



## Running at Speed 2

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

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Individual-Adult Member

### Warm-up (10 mins)

#### **Set up**

Two 20 X 35 fields with mini-goals/pugs as shown

#### **Organization**

As players arrive for practice get them moving into small sided games early. Build up to two games alongside each other. Players are encouraged to have free play with no one touch soccer. Try to keep teams even for competitive games and rotate opponents every 3-4 minutes.

#### **Progressions**

Rotate opponents every 3-4 minutes. Ensure all players play the 2v2 and 3v3 game.

#### **Coaching Points**

Free play warm up with limited coaching. Enforce no one touch rule



### Running With the ball (20 mins)

#### **Set up**

As shown, 2 sets of 3 yard gates 15 yards apart from each other.

#### **Organization**

1 - Two groups of players at either side. Ball starts with first player who dribbles length of field before playing a pass through the gate to the player in the next line. he then follows the sequence dribbling back the other way. Progress to players working so pass is with left foot. See how many balls the group can get going at once.

#### **Progressions**

2 - Player now incorporates a one two with player at end line as shown before passing the ball through the gate

Final Progression - player that plays the pass run around the gate and work back to put defensive pressure on the player with the ball.

#### **Coaching Points**

Speed of dribble, close control, directional first touch, quality of pass at the end of dribble.



### Dribble to Goal (20 mins)

#### **Set up**

2 poles as gates with 3 starting points as shown.

#### **Organization**

Yellow player starts with the ball and dribbles at the cone. As in previous drill they now play a pass through the gate. The black and white players must now run onto the ball and compete with each other to dribble to the goal and score. Alternate players roles and make competitive.

#### **Progressions**

After yellow player plays the pass they move forward and join in as either a supporting attacker or defender

#### **Coaching Points**

Speed of dribble, use of body when running to/with the ball, quality first touch, use supporting player to fake out defender.



## Game with Dribble (20 mins)

### **Set up**

40 X 30 field with two goals. 5 sets of gates as shown placed around the field.

### **Organization**

Team is split into two groups with 2 goalkeepers. Teams are awarded one point for dribbling through a gate in a positive direction. Two Points are awarded for scoring on the oppositions goal. Make this competitive - should be a fast scoring game - First team to 5 wins.

### **Progressions**

Field players can only pass the ball backwards - encourages them to dribble in a positive direction.

### **Coaching Points**

Positive first touch, dribble in a positive direction, awareness of where the space is, timing of when to pass and when to dribble.



## Game (20 mins)

### **Set up**

Field 40 X 30 with regular goals as shown.

### **Organization**

Teams will play 5 v 5 including Goalkeepers. Regular scrimmage game with emphasis on the topic. Allow game to be free play but enforce coaching points of the day.

### **Coaching Points**

All of points portrayed throughout the session should be enforced in a game situation.

