



Running onto the Ball 1

Skill - Attacking Fundamentals

TYPE
Closed

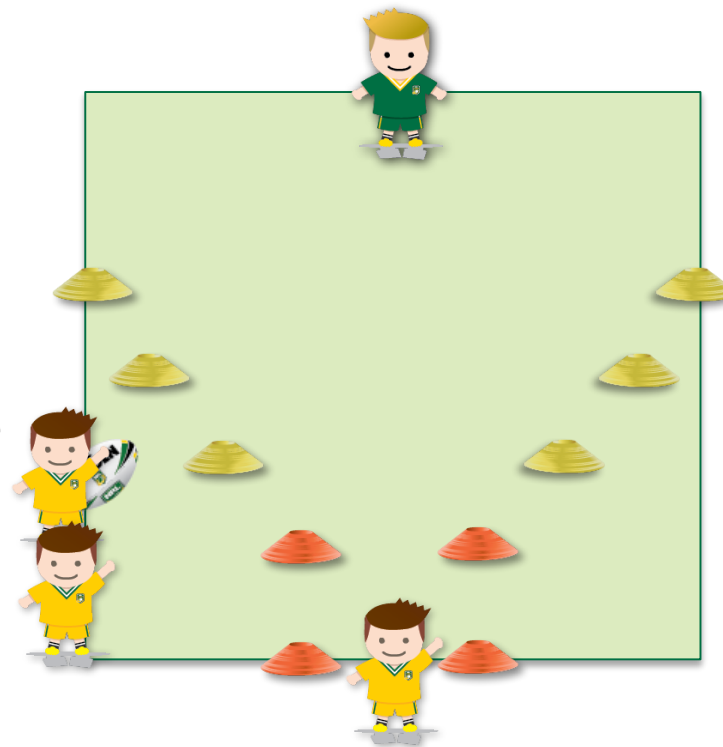
AGE
8+

Description

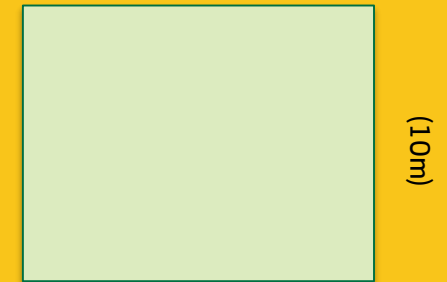
- » Two yellow players start as the play the ball and dummy half.
- » One yellow players starts at the start of the orange markers.
- » This player must run onto the ball straight until he is past the orange markers.
- » He can then run to the left or right within the yellow markers.
- » You can add more players in, just ensure you rotate them between the roles.

Progression

- » Add a defender, in green, to the mix.
- » There are 3 progressions of this activity available at playnrl.com



Field Size (10m)



Players



Equipment



Click to watch the video



PLAYNRL.COM