



Calculated Performance

Carrying Under Control

Core Game Skill: Running with the Ball



Topic

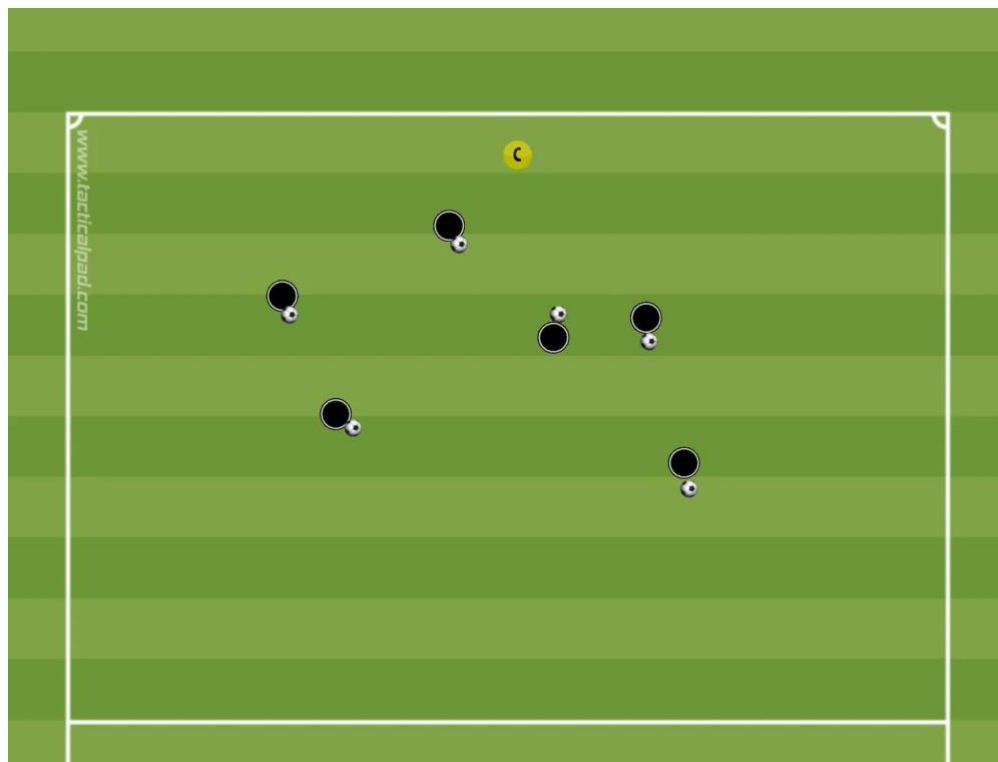
Carrying Under Control

Time

25% - 15 mins / 22 mins

Space/Equipment

1 ball per player
20x20 yard grid



Explanation

- This is a warm-up drill that focuses on getting maximum touches on the ball, warming up the inside, outside and sole of both feet.
- Each player dribbles around the area with a ball. Encourage players to dribble with a good ball speed that would mimic a game scenario.
- The coach should select 2 ball mastery patterns, and 2 skill moves from our Moves Libraries.

Progression

- Have players swap balls on a command (whistle/clap/shout). This will improve the players awareness and adds an element of physical development.

Coaching Points

- Speed: Prioritise high-quality skill moves over the speed of the skill move, with the intention to increase the speed once the player has become comfortable with the move.
- Scanning detail: Make sure to scan the space ahead, as well as the ball to maintain a high-quality dribble.



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Space/Equipment

1 ball per player
2 slalom poles
2x Red/Yellow cones
4x White cones



Explanation

- Players start in groups of 3/4. Each player has a ball.
- Player dribbles through the cones using both feet.
- When the player finishes in the cones they should react to the colour cone that the coach is holding up.
- Player dribbles around the slalom pole that matches the colour held.
- The next player should start as soon as the player in front reacts.

Time

- 3x 4-minute blocks, with 1 minute rest in-between.

Dribbling Patterns

- Dribble cut
- Single-leg dribble cut (strong foot)
- Single-leg dribble cut (weak foot)

Coaching Points

- Awareness when carrying: Make sure to carry the ball with your eyes scanning forwards to understand where the space & pressure is.
- Control when carrying: Manipulate the ball with different feet, and different surfaces of the foot to maintain control.

