

# KHS

KNOWHOWSOCCER



*„The runner must always aim to run  
as straight and direct  
as possible.”*

KNOWHOW to do 13 exercises for  
**RUNNING WITH  
THE BALL**

05 / 08

# *Compared to dribbling, rwb requires different techniques.*

Firstly, player must make sure that his first touch when he receives the ball is controlled. Ball should be placed forward thus ensuring he doesn't have to break his running stride and he continues running smoothly.

The runner must always aim to run as straight and direct as possible. If the player is moving slowly with the ball, then the ball should be kept closer to the feet for better control and less risk. If player has free space in front of him he can knock the ball forward and use less touch to gain speed.

Once the ball has been controlled, the player must always keep his head up and have visibility to keep it under control whilst moving at optimum speed. A player who keeps his head down to look at the ball is not fully aware of what is happening around and will not be able to make correct decisions.

When player runs with the ball he touches it in front of him with one of three parts of the foot: inside of the foot, full instep and outside of the foot. A player who wants to master technique in soccer must be able to use all three variations.

We should teach youngsters to be able to use both feet. The ultimate is the player who can run with the ball, pushing it ahead of him with both feet, changing direction whenever necessary, slowing down and speeding up to get rid of an opponent.

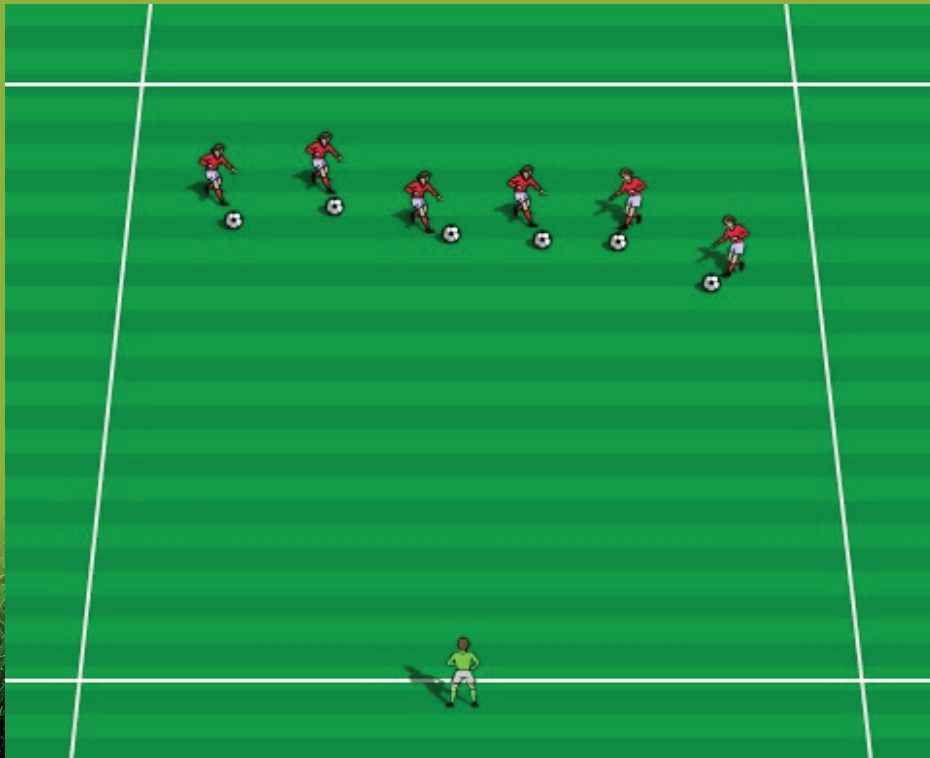
With beginners or kids first let them walk with the ball, taking care of their balance, the distance between the foot and the ball and the direction. Later, when the kids get used to it we can speed this up, first through jogging and then running with the ball.

The whole art of running with the ball requires calm, smooth and controlled actions. The player must be positive and select right decisions not to lose momentum.

This manual is fulfilled with variations of basic and advanced practices to improve the performance of running with the ball. Moving with the ball unopposed leading to challenging exercises and competing against an opponent. Moving with the ball forward often changing speed and direction which helps develop running technique with the ball.

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## TRAFFIC LIGHT

### AIM:

Improve ball mastering and concentration

### SETUP:

Create an area 25x20 meters. Players have a ball each and start in a frontal line on one side of the grid.

