

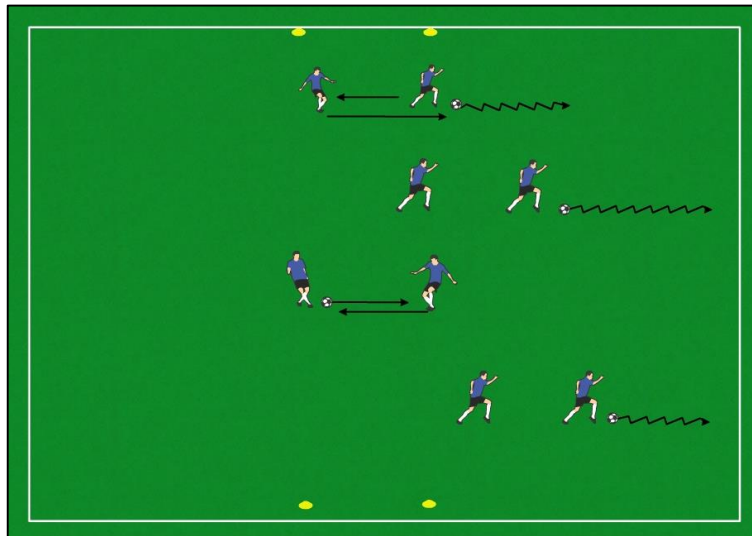


Difficulty level ★★☆☆

Core skill: Running with the ball

# THE CHASE IS ON

## Middle activity



### Activity

The pairs stand 5m apart on halfway and pass the ball back and forward to each other.

Each player is numbered 1 & 2, and keep passing while waiting for the coach to call a number.

If the Coach calls #1, Player 2 passes the ball to Player 1 who turns and runs with the ball towards the end line while Player 2 gives chase and tries to tag Player 1.

### Set Up

**Area:** In an area 35m by 30m. With a 5m zone on halfway.

**Players:** The players are in pairs with one ball between two standing 5m apart on halfway.

### Variations

Having pop up goals placed at the end of each grid where players have to score.

### Teaching points

Knock the ball 3-4 steps in front of you to increase your running speed while in control of the ball.

If the defender catches you can;

Cut off the defenders line by using your body to get between the defender and the ball.

Feint to turn and accelerate quickly to make space between you and the defender.

Let the ball run past you after it has been passed and run onto it.

### Step Up or Step Down

Are the defenders offering enough pressure or resistance? Reduce the distance between the two cones (4m-3m-2m) to make it more challenging.