

**GAME-BASED TRAINING**

# Teaching ‘Run and Carry’

Players discover what to do in a tactical situation by their own experiences, not necessarily relying on the coach telling them what should happen.

Training provides opportunities for players to learn the game of football in a discovery-based environment. Players learn how to think about what to do in a game and how to do it. Game-based training can become a better learning tool when conducted by a skilled coach who can facilitate player learning through asking appropriate questions.

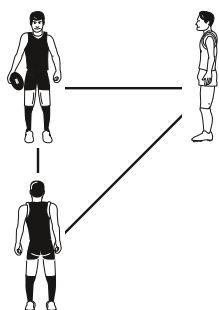
Game-based training allows players to feel more comfortable in the pressurised environment of match day through drills and activities that place the same tactical and technical challenges on them. We ‘play’ football, therefore, training should resemble ‘playing’.

A key part of the modern game is having the ability to run and carry the ball. The most effective way to coach this tactic is to perform a series of game-based drills. The difficulty of the drills chosen will vary depending on the experience and skill level of your team.

In the following we have extracted some drills from David Wheadon’s book *Drills & Skills in Australian Football* that will allow your team to practice ‘run and carry’ in a variety of situations. They will test players’ decision-making skills, their ability to run angles and, ultimately, will teach players that the aim of ‘run and carry’ is to produce an effective kick.

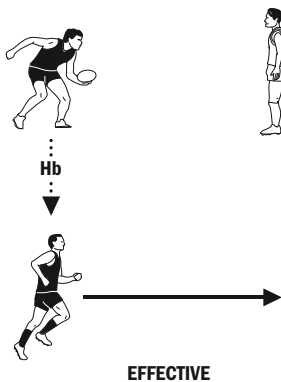
**Introduction**

1. Run and carry depends on creating triangles involving the ball carrier, receiver and opponent.



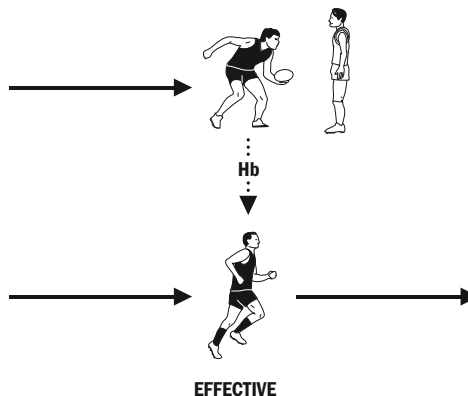
2. Ball carriers have 2 basic options:

- a. “Instant handball” – immediately ball carrier recognises the receiver is in space a handball can go to the receiver allowing the receiver the width to run past the opponent.

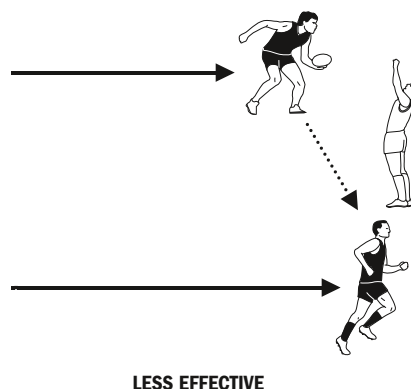


- b. “Run at the opponent” – the carrier runs directly at the opponent drawing the opponent to the ball and at the last moment executes a quick handball laterally to the receiver.
3. It is important that the receiver runs exactly laterally in line with the ball carrier.

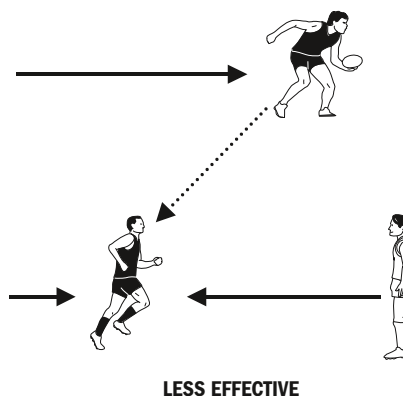
- a. If the receiver moves too far ahead the opponent can intercept the handball by closing down the angle.