### INSTRUCTION:

Coach is positioned on the other end from the players. Coach shouts "Green Light" and the players try to dribble to the coach. When the coach shouts "Red Light", players must stop with the ball. Anyone who is not stopped has to go back to the furthest person from the coach.

### EQUIPMENT:

- Disc cones
- Footballs

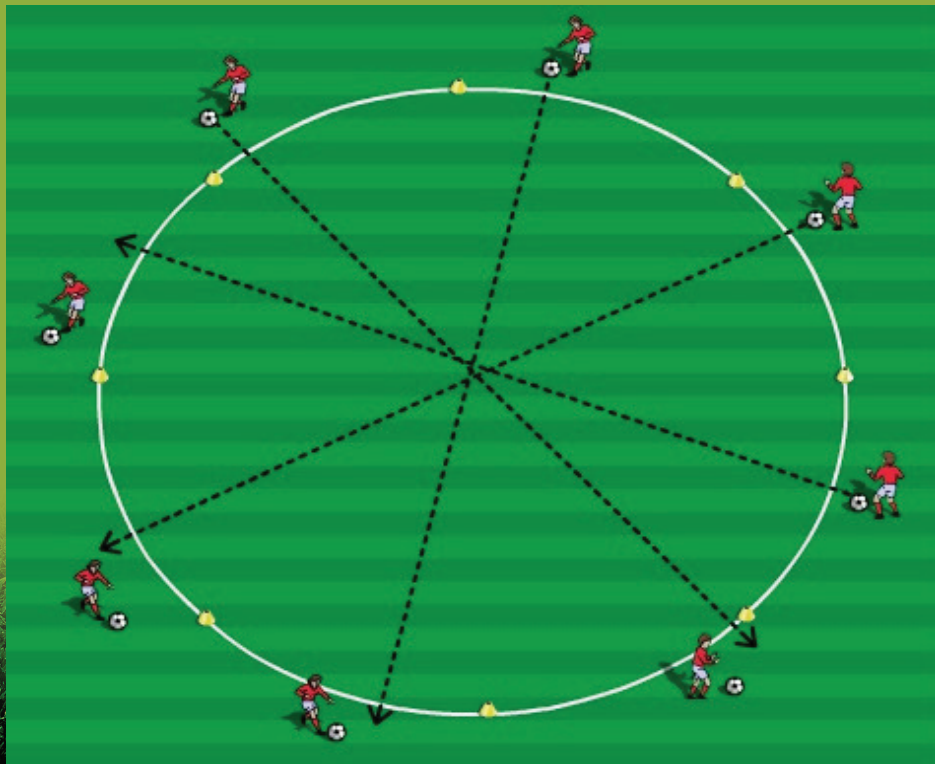
### VARIATIONS:

Have the players dribble with only the right or left foot. Coach instead of calling, gives signals either with his hand or color disc cones. Like that he encourages players to keep their head up and improve visualization.

### COACHING POINT:

Make sure the players keep the ball close so they can stop quickly. Focus on command.





## ON COACHE'S COMMAND

### AIM:

Improve first touch and close control

### SETUP:

Create a circle with disc cones that is approximately 25 meters in diameter. Each player should have a ball, and line up around the outside of the circle.

### INSTRUCTION:

Have players begin by dribbling the ball around the outside of the circle all in the same direction. The coach should inform the players to listen for certain instructions and perform those actions once the coach shouts the command.

The commands are:

