



Difficulty level ★★★

Core skill: Running with the ball

# RUN TOWARDS GOAL

## Middle activity



### Activity

The exercise starts with the first player of group A passing the ball to the first player of group B (pass between the cones and with speed).

Player B controls the ball and runs with it at speed toward the goal & tries to score (from inside the penalty area)

Player A follows their pass, overlaps behind player B and then chases to add pressure and prevent them from scoring.

### Set Up

**Area:** On the edge of the penalty box, set up an area as shown.

**Players:** Two teams (blue and red) are divided in four groups of equal numbers (A, B, C and D) and positioned as shown. Groups blue A and D have a ball each, groups red C and B line up between the two cones on the bottom of the grid.

### Note

Once the activity has ended player A joins the end of line B & player B joins the end of line A.

Now player D passes to player C to complete the same sequence from the opposite side.

Challenge players A & D to try and stop B & C from scoring!

CHANGE the size of the grid to increase the challenge so the defending player is applying pressure.

Is the goalkeeper in the correct position and coming off his line?

*Take your first touch away from the defender & into space.*

*Accelerate to get away from your defender.*

*Use your furthest foot to control the ball while running (so your body is between the ball & the defender)*