



Running onto the Ball 4

Skill - Attacking Fundamentals

TYPE
Closed

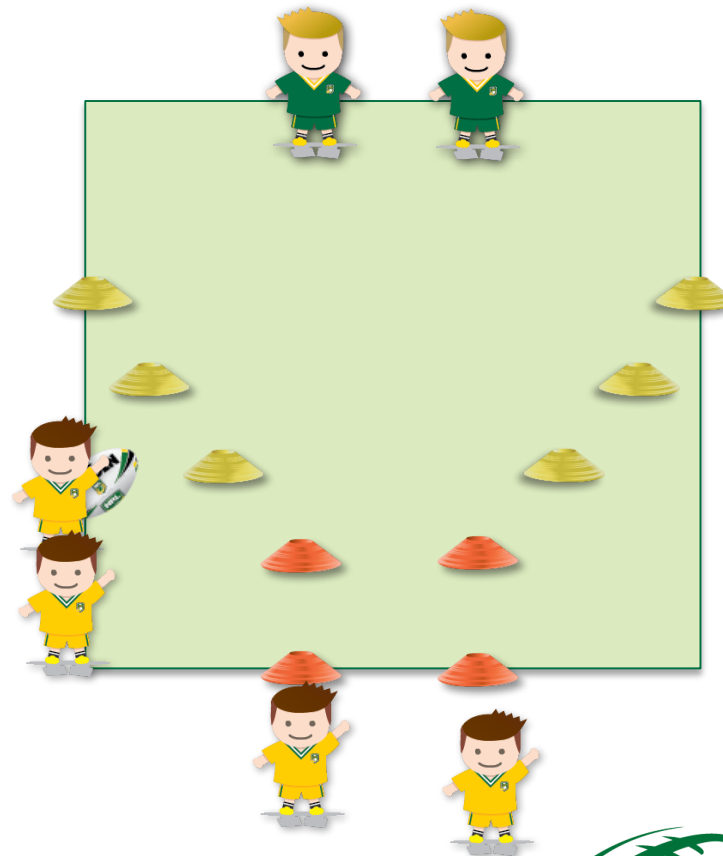
AGE
10+

Description

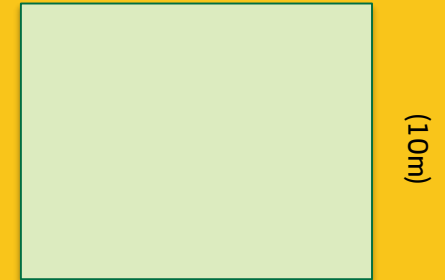
- » Two yellow players start as the play the ball and dummy half.
- » Two yellow players start at the start of the orange markers.
- » These players must run onto the ball straight until they are past the orange markers.
- » They can then run to the left or right within the yellow markers.
- » They also have the option to draw and pass the defenders.

Progression

- » Add defenders, in green, to the mix.



Field Size (10m)



Players



Min 4



Min 2

Equipment



x (10) Markers



Whistle



x (1) Footballs



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