



TRAINING EXERCISE

Running with the Ball / Ball Exchange



Maximal speed
Running with the Ball
Reaction
Perception & Awareness

U9 to U18

18 Players

4 balls, 5 Field markers per group of 8 players

Intensity: 7

03:20 min
(10 x 00:05 min, 00:15 min rest)

Objective

Technical Mechanics- running with the ball
Mechanics- decelerating with the ball.
Tactical None
Physical Maximal Speed
Efficient sprinting mechanics
Mental
Recognizing Visual cues
Recognizing Spatial Cues

Description

This exercise is designed with a bias toward PHYSICAL and MENTAL training.
Set-up as shown in the diagram:
2 lines @ 4 players face one another from a distance of 20 yards.
1st Action: A single ball is placed at the front of 1 line. On the physical cue of the player with the ball, BOTH players run and try to time their respective runs in order to exchange the ball at the midpoint (10 yards)
2nd Action: The player running at full speed with the ball must decelerate and leave the ball exactly at the midpoint. The player without the ball must time his/her run and collect that at the same moment. The ball is then carried at full pace and stopped on the line at its original starting point. The next two players immediately repeat the actions.

Coaching Points

All actions with and without the ball are executed at maximal speed.
Efficient running mechanics should be explained and reinforced (lower center of gravity when accelerating and decelerating).
Use of upper arms and

shoulders while running- elbows stationary creating a 90 degree angle between upper and lower arm.