### EQUIPMENT:

- Disc cones
- Footballs

**Jog** - players should run with the ball at a comfortable speed.

**Full Speed** - players should run with the ball at their top speed.

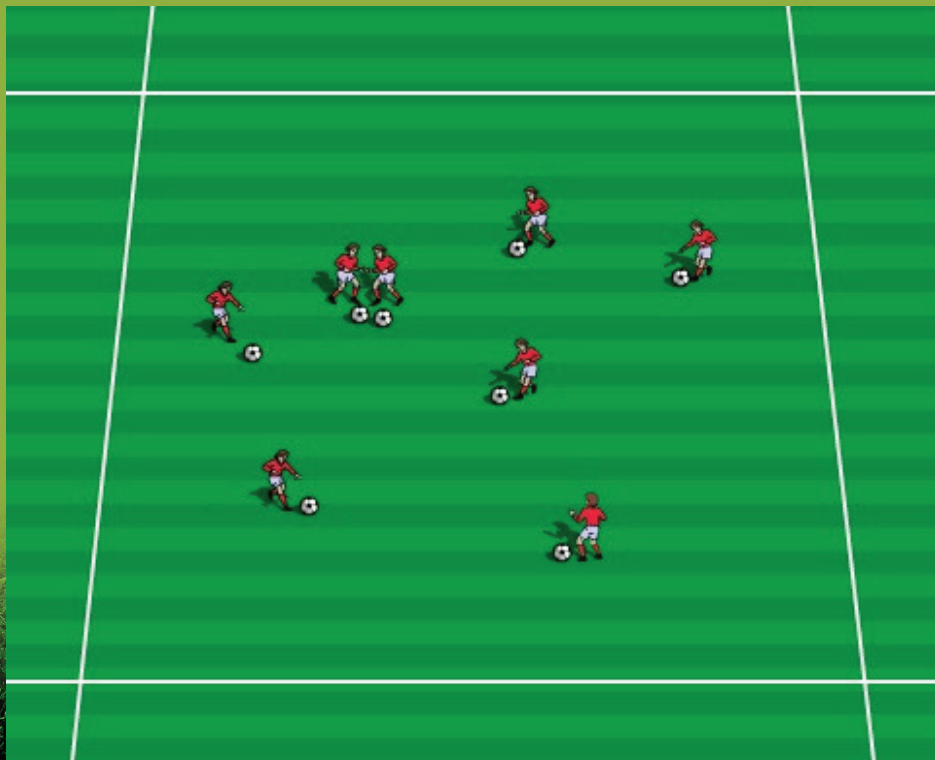
**Cut** - players should cut the ball in the other direction and run with the ball in the other direction around the circle.

**Cross** - all players should cut across the circle avoiding contact with other players or other players' footballs.

### COACHING POINT:

Players have to react to instructions immediately. Players must keep the ball close to their feet when entering the traffic area. Encourage players to dribble with both feet and all parts of the foot.





## TAG

### AIM:

Improve close ball control

### SETUP:

Build a grid 20x20 meters. Each player should have a ball positioned inside the grid.

### INSTRUCTION:

Instruct the players to tag/touch other players in the grid. Once the player gets tagged they must hold that area of the body that was tagged while still dribbling and avoiding other tags and attempting to tag others. If players are tagged a 2nd time they must hold both tagged areas while dribbling. If the player is tagged a 3rd time, the player must move to the outside of the grid and perform an exercise jumping jacks, sit ups, jumping knees to chest.

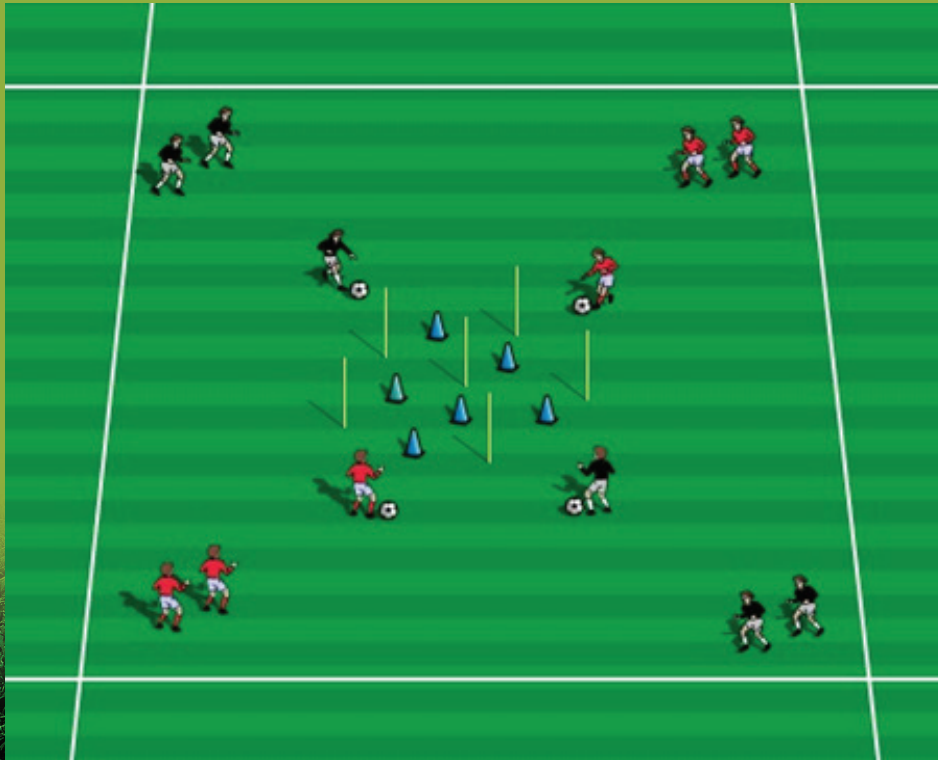
### EQUIPMENT:

