



Travelling With the Ball

Session 4 • Individual technique • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

The Shrinking Grid

0:10 – 0:25 • 15 MIN

Break Out

0:25 – 0:40 • 15 MIN

Drive the Line

0:40 – 0:55 • 15 MIN

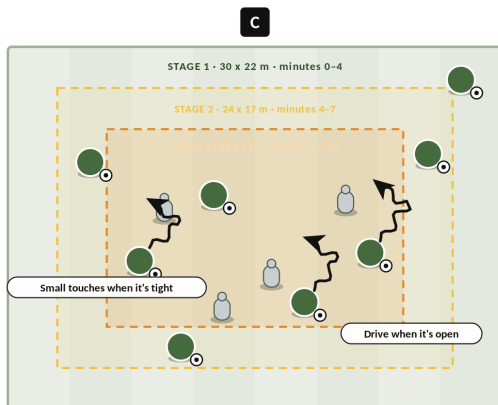
Carry Channels Match

0:55 – 1:00 • 5 MIN

Review, with the players

4.1 THE SHRINKING GRID

Warm-up • 10 min



SAME GRID, LESS SPACE - THE TOUCHES HAVE TO GET SMALLER AND QUICKER

SET UP

- Three nested rectangles marked with different-coloured flat markers: 30 × 22 m, then 24 × 17 m, then 18 × 12 m, all sharing roughly the same centre.

RULES

- No stopping. If you have the ball, you are moving.
- No contact — the challenge is the space, not the opponent.
- Every called move must be attempted with both feet ...

COACH IT

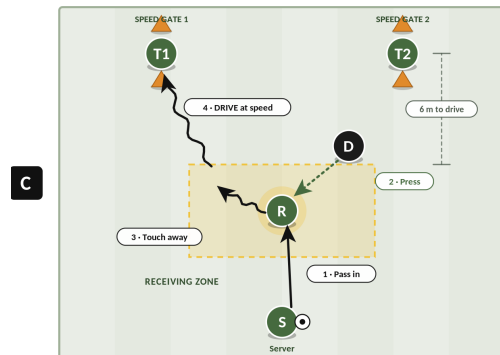
- Technical: Tight space: touches within a stride, ball on the inside and sole of the foot, body low and over the ball. Open space: push the ball 3–5 m ...

SAY

- Don't tell them. Ask after a collision: How much space have you got now compared to five minutes ...

4.2 BREAK OUT — Receive, Escape, Drive

Technical practice • 15 min



ROTATION: R → the gate they used • that target → S → D → R

SET UP

- Two or three stations, each 24 × 18 m, along the far touchline with 5 m between them.
- Per station: a 10 × 5 m receiving zone; two 3 m speed gates at the far end, 13 m apart; one ball ...

RULES

- The ball must be carried through the gate, not passed through it.
- 1 point for a clean break-out. 2 points if it takes under four seconds. 1 point to the defender for a ...

COACH IT

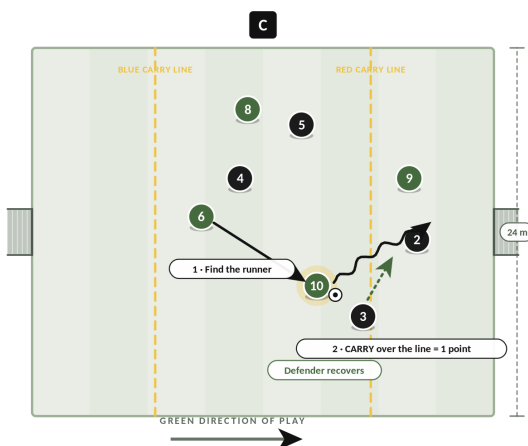
- Technical: First touch into the space, not just away from the defender — 2–3 m is better than 1 m here. Then the second touch is with the laces and ...

SAY

- The timed phase exposes this by itself. Reinforce: Your touch was safe but it was slow. How much space ...

4.3 DRIVE THE LINE (4 v 4)

Skill game • 15 min



SET UP

- Two pitches, each 30 × 24 m, side by side with a 5 m corridor between them.
- Per pitch: one mini goal at each end, plus a dashed carry line marked with flat markers 8 m from each ...

RULES

- Mini goal = 2 points. Carry over the line under control = 1 point. Goal within five seconds of a carry = 4 points.
- The ball must be at the player's feet as they cross ...

COACH IT

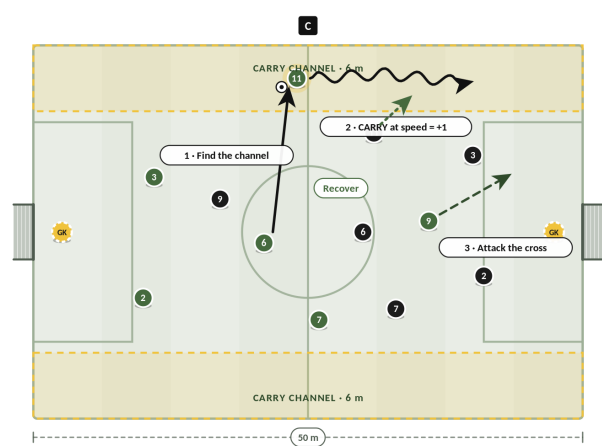
- Technical: Ball out of the feet when running into space, within a stride when a defender is close. Change of pace immediately after the change of ...

SAY

- Ask the question rather than the instruction: Which points have we not scored yet? Why not? Then raise ...

4.4 CARRY CHANNELS MATCH (7 v 7)

Conditioned match • 15 min



SET UP

- 50 × 34 m with full-size goals. A 6 m channel marked down each touchline with flat markers, running the full length.
- Four spare balls in the back of each goal.

RULES

- Goal = 3 points. Bonus = 1 point for carrying the ball through a wide channel and beating a defender in the process.
- A carry that goes through the channel unopposed ...

COACH IT

- Technical: Ball pushed ahead with the laces when the channel is open; within a stride when the full-back engages. Head up before the final touch ...

SAY

- One intervention to a wide player: Stand on that line and stay there. See what happens.