- b. If the receiver is too far behind then the opponent can wait and defend the receiver.



4. If at any time the opponent commits to any particular player the space that the opponent leaves open should be exploited, eg, the opponent anticipates a handball and moves across towards the receiver, thereby allowing the ball carrier to hang onto the ball and run through the space.



5. Triangles are natural passing angles.

**CROWS PLAYMAKER:**  
Adelaide's Andrew McLeod can break games open for his side with his run and carry from half-back.

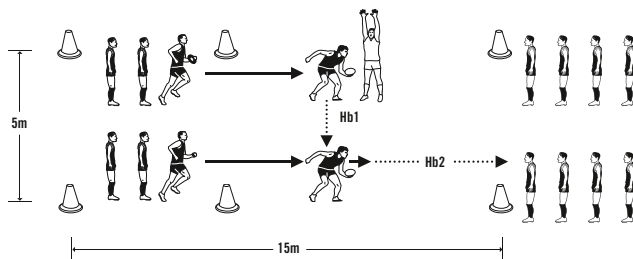


### Basic Run And Carry

**Purpose:** Teach the basic science of run and carry.

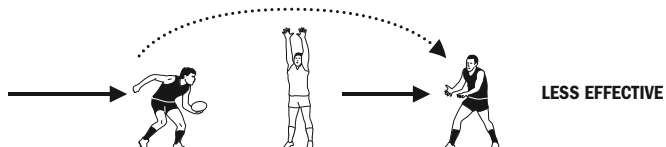
**ORGANISATION**

1. 17 players per group.
2. Work in pairs to continuously move the ball past the opponent with run and carry.
3. As the players become better at this skill encourage them to use subtle fakes and run angles that will move the opponent in order to create space for the ball to be moved past.



4. The biggest errors are:
  - a. Too slow with the handball – the receiver is in space but the carrier holds the ball too long and when finally the handball is given the receiver is covered by a defender.
  - b. Too slow with the feet – the carrier runs at the opponent then stops allowing time for the carrier to be covered.
  - c. The receiver moving past and in a direct line in front of the opponent:
  - d. “Look away” handballs – once deciding to handball the carrier should momentarily turn his vision and focus on the receiver to execute a technically correct handball. “Look aways” often result in turnovers.

Handballs often have to be slower and higher to move above the opponent's raised arms and the receiver may have to be stationary to wait for the handball to arrive. In this situation the receiver should return to block the opponent and allow the carrier to run past.



### Run And Carry With Pressure From Behind

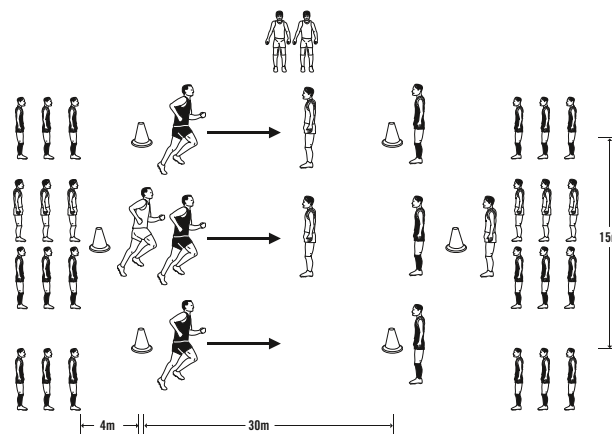
**Purpose:** Give experience in run and carry with pressure from a different angle.