- Disc cones
- Footballs

### COACHING POINT:

Keeping the ball close to the player.  
Keeping their heads up where they can see the ball and players.  
Use all parts of the foot while dribbling.





## POINTS

### AIM:

Improve ball mastering and controlling under pressure

### SETUP:

Make a playing area 30x30 meters. Randomly place cones and poles in the middle of the grid. Split the group into 4 even teams who will start from the corners of the grid with 1 ball per group.

### INSTRUCTION:

On the coach command, the first player from each line will race through the poles and cones trying not to hit a pole, cone, or another player. Once the player makes it through the obstacles instruct them to dribble with speed to the group they are facing and pass the ball to the first player in line. Player who just received the pass should immediately run with the ball towards the poles and cones on the opposite side.

### EQUIPMENT:

- Disc cones
- Poles
- Cones
- Footballs

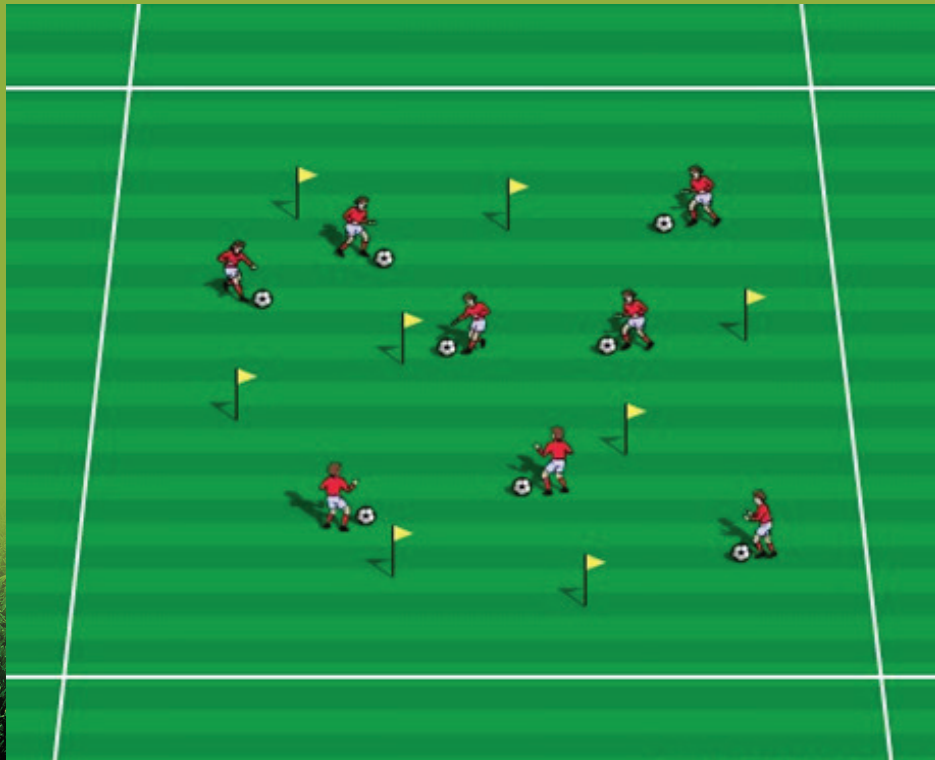
### VARIATIONS:

Combine the two teams that are facing each other in one team. As each player finishes the race, they must sit down to signify to the group that they have completed the race. The team that has all players sitting down first, wins the game. Challenge the players to race through the poles and cones to the opposite side of the grid, around that cone and back to their starting position.

