

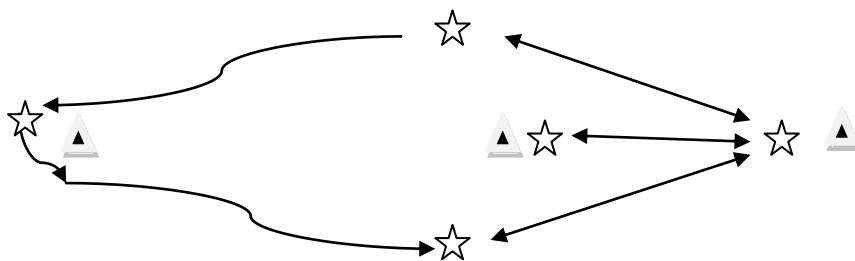


Runner

Technical

Set Up

- Divide players into groups of three.
- Set up players in a line, the 2nd 10yds from the 1st, the 3rd 5yds from the 2nd.
- 2nd player plays fast (one touch) back to 3rd player.
- 1st Player (Runner) shows to center, playing fast (one touch) back to 3rd player.
- Runner (1st Player) then runs back around cone showing on other side.
- As Runner runs, 2nd and 3rd player play back and fourth.
- 3rd player may play two touch when delivering to the Runner.
- Rotate players through each position.



Skill

Coaching Points

- | | |
|-------------|--|
| • One Touch | Strike ball with inside of foot, Keep ankle locked.
Strike center of ball to keep it on ground. |
| • Volleys | Strike ball with inside of foot, Keep ankle locked.
Step forward with non kicking foot, turn body on angle. |
| • Headers | Eyes open mouth closed, watch ball hit your forehead
Strike ball with head, rock forward at the waist. |

Progression

- Make sure to work both feet for all skills.
- Challenge players to see how many good plays they can make in two minutes.
- Challenge groups to out perform each other within two minutes.
- Give reward to winning group and/or punishment to losing group(s).
- Add conditioning to exercise by extending time limit and/or spreading out cones.