



## RUNNING THE BALL FOOTBALL DRILL Around The Block

### Aim:

- For players to develop speed & vision while running with the ball therefore making it easier to get away from defenders & into space.

### Organisation:

- Cones approx 1.5m apart forming each square x 10 > 15m between each square.
- 1 player per square, 1 ball to start.

### Rules / Instructions:

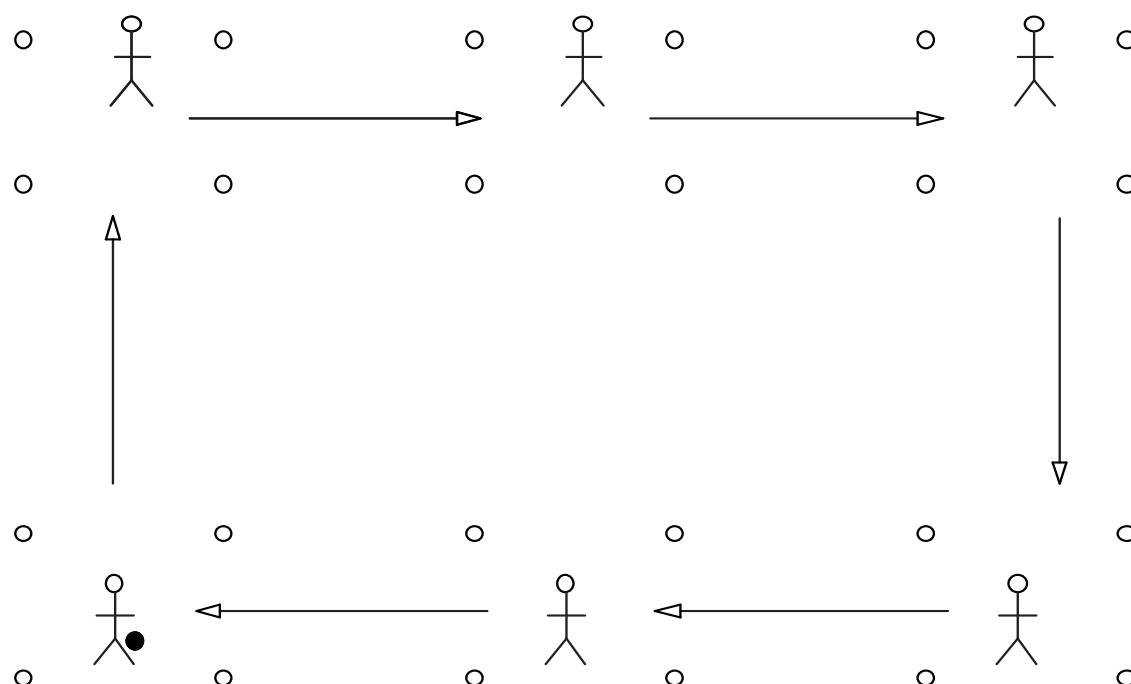
- 1<sup>st</sup> player runs the ball to the next square & stops it using the sole of their foot, the 2<sup>nd</sup> player then runs to the next square & so on.
- By stopping the ball with their sole they are showing that they still have the ball under control.
- Aim for players to complete each run with 3 > 4 touches, ie: 1<sup>st</sup> touch, then run, touch, run & stop in the square.

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Continued:

Key:

- Unbroken line = running with the ball.



Variations:

- Vary the size of each square & the distance between each square to make it easier or more difficult.
- Start with 1 ball & add extra balls as required.
- After stopping the ball the player then chases the player with the ball putting moderate pressure on the next player, they then return to their square ready for the next ball.
- Change direction after a few laps or while a player is in the middle of their run.