### COACHING POINT:

Since all 4 players should be entering the center area at the same time players must be looking ahead of them with their heads up. Remind players to keep the ball close when entering the crowded area.





## THE FLAG GAME

### AIM:

Improve controlling the ball and awareness

### SETUP:

Create playing area 15x25 meters. Randomly set up flags within the grid. Place two less flag than the number of players you have. Each player should begin inside the grid with a ball.

### INSTRUCTION:

Instruct the players to dribble around freely inside the grid avoiding other players and flags. When the coach says "Stop", each of the players must race to a free flag as quickly as possible. Players that manage to hold the flag are awarded with a point. The first player to reach the flag 5 times wins the game.

### EQUIPMENT:

- Disc cones
- Poles
- Footballs

### VARIATIONS:

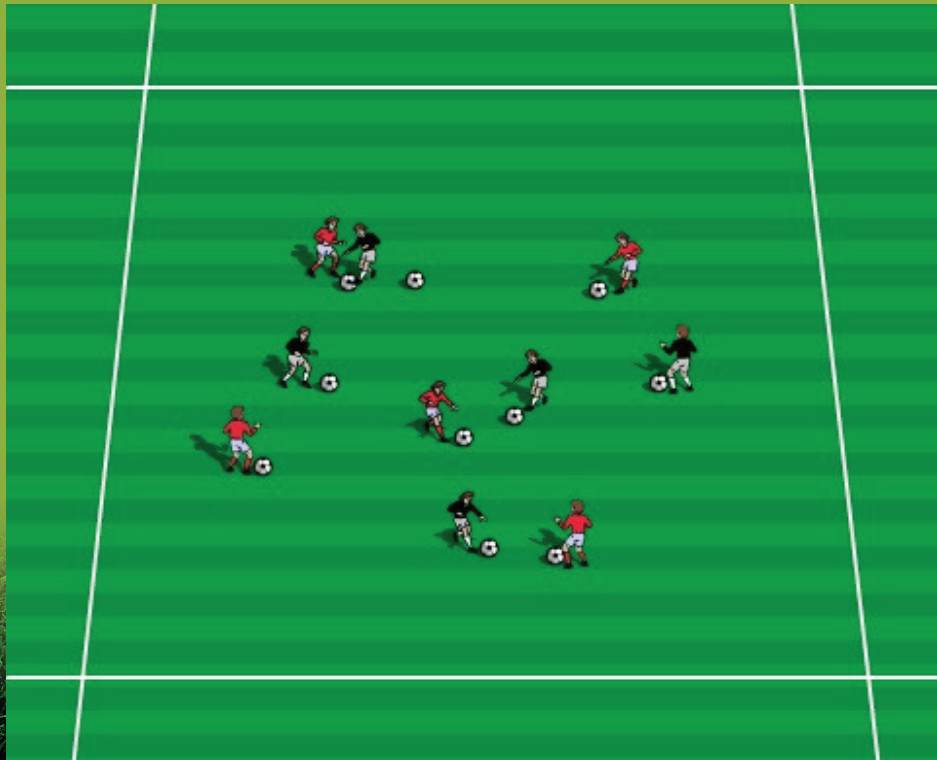
Reduce the number of flags. Instead of keeping score, make the players do some minor form of punishment age appropriate. Restrict the players to only use a certain part of the foot or dribbling technique.

### COACHING POINT:

Player must constantly lift their head and check their surroundings. This will help players find space and avoid other players. Keep the ball close to their feet to be able to react on command.







## KNOCK OUT

### AIM:

Improve ball control and awareness

### SETUP:

Create a grid 20x20 meters depending on the number of players and have each player with a ball inside the grid.

### INSTRUCTION:

Instruct the players to protect their own ball while trying to knock out teammates balls out of the grid. Players must stay with their ball and cannot leave the ball for long periods of time. Players can only be knocked out 2 times where they do 5 sit ups and get back in the game. On the 3rd time, they are out.

### EQUIPMENT:

- Disc cones
- Footballs

### VARIATIONS:

Make players dribble with certain parts of their foot.

If players dribble out of the bounds, they are considered as knocked out.

### COACHING POINT:

Instruct players to keep the ball close and touch the ball often. Players' heads should be up looking for other players and always aware of their surroundings.





