



Difficulty level ★★☆☆

Core skill: Running with the ball

CHASE TO THE END

Beginning activity

Beginning Activity (Follow the leader)

One player dribbles in front (blue), the other player (red) follows at short distance. In the beginning the speed is low and steady.

The coach asks the players to “scan” the field and be careful to not run into each other.

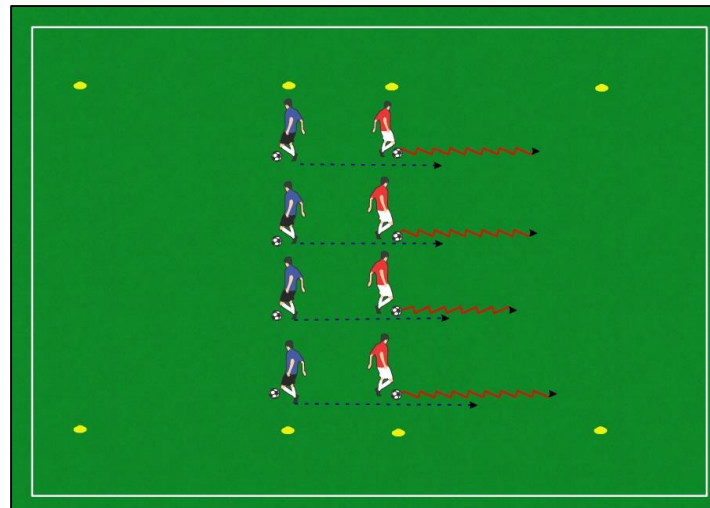
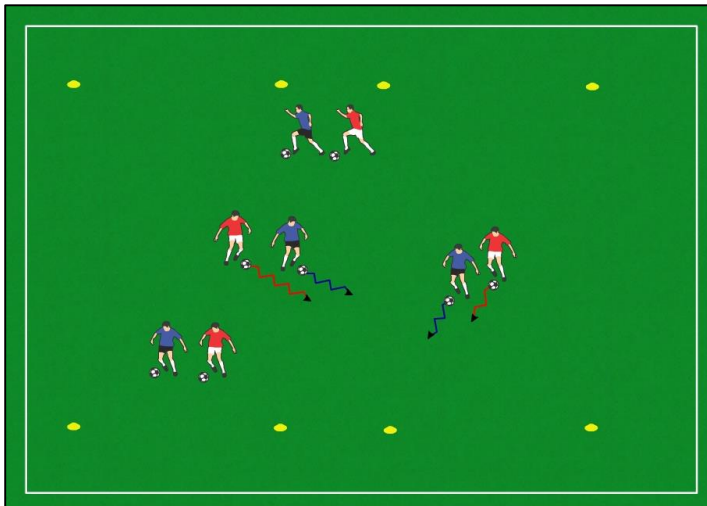
Next the coach instructs the players to gradually add the following variations: change of directions, feints and turns followed by acceleration.

Concluding Game (chase to the end)

The players line up with a ball each and facing the sideline (backs to each other). Distance between the players is 3m-4m and is marked out with cones.

When the coach calls “RED” the red players run with ball to the sideline chased (without ball) by the blue players who try to tag them before they’ve reached the line. Depending on outcome the runner or chaser earns a point and we line up again.

When the coach calls “BLUE” the reverse happens.



Set Up

Area: Set up an area approx. 30m by 30m (depending on the number of players)

There are two markers placed 3-4m apart on the halfway line.

Players: Players form pairs and wear a different colour bib. Each player has their own ball.