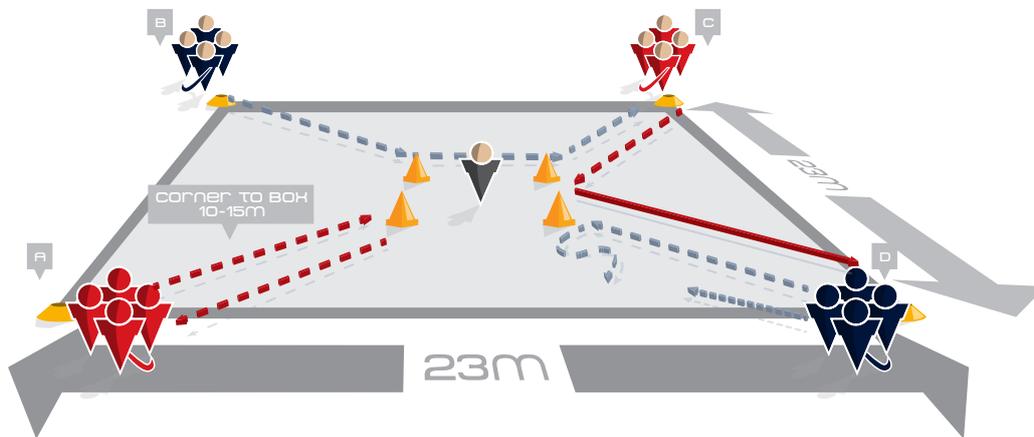


INDIVIDUAL BALL CARRYING INTRODUCTION



- 1> Set up a 23m x 23m pitch for each game
- 2> Divide the group into teams of four and position each team behind one of the cones on the corners of the large box
- 3> The coach/teacher can position themselves in the small box so that they can interact with all the players
- 4> There are four progressions to follow:
 - A.** Dribble the ball out to the small box and back. Stop the ball for a

teammate who repeats the process. Repeat this four times each before moving on to progression B

B. Dribble the ball out to the small box, turn with the ball and dribble the ball to the team on the left of the starting point. Repeat this four times each before moving on to progression C

C. Dribble the ball out to the small box, turn and pass the ball to the team on the left of the starting point.

Repeat this four times each before moving on to progression D

D. Dribble the ball out to the small box. As the ball carrier turns the next player in line becomes the defender and aims to stop the ball carrier getting back to the starting cone. Repeat this four times before moving on to the next challenge

EQUIPMENT

CONES | 1 X BALL PER PLAYER | 1 X STICK PER PLAYER



TEACHING POINTS

UNOPPOSED BALL CARRYING

- > Players should be encouraged to look up and keep the ball in their peripheral vision
- > Players should bend their knees and keep their back straight to enable better vision
- > The player's arms should be away from the body in order to force the ball away from the feet and to increase vision
- > The ball should be positioned towards the right side of the body away from the feet
- > Encourage players to run normally whilst dribbling the ball
- > Always use the flat side of the stick
- > Keep the stick in contact with the ball at all times



REMEMBER

- > Only use the **flat side** of the stick
- > Carry the ball **away from your body** so that you can **keep your eyes up** so you can see the rest of the pitch when you are playing
- > **Help each other out:** in between each progression take 30 seconds to discuss the best ways you have found to carry the ball and try and put them in to practice in the set



ADAPTIONS



EASIER

- S Make the area smaller
- T Use progressions A-C only
- E Use a Quicksticks ball
- P Have more players in each team

HARDER

- S Make the area bigger
- T Carry the ball at speed – Which team is the quickest?
- E Create a slalom using additional cones
- P Have fewer players in each team