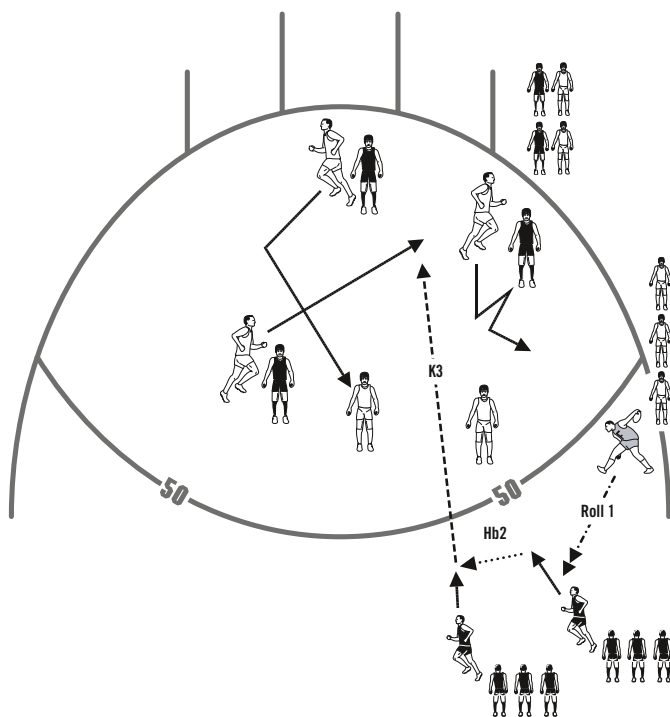
**ORGANISATION**

- Up to 36 players (8 participating at any one time).
- Normal run and carry drill but with an extra opponent chasing from behind.
- The players should be encouraged to not delay but to keep moving the ball quickly.

**COACHING POINTS**

- The 2 opponents in front of the runners should attempt to delay the runners as much as possible in order for the third opponent to apply defensive pressure from behind.
- Increase or decrease the distance between the third opponent and the runners to change the degree of defensive pressure.





### Kicking To Inside 50 Metres

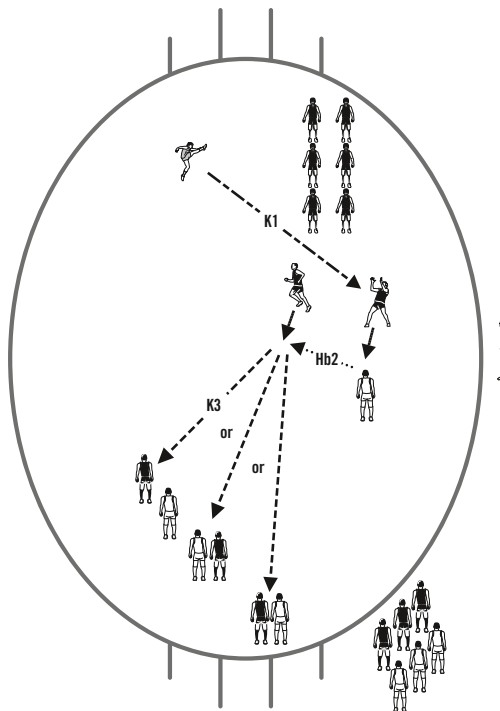
**Purpose:** Teach the players that the ultimate aim of run and carry is to produce an effective kick.

#### ORGANISATION

- • 23 players (10 involved at any one time).
- • F rolls the ball to any of the 2 runners.
- • The 2 free opponents move to defend.
- • The runners attempt to run and carry into space (Hb2) where they can effectively kick to inside 50 metres (K3).
- • Matched-up forwards work to get free to receive the kick.

#### COACHING POINTS

- a. Move the position of the contest around the 50-metre arc to change the angle of attack and the distance out from goals to alter the types of kicks needed.
- b. Add another defender starting from behind the 2 runners to add more pressure.
- c. Effective kicking to inside 50 metres is one of the more difficult skills of football due to the increased defensive numbers usually found there.



### Run And Carry From The Midfield To Inside 50 Metres

**Purpose:** Teach the value of ball movement through the midfield.

#### ORGANISATION

- 22 players (9 involved at any one time).
- F kicks to either runner.
- Run and carry is used to move past the opponent (Hb3).
- The kicker chooses any of the 3 targets in the forward line (K3).
- Rotate the players after a reasonable number of repetitions, but keep the backmen and midfielders as the runners and the forwards in the forward line if desired.

#### COACHING POINTS

- a. Change the starting positions of the runners to alter the depth and angle of entries into the forward line.
- b. To make the activity more challenging add more runners, opponents and targets.
- c. Fast ball movement disrupts back lines by forcing defenders to make quick decisions.

CAT CLASS: Geelong tries to get the ball to Gary Ablett at every opportunity so he can use his devastating pace to run and break opposition lines.