Progression

- Add a bounce pass between the coach and the player once the player has carried through the cones and before they dribble around the slalom poles.



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Time

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Space/Equipment

Teams of 2 players
2 cones set 15 yards
apart
1 ball per person



Explanation

- Players start in groups of 2 with both players starting with a ball.
- One player is assigned a tagger, and the other is assigned an evader.
- On the command both players start dribbling around the cones.
- The aim is for the tagger to tag the evader, and the evader to evade the tagger.

Time

- Each game lasts for no longer than 45 seconds.
- Let players go against one another for 6-10 times before rotating partners.

Coaching Points

- Change direction: The evader must now change direction quickly to keep evading the tagger.
- Speed when carrying: To maintain control of the ball whilst evading the evader must understand when to carry fast (straights) and when to carry slow (around the cones)

Challenge

- Play a competition where the winner moves up and the loser moves down.



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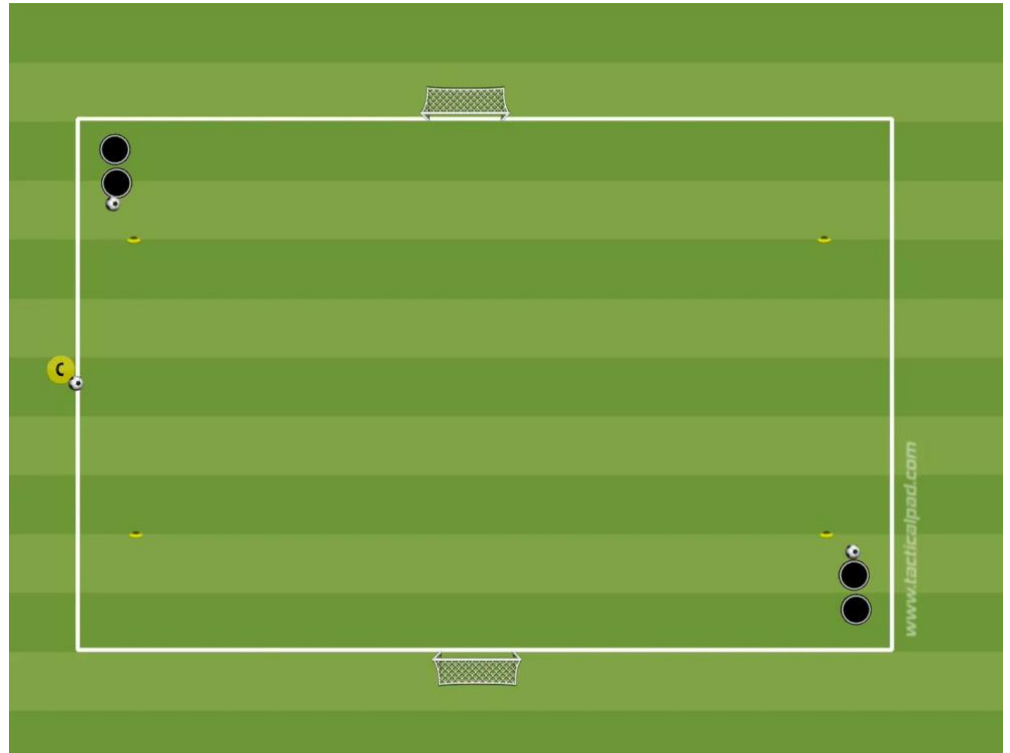
Space/Equipment

2 teams of 4 players

1 ball per player

2 PUGs

20-yard grid



Explanation

- Split players into 2 teams, both teams start diagonally opposite.
- On the command both players dribble out to the cone set in front of them.
- Players race to dribble around the cones and pass into the goal.
- The coach should then pass in another ball to the player that gets their ball into the net the quickest.
- Players then play a 1v1, scoring into the mini-goals.

Coaching Points

- Carry with speed: Challenge the players to take larger "driving touches" of the ball to carry the ball quicker when the space is in front of them.

Progression

- Change the rules to allow and over-load/under-load. The winning team should then play with an under-load.