
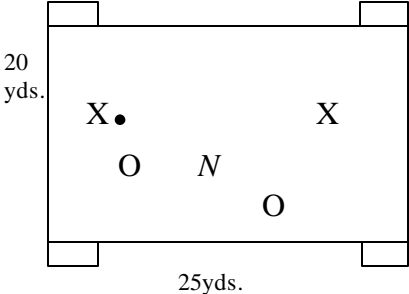
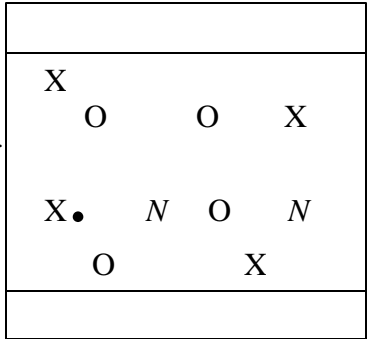
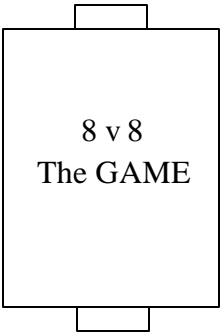


Topic: **Penetrating Runs**

Organization	Variations	Diagram	Coaching Points
Unrestricted			
<p>Technical passing work in pairs, one ball between two. Stretch.</p>	<ul style="list-style-type: none"> ▪ Keep it innovative, demanding and realistic. ▪ Diagonal runs to receive pass. ▪ Bent runs to receive pass. ▪ Double pass to receive pass. 		<ul style="list-style-type: none"> ✓ Timing and deception of runs ✓ Acceleration into space to receive pass ✓ Visual and verbal cues between players ✓ Accuracy and weight of pass
Restricted			
<p>2 v 2 + 1 to four small goals (25 x 20 area or as needed). Neutral player plays for team in possession.</p>	<ul style="list-style-type: none"> ▪ Play begins with ball being served by one designated team. Flying changes for both teams after a goal or ball is played out of bounds. Rotate neutral player as necessary. ▪ Goals are awarded to the attacking team by playing a ball through or behind the defense and maintaining possession while dribbling through one of the small goals. ▪ Defending team is awarded a goal if they win the ball and strike an immediate penetrating pass through one of the small goals. 		<ul style="list-style-type: none"> ✓ Timing and angles of support ✓ 2nd and 3rd man runs to unbalance and stretch the defense ✓ Visual and verbal clues to split defenders ✓ Quality of passing and receiving

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Counter Goals or Zones			
<p>4 v 4 + 2 end zone game (40 x 30 area or as needed). Neutral player plays for team in possession.</p>	<ul style="list-style-type: none"> ▪ End zone soccer. Team in possession scores by penetrating across the opponent's end zone while maintaining possession. ▪ Goals must be scored by playing a ball behind a defender to a player running into the zone. ▪ Add transition to the exercise. Once one team scores into one end zone, they immediately transition and look to penetrate the opposite end zone. 	 <p>30 yds.</p> <p>40 yds.</p>	<ul style="list-style-type: none"> ✓ Angles, distance and timing of supporting runs in penetrating positions ✓ Visual and verbal clues to play balls behind defenders ✓ Disguise and deception of runs ✓ Attacking shape and balance of team
Two Goals			
<p>7 v 7 with goalkeepers to two large goals (50 x 70 area or as needed).</p>	<ul style="list-style-type: none"> ▪ Possible formation 2:3:2. ▪ No restrictions. 	 <p>70 yds.</p> <p>50 yds.</p>	<ul style="list-style-type: none"> ✓ All of the above
Cool Down			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> ▪ Focus on major muscle groups. 		<ul style="list-style-type: none"> ✓ Reduce Heart Rate ✓ Static Stretching ✓ Review Session