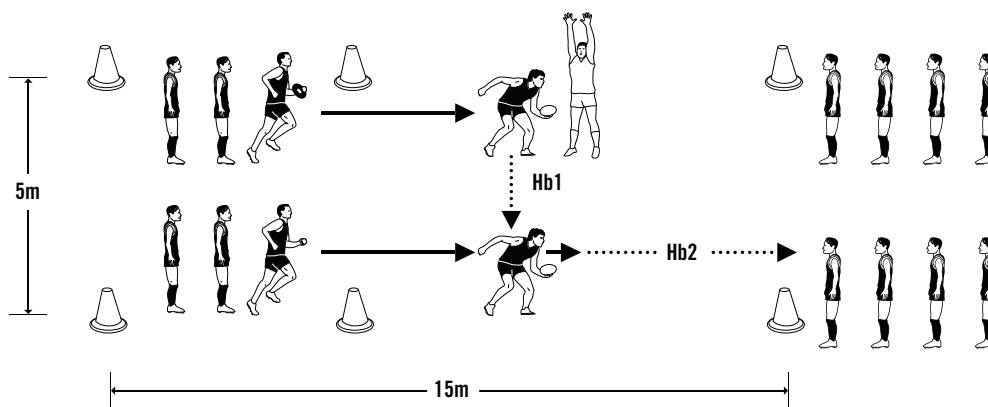


101 BASIC RUN AND CARRY

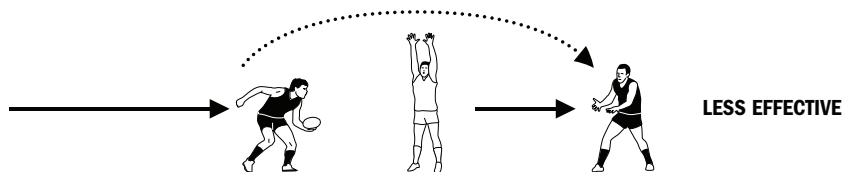
Purpose: Teach the basic science of run and carry.

ORGANISATION

- 17 players per group.
- Work in pairs to continuously move the ball past the opponent with run and carry.
- 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.



- The biggest errors are:
 - 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.
 - Too slow with the feet – the carrier runs at the opponent then stops allowing time for the carrier to be covered.
 - The receiver moving past and in a direct line in front of the opponent:
 - “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.