## PULL THE MARKER

### AIM:

Improve confidence and awareness

### SETUP:

Create a playing area 20x20 meters depending on number of players. Each player should have one ball but the two.

### INSTRUCTION:

The players are running with the ball around in the grid, with colored marker stuck in their shorts at the back, trying to avoid a tag from the two players without ball. Each time colored marker gets taken players change roles.

### EQUIPMENT:

- Disc cones
- Colored markers
- Footballs

### COACHING POINT:

Make sure players are dribbling with their heads up. Instruct players to find open space. Turn with the ball to keep the chaser in front of making it impossible for him to reach the colored marker. Change speed and direction keeping close control of the ball.



## RUNNING WITH THE BALL

### AIM:

Improve ball mastering and awareness

### EQUIPMENT:

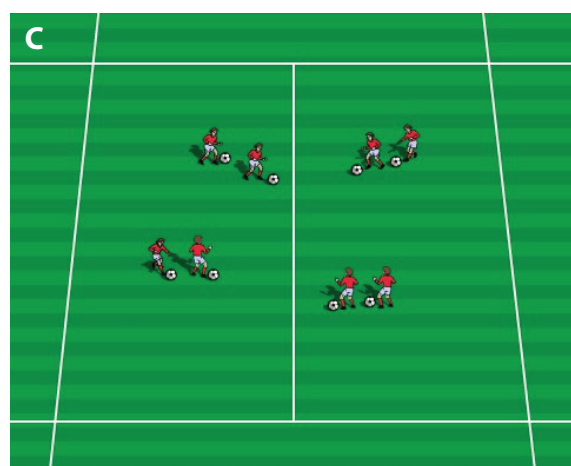
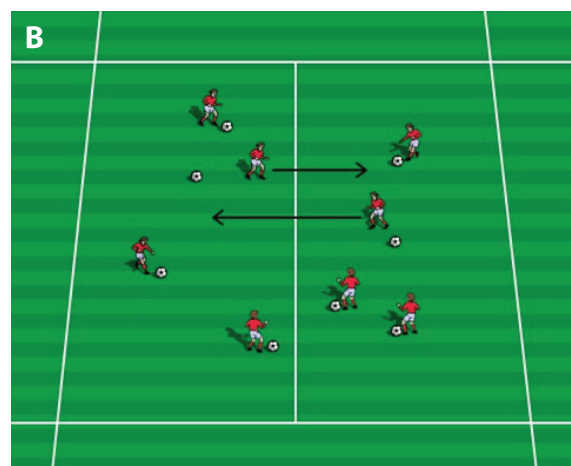
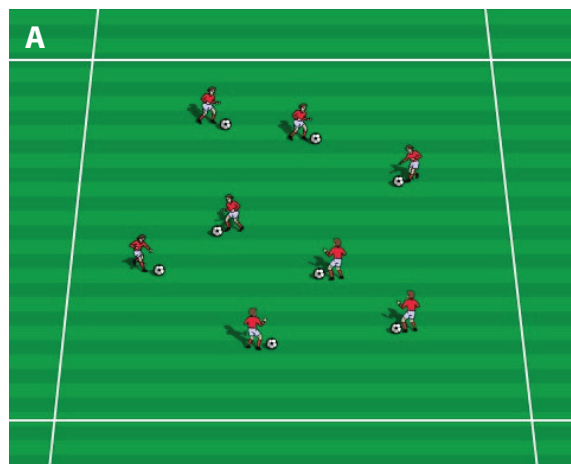
- Disc cones
- Footballs

### SETUP:

**Setup A:** Create playing area 20x20 meters. Players are inside the square with one ball each. Players move the ball inside square. Coach gives commands like stop, go, turn left foot only, right foot only, tic toc. As players run with the ball inside the square they are trying to find as much space as possible. On coaches' command player with most space is the winner.

**Setup B:** Split the square in the middle or add another grid to the first one. Split players in 2 groups, one group in each square. On coaches command they stop running to leave their ball and switch squares to find a new one.

