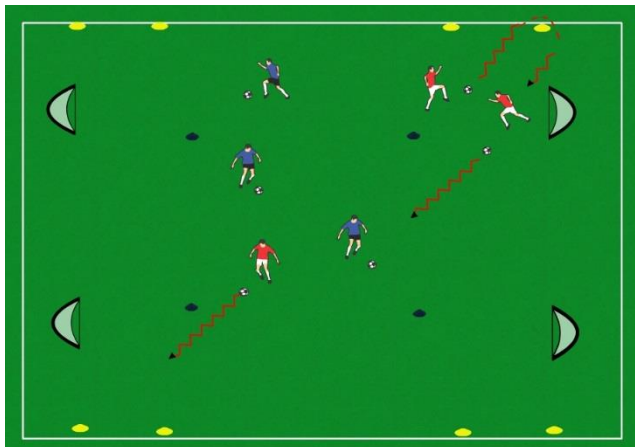




# NEWCASTLE PERMANENT SKILL OF THE WEEK

## SESSION PLAN – Running with the ball in space

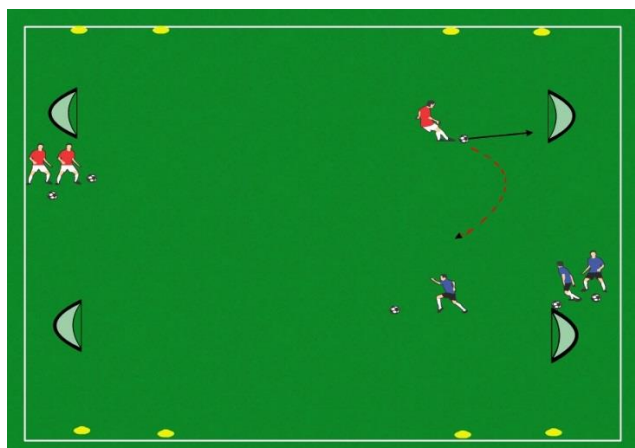


### BEGINNING – Run out and in (15m by 15m)

Players dribble their ball inside the centre square, on the coaches call players run with their ball as fast as they can around one of the outside markers and back inside the square.

The player that arrives back inside the middle square first is the winner.

Add variations such as left foot only, red team only, blue team only, and use different colour markers on the outside.

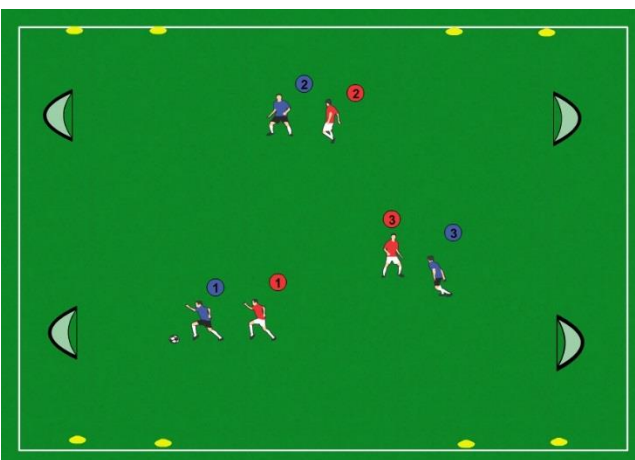


### MIDDLE – Relay Race (30m by 20m, 5m shooting zone)

There are two parts to this relay race.

(Part A) each team forms two lines opposite each other and runs back and forth scoring as many goals as possible. Players can only score inside the shooting zone.

(Part B) each team forms one line on opposite goals as shown. Once the red teams runs with the ball and scores, they become the defender and must chase the blue player who is now running to score.



### END – Game number up (30m by 20m, 5m shooting zone )

Players are divided into two teams and play a game. Players are allocated a direct opponent, and can only tackle this player and no one else on the other team. Players can only score inside the shooting zone.

#### Session Tips:

- Arrive early and set up the area.
- Get it started quickly.
- Be enthusiastic.
- Provide lots of encouragement.
- Make it fun – change it up.
- Keep everyone active.

*Football that's safe, organised, and fun!*