



## Running with the ball/ Dribbling at Speed

**Category:** Technical: Dribbling and RWB  
**Difficulty:** Moderate

Redz Mor, edgewater, United States of America  
Individual-Adult Member

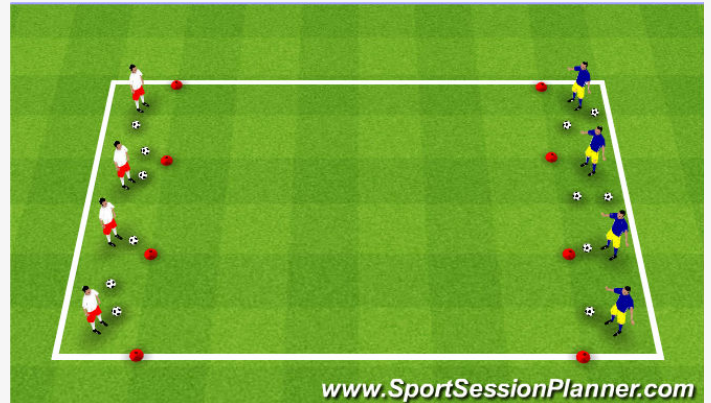
### Warm Up

#### Set Up:

20x20 yard area with 5 yard end zones:

Split players into two teams, 1 team in each end zone. Each player has a ball. When coach shouts 'go' each player leaves their ball and goes and steals a ball from the other teams zone and dribbles it back to their own zone. Have one or two extra in each zone.

Team with most balls in their zone after 2 mins wins.



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### Relay race Acceleration and Deceleration

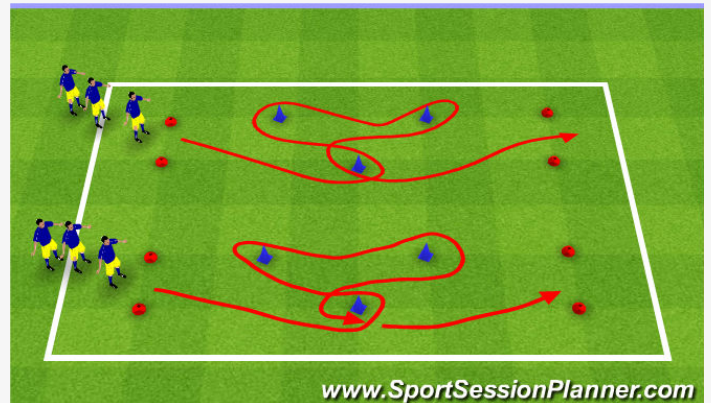
#### Set Up:

Players line up in groups of three. (Rest/Work Ratio of 2:1)

Player drives out to second cone and comes around it and then drives back to first cone and then drives with ball towards cone three and then back to cone two and accelerates out of the finish gate where the player stays off to one side. where players repeat on that side.

Players need to understand the benefit of acceleration and deceleration in the right moments.

Slow when approaching the cones and accelerate out of the turns.



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### 3v3 to end zones

#### Set up

30 x 20 yard Grid with two end zones.

Players play regular game however the players can drive into the end zone to score a point if they can stop the ball successfully in the end zone



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## Regular game

Regular game (20 mins) Save Image:

Play regular game with Formations.

eg. 1 3 2 2 vs 1 2 3 2 for 8v8

or play 1 2 1 2 vs 1 3 2 for 6 v 6.

