



RUNNING THE BALL FOOTBALL DRILL

Home Base

Aim:

- For players to develop speed & vision while running with the ball therefore making it easier to get away from defenders & into space.

Organisation:

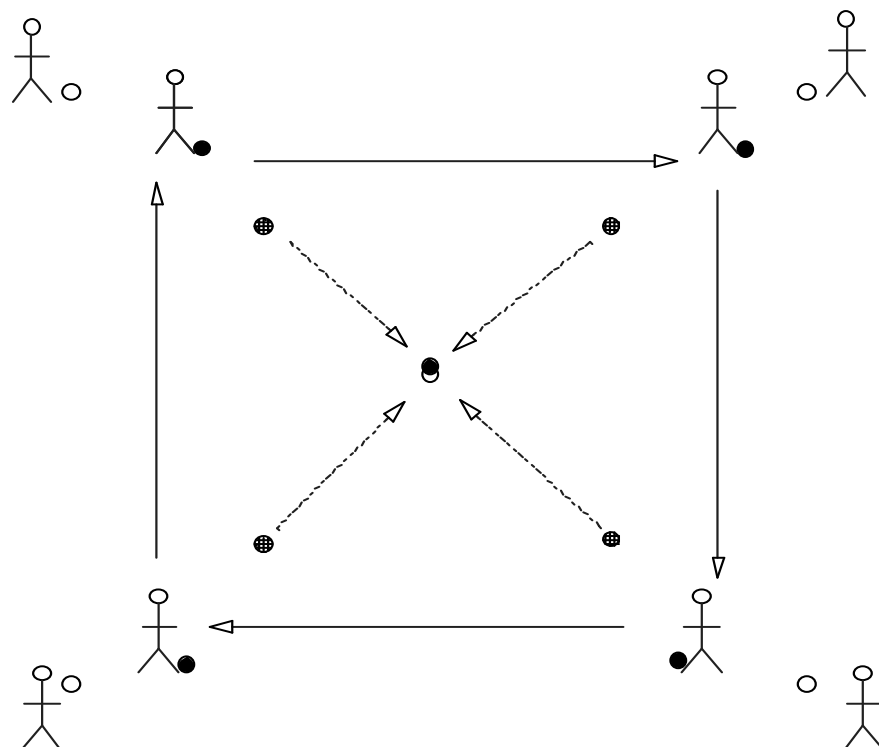
- Cones approx 1.5m apart with the inside square approx 15m x 15m.
- 1 player running while team mates cheer them on from the outside cone.

Rules / Instructions:

- Players run with the ball around the outside of the inside square, when they make it back to their home base they then shoot to knock the ball off the cone in the centre.
- Award points for hitting the ball as well as the loudest cheer from team.

Key:

- Unbroken line = running with the ball.
- Dashed line = shooting to knock the ball off the centre cone.



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Continued:

Variations:

- Vary the size of the drill to make it easier or more difficult.
- Add extra bases if you have more players ie; create a hexagon instead of a square.
- Change direction after a few laps or while players are in the middle of their run, this then brings into use their change of direction techniques. Ie: inside cut, outside cut or sole turn.
- Instead of shooting players get the option to run in closer to knock the ball off the centre cone, they must have vision & be aware that another player may shoot & beat them to it.