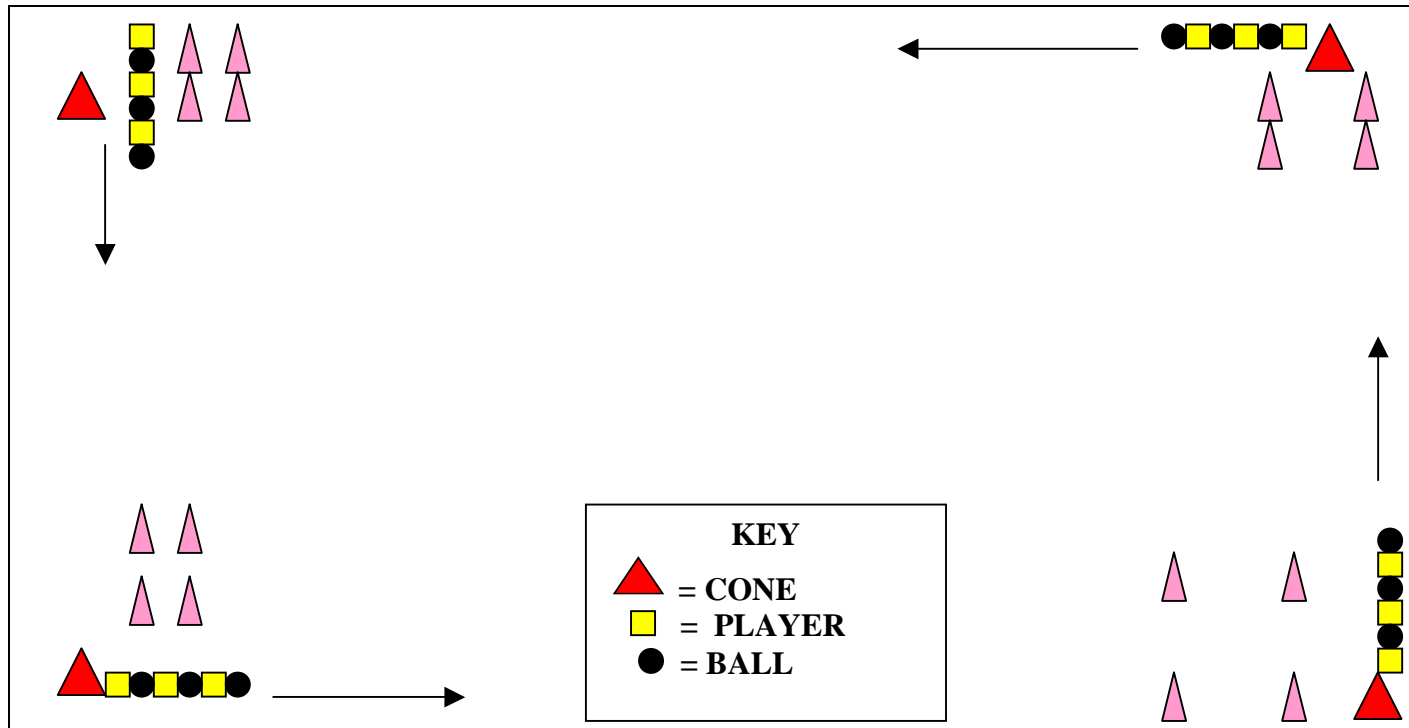


# SESSION TWO

## RUNNING WITH THE BALL



# SESSION TWO

## Instructions

1. Divide the players into 4 groups on the four corners of the coaching square with a ball each.
2. Place 4, four cone gates of various sizes at each corner of the square as shown in the diagram.
3. On the whistle the first player runs anti-clockwise with the ball and tries to stop the ball in the gate.
4. As the first person is on their way, the next person can set off.
5. Move to the back of the next line and continue the drill.

## Drill Progression

1. Increase /Decrease the distance to the gates
2. Increase / Decrease the size of the gates
3. Place a defender half way between the gates.

## Coaching Points

1. The first few touches should push the ball well in front of you to allow you to pick up speed and look up.
2. Strike the ball with your laces in your natural running action.
3. Pass the ball with your laces.



Thanks to the FA for the graphics and instruction <http://www.the-fa.org/>