



Running onto the Ball 2

Skill - Attacking Fundamentals

TYPE
Closed

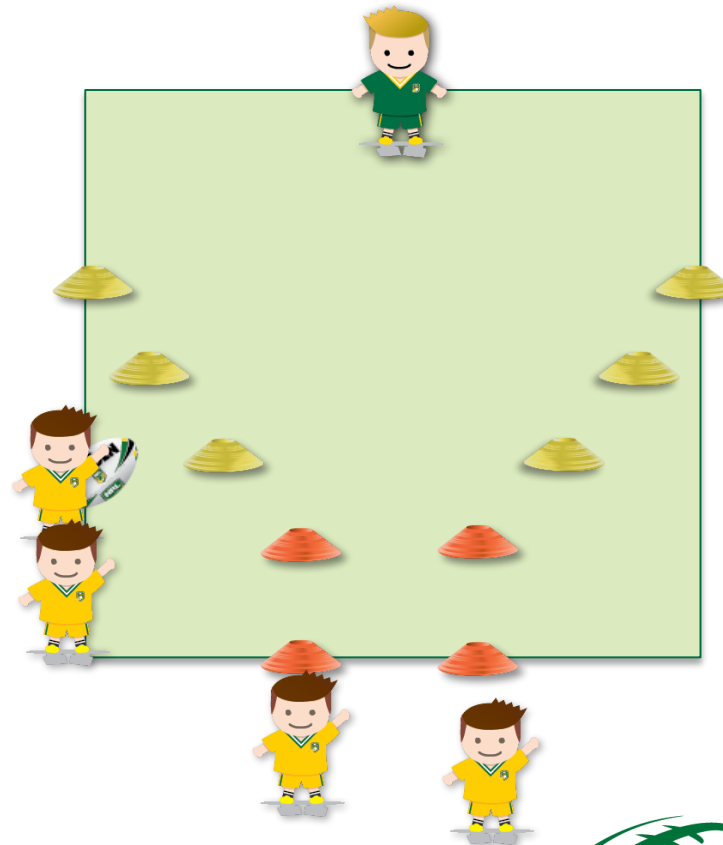
AGE
10+

Description

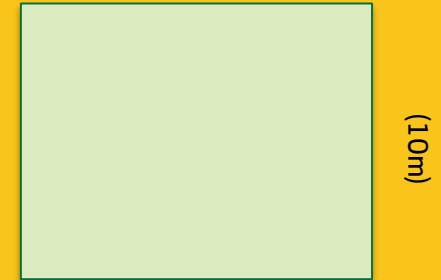
- » Two yellow players start as the play the ball and dummy half.
- » Two yellow players start at the start of the orange markers.
- » These players must run onto the ball straight until they are past the orange markers.
- » They can then run to the left or right within the yellow markers.
- » They also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

Progression

- » Add a defender, in green, to the mix.



Field Size (10m)



Players



Min 4



Min 1

Equipment



x (10) Markers



Whistle



x (1) Footballs



Click to watch the video



PLAYNRL.COM