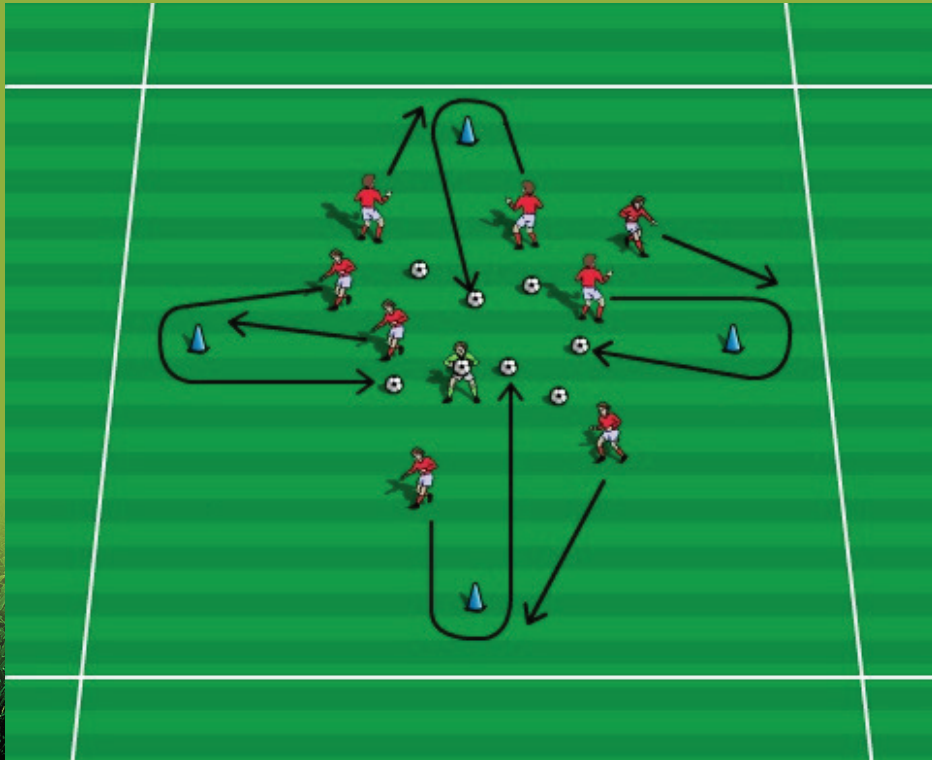
**Setup C:** Players run with the ball randomly in each square. On coaches command they switch the grids with the ball. Now players are in partners, one is a leader and another one is a shadow. The leaders try to lose the shadow entering from one square to another. The Shadow has to try and stay within 1 m of his partner. Partners switch between leader and shadow.



### COACHING POINT:

Players should keep the ball under control, must be aware of the situation around them. Players should make the right choice of where to run with the ball.





## STEEL THE BALL

### AIM:

Improve ball controlling and decision making

### SETUP:

Make an area 25x25 meters. Place four cones 15 meters apart in diamond shape. Players have a ball each and are placed inside the playing area.

### INSTRUCTION:

Players run with the ball randomly within the square, on coach's command, players stop ball, leave it, and run around any one of the 4 cones. In the meantime, the coach removes one ball and when they come back into square players should get any available ball. Player who doesn't find a ball is out of play, or performs minor punishment.

### EQUIPMENT:

- Disc cones
- Cones
- Footballs

### VARIATIONS:

Coach removes two balls by kicking them away of the grid.

### COACHING POINT:

Players should be aware of the situation around them. Make decision according to the situation to gain advantage.





## SLALOM

### AIM:

Improve close ball control and change of direction

### SETUP:

Create playing area 30x30 meters. Set up multiple gates in a grid. Each gate should be about 2 meters wide.

### INSTRUCTION:

Players are dribbling their ball inside the grid but not going through the gates. On coach's command players start to dribble the ball through as many different gates as possible in the time coach allows.

### EQUIPMENT:

- Disc cones
- Cones
- Footballs

### VARIATIONS:

Allow players to touch the ball with one foot only. Make the gates smaller. Make gates in different colors and instruct players to go through one color only.

### COACHING POINT:

Players must keep the ball close to their feet. Keep balance when changing direction. Use both feet. Keep smooth movement.





## CLEAR THE AIR

### AIM:

Improve ball control under pressure

### SETUP:

In playing area 30x30 meters set up 3 small squares 5x5 meters. Divide players in 3 groups, each player with a ball. One player starts as defender outside of the small squares.

### INSTRUCTION:

On coach command players have to run with the ball to any of the other 2 small grids. The defender tries to kick the balls away. A player who loses the ball becomes defender. Last player is left is a winner.

### EQUIPMENT:

- Disc cones
- Cones
- Footballs

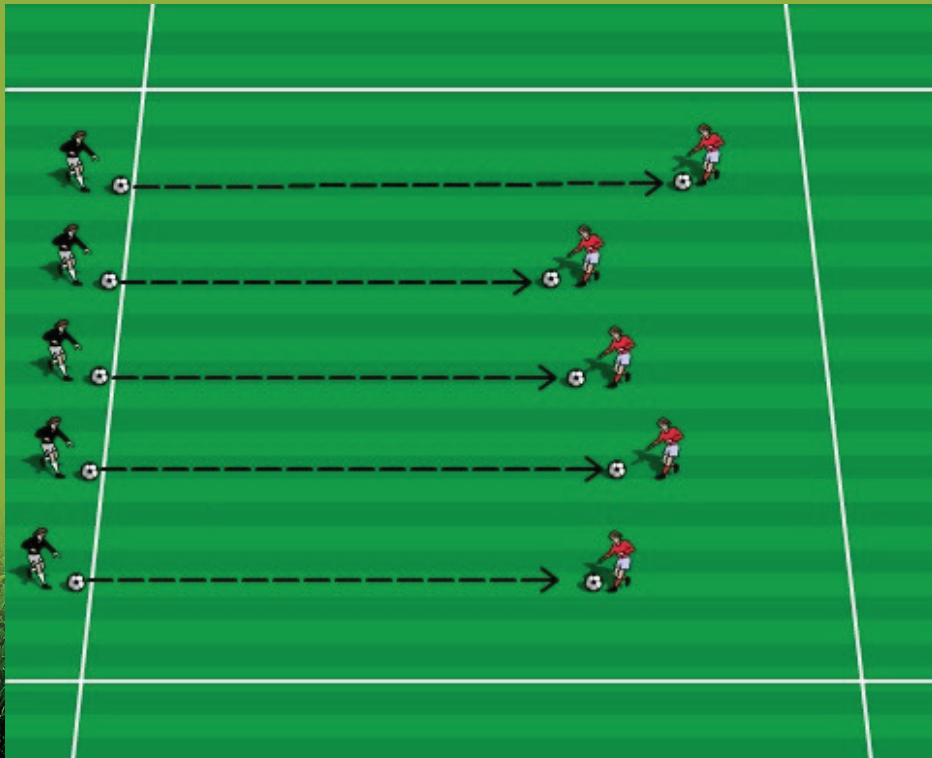
### VARIATIONS:

Make more grids in the playing area. Add more than one defender.

### COACHING POINT:

Players have to respond to the defenders movements and keep possession of the ball.





## HIT THE BALL

### AIM:

Improve awareness and ball control

### SETUP:

In playing area 25x25 meters players are divided in two groups with the ball each. One group of players positioned in line at the one end of the grid. Other group of players starts from the opposite end.

### INSTRUCTION:

Players from one group start with dribbling the ball towards opposite group. Players on the opposite side are stationed and trying to hit the opponent ball by passing their ball. After a ball is knocked out that player becomes the hitter. Last player remaining wins.

### EQUIPMENT:

- Disc cones
- Footballs

### VARIATIONS:

Allow the stationed players dribble the ball around the area.

### COACHING POINT:

Keep the head up to be aware of the situation. Quick reaction when ball is approaching the player. Controlled change of direction. Smooth movement.





## TAKE THE BALL

### AIM:

Improve reaction and ball control

### SETUP:

Create a 20x20 meters grid. All footballs should be placed in the middle of the grid. Players are positioned outside the playing area.

### INSTRUCTION:

On coaches command all players run towards the balls in the middle to collect the ball and run with the ball back to their starting position outside the grid. Players should go back and try to get another ball to his collection. After all the balls are taken the player with the most balls wins.

### EQUIPMENT:

- Disc cones
- Footballs

### VARIATIONS:

Add more balls to the center.  
Enlarge the grid.  
Create time limit of the game, like 2 minutes and allow players to take the ball from each other after they collect all the balls from the middle.

### COACHING POINT:

Players should react quickly on the command, touch the ball to take advantage over the other players, keep in touch with the ball as much as you can